

ASSOCIAÇÃO DE ARTES MARCIAIS YANG PORTUGAL



**SANDA-SANSHOU RULEBOOK –
PORTUGUESE YANG’S MARTIAL ARTS ASSOCIATION**

Devised by the Technical Committee-
ASSOCIAÇÃO DE ARTES MARCIAIS YANG PORTUGAL

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RULEBOOK – SANDA

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INTRODUCTION

The combat system is a point based system, where points are conceded after an effective contact is made on the allowed areas of the adversary, where the excess of violence and aggression are not allowed.

This system allows the use of more elaborate and spectacular technical resources, since the protection of the participants is guaranteed, not only by the regulation that penalizes excessive force , but also by physical protections (protective gear) that athletes use as a means to defend sensitive body areas.

The adoption of this system allows better association with the Chinese Martial Arts, characterized by multifaceted and varied technical nature, and therefore a more wholesome way to divulge and improve receptivity.

Any and all participants in this competition are required to have personal accident insurance valid until the date of the event, with a written and signed liability statement as proof, submitted in due time to the organizers of the event.



Regulamento de Sanda-Sanshou Revisto e Corrigido pelo
Corpo de Árbitros Associação de Artes Marciais Yang Portugal
Amadora, 20 de Março de 2015

1. BASIC GUIDELINES

1.1. Insurance

Every competitor is required to have a valid personal insurance until the date of the event by showing a signed statement of responsibility in writing, submitted on time to the organizers or it will not be accepted to enter the competition.

1.2. Term of Responsibility

Every competitor is obliged to know the competition rules as to be aware of the inherent risks, and respect and promote in a healthy and respectful manner the Chinese martial arts and all its players.

As such it must be signed by the competitor himself, or in case of being a minor, by the legal guardian or parent, and submitted on time to the organizers, or else the competitor will not be accepted to enter the competition. (Annex 1)

1.3. Anti-doping

The Portuguese Yang's Martial Arts Association runs its activity in concordance to the principals of ethics and defending the free spirit of sports and his truthfulness.

As such and regarding the N°38/2012 of 12 August law, any kind of doping is forbidden to all competing athletes. (Annex 2)

1.4. Medical Assistance

The organizers of the competition will provide medical assistance, when possible, to all competitors with a Medic or Medical technician on site.

1.5. Video Recording

The organizers will conduct a Video Recording of all events for future documentation, when human and technical means will allow it.

1.6. Miscellaneous

Any kind of situation that occurs while the competition is taking place and that is not mentioned in the rulebook shall be dealt with, by a group decision made by the judges..

2. COMPETITION AREA

2.1. Fighting Area Structure

The sporting contest will occur on a square surface, with 8m by 8m side, covering a total area of 64 square meters, with a suitable mat padding, which will protect the participants in the case of takedowns, throws or falls.

The respective starting points of the athletes and the referee should be marked on the competition area, distancing one another 2 meters wide.

Parallel to one side should be the centre table, where the judging and referee team follows the contest. In each of the sides adjacent to the central table is an area reserved for the coach and athlete, being the waiting area from the beginning of the fight, or rest area between rounds.

The right side of the centre table will be the "black" corner and the left side of the centre table will be the "red" corner.

2.2. Judges and Referee - Positioning

2.2.1 Organizers

The organization shall establish themselves at a visible place, where the Competition Director and supporting staff will present good supervision for the entire competition.

2.2.2 Centre Table

The centre table should be on the side facing the spectators and competitors, to have a parallel arrangement. It shall consist of a Chief Judge, a Time Keeper, and a Score Keeper.

- The Chief Judge should position himself in the center position of the Centre table.
- The Score Keeper should position himself to the right of the Chief Judge;
- The Time Keeper should position themselves to the left of the Chief Judge.

2.2.3 Competition Area

It shall consist of five or three corner judges (also known as scoring judges). This allocation may change upon the number of judges present at the time of the competition. Scoring Judges should be placed in each corner of the competition area, following clockwise, from the centre table left side around to the right side.

Athletes and Coaches

Regarding the entry of athletes in the competition area, it should be stipulated by the organization in accordance with the guidance of one or more areas of competition in the enclosure. The entry must be duly signed and shall be communicated to the coaches of each team.

3. COMPETITION STRUCTURE

3.1 Categories

The registration of athletes into categories should be conducted by the respective coaches, therefore responsible for the insertion of the athletes in the correct categories.

Age of the athletes at the time of registration in the respective competition categories are considered, resulting in the following age categories:

Cadets [17 years - 18 years] between the ages of 17 and 18, including.

Seniors 18 +, ages over 18 years, excluding.

3.2 Weight Categories

The weight categories are divided into two core competition categories: Cadets Class and Senior Class.

| CADETS | | SENIORS | |
|-----------|---------------|-----------|---------------|
| Category | Weight | Category | Weight |
| 30kg | ≤30kg | 48kg | ≤48kg |
| 33kg | >30kg a ≤33kg | 52kg | >48kg a ≤52kg |
| 36kg | >33kg a ≤36kg | 56kg | >52kg a ≤56kg |
| 39kg | >36kg a ≤39kg | 60kg | >56kg a ≤60kg |
| 42kg | >39kg a ≤42kg | 65kg | >60kg a ≤65kg |
| 45kg | >42kg a ≤45kg | 70kg | >65kg a ≤70kg |
| 48kg | >45kg a ≤48kg | 75kg | >70kg a ≤75kg |
| 52kg | >48kg a ≤52kg | 80kg | >75kg a ≤80kg |
| 56kg | >52kg a ≤56kg | 85kg | >80kg a ≤85kg |
| 60kg | >56kg a ≤60kg | 90kg | >85kg a ≤90kg |
| 65kg | >60kg a ≤65kg | Over 90kg | >90kg |
| 70kg | >65kg a ≤70kg | | |
| Over 70kg | >70kg | | |

3.3. Weigh-in and Pairing

The weigh-in is performed one hour before the competition, during a check-in phase, being conducted in the presence of the chief judge or referee, and coach of the respective athlete or team leader as his replacement, the athlete should be weighed while in underwear and barefoot.

The sorting and pairing off of the athletes for the competition will be held after the weigh-in and in the presence of all referees, coaches and team leaders, starting with the younger athletes and lighter weight classes on to the following categories.

The drawing of lots will only take place when there is more than one athlete in the respective age and weight category.

3.4. Equipment

Athletes should be equipped with shorts and tank top t-shirt representing their school, club or sports association and also be barefoot. The use of belt is up to the athlete's personal preference.

Sneakers, training shoes, or the use of advertising on the shirts or shorts will **not be allowed**.

3.5. Protective Gear

Athletes are obligated to be equipped with a helmet, a frontal chest protector, gloves, jockstrap and mouth protector. (Annex 3)

3.6. Competition and Fight System

The competition will take place in the form of playoffs, without recaps, with all athletes being drawn according to the age and weight class they belong to.

According a multiple of two round system, in this competition there are **two rounds**, each having duration of 2 minutes with a 1 minute interval or rest period between them.

A victory in each round is achieved by obtaining the highest number of points. The victory of the fight is given to the athlete who wins the more rounds, thus the athlete who wins both rounds.

3.7. Fight Scheduling and Structure

The competition is organized and structures according to the number of athletes in each respective age and weight category. Preferably by "knock-out" method while the number of athletes is even, by drawing lots whilst the number of players is odd and greater than three, and by "round-robin" method when the number of players is three.

The structure and scheduling of the fights will be defined by the group of judges and referees, taking into account the opinion of the coaches or team leaders after the draw.

3.8. Winning and Placing

The winner of the fight shall be indicated by the centre table, after appropriate signaling to the head referee, the referee will place the athletes to each of his sides, then raising the winning athlete's hand.

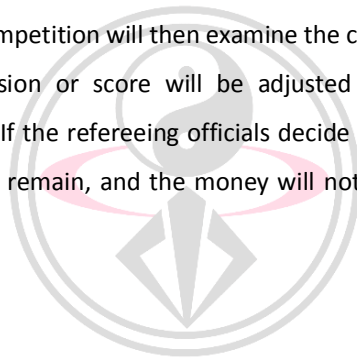
The category winner will be the athlete who after winning all playoffs, also won the final fight. The final fight defeated athlete will be considered second-place of the category.

The third and fourth place will be found among the defeated athletes of the semi-finals.

3.9. Procedure and Requirements of Appeal

Any athlete can challenge any decision or score at any time. However you must do so in writing within 2 hours after the score or decision has taken place, having the athlete to pay a fee of 100.00 €. The athlete must inform the chief referee of his intention before the end of the event so that all athletes can be informed that ruling and arbitration is pending. Any failure in this procedure will annul the challenge and decision appeal.

The judges and referees of the competition will then examine the claim or appeal. If it has a competitive and valid nature, then the decision or score will be adjusted accordingly. The rate paid by the competitor will also be refunded. If the refereeing officials decide that the claim or appeal is not valid, then the decision or score should remain, and the money will not be refunded. The ruling criteria for these proceedings are ahead.



4. COMPETITION PROCEDURES

4.1. Introduction

All competition events and fights will be scheduled in advance and posted at several locations. All athletes must be familiar with the order of events, structure and programming, and check from time to time to make sure that no event has been rescheduled. You should also check in the morning of the event the order of entry into the competition and fight schedule, which will also be displayed.

It is the responsibility of each athlete to be at the event in time to compete.

If any athlete has any questions about which category he is competing in, he should ask the chief judge of their competition area, long before any event starts. He should not wait until the event is about to begin.

4.2. Competition Protocol

The following procedures will be explained again by the chief referee before each event:

- Before the start of each event the judges and referees will be introduced by their names.

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- Athletes will be called to the competition area, at least 10 minutes before the event begins and must present themselves properly equipped for combat and accompanied by their appropriate coach;
 - The Field Referee will then call the competitors to the competition area, with the athlete red and respective coach positioning themselves left of the centre table, and the black athlete and coach positioning themselves to the right of the centre table;
 - The Field Referee will sign for each athlete to slightly depart from their rest area, in order to check the protection equipment. After the check is complete, both competitors will be called to the center of the competition area, where the Field Referee will brief both competitors on the contest guidelines and criteria for the fight.
 - Athletes should salute the Chief Judge and then salute each other, after which the Field Referee will indicate the round's number, and after confirmation from the Chief Judge, in accordance with the Time Keeper and Score Keeper, then start the fight;
 - Upon completion of the round, the competitors will be indicated by the Field Referee to return to their respective resting areas, along their respective coaches;
 - The result of the Corner Scoring Judges will be displayed, and the final result of the round displayed by the Chief Judge. When scoring system is dependent only on the Field Referee, the result of the round is only presented by the Field Referee;
 - At the end of the last round, the athletes will be called to the competition area so the winner of the fight can be announced by the Chief Judge, and the Field Referee can indicate the winner by raising the athlete's arm;
 - Before leaving the competition area, athletes should salute each other, Chief Judge and the opposing competitor's coach;

5. SCORING

5.1. Officials and Duties

The composition of the scoring officials for competition is as followed:

- Competition Director, Chief Judge, Field Referee, Sideline/Corner Judges, Time Keeper, Score Keeper

5.1.1 Competition Director

The Competition Director is ultimately responsible for organizing the event. His two main areas of action are the organizing of the event and coordinating the scoring. He has the following powers and responsibilities:

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- Responsible for the entire organization and management of the venue of the competition;
 - Ensure all the necessary requirements for the competition, referees, coaches, athletes and other participants;
 - Preside over the whole body of judges and referees in this competition;
 - Confer, nominating and organizing the judges and referees for the different tasks and areas of competition;
 - Supervise meetings and members of the organization, to ensure the preparation of the various areas of competition
 - Attend meetings with coaches in order to solve problems related to the competition.

5.1.2 Head Judge

Head Judge is responsible for the group of judges which take part of a specific competition area. He has the following powers and responsibilities:

- Responsible for all the work dynamic of competition in his area;
- The final decision will be up to him, after consultation with the Field Referee, for the resolution of unforeseen or unpredicted situations;
- He may change the score of the Field Referee, if he thinks necessary;
- Alert or disqualify the athlete who disrespectfully does not comply with the rules and Competition Regulation;
- Announce the athletes participating in the fight, announce the winner of the round, and the winner of the fight.

5.1.3 Field Referee (or Platform Judge)

The Platform Judge is responsible for controlling the entire protocol of combat. He has the following powers and responsibilities:

- Report by signage all fouls, exits of the competition area and throws, as also all mixed or unclear techniques, like disqualifications and extreme passivity;
- Perform all the decisions that aim to comply with the protocol of the competition;

5.1.4 Sideline/Corner Judge

The Sideline Judge is responsible for assigning, scoring and registering scores (Annex 5). He has the following functions:

- Register all 1 and 2 points hand and leg techniques, performed by the competing athletes;

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- Register takedowns and throws, as all exits from the competition area by the competitors, as indicated by the Field Referee;
 - Register all the athletes' light or serious misconduct identified by the Field Referee;
 - Report the winner of each round athlete according to their score;

5.1.5 Score Keeper

The Score Keeper is responsible for recording all the competition information that may be requested by the Chief Judge. He has the following powers and responsibilities:

- Ensure that the registration system is fully operational;
- Keep score of all points and fouls awarded by the Referee;
- Registering and keeping score of the points and the fouls corrected by the Chief Judge;
- Compose the sum of all the points awarded by the Referee, in order to determine the final result;
- Responsible for the entire record of proof, in his competition area, that must be delivered in the end to the Competition Director.
- Does the register of all data in its appropriate, for this purpose (Annex 4);

5.1.6 Time Keeper

Timekeeper is responsible for controlling the competition's time periods. He has the following powers and responsibilities:

- Check the time of the rounds;
- Check the rest's time period;
- Suspend the fight time, when requested by the Chief Judge or Referee;
- Signal, using and audible whistle, the end of the rounds and the in-between round rest period.

5.1.7 Judges' Dress Code

The organization of the competition stipulates the use of a uniform among all the judges and referees. These should have the emblems or symbols of the present competition. The whole group of judges and referees is to wear this uniform without exception.

5.2. POINT SCORING AND FOULS

The competitors will score points according to the technique used and the area where contact is made, according to the following criteria:

Scoring - 1 Point

Hand technique to the chest or head - 1 point

Leg Technique to the legs - 1 point

When the competitor performs a takedown or throw and falls down after the opponent - 1 point

When he makes the opponent fall down by falling down himself on purpose, without being able to get to his feet by means of a follow-through – 1 point

Scoring - 2 Points

Leg Technique to the upper body or head - 2 points

When an athlete keeps standing while the opponent falls - 2 points

When the competitor performs a valid throw or takedown (and remains standing) - 2 points

Placing the opponent out of the competition area - 2 points

When he makes the opponent fall down by falling down himself on purpose, only to get to his feet by means of a follow-through – 2 points

Points Lost:

Light (Minor) Fouls - 1 point

When the opponent fails to attack within eight (8) seconds after the order for appointed attack – 1 point

The athlete fails to get to his feet within three (3) seconds after falling down on purpose – 1 point

Exiting the competition area by voluntary or involuntary initiative - 2 points

Serious Foul - 2 points

When the opponent is given a forcible counting – 2 points

No point will be awarded to a competitor

When the techniques he uses are not clean and effective;

When both sides fall simultaneously;

When the opponent falls on purpose as a fighting technique;

When he hits the opponent in a clinch.

5.3. Illegal Striking Areas

It is prohibited and forbidden to strike the opponent in the following areas:

Back of the head and back of the neck

Eyes

Neck and Throat

The whole back area, from the cervical to the lumbar region

Genitals

Knees

The striking of any of these illegal areas will be considered use of a dangerous and aggressive technique, and therefore, the athlete will be penalized with a serious foul, every time it happens.

5.4. Prohibited Methods

To strike with the head, elbows or knees, or to perform locks to joints

Fall on the opponent purposely during the takedown or throw, with the intention of injuring or to force the opponents' reception to the ground with his head first.

Hit the opponent on the head when he is already on the ground

5.5. Penalties and Fouls

The following are considered as Light (minor) Fouls:

To strike the opponent during the clinch

Extreme passivity

When he raises his hand to request to stop the bout in a disadvantageous situation

When he delays the fight intentionally

When he acts impolitely towards the judges or disobeys their decisions

When he wears no gumshield or spits out his gumshield, or loosens his protective gear intentionally

When he fails to observe the protocol

An Involuntary attack, during the fight, to an illegal striking area

The following are considered as Serious Fouls:

Deliberate and intentional striking to any of the illegal striking areas

When he hits the opponent with any prohibited method

When he attacks the opponent before the call of "Kaishi (Start)!" or after the call of "Ting (Stop)!"

When an athlete is intentionally trying to injure his opponent, he will be disqualified from the match and all his results in the competition annulled

Insulting the opponent or any member of the referee and judging team or the opposing team

Serious acts of indiscipline

The athlete cannot accumulate more than two serious fouls in the course of the fight, including the tiebreaker round.

The third foul in accumulation during rounds, will lead to the disqualification of that competitor and consequent victory of the opponent

5.6. Stopping the Contest

The contest shall be stopped when:

When a competitor falls off or exits the competition area (except for a purposeful fall)

When a competitor is penalized

When a competitor is injured

When the competitors hold each other in a clinch for more than two (2) seconds without launching effective attacks, or any attack at all, or run away passively

When a competitor falls on purpose and remains down for more than three (3) seconds

When a competitor raises his hand to request a stop of the fighting for objective reasons

When the head judge corrects a misjudgment or omission

When some problem or dangerous incident happens on the competition area

When the competition is compromised by some unforeseen troubles or problems

When no attack is launched for eight (8) seconds after the order for appointed attack

6. WINNING AND PLACING

6.1. Determination of Wins and Losses

6.1.1 Absolute victory

In a one-sided bout, the technically stronger will be declared the winner of the bout by the platform judge with the referee's approval.

During a bout, the competitor whose opponent has been knocked down and fails to get to his feet within ten (10) seconds after receiving heavy blows (except for personal fouls), or who has managed to get to his feet but remains in an abnormal state of consciousness, will be declared the winner of the bout.

During a bout, the competitor whose opponent has been forcibly counted three times after receiving heavy blows (except for personal fouls), will be declared the winner of the bout.

6.1.2 Determination of the winner of a round

The result of each round will be decided by the side/corner judges.

During a round, the competitor whose opponent has been forcibly counted two (2) times after receiving heavy blows (except for personal fouls), will be declared the winner of the round.

During a round, the competitor whose opponent exists the competition area two (2) times, will be declared the winner of the bout.

6.1.3 Round Draw

In case of an equal number of points awarded in a round, the winner will be decided in the following order:

- a) The competitor with fewer warnings will be declared the winner.
- b) The competitor with fewer admonitions will be declared the winner.
- c) The competitor with a lighter weight on the day of the contest will be declared the winner.
- d) If the tie remains, the round goes as a draw.

6.1.4 Determination of the winner of the fight

The competitor who wins two rounds will be the winner of the bout.

During the fighting, if a competitor is injured or ill and, as certified by the doctor, unable to continue the competition, the opponent will be declared the winner of the bout.

During the fighting, if a competitor feigns injury in a foul committed by the opponent – an injury as later proved by medical supervisors to be a mere cheat, the fouling side will be declared the winner of the bout.

The competitor who is injured by the opponent in a foul and, as confirmed by medical supervisors, unable to continue the fight, will be declared the winner of the bout, but he will be barred from subsequent contests.

6.1.5 Fight Draws

Under the “Round-robin” system, an equal number of rounds won by the two sides in a bout will be declared a draw.

Under the “Knock-out” elimination system, an equal number of rounds will be handled as follows:

- a) The competitor with fewer warnings will be declared the winner.
- b) The competitor with fewer admonitions will be declared the winner.
- c) If the tie remains, an additional round will be held.

6.2 Placing of individuals

6.2.1 Elimination System

Under the elimination system, the placing will be decided directly from the results.

6.2.2 Round-robin System

Under the round-robin system, the competitor with a greater number of running points shall be placed higher. In case of a tie between two or more competitors, their places will be determined in the following order of precedence:

- a) The competitor with fewer lost rounds will be placed higher.
- b) The competitor with fewer warnings will be placed higher.
- c) The competitor with fewer admonitions will be placed higher.
- d) The competitor with a lighter weight at the time of drawing-lots will be placed higher.
- e) If the tie remains, the competitors will share the tied place.

7. FINAL REMARKS

All of the sporting and disciplinary situations that may not have been mentioned in this Rulebook will be the responsibility of the group of judges and referees, whom will meet and deliberate in accordance with the objectives and framework of this competition.

