

Sparring (Light Contact Sanda 散打) Rules & Regulations

General

Light Contact Sparring (Sanda) is a controlled combat division that evaluates a competitor's ability to apply striking, kicking, and takedown techniques in a live setting. The contest emphasizes timing, control, accuracy, balance, and effective execution while maintaining safety and sportsmanship.

This division serves as a **preparatory pathway for full-contact Sanda**, allowing athletes to develop ring awareness, technical application, and competition experience in a controlled environment before progressing to higher levels of contact.

Competitors are expected to demonstrate technical skill and control at all times. Excessive force is prohibited, and all actions must reflect discipline, respect, and adherence to the rules.

Officials

The officiating panel shall consist of:

- One (1) Chief Judge
- One (1) Center Referee
- Three (3) Judges
- One (1) Scorekeeper/Timekeeper

The Chief Judge shall oversee the competition area and make final decisions in the event of disputes.

The Center Referee shall control the bout, enforce rules, issue warnings and penalties, and ensure safety.

Sideline Judges shall observe and record valid scoring techniques.

Competition Area

The ring will be held in an area of **24 ft x 24 ft**.

Taking into account actual circumstances, the organizing committee reserves the right to adjust the size of the competition area.

The boundary line marks the active competition area.

- A competitor is considered out of bounds when both feet step outside the boundary line.
- If a competitor is forced out by legal technique, 2 points may be awarded.
- The referee will restart the bout in the center.

Skill Divisions

Intermediate Division: Competitors training at the Chum Kiu level and below.
(1–3 years of Wing Chun experience)

Advanced Division: Competitors training at the Biu Jee level and above.
(3+ years of Wing Chun experience)

The Competition Committee reserves the right to adjust or combine divisions as needed.

Weight Classes

Youth (Ages 8 & under) Boys / Girls 24kg (52.9 lbs & under) 27kg (53.0 to 59.5 lbs) 30kg (59.6 to 66.1 lbs) 33kg (66.2 to 72.7 lbs) 36kg (72.8 to 79.3 lbs) 36+kg (above 79.3 lbs)	Youth (Ages 9-11) Boys / Girls 27kg (59.5lbs & under) 30kg (59.6 to 66.1 lbs) 33kg (66.2 to 72.7 lbs) 36kg (72.8 to 79.3 lbs) 39kg (79.4 to 85.9 lbs) 42kg (86.0 to 92.5 lbs) 45kg (92.6 to 99.2 lbs) 45+kg (above 99.2 lbs)	Youth (Ages 12-14) Boys / Girls 39kg (79.4 to 85.9 lbs) 42kg (86.0 to 92.5 lbs) 45kg (92.6 to 99.2 lbs) 48kg (99.3 to 105.8 lbs) 52kg (105.9–114.6 lbs) 56kg (114.7–123.4 lbs) 60kg (123.5–132.2 lbs) 60+kg (above 132.2 lbs)
Youth (Ages 15–17) Boys / Girls 52kg (105.9–114.6 lbs) 56kg (114.7–123.4 lbs) 60kg (123.5–132.2 lbs) 65kg (132.3–143.3 lbs) 70kg (143.4–154.3 lbs) 75kg (154.4–165.3 lbs) 80kg (165.4–176.3 lbs) 80+kg (above 176.3 lbs)	Adult (18+) Men 60kg (132.2 lbs & under) 65kg (132.3–143.3 lbs) 70kg (143.4–154.3 lbs) 75kg (154.4–165.3 lbs) 80kg (165.4–176.3 lbs) 85kg (176.4–187.3 lbs) 90kg (187.4–198.4 lbs) 90kg+ (above 198.4 lbs)	Adult (18+) Women 48kg (105.8 lbs & under) 52kg (105.9–114.6 lbs) 56kg (114.7–123.4 lbs) 60kg (123.5–132.2 lbs) 65kg (132.3–143.3 lbs) 70kg (143.4–154.3 lbs) 75kg (154.4–165.3 lbs) 75kg+ (above 165.3 lbs)

The Committee reserves the right to adjust or combine weight classes as needed.

Weigh-Ins

All competitors must weigh in at the designated time prior to the competition.

Competitors must weigh in wearing appropriate undergarments or competition attire.

If a competitor does not make weight, they may be given one additional attempt within 1 hour of the allotted weigh-in period.

Failure to make weight may result in disqualification or reassignment to another weight class at the discretion of the Competition Committee.

Time

- The contest shall consist of three (3) rounds.

- Each round is 2 minutes.
- A 1 minute rest period follows each round.

Uniform & Appearance

Competitors must wear approved competition attire:

- Red and Blue Sanda competition uniform top and bottoms
- Or black or white short-sleeve shirt (tucked in, no buttons or zippers) with black or white shorts.
- Clean and in good condition

Prohibited:

- Jewelry
- Watches
- Hard accessories
- Any object that may cause injury

Fingernails must be trimmed short.

Long hair must be securely tied back.

The referee may require adjustments or removal of any item deemed unsafe.

Required Equipment

Competitors must provide:

- Headgear
- Mouthguard
- Hand wraps
- 8-12 ounce boxing gloves
- Shin & instep guards
- Chest protector
- Groin protector (male competitors)



Before the Bout

- Competitors turn around to their Coaches and salute.

- Competitors turn to the Head Table and salute.
- Competitors turn to the Center Referee and salute.
- Competitors face each other and exchange a salute.
- At the start of each round, competitors shall assume the designated starting position as directed by the referee.
- The referee will call “Kaishi” to begin the round.

During the Bout

- Competitors may engage freely using permitted techniques.
- The referee will call “Ting” to stop action when necessary.
- All techniques must be controlled and within light contact standards.

After the Bout

- The referee declares the winner by raising the winner’s hand.
- Competitors face each other and exchange a salute.
- Competitors will face the opposing Coach and salute.

Scoring the Bout

Permitted Techniques

- Punches
- Kicks
- Controlled sweeps, throws and takedowns

Permitted Targets

- Head (light contact only for permitted age groups)
- Torso
- Legs

Valid & Scoring Points

Points are awarded using an **adding point system**:

SCORING TWO (2) POINTS:

- 1) A competitor will be awarded two (2) points if his or her opponent falls off the platform.

“Fall off the platform” (off-platform) refers to any part of the athlete’s body being used as support or making firm contact on the outer safety mats or ground of the Sanda platform during the match.

- 2) A competitor will be awarded two (2) points if his or her opponent falls down while he or she remains standing.
- 3) A competitor who strikes his or her opponent on the torso with a valid leg technique will be awarded two (2) points.

Four evaluation aspects of striking/ hitting:

- a. Observing the attack. The attacking technique is clear, the impact force is precise, and it clearly strikes the scoring parts.
- b. Observing the defense. There was no corresponding defensive action when being struck; or the strike came first followed by the defensive action; or there was a defensive failure.
- c. Observing the displacement. Movement, vibration, or shaking of body parts caused by the impact of a strike.
- d. Listen to the sound. The sound of crisp or dull emitted caused by the strike.

Cumulative scoring: In cases where one attacking movement results in different scoring effects, each score should be accumulated when awarding points.

- 4) A competitor who makes his or her opponent fall down by falling down himself or herself proactively (intentionally with sacrificing takedown) and immediately stands up in a flowing motion (one continuous motion) will be awarded two (2) points.
- 5) When a competitor receives a forcible counting, his or her opponent will be awarded two (2) points.
- 6) When a competitor is issued a warning, his or her opponent will be awarded two (2) points.
- 7) Proactive Falling refers to an offensive technique where a competitor uses a forward or backward leg sweep on the ground to attack the opponent (Supporting with other body parts on the platform other than both feet), causing the opponent to fall.

SCORING ONE (1) POINT:

1. A competitor who strikes his or her opponent on the torso or the head with a valid punching technique will be awarded one (1) point.
2. A competitor who strikes his or her opponent on the thigh with a valid leg technique will be awarded one (1) point.
3. In a situation when two athletes fall together, the athlete who falls down second will be awarded one (1) point.
4. A competitor who makes his or her opponent fall down by falling down himself or herself proactively and does not immediately stand up in a flowing motion will be awarded one (1) point.

5. When a competitor is ordered to attack and fails to do so within five (5) seconds; his or her opponent will be awarded 1 point.
6. Should a competitor fail to get to his feet within three (3) seconds after falling down proactively (intentionally with sacrificing takedown), his or her opponent will be awarded one (1) point.
7. When a competitor is issued an admonishment, his or her opponent will be awarded one (1) point.

NO POINTS WILL BE AWARDED:

1. When a technique used is not clear and not effective, no points will be awarded.
2. When both competitors fall off the platform, or both fall simultaneously, no points will be awarded.
3. Should a competitor's (without contact) attempt to make use of a technique by falling down proactively (intentionally with sacrificing takedown) was unsuccessful, but stands up within 3 seconds, no points will be awarded to the opponent.
4. When a competitor strikes his opponent while in a hold/clinch, no points will be awarded.

TECHNICAL FOULS (opponent awarded 1 point)

1. Passive holding/clinching.
2. Passive evasion.
3. Calling for a time-out when in a disadvantageous position.
4. Intentionally delaying the bout.
5. Showing disrespect to or disobeying the orders of the judges and referees during a bout.
6. Failure to wear a gum guard or spitting it out; or a competitor's gear comes loose or comes off intentionally.
7. Failure to display competition etiquette.
8. *Excessive force depending on intention and severity of the attack**
9. *Turning away to avoid engagement**
10. *Unsportsmanlike behavior**

PERSONAL FOULS (opponent awarded 2 points)

1. Attacking the opponent before the call of "Kaishi (Start)!" or after the call of "Ting (Stop)!"
2. Striking a prohibited area (spine, throat, groin).
3. Striking the opponent by using a prohibited technique (elbows, knees).
4. Deliberately injuring the opponent.
5. *Excessive force depending on intention and severity of the attack**
6. *Unsportsmanlike behavior**

PENALTIES

1. An admonition will be issued for a technical foul.
2. A warning will be issued for a personal foul.
3. A competitor with three (3) personal fouls will be disqualified from the bout.
4. A competitor who deliberately injures his or her opponent will be disqualified from the entire competition, with all results achieved that far invalidated.
5. A competitor who utilizes prohibited substances and/or inhales oxygen during the rest periods will be disqualified from the entire competition, with all results achieved that far be invalidated

MATCH STOPPAGE

A match will be stopped (paused) when:

1. When a competitor falls down (excluding proactive falling); or falls off the platform.
2. When a competitor is being issued a penalty.
3. When a competitor is injured.
4. Competitors who are holding / clinching without successfully executing a wrestling/throwing technique for 2 seconds.
5. When a competitor proactively (intentionally with sacrificing takedown) falls down and remains down for more than three (3) seconds.
6. A competitor fails to attack within five (5) seconds after being ordered to do so.
7. When a competitor raises his hand to request a time-out.
8. When the head judge corrects a misjudgment or omission.
9. When a problem arises or there is a dangerous situation on the platform.
10. Due to lighting, field of play, problems with the electronic scoring system etc. and related issues affecting the competition.

Prohibited Targets

- Throat
- Neck
- Groin
- Knees
- Back of the head

Prohibited Methods

- Elbows or knees
- Headbutts or finger strikes
- Joint manipulation
- Clinching longer than 3 seconds
- Throwing with excessive force
- Attacking a downed opponent

Decision of Bout

Absolute Victory

Victory may be declared immediately under the following conditions:

- If there is a significant disparity in skill level, the Center Referee, with approval from the Chief Judge, may stop the bout and declare the superior competitor the winner.
- If a competitor is unable to safely continue due to injury or inability to defend themselves, the referee may stop the bout and declare the opponent the winner.
- If a competitor receives excessive penalties or demonstrates unsafe behavior, the referee may stop the bout and declare the opponent the winner.

Determining the Winner of a Round

The winner of each round is determined based on the scorekeeper's records and judges' decisions.

A competitor will lose the round if:

- They are forced out of bounds two (2) times in the same round.
- They receive excessive warnings or penalties within the round.

In the event of a tied round, the winner will be determined in the following order:

1. The competitor with fewer warnings
2. The competitor with fewer admonitions
3. The competitor demonstrating greater control and effective technique

If all criteria remain equal, the round will be declared a tie.

Determining the Winner of a Bout

Victory in a bout is awarded under the following conditions:

- The competitor who wins two (2) rounds is declared the winner.
- If a competitor is unable to continue due to injury or safety concerns, as determined by the referee and medical personnel, the opponent will be declared the winner.
- If a competitor is disqualified due to rule violations, the opponent will be declared the winner.

Tie Situations

- In a round-robin format, if both competitors win an equal number of rounds, the bout will be declared a draw.
- In a knockout format, if both competitors win an equal number of rounds, the winner will be determined in the following order:
 1. Fewer warnings
 2. Fewer admonitions

3. Greater technical control and scoring effectiveness
- If still tied, an additional round may be conducted to determine the winner.

Coaching

- Each competitor may have one (1) coach present in the designated coaching area.
- Coaches must remain in their assigned area and may not interfere with the competition.
- Misconduct may result in penalties or disqualification of the competitor.

Injury & Medical Stoppage

- The referee may stop the match at any time for safety.
- Medical personnel will assess injured competitors.
- Illegal techniques causing injury may result in penalty or disqualification.

Conduct & Sportsmanship

- All participants must demonstrate respect, control, and discipline.
- Unsportsmanlike conduct or excessive force may result in penalties or disqualification.

Protests & Appeals

- Any protest must be submitted within 10 minutes following the bout.
- The Competition Committee will review and make a final decision.
- All decisions are final.

Definitions

Control: Execution of techniques with proper restraint and safety.

Push Out / “Fall off the platform” (off-platform): refers to any part of the competitors’s body being used as support or making firm contact on the outer safety mats or ground of the Sanda platform during the match. In addition, there is clear separation from the fallen opponent and the opposing opponent.

Excessive Force: Use of unnecessary power beyond light contact standards.