

KSF GENERAL Light Contact FIGHTING RULES/ IWF Sanshou General Rules

US Open Fighting Challenge A, B, C Division Rules

Sanshou

Fighters, regardless of origin or styles, may enter Sanshou fights. They may employ any styles of martial arts.

Apparatus

All fighters must wear shorts, gloves, mouthpiece, groin cup, body gear, chin guards and foot pads. 70kg and under should have at least 12 ounce gloves; 75kg and above should wear 14 ounce gloves.

Type of Competition

Either individual or team competition can be employed in Sanshou Competition.

System of Competition

1. Single or double elimination
2. A fighter must win two rounds out of three in a bout to be the winner of that bout. Each round is two minutes with a one-minute break in between. Qualifications and Requirements

1. Each fighter must hold a valid passport of the country or district he or She represents in International Sanshou Competition.
2. To participate in the Sanshou competition, each fighter must produce His health certificate indicating his/her health status in such detail as Electroencephalogram (EEG), electrocardiogram (EKG), blood Pressure and heart rate, all of which should be taken within 20 days Before his/her check in at the competition site.

Body Weight Categories

1. 48kg
2. 52kg
3. 56kg
4. 60kg
5. 65kg
6. 70kg

7. 75kg
8. 80kg
9. 85kg
10. 90kg
11. Over 90kg

Weigh-in

1. Only the fighters with proper qualifications are allowed to weigh-in any international sanshou competition.
2. Each fighter must bring his passport to weigh in.
3. The weigh in shall be handled by the registration group in coordination with the arranging and recording group under the supervision of the members from the arbitration committee (jury of appeal).
4. Each fighter will be arranged to be weighed in once on each day of the competition. A fighter may wear either under wear or naked at designated area.
5. Each weigh in must be completed two hours before the start of the first unit of each day's sanshou competition. The weigh in shall be completed within an hour.
6. The weigh in shall start from light categories. A fighter whose weight does not fit to the pre registered weight or the requirement of that weight category and cannot make the weight within the required time limit of weigh in, will not be allowed to compete.

Drawing Lot

1. The drawing lot ceremony, taking place after the weigh in, shall start with the lightweight ceremony. Any fighter who is the only one entered in the category will not be able to compete.
2. The arranging and recording group shall be in charge of the Drawing Lot ceremony in the presence of the head of arbitration committee, the chief referee and coaches or the team leaders of each of the participating teams.
3. The team leaders or the coaches of each team will draw the lot for the team members.
4. If according to the regulations of the competition, two or more members of the same team are allowed to enter the same category and the two of them meet in the first bout of the fight, there will be another drawing of lots. If after the draw they still meet, a third or fourth draw will take place until they are separated.

Fighters Wear and Protective Gear

1. A fighter must wear unified boxing gloves, headgear, a chest protector, and shin guards (on bare feet). His shirt and trunks must be of the same color as his protective gear. Each fighter must use his/her own mouthpiece and groin cup (under his trunks).
2. The color of the protective gear shall be either red or black.
3. A fighter 65kg or under wear gloves of 230 grams and a fighter of 70Kg and more shall wear gloves of 280 grams.

Protocol in Sanshou Competition

1. Fighters must march in the Lei Tai hand in hand.
2. When introduced the fighter must make a "palm and fist" salute to the audience.
3. Before the start of each round the fighters shall salute each other by making a "palm and fist" salute.
4. When the result of each march is announced, the fighters exchange positions. After the announcement, the fighter's salute to each other and the center referee with palm and fist and the center referee then returns the salute. Then the fighter's salute to each other coaches and the coaches return the salute.

Other Provisions Relating to Sanshou Competition

1. The judges of the competition should only concentrate on the competition and must not talk to other people during the competition. All judges must remain at the designated seats unless they have permission from the head judge to leave.
2. All fighters shall abide by the sanshou competition rules, respect the judges and obey their decisions. Wrangling, cursing, throwing away protectors to show discontent is strictly prohibited.
3. The coach and team doctor shall remain in the designated seats: They are prohibited from shouting or dropping hints to the fighters during the fight. Messages are only allowed during the one-minute break, but infusion of oxygen is strictly prohibited.
4. Before the announcement of the end of each bout, the fighter is not allowed to leave the La Tai (except when injured). Fighters are not allowed to take off protective gears (except head gear and mouth piece). The center referee signals, the fighters reenter the Lai Tai to wait for the announcement of the result.
5. Narcotics of any kind are prohibited.

Default

1. A fighter, who is not able to fight due to illness or injuries during the competition, is regarded as a case of default. The fighter is not allowed for any further fighting henceforth, however, his

placement of preceding matches will still stand effective.

2. During the competition, due to wide disparity in ability to effectively execute techniques between two fighters, the coach may show a sign of default or the fighter may raise a hand to signal for default to ensure safety.
3. Any fighter who fails to report after his/her name has been called for three times in the roll calling prior to the competition, or leaves after the call without permission and fails to appear on the fighting area on time, will be regarded as a case of default without explanation.
4. A fighter who defaults without justification (sound reason) will be deprived of all his/her advancement and credit in the preceding matches.

Sanshou Judges, Officials and Their Duties

Judges and Officials:

1. One chief referee with one or two assistant chief referees.
2. Judges Group: head judge, an assistant head judge, a recorder, a timekeeper, a center referee and five sideline judges during any Sanshou Bout.
3. The arranging and recording group: An arranging and recording chief and four arranging and recording assistants.
4. The registration group: a head registrar, an assistant head registrar and 3-5 registrars.
5. Medical Group: a chief doctor and one or two doctors
6. 1-2 Announcers

Jury of Appeal & its Duties:

The jury of appeal: a director, a vice director and five members.

Duties of Jury of Appeal:

1. The jury of appeal, under the organization committee, mainly receives and deals with appeals from the fighting team concerning decisions made by the judges that, in their views are in violation of the rules and regulations. The appeal shall be confined to the issues related to the appealing team.
2. Appeal shall be dealt with immediately. Handling the appeals shall not delay the progression of other fighters, the determination of placing, or the presentations, or the presentations of awards.
3. The jury shall investigate according to the materials and situations in the appeal if necessary. Video recordings of the contests may be examined. The jury team shall have a meeting to discuss

and study the issue. People related to the appeal may be invited to participate in the meeting, but they have no right to vote. A decision made by half the jury shall be effective.

4. A jury member is ineligible to participate in a meeting that deals with issues related to his/her own country, region or organization.

5. The judge's decision at issue will remain unchanged if it is deemed correct after careful examination. However, it must be amended if there is an apparent mistake. The decision of the jury shall be final.

Procedure and Requirement of Appeal:

1. A team that has any objection to a decision made by the judges in a match may send in a written appeal through its team leader or coach to the jury within 30 minutes following the conclusion of the match or that unit. The appeal shall be sent in with a deposit of \$100 or its equivalence of other international currencies. The deposit shall be refunded if the appeal is evidenced to be correct and the decision of the judges amended. The deposit shall not be refunded and it shall be transferred to a fund for awarding outstanding judges if the appeal is proven groundless, and the decision of the judges remain unchanged.

2. All teams shall respect the ruling of the jury of appeal. Presenting with provocative acts or remarks against ruling shall be strictly dealt with according to the seriousness of the case.

Methods of Matches, Scoring Criteria & Penalties

Method of Matches

Attacking and defending techniques of any martial arts styles or schools can be applied.

Valid Parts

Head, Trunk, and legs

Prohibited Areas

Back of head, neck and crotch.

Prohibited Methods

1. Striking opponents head continuously to deliberately injure opponent.
2. Attacking the opponent by using the head, elbow, knee, or pushing or striking reverse against the opponent's joints.
3. Attacking the opponent's back of the head, neck, throat or crotch.
4. Attacking the opponent's head by using a back turn roundhouse kick (back spinning head kick).

5. Use of excessive force to cause opponent to fall head over heels on floor or deliberately smash against the opponent or weigh down the opponent.

6. Attacking the head of fallen opponent with leg or attacking the fallen opponent(except when opponent falls deliberately as a combat technique).

Scoring

Three points are awarded to the fighter if:

1. Is forced off the platform once in a round
2. Is hit in the trunk by using back turn round house kick (back spinning heel kick) while he himself remains standing.
3. Is kicked down by using a hooked leg kick while he himself remains standing.
4. Is forced (or made) to fall by applying deliberate falling techniques, then he himself stands up immediately.
5. Is knocked down (any part of the body except feet) by a forward or backward sweep kick while he himself remains standing.

Two points are awarded to the fighter if his opponent:

1. Falls (support his body by any part of the body other than his feet) while he himself remains standing.
2. Is hit in the trunk once with the leg
3. Receives an official 8 count
4. Receives warning penalty

One point is awarded to the fighter if his opponent:

1. Is hit in the valid part with a hand technique
2. Is hit once on the head, upper or lower legs in a valid part with a leg technique
3. Shows passivity for 8 seconds, and remains passive for another 8 second after being ordered to attack.
4. Deliberately falls down and remains down for three seconds or more.
5. Is given an admonition or caution
6. Falls first when both fighters apply a technique to force the opponent down.

No point is awarded to either fighter if:

1. Both fighters hit each other on valid parts at the same time or successively.
2. Both fighters fall down or off the platform at the same time or successively.
3. The fighter throws the opponent to the ground or off the platform after holding for two seconds or more.
4. One fighter uses a deliberate fall technique to attack.
5. The fighter kicks the lower leg when the opponent defends by raising the knee.
6. No clear techniques are used and no obvious hits to valid parts are made.
7. One fighter hits the other in locked fight or while holding each other.
8. No one scores when one competitor back or forward sweeps the opponents valid part while being pressed down by the opponent.

Fouls and Penalties

Technical Fouls

1. Holding the opponent in arms passively.
2. Deliberate delay the match after the referee has signaled the start (for 5 second delay).
3. Requested time out when in a disadvantageous position.
4. Shouting and advice giving from coach or doctor from outside the platform when fight is going on.
5. Un-sportsman like behavior to the referee/judge or disobedience to his decisions.
6. Shouting loudly and impolitely during a fight.
7. Purposely entering the Lei tai without mouthpiece, loosing protective gear, or spitting out mouthpiece during a fight.
8. The fighter behaves against the competition's protocol.

Personal Fouls

1. Attacking the opponent before the referee gives the signal start, or after he gives the signal stop.
2. Hitting the opponent on the prohibited part, including: strikes to the back of the head, neck, throat, or crotch, and elbow or knee strikes.

3. Hitting opponent by using any of the prohibited methods.

Penalties

1. A caution will be given for a technical foul.

2. A warning will be given for an obvious personal foul.

3. If a fighter is penalized up to six points in a bout: the opponent will be declared the winner.

4. A fighter who intentionally hurts his opponent or commits a serious foul will be disqualified from the fight and if deemed appropriate from the entire competition; the opponent will be declared the winner.

5. A competitor found guilty of trickery or found guilty of injecting narcotics or inhaling oxygen during a break will be disqualified from the entire competition.

Temporary Suspension of Fight

The fight will be suspended in any of the following cases:

1. A fighter has fallen down or off the platform (except falling down on purpose).

2. A fighter is given a penalty

3. A fighter is injured.

4. The fighters are locked in a confused fight for more than two seconds; the fighters hold each other in arms without attacking or without avail for more than two seconds.

5. Both competitors refrain from attacking, or one remains passive for more than eight seconds.

6. A fighter falls down on purpose and remains down for more than three seconds.

7. A fighter asks for a suspension of the fight by raising his hands due to objective hindrance.

8. The head judge corrects a misjudgment or an omission.

9. The referee or other judges spot danger in a fight.

10. The fight is interrupted by objective factors such as lighting or other malfunctions of facilities.

Recording Methods:

Winner or Loser Placing Recording Methods

1. Caution, warning, disqualification and passivity are denoted by the signs "D", "X" "O", and "a". Respectively.

2. The sideline judge, following the score criteria, will keep account of the points won and the number of fouls committed by each fighter according to the decision made by the referee. At the end of each round, they will enter each contestant's score into the recording form.

Winner or Loser

1. The fighter who uses three point techniques and wins three times in a round wins the bout.
2. In the event of wide disparity in techniques and power between the two fighters, the referee may, with the approval of the head judge, declare the stronger to the winner of the bout.
3. The fighter wins the fight by knocking the opponent out, not by personal foul move.
4. The fighter is the winner if his opponent was counted "eight counts" after a heavy hit, for three times in a bout.
5. The fighter is the winner if his opponent cannot continue the fight due to injuries or illness confirmed by the doctors' team of the competition.
6. The winner of a round depends on the results of the sideline judges' decisions at the end of each round.
7. The fighter wins the round if his opponent is heavily hit (not personal foul hit) and counted two separate eight counts in the round.
8. The fighter wins the round if his opponent is knocked off the platform twice in a round.
9. The fighter wins the round if he uses three point techniques and gets three points three times in around.
10. In case of a draw in a round, the winner will be decided according to the cases in the following order: The winner will be:

The fighter who has received less warnings.

The fighter who has received less caution (admonitions).

The fighter who has less body weight (according to the weight taken on the day of the competition).

If it is the same a draw will be declared.

11. The fighter who wins the first two rounds in a out will be the winner of the bout.
12. The fighter who is given a foul wins the fight of the opponent fakes his injuries and is confirmed by medical examination.
13. The fighter who is injured by the opponent by an illegal hit and cannot finish the fight

(confirmed by medical examinations) is declared the winner of the bout, but will not be able to participate for further competition.

14. In single elimination, the winner, if both fighters have the same number of wins in a bout, will be decided in the following order:

The fighter who has received less warnings.

The fighter who has received less cautions.

The fighter who has less body weight, if the same another round will be added and so forth.

15. In double elimination, there will be a draw, if the two fighters have the same number of winnings in a bout.

Individual Placing

1. In single elimination the winner should come out directly.

2. In double elimination, the one who has the largest number of aggregated points shall be placed first.

3. If two or more fighters have the same number of aggregated points the winner shall be decided according to the following order:

The fighter who lost fewer rounds shall be placed higher.

The fighter who has received less cautions.

The fighter who has lighter body weight shall be placed higher. If it is the same there will be a tie and awarded with the same placing.

Team Winners

Placing Scores:

1. The first six places in each category are decided according to 7,5,4,3,2,1 respectively.

2. If two or more teams have won the same number of points the winner shall be decided in the following order.

3. The team, which possesses more champions, shall be placed higher. If the tie still remains, the team which has more runners up shall be counted, and so on and so forth.

4. The team, which has received fewer warnings, shall be placed higher.

5. The team, which has received fewer cautions, shall be placed higher.

6. If after all these the tie still remains, the teams will be awarded the same places.

Calls and Hand Signals:

Center Referee's Calls and Hands Signals

1. Palm and fist salute (Bao Quan Li): Stand with both feet together. Left palm fist in front of chest, approx. 20-30 cm away from chest and level with.
2. Enter (Shang Tai): Standing at the center of the platform, center referee in bow stance, points to both fighters with extended arms, palms up. He stands up with feet together while calling the fighters to enter. He lifts his hands up by bending elbow in a 90-degree angle, palms facing him. This signal is for the fighter first time entering the platform together from the same side before the fight starts.
3. Onto the platform (Shang Tai): Standing at the center of the platform, the judge on the platform extends two arms from both sides with palms up. Then he lifts up his hands from each side by bending his elbows to 90-degree angle with palms facing him when he calls for the fighters to step up on the platform after the 1-minute break. The signal is for the fighters to step up onto the platform from their own corner after 1-minute break.
4. Both fights salute to each other: The center referee rests his left hand on top right fist in front of his body to signal both fighters to salute each other.
5. First Round (Di Yi Ju): the center referee, in bow stance, facing the head judges seat, extends one arm forward with index finger pointing up and the other three fingers and thumb closed into a fist, saying "Di Yi Ju."
6. Second Round (Di Re Ju): The center referee, in bow stance, extends his right arm forward towards the head judge's seat, with his index finger and middle finger separated pointing upward and thumb and other fingers bent, saying Di Re Ju.
1. Third Round (Di San Ju): The center referee, in bow stance, extends his right arm forward towards the head judges seat, seat with his thumb, index and middle fingers separated pointing upward and other two fingers bent, saying" Di San Ju.
2. Ready-Start (Yu Bei, Kai Shi): Standing in bow stance between tow fighters, the center referee calls "Yu Bei" and at the same time extends his arms to each side with palms up, fingers pointing to the fighters. Then he swing and press his hands together in front of his abdomen to give the "Kai Shi"(start) call for the fight to begin.
3. Stop (Ting): The center referee calls "Ting" and takes a right bow stance at the same time, extending right arm forward between the fighters, fingers pointing forward.
4. Eight Second Passivity Call (Ba Miao): The center referee extends both hands up in front of the body, with right small and ring fingers bent and other fingers extended. All left fingers

extended and separated.

5. Eight Count: The center referee, facing the fighter, with two fists turned out in front of the body, released his fingers from the thumb to small finger one by one at interval of one second and from left to the right hand by saying: Yi, Re, San, Si, Wu Liu, Qi, Ba, Jou, Shi.

6. Passive Holding: The referee holds his arms in circle in front of his body at shoulder level.

7. Eight Count Effective: The center referee extends one arm toward the head judge's seat with the thumb up and other four fingers bent.

8. Three Seconds: The center referee extends one arm up to the side, palm up pointing to the fighter, and moves the other hand horizontally from front of the body to the side of the body, with palm downward, thumb, index and middle fingers extended and separated and other two fingers bent.

9. Three Points: The center referee extends right arm slightly up with palms facing up, pointing to the fighter, while the other hand raises up front the other side with thumbs, middle and index fingers separated and straight up pointing to the sky and the other two fingers bent.

10. Appointed Attack: The center referee extends his one hand between the fighters and moves the same hand toward the fighter with thumb straight pointing to the fighter horizontally to order the fighter to the fight by saying, "Hong Fong" or "Hei Fong" and the other fingers bent in fist.

11. Down (Dao Di): The center referee extends one arm with palm facing up, pointing towards the fallen fighter and the other hand press to the side of the body with palm facing downwards.

12. Off Lei Tai (Xia Tai): the center referee, in bow stance, extends one arm horizontally with palm facing up pointing to the off Lei Tai fighter and the other hand bent in front of chest with palm facing forward and fingers pointing upward, pushing horizontally forward saying: "Hong Fong Xia Tai" or "Hei Fong Xia Tai."

13. Both fighters off Lie Tai (Shuang Fong Xia Tai): The center referee in bow stance push both arms forward in shoulder level with palms standing up and facing forward. Then bring both the front leg back standing upright and at the same time bend both arms in 90-degrees with palms facing himself to call the fighters back to the Lei Tai.

14. Warnings (Jing Gao): The center referee extends left arm pointing towards the fighter with palm facing up and the other hand indicates his foul by clenching into a fist facing to himself, with arm bending into 90-degree angle at elbow saying, "Jing Gao."

15. Caution (Quan Gao): The center referee extends left arm pointing towards the fighter with palm facing up and the other hand indicates his foul by standing his palm up, facing back to himself, with arm bending into 90-degree angle at elbow saying, "Quan Gao".

16. Disqualified: The center referee stands up right with arms cross each other in front of his chest with fists clenched.
17. Without Avail (Wu Xiao): The center referee swings his arm in front of his body to cross each other once to indicate no effect.
18. Emergency Treatment: The center referee stands upright facing to the competitors doctors' seats with arms cross each other in front of his chest, palms up and extended to indicate emergency.
19. Rest (Xou Xi): The center referee extends both arms to each side horizontally with fingers pointing towards each fighters rest seat.
20. Draw (Ping Ju): The center referee, standing between the fighters, holds each fighters wrist raising them at the same time to indicate a draw.
21. Winner ("Hong Fong Sheng" or "Hei Fong Sheng"): The center referee standing between the fighters hold both wrists of the fighters and then raises the winners hand while the winner is announced by the head judge.
22. Exchange positions: The center referee standing in the middle of the Lei Tai extends his arms and then cross each other.
23. Silence: The center referee, standing up right, extends one arm, with thumb parted from the rest of the four fingers pointing to the yelling athlete or coach, then bringing the thumb and the other finger together to indicate "keep silent."
24. Kicking the Crotch (Ti Dang): The center referee extends one arm slightly up above the shoulder level with palm facing up, pointing towards the offender and the other hand placed in front of the crotch with palm facing inward to indicate, "kicking to the crotch."
25. Hit the back of head (Ji Hou Nao): The center referee extends one arm with palm facing up, pointing towards the offender and the other hand touches the back of his own head to indicate: "hit the back of head."
26. Elbow Strike Foul: The center referee crosses his arm in front of hest, with one hand covering the elbow of the crossing arm to indicate a elbow strike foul.
27. Knee Strike foul: The center referee lifts one of his knees and pate the knee with his hand to indicate the knee hit foul.
28. Down Fist: The center referee extends one arm palm up pointing towards the fighter fallen down first and the other hand press downward across the body and the other hand placed on the top of the other across each other.
29. Simultaneous down: The center referee extends both arms forward to each side and bring

back to press downward simultaneously, palms facing down to indicate both fall at the same time.

The Sideline Judge Signals

1. Down or off: The sideline judge points down with a forefinger with other fingers bent to indicate that there is a falling down or off the Lei Tai.
2. No down or off: The sideline judge holds one hand up, palm facing down and shakes the hand from one side to the other to indicate that there is no fall on or off the platform.
3. Not Clear: The sideline judge extends both arms to each front side of the body with elbow bent palms facing up to indicate not clear.

Fighting Lei Tai and Equipment

1. The Lei Tai is a wooden structure, 60 cm high, 800 cm long, and 800 cm wide, covered with soft mat and then canvas top. The center of the canvas is painted with a Yin/Yang Taiji Diagram of 100 cm in diameter.
2. The protective mats of 20-40 cm high and 200 cm wide are placed around the Lei Tai for the protection of the fighters fall.