

LIGHT SANDA RULES



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Competition Officials Commission

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CHAPTER 1 GENERAL RULES

Article 1. Types of competition:

Individual and team tests.

Article 2. Competition systems.

2.1 The following systems are adopted: Round-Robin, Direct Elimination.

2.2 The two out of three rounds winner system is adopted. Each Round lasts two minutes. Between two Rounds there is a one minute rest period.

Article 3. Conditions and requirements.

3.1 The competitor must present his card recognized by the UIKT.

3.2 To participate in the competition, the competitor must have passed the competitive medical test; This certification must be issued within 20 days before the checks on the competition venue.

3.3 Subdivision and Specialty

Semi-Sanda (QINGDA) - light contact without knockout (Beginners and Amateurs categories)

Categories

- Male / female category;

Age groups:

- The 11-13 Pre-Agonists competitor must be 11-12 years of age;
- The Cadets 13-16 competitor must be 13-15 years of age;
- The Junior 16-18 competitor must be 16-17 years of age;
- The 18-40 Senior competitor must be 18-39 years of age;
- The over 40-45 competitor must be 40-44 years of age;



- The Over 45-50 competitor must be 45-49 years of age;
- The over 50-55 competitor must be 50-54 years of age.
- The over 55-60 competitor must be 55-59 years of age.

Article 4. Categories of weight

11/16 years		16/18 years		19/55 years	
Male	Female	Male	Female	Male	Female
24> 28kg	24> 28kg	40> 44kg	36> 40kg	44> 48kg	44> 48kg
-32kg	-32kg	-48kg	-44kg	-52kg	-52kg
-36kg	-36kg	-52kg	-48kg	-56kg	-56kg
-40kg	-40kg	-56kg	-52kg	-60kg	-60kg
-44kg	-44kg	-60kg	-56kg	-65kg	-65kg
-48kg	-48kg	-65kg	-60kgf	-70kg	-70kg
-52kg	-52kg	-70kg	-65kg	-75kg	-75kg
-56kg		-75kg	-65kg	-80kg	
-60kg		-80kg	-70kg	-85kg	
		-85kg	-75kg	-90kg	
		-90kg		+ 90kg	
		+ 90kg			

Article 5. Weight operations.

5.1 Only athletes in compliance with the conditions of access to the competitions can access the weigh-in operations (see art. 3).

5.2 The competitor must present himself to the weighing operations with a card and a valid identity document (identity card or driving license).

5.3 The weigh-in operations of the athletes are carried out by the referee team. Only a Association Manager may attend the weigh-in, limited to their athletes

5.4 Competitors are weighed only once, on the day of the competition or the day before, in briefs or shorts, in the designated place, with a tolerance of 500 gr. (males and females)

5.5 The weigh-in operations of the competitors must be completed within one hour



and must take place two hours before the start of the first heat of competitions scheduled for that day.

5.6 A competitor, whose weight does not comply with the requirements of the category and who cannot reach the declared weight within the time limit set for the operations, is not admitted to competitions (National Championships) -

Article 6. Draws.

6.1 The draws are made after the weigh-in.

6.2 The draw is carried out by the organizing team, the Chief Referees and the coaches or managers of the participating teams can assist.

Article 7. Competitors clothing and protections.

7.1 During the fight, athletes must wear:

- short-sleeved or sleeveless t-shirt (Red or Blue);
- Shorts (Red or Blue);
- - boxing gloves 10 oz
- helmet without grille (Red or BLUE);
- bodice (Red or BLUE);
- for females, a breast protector must be worn
- seashell
- mouthguard
- shin guards with foot guard

Athletes must wear the shirt, shorts, helmet and bodice of the same color;

NB The shirt it must only show the logo and name of the school to which it belongs;

The shorts must be the ones for the Sanda (Red or Blue)

and not other combat sports;



Athletes must use their own mouthguard and their own shell worn under the shorts;

Athletes must be clean, dry and free from unpleasant odors. The nails, with regard to those of the feet, must be cut short. The fighter's personal hygiene must be more than satisfactory.

Article 8. Competition protocol.

8.1 At the moment of the call on the platform, the competitors must greet their coach from the platform with "palm and fist" before each round.

8.2 At the moment of the presentation, the competitors will greet the public with "palm and fist".

8.3 Before starting each round, the competitors will greet each other with "palm and fist".

8.4 At the moment of the announcement of the result of the Competition, the competitors will exchange positions; after the announcement, they greet each other, then greet the platform judge with "palm and fist"; the judge returns the greeting. The competitors will then greet each other's coaches and they will return the greeting.

8.5 In in case of rotation the judges reciprocally exchange the greeting "palm and fist".

Article 9. Other provisions concerning the competition.

9.1 Competition Officials must focus on the competition and avoid talking to other people. They must remain at their assigned positions until the Head Judge gives them permission to stand up.

9.2 Competitors are required to comply with the Competition Regulations, the Competition Officials and comply with their decisions. Fights, swearing, throwing away the protections, and other gestures made to show disappointment are absolutely prohibited.

9.3 The coach and the team doctor will remain at the positions assigned to them. Suggestions and advice to the competitor himself are allowed during the Competition, shouting is not allowed.

9.4 Before the announcement of the end of a Competition, the competitors cannot leave the platform (unless they have been injured), they will not be able to remove



the protections (with the exception of the helmet and the mouthguard). With notification of the platform judge, the competitors will get on

platform for the announcement of the result.

9.5 Doping is categorically prohibited. However, the administration of oxygen is prohibited.

Article 10. Abandonment.

10.1 Inability, by a competitor, to continue a Competition due to injury, illness, or weight not conforming to the requirements, is considered as abandonment. He will no longer be allowed to continue the competition, but, in any case, the results and rankings acquired in previous Competitions will be maintained.

10.2 In case of evident disparity in strength between the two parties, such as to compromise the physical integrity of a competitor, the sign of abandonment can be shown by the coach (throwing the towel) or by the competitor himself by show of hands.

10.3 A competitor who, prior to a Competition, fails to show up when his or her name has been repeated three times in the roll call, or who, after this, leaves without permission and fails to show up on the competition field in time for the competition, is considered to have abandoned the Competition without justified reason.

10.4 A competitor who leaves the competition, without justified reason, will be deprived of the result obtained in the previous Competitions.



CHAPTER 2 COMPOSITION AND DUTIES OF REFEREES

Article 11. Composition of the arbitration panel.

11.1 The presence of a Chief Referee and one or two Chief Referees Secretaries is foreseen.

11.2 The arbitration panel of a Competition is made up of a Head Judge, a Secretary of the Head Judge, a recorder, a timekeeper, a platform referee and five side referees.

11.3 The organization and recording team is made up of a person responsible for organizing and reporting and up to four secretaries.

11.4 The minuting group is made up of a secretary from the manager and three to five employees.

11.5 Medical assistance is made up of a Chief Physician and one or two Doctors

11.6 The presence of one or two announcers is foreseen.

Article 12. Duties of the Arbitration Board.

12.1 The Chief Referee has the task of:

12.1.1 study and know in depth the systems of judgment; make sure that the Competition Officials study the Rules and Regulations of the Competition;

12.1.2 verify and ensure that the competition area, the tools, and what is necessary are ready to start the competitions; supervise the preparations relating to competitions, such as those relating to weighing operations, draws and disposition of competitors;

12.1.3 solve problems relating to competitions, in compliance with the provisions of the Rules and Regulations of the Competition, although not having the right to make changes;

12.1.4 give instructions to the group of judges during a competition and replace them if necessary;

12.1.5 notify in time the Head Judge, the organization and minutes manager, the announcer, if, during the competition, one of the competitors has withdrawn,



and if this involves a change in the order of the competition;

12.1.6 he has the final word in case of disagreement between the Competition officials;

12.1.7 be responsible for the supervision of the judging staff and verify the correct interpretation of the Rules;

12.1.8 examine, record and announce the results of a competition;

12.1.9 submit a written report on the judging work to the body responsible for the competitions. The Chief Referee secretary will assist him in carrying out his work and will act on his behalf in case of absence;

12.2 The Head Judge has the task of:

12.2.1 be responsible for organizing the work and study of their judging board;

12.2.2 supervise and direct the work of the judges, the timekeeper and the secretary who takes the minutes.

12.2.3 to recall, through the use of a whistle, and in order to make adequate corrections, the platform judge when he has committed obvious errors of judgment;

12.2.4 with the approval of the Head Referee, and before the final result is announced, it substitutes the judgment against a decision of 3: 2 taken by the side judges if it considers that such a measure is absolutely necessary;

12.2.5 announces the outcome of each round in order to identify the winner,

12.2.6 settle the problems relating to cases of "absolute victory", "falling off the platform", "penalties" and "counting the time" in relation to the status of the competitor on the platform and the verbalization by the employees;

12.2.7 review and sign the results at the end of the meeting. The secretary of the Head Judge supports the latter in carrying out his / her work and can, jointly with him, perform the duties of another judge in case of need.

12.3 The platform judge has the task of:

12.3.1 carry out one's duty honestly and strictly observe the Rules and Regulations of the Competition,

12.3.2 verify the protections of the competitors and ascertain the safety of the competition;

12.3.3 verify the blows through calls and gestures;

12.3.4 decide on "landing", "first landed", "exit" ("fall from the platform"), "warning", "warning," passivity ", " time count ", and intervene for the immediate rescue of injured competitors;

12.3.5 announce the result of a Competition

12.4 The side judges have the task of:

12.4.1 record the score obtained by the competitors in compliance with the Rules;

12.4.2 quickly show the result of a judgment and simultaneously with the signal of the Head Judge and at the end of each round;

12.4.3 at the end of each Competition, sign the score sheet, which will then be withdrawn for examination and verification.

12.5 The staff responsible for taking the minutes have the task of:

12.5.1 carefully compile, before the fight, the statistical printouts of each pair of competitors,

12.5.2 take part in weighing operations and record the weight of the competitors on the statistical form;

12.5.3 record how many times each competitor receives warnings, admonitions and receives scoring corrections in relation to the calls and gestures of the platform judge;

12.5.4 records the results of judgments made by the side judges at each round and delivers them to the Head Judge after the winner has been nominated.



12.6 The timekeeper has the task of:

12.6.1 check if the gongs (or whistles) are able to function and have a different and distinguishable tone from one platform to another. Check if the clock and stopwatches keep time correctly;

12.6.2 be responsible for timing the competition, suspending the fight and pausing;

12.6.3 to mark with a whistle, the 10 seconds before the start of the second round and to activate the clock at the beginning of the competition, as soon as the time of the break is finished;

12.6.4 sound the gong to announce the end of a round;

12.6.5 announce the outcome of the judgment issued by the side judges.

12.7 Those responsible for the organization and the minutes have the task of:

12.7.1 be responsible for checking the status of the competitors and the entry forms;

12.7.2 be in charge of organizing the draws and drawing up the programs for each Competition of the competition;

12.7.3 prepare the printouts to be used during the competitions, check and verify the results of the Competitions and count the points earned by the competitor in order to draw up the ranking,

12.7.4 record and publicize the results of each meeting;

12.7.5 reorder the statistical data, write down the salient episodes, fill in the appropriate printouts with the final score.

12.8 the secretary of the organization and minutes manager assists the latter in carrying out his work.

12.9 The head of the secretariat has the task of:

12.9.1 be responsible for competitors' weigh-in operations;

12.9.2 the verification of the protection and maintenance material during the competition period, provide the competitors with the protections to be used



during the competition (in the case of protections "approved" for a single competition and provided by the organization);

12.9.3 gather the competitors for the roll call, twenty minutes before the start of a competition,

12.9.4 during the appeal, report to the Head Referee, in due time, any case of absence or abandonment of the competitors;

12.9.5 check the clothing and protections of competitors, in accordance with the Rules.

12.10 the secretarial staff carry out the work assigned to them by the manager.

12.11 The announcers have the task of:

12.11.1 briefly explain the Competition Rules and Regulations to the public and to present other aspects concerning the competition.

12.11.2 introduce the judges and athletes who enter;

12.11.3 announce the results of the competitions.

12.12 The medical body has the task of:

12.12.1 examine the certificates and physical checks of competitors;

12.12.2 carry out doping control operations;

12.12.3 before the Competition, carry out sample check-ups on the competitors,

12.12.4 provide aid for injury or illness of competitors during the competition;

12.12.5 be responsible for ascertaining the severity of injuries sustained as a result of foul actions during the fight;

12.12.6 be responsible for medical assistance during the competitions and to advise the Head Referee in time to prevent the test for those who, due to injury or illness, are unable to continue the Competition.



CHAPTER 3. JURY OF APPEAL, COMPOSITION AND DUTIES

Article 13. Composition of the Appeals Commission

The jury appeal is made up of a President, a Vice President and three to five members.

Article 14. Duties of the Jura of Appeal.

14.1 The jury of appeal under the direction of the Organizing Committee mainly receives and composes the appeals presented by the teams that make disputes concerning decisions taken by the judges which, according to their point of view, violate the provisions of the Rules and Regulations. The appeal can be restricted to disputes raised by the competing team.

14.2 appeals can be addressed immediately. The conduct of the appeal will not compromise the conduct of the other competitions, nor the reformulation of the ranking nor the award ceremony;

14.3 for investigations, and when necessary, the jury meets to discuss the dispute by deciding by majority. In the event of a tie, the vote of the President prevails. The member who is in any capacity, registered with the applicant association, has the duty to abstain.

14.4 The decision of the competition judges, subject of the appeal, can be confirmed or corrected by the Appeals Committee, again only in the case of violation of Federal rules and Regulations. The decision of the Commission is final, and must be immediately communicated, also with the device alone, to the interested parties present at the competition. In case of acceptance the Commission for competitions, he may take measures against the Competition Officials who are held responsible for the violations in question.

Article 15. Procedure and requirements of the appeal.

15.1 A team that objects to the judgment issued by the judges during a competition, can file a written appeal, through its team leader or coach, to the jury, within 30 minutes after the conclusion of the Competition. The appeal must be filed jointly with a deposit of € 100.00 (one hundred euros). The deposit will be returned if the appeal is justified and the judges' judgment rectified; the deposit will not be returned, but



paid into a fund for elite athletes, in the event that the appeal proves manifestly unfounded and the judges' judgment remains unchanged. The appeal must be presented only and exclusively when the contested recovery has a score of 3 a 2



CHAPTER 4. HITS, CRITERIA FOR THE ALLOCATION OF SCORES AND PENALTIES

Article 16. Strikes.

Attack and defense techniques of any SanShou style or school can be used.

Article 17. Valid parts.

Head, torso and thigh.

Article 18. Invalid parts.

Nape, neck and groin.

Article 19. Forbidden hits.

19.1 hitting without any control, with a kick and a punch;

19.2 attack the opponent with the head, elbow or knee or counter-leverage the opponent's joints;

19.3 to drop the opponent upside down on the platform or, intentionally, throw him and crush him with his own weight on the mat;

19.4 hit the opponent who has fallen on the mat, on the head with any technique;

19.5 hitting in bulk (i.e. hitting the opponent with a fist or kick, without technique and without looking at the target);

Article 20. Criteria for the attribution of points.

20.1 Award of TWO points:

A competitor is awarded 2 points if:

20.1.1 his opponent falls (goes) off the platform;

20.1.2 remaining standing, knocks the opponent (who touches the platform with other parts of the body besides the feet) to the mat;



20.1.3 hits the opponent with a kick to the head or torso;

20.1.4 knocks down the opponent (who touches the platform with other parts of the body besides the feet) with sacrifice technique and immediately stands up (within 2 seconds);

20.1.5; the opponent is called back;

20.2 Allocation of ONE point.

A competitor is awarded 1 point if,

20.2.1 hits the opponent, in a valid part, with a hand technique

20.2.2 hits the opponent on the thigh with a leg technique

20.2.3 when, both competitors fall on the mat in succession, but the opponent falls first or one of the two falls with his body on top of that of the other;

20.2.4 knocks down the opponent (who touches the platform with other parts of the body besides the feet) with a sacrificial technique but does not stand up immediately;

20.2.5 the opponent shows passivity for 5 seconds after being summoned to attack;

20.2.6 the opponent intentionally falls to the mat and remains on the ground for more than three seconds;

20.2.7 the opponent is cautioned;

20.4 No points awarded.

No points will be awarded to either party when.

20.4.1 the technique performed is not clear and evident;

20.4.2 both competitors go down or off the floor simultaneously;

20.4.3 a contestant falls on the mat as a means of combat;

20.4.4 a competitor, held in a hold, hits the opponent



Article 21. Fouls and penalties.

21.1 Technical Fouls

1. to block the opponent in a passive way (clinchng);
2. request a time-out when you are at a disadvantage;
3. incorrect attitude towards judges and disrespect towards their decisions;
4. deliberately postpone the fight;
5. enter the area without the mouthguard, or intentionally drop it, or remove the protections during the fight;
6. conduct of the competitor in violation of the protocol;

21.1.2 Personal Fouls.

1. Attack the opponent before the "Start / Kai Shi!" or after the "Stop / Ting" signal;
2. hitting the opponent on prohibited parts;
3. hit the opponent using forbidden strikes.

21.2 Penalties.

1. A caution will be given for a foul technique;
2. a competitor will be recalled for personal fault;
3. **a competitor**, who has received a total of 6 penalty points between warnings and warnings, will be disqualified from the Competition.
4. a competitor who intentionally injures the opponent is disqualified and the opponent himself wins the Competition, all the results obtained in the competition by the disqualified athlete are also canceled;
5. a competitor, who tests positive for doping, or who inhales oxygen during the rest break, is disqualified from the entire competition and cancellation of the competition results.



6. the contact simulation will be sanctioned, the first time with a warning, the second with a warning;

21.3 Excess of Contact

1. a warning will be given for unwanted Competition techniques (technical foul);
2. a warning will be given for technique performed with excess power (personal foul);
3. the athlete who repeatedly throws techniques with excess power will be disqualified from the entire competition;

Article 22. Suspension of the fight.

The fight will be suspended if any of the following occurs:

22.1 A contestant ends up on the mat or off the platform (except in intentional cases

22.2 if a penalty is attributed to a competitor;

22.3 if one of the competitors is harmed;

22.4 if the competitors hold back (in "clinch") without attacking, or attacking without success, for more than two seconds;

22.5 if a competitor intentionally falls on the mat and remains there for more than three seconds;

22.6 if a competitor, raising his hand, requests the suspension of the fight for objective impediment;

22.7 if the Head Judge corrects an error or omission of judgment;

22.8 if there are problems or damage to the platform that require resolution or seating,

22.9 whether the fight is compromised by objective factors relating to the lighting or the competition area;

22.10 if a competitor still shows passivity eight seconds after receiving the order to attack;



CHAPTER 5. SCORING SYSTEMS, WINNER AND LOSER, RANKINGS

Article 23. Record keeping systems.

23.1 Reprimand, warning, disqualification and liability are respectively marked with the symbols: "", "X", "O" and "V"

23.2 the side judges, following the "Scoring Criteria", will take note of the scores acquired and the fouls committed by each competitor in compliance with the decisions of the platform judge. At the end of the round, they will record the points of the competitors themselves on the specific printouts;

23.3 in the case of round-robin, the minutes clerk will score, on the score sheet, two points to the winner of each Competition and zero points to the loser, or one point to the competitor in the event of a tie. A competitor will be awarded two points in case of abandonment of the opponent. No points will be awarded to the competitor who leaves the Competition.

Article 24. Winner and Loser of the Competition.

24.1 Absolute victory.

24.1.1 in the event of an evident disparity in strength between the two competitors, the platform judge, with the approval of the Head Judge, can declare the strongest athlete the winner of the Competition;

24.1.2 the athlete who wins the first two rounds wins the Competition;

24.1.3. a competitor wins the Competition if the opponent is injured and unable to continue the competition, as certified by the doctor;

24.1.4 if during a fight a competitor pretends to have been injured as a result of a foul action, the opponent wins the Competition after the fact is ascertained by the medical officer;

24.1.5 if during a fight a competitor is injured as a result of an opponent's foul action to the point of not being able to continue the Competition, and this is ascertained by the medical manager, the injured athlete wins the Competition but can no longer continue the competition;



24.2 Winner or Loser of the Round

The result of each Competition is determined in accordance with the judgments issued by the side judges;

24.2.1 a competitor wins the round if the opponent goes off the platform twice in the same round;

24.2.2 if in a Competition, both competitors achieve the same score, the winner is decided in the following order:

24.2.3 the player who receives the least number of reminders wins the Competition;

24.2.4 the player who receives the fewest yellow cards wins the Competition

24.2.5 the Competition is won by the player who has the lowest body weight (in relation to what was recorded on the day of the competition).

24.2.6 if the previous points remain unchanged, parity is declared;

Article 25. Rankings.

25.1 Ranking of athletes.

25.1.1 In the "Direct Elimination" groups, the ranking is established immediately,

25.1.2 In the "Round-Robin" groups, the competitor who has accumulated the most points is ranked first. In the event that two or more competitors have the same accumulation of points, the winner will be announced in the following order:

- a. the one who has lost the least number of rounds precedes in the ranking,
- b. the one who received the least number of warnings precedes in the ranking;
- c. the one who has received the least number of warnings precedes in the ranking;
- d. the one who has the lowest body weight (in relation to the weight recorded on the day of the competition) precedes in the ranking. In case



of equality, the competitors who are tied will get the same place in the ranking.

25.2 Teams ranking.

25.2.1 Ranking points: The first three classified in each category will be awarded respectively 3, 2, 1 points:

25.2.2 If two or more teams have the same score. the winner will be announced in the following order.

1. the team with the highest number of top finishers comes first in the standings. If the tie persists, the team with the most runners-up takes precedence, and so on
2. the team that has received the least number of recalls precedes in the standings;
3. the team that has obtained the fewest yellow cards comes first in the standings. If in spite of this the tie still exists, the tied teams will get the same place in the standings.



CHAPTER 6. ORGANIZATION OF THE COMPETITION AND VERBALIZATION

Article 26. Organization of the Competition.

26.1 Preparatory phase for the organization.

26.1.1 Study of the Competition Regulations, assignment of the following details.

1. types and systems of competition;
2. time and duration of the competition;
3. weight categories;
4. admission of competitors and total number;
5. rankings and awards.

26.1.2 Control and verification of registration forms.

26.1.3 Counting of the total number of competitors for each weight category.

26.2 Principles to be followed throughout the organization.

26.2.1 Compliance with the Competition Regulations, based on the participants and the duration of the competitions

26.2.2 competitions relating to the same weight category and with the same rounds must be combined in the same section;

26.2.4 the competitions of a section start with the lowest weight categories.

26.3 Organization methods.

26.3.1 Calculate the number of rounds in the competition and the number of Competitions for each category, in relation to the competition systems and draw up the competition sheet;

26.3.3 draw up the organization of the competition rounds for each category

26.3.4 prepare the competition program for each Competition;



26.3.5 in the “Direct Elimination” rounds, for the purpose of organization, the draw system can be used to decide the pairing.

Article 27. Registrations.

27.1 Preparation of the printout for statistical records;

27.2 Preparation of the printouts for the registrations of the side judges;

27.3 Check and make public the result of each meeting;

27.4 Draw up the rankings through the calculation of scores;

27.5 Fill in the results booklet;



CHAPTER 7. COMPETITION AREA AND INSTRUMENTS

Article 30. Competition Area

30.1 The competition area can consist of a platform with a wooden structure, raised from the ground maximum 60 cm and in size 800 cm x 800 cm; it must be covered with a soft covering with a cloth on the surface or made up of 4 to 5 cm thick by size 800 cm x 800 cm, with safety zone of 100 cm in the perimeter for the non-raised platform and of 200 cm for the raised platform.

Article 31. Accessories.

31.1 Colored palette

Six black, six red and six half black and half red; the paddles indicate the winner or loser and the tie between the competitors as shown by the side judges. They are in total 18 and each measure 20 cm in diameter, the handle has the length of 20 cm .

31.2 Warning cards

In total of 12, the cards are yellow; they measure 15cm x 5cm and bear the term

"Warning".

31.3 Recall cards

In total of 6, the cards are red; they measure 15cm x 5cm and bear the term

"Recall".

31.4 Counting time

In total of 6, the cards are blue; they measure 15cm x 5cm and bear the term

"Count"

31.6 Card holder

Two card holders, one blue the other red, to store the cards themselves. Each container measures 60cm x 15cm.

31.7 Palette for abandonment



Two round yellow palettes, of 40 cm in diameter; the handle has a length of 40 cm.

Both sides bear the term "Abandonment" this term is written in red on one side, in blue on the other.

31.8 Two stopwatches (one for backup).

31.9 Two whistles (one monotone, the other bi-tone).

31.10 Three megaphones.

31.11 A gong, a tripod, a hammer

31.14 Two metric scales.



CHAPTER 8. CALLS AND GESTURES

Article 32. Calls and gestures of the judge of platform.

Salute palm and fist.

Stand with feet together. Left palm stretched out on the right fist in front of the chest, at a distance of 20- 30cm, and in line with this (fig. 1 and 2).



Fig 1



Fig 2

On the platform.

Standing in the center of the platform, the judge extends his hands, with the palm facing up, indicating the two competitors (fig. 3). When he invites the competitors to get on the platform, he raises his arms bringing the elbow to 90° and the palms of the hands facing one another (fig.4).



Fig 3



Fig 4

Greetings from the two competitors.

The platform judge extends his left hand on the right fist closed in front of the chest in order to signal the two competitors to greet each other (fig. 5).



Fig 5

First round.

The platform judge, in front of the table judge and in an inclined position, extends one arm then forward with the index finger pointing upwards and with the thumb and the other fingers closed into fists (fig. 6).



Fig 6

Second round.

The judge of platform, facing the table judge and in an inclined position, he extends one arm forward with the index and middle fingers pointing upwards and



with the thumb and the other two fingers closed (fig. 7).



Fig 7

Third round.

The platform judge, facing the table judge and in an inclined position, extends one arm then forward with the thumb, index and middle finger pointing upwards and with the other two fingers closed (fig. 8).



Fig 8

"Kai Shi / Ready-To-Fight".

In an inclined position between the two competitors, the platform judge pronounces "Yu Bei / Ready" and at the same time extends his arms on both sides with the palms of the hands facing then top indicating the competitors (fig. 9). Addressing, then, the palm of the hands the down and bringing them together in front of the abdomen marks "Kai Shi / Fight 'and begins the fight (fig. 10).





Fig 9



Fig 10

"Ting! Stop!"

The judge chants "Ting / Stop", at the same time it assumes an inclined position and extends one arm bringing the palm of the hand in a perpendicular position, with respect to the floor, between the two competitors (fig. 11).



Fig 11

5 seconds passivity.

The platform judge brings both hands up in front of your body, with the ring finger and little finger of one hand closed and with the thumb and Land fingers of both hands extended and separated (fig. 12).



Fig 12

Count.

In front of the competitor, with both fists facing outward in front of the body, the platform judge extends his fingers one after the other, in one second intervals, starting from the thumb towards the little finger and from one hand all other (fig. 13 and 14).



Fig 13



Fig 14

Passive hold - Clinch.

The platform judge joins his arms in a circle in front of his body (fig. 15).



Fig 15

Passive Hold - Warning.

The platform judge signals the warning to the competitor concerned with a straightened arm and the center of the palm facing up, then folds the arms in front of the body like a hug, then raises one hand with the index finger pointing up and the other three fingers and thumb clenched into a fist. (fig.16).



Fig 16

Counting of 8 seconds.

Facing the judge at the table, the platform judge extends one arm with the thumb pointing upwards and the other fingers closed (fig. 17).



Fig 17

Counting of 3 seconds.

The platform judge relaxes a arm in high in an oblique position, with the palm of the hand also upwards towards the competitor; the other hand, with thumb, Index and middle fingers extended and the other fingers closed, it moves horizontally and sideways, at the height of the abdomen (fig. 18).



Fig 18

Invitation to attack.

The platform judge extends his arm between the two competitors, keeping the thumb extended and the other fingers closed, with the palm facing down. The hand moves (Fig. 19)



Fig 19

Knockdown.

The platform judge extends one arm with the palm of the hand facing upwards, in direction of the competitor who fell on the mat; the other arm, half closed and with the palm of the hand facing down, moves sideways (fig. 20)



Fig 20

First down.

The platform judge extends an arm towards the competitor who fell first, and cross your forearm in front of your body, with the palms facing down (fig. 21 and 22)



Fig 21



Fig 22

Simultaneous knockdown.

The platform judge extends both arms to the front in a horizontal position ,then bring your hands back, palm facing the ground, pushing them down (fig. 23).



Fig 23

Fall from the platform.

The platform judge extends both arms frontally, in a horizontal position, towards the outside (fig. 24), then pushes the other hand forward, palm facing up, looking to the front, in an inclined position (fig. 24). 25).



Fig 24



Fig 25

Fall from the platform of both competitors.

The platform judge, in an inclined position, extends his hands, palm facing upwards, pushing them forward and looking to the front (fig. 26), then bends the arms at 90 °, with the palms facing backwards, joining the feet and acquiring the upright position (fig. 27).



Fig 26



Fig 27

Kicking the Crotch.

The platform judge extends one arm, with the palm of the hand facing upwards, in the direction of the competitor who has hit; the other hand points to his



own groin (fig. 28).



Fig 28

Striking the back of head.

The platform judge extends one arm, in the direction of the competitor who has hit - with the other hand he touches his own neck (fig. 29).



Fig 29

Elbow Foul.

The platform judge crosses his arms in front of his chest while with one hand he covers the elbow of the other arm (fig. 30).



Fig 30

Knee foul.

The platform judge raises one knee by beating it lightly with his hand (fig. 31).



Fig 31

Warning.

The platform judge extends an arm, in the direction of the competitor hit, with the palm of the hand facing up. The other hand scores "Warn", then it closes into a fist, backwards, while the arm forms a 90 ° angle with the elbow (fig.32).



Fig 32

Admonition.

The platform judge extends an arm, in the direction of the competitor who has hit, with the palm of the hand facing up. Then he spells "Admonition" and bends his arm to form a 90 ° angle with the elbow in front of his body, with the hand facing up and the palm back (fig. 33).



Fig 33

Disqualification.

The platform judge crosses the wrists in front of one's body, with hands closed in fists (fig. 34).



Fig 34

Nothing in fact.

The platform judge swings the arms so that they cross in front of your body (fig. 35-36-37)



Fig. 35



Fig.36



Fig. 37

First Aid Emergency Treatment.

The platform judge, standing in front of the medical commission, crosses forearm, with your palms facing up, in front of your chest (fig. 38).



Fig 38

Rest.

The platform judge extends his arms to both sides, with the palms of the hands facing l'high, in the direction of the rest positions of both competitors (fig. 39).



Fig. 39

Exchange Positions.

In the center of the platform, the platform judge extends his arms and crosses them in front of his body (fig. 40).



Fig. 40

Draw.

In an upright position between the two competitors, the platform judge grasps the wrists of the two competitors and raises their arms high (fig.. 41)



Fig 41

Winner.

Standing between the two competitors, the platform judge grasps the wrists of the two competitors and raises their arm high (fig. 42).



Fig42

Article 33. Calls and gestures of the side judges

Off the Platform or Falling Down.

The side judge signals the exit of one of the competitors by indicating the exit line on the ground (fig. 43)



Fig 43

Not Off the Platform or Not Falling Down.

If consulted by the platform judge or the head judge, the side judge signals the non-exit by waving his hand in denial (fig. 44)



Fig 44

Not Seen Clearly.

If consulted by the Platform Judge or the Head Judge for any request, the Judge lateral indicates not having clearly seen the happened, opening the palms towards the top and spreading the arms (fig. 45)



Fig 45