



11TH LATVIA OPEN WUSHU CHAMPIONSHIPS

MARCH 1-3, 2024

RIGA, LATVIA



REGULATIONS

1. DATE and VENUE

Date: March 1-3, 2024

**Venue: Riga wushu and martial arts sports center
Aglonas str. 35 k-2, Riga, Latvia**

2. PARTICIPATION

2.1. All applications shall bear the stamp and signature of the respective team manager.

2.2. No limits for team size.

2.3. Until the end of registration (see p.6 Registration) all athletes should provide a passport copy, Doctor's permission to participate in Wushu competition, Waiver of Liabilities. The Doctor's permission is only valid if it has been issued not earlier than 30 days before competition day and must include blood pressure, pulse and other indicators.

2.4. Health insurance certificate is obligatory for all participants from abroad.

3. APPLICATION

3.1. Registration must be submitted by a team leader online via www.competitionbook.com or via email lwuf@lwuf.lv not later than February 16, 2024.

NOTE:

-If the final application is submitted after the deadline (after February 16), an additional **20EUR** per athlete in the application form must be added to the entry fee;

-In case an athlete registers on the day of registration of the competition (March 1) - additional **30EUR** must be added for each athlete;

- An additional fee of **10EUR** must be paid for each correction in the final application after February 16;
- The original Entry Form signed by the President of the respective federation with the official seal of the federation should be provided at time of registration (See p.6 Registration);
- All athletes names and surnames should be typed in English.

4. JUDGES

The Judges panel will be appointed by the competition Chief Judge. Judges will be paid according to Judge qualifications and category.

5. PARTICIPATION FEE

For **wushu taolu** One athlete is charged a participation fee of **30EUR** for the first event, **25EUR** for the second event, **20EUR** for the third event, **15EUR** for the fourth event, **10EUR** for the fifth event and **5EUR** for each subsequent event.

In **wushu bingdao** disciplines participation fee depends on type of event. Events are:

Bingdao taolu event - one-time participation fee of **30EUR** is applied. **Bingdao duilian** event- one-time participation fee of **20EUR** is applied. **Bingdao bout** event- one-time participation fee of **35EUR** is applied.

If an athlete participates in **2 wushu bingdao** events the participation fee is **50EUR**

If an athlete participates in all **3 wushu bingdao** events the participation fee is **60EUR**.

In **wushu sanda** disciplines a one-time participation fee of **50EUR** is applied.

If after the registration is made (See p.6 Registration) an athlete does not participate in the competition for a valid reason, the participation fee will be returned, except for the participation fee for the first event (30 EUR will be charged).

Payments for participation for Latvia teams are made in EUR by bank transfer to the federation's account or paid at competitions committee office at the registration. (See p.6 Registration)

Payments for participation for foreign teams are made in EUR by bank transfer to the federation's account or paid at the registration upon arrival.

Society "LATVIAN SPORTS WUSHU FEDERATION"

Reg.Nr. 40008089357

Bank account: LV86HABA0551009741149

Bank: SWEDBANK

SWIFT: HABALV22

6. REGISTRATION

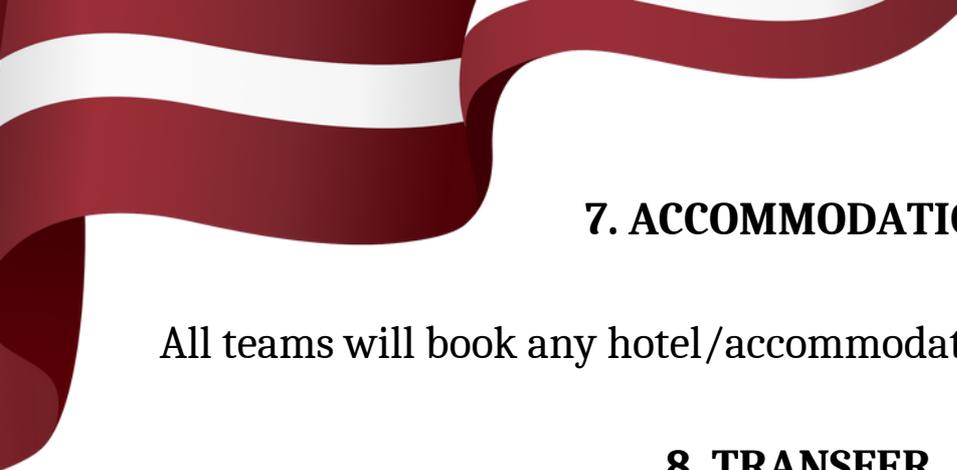
All teams should be registered and provide all original documents for 11th Latvia Open Wushu Championships organizing committee on **March 1, 2024, from 14:00 until 18:00** at the competition venue at **Aglonas str. 35 k-2, Riga.**

All teams need to arrive on time for the registration.

Late registrations will not be accepted.

PLEASE NOTE! THE DEPARTURE OF TEAMS IS ONLY AFTER THE COMPETITIONS ARE FINISHED.

Full age is determined by the date shown in the passport on March 1, 2024



7. ACCOMMODATION

All teams will book any hotel/accommodation of their choice.

8. TRANSFER

Transfer for teams can be provided on request from the organizing committee (See Contacts)

CONTACTS

Organizing Committee of the 11th Latvia Open Wushu Championships

e-mail: **lwuf@lwuf.lv**

Phones: **+371 24220635 (WhatsApp)**
Ms. Jana Kosenko

Address: **Aglonas str. 35 k-2,**
Riga, Latvia
LV-1057



9. COMPETITION PROGRAM

9.1. TAOLU AGE GROUPS

9.1.1. Children:

Children: up to 6 years (inclusive);

Children: 7-8 years (inclusive);

Children: 9 - 11 years (inclusive);

All children age groups can participate with the basic forms (forms 16, 20 and 32) in the categories with and without weapons, as well as with 1/2 of the 32 forms

All children age groups can participate with all the events of the traditional program with and without weapons.

Changquan, Daoshu, Jianshu, Qiangshu, Gunshu, Nanquan, Nandao, Nangun Taijiquan 10, 16, 24, 32 forms

Taijijian 10, 16, 24, 32 forms Duilian barehand

Duilian with weapons

9.1.2. Cadets 12 – 14 years old (including)

Cadets may participate with basic 32 forms and Guiding set (1st, 2nd and 3rd) in barehanded and weapons routines; with all the events of the traditional program with and without weapons:

Changquan, Daoshu, Jianshu, Qiangshu, Gunshu, Nanquan, Nandao, Nangun Taijiquan 10, 24, 32 forms

Taijijian 10, 24, 32 forms Duilian barehand

Duilian with weapons

9.1.3. Juniors 15 – 17 years old (including)

Juniors may participate with basic 32 forms and Guiding set (1st, 2nd and 3rd) in barehanded and weapons routines; with all the events of the traditional program with and without weapons.:

Changquan, Daoshu, Jianshu, Qiangshu, Gunshu, Nanquan, Nandao, Nangun

Taijiquan forms
Taijijian forms
Duilian barehand
Duilian with weapons

9.1.4. Adults 18-35 (including)

Adults may participate with basic 32 forms, Guiding set (1st, 2nd and 3rd), optional routines and with all traditional events with barehanded and weapons routines:

Changquan, Daoshu, Jianshu, Qiangshu, Gunshu, Nanquan, Nandao, Nangun

Taijiquan forms
Taijijian forms
Duilian barehand
Duilian with weapons

9.1.5. Seniors 36 years and older

Seniors may participate with Guiding set (1st, 2nd and 3rd), optional routines and with all traditional events with barehanded and weapons routines:

Changquan, Daoshu, Jianshu, Qiangshu, Gunshu, Nanquan, Nandao, Nangun

Taijiquan forms
Taijijian forms
Duilian barehand
Duilian with weapons



9.2. TAOLU COMPETITION PROGRAM

9.2.1. MODERN WUSHU PROGRAM

Forms are divided into groups: A, B, C, D, E, F, G:

- A group is for **Nandu** forms;
- B group is for **3rd set Guiding and self-composed forms**;
- C group is for **1st and 2nd Guiding sets**;
- D group is for 32 forms;
- E group is for **basic forms** (16 forms, 20 forms, 24 forms, etc.);
- F group is for **1/2 of 32 forms**;
- G group is for **5 forms**.

This applies to all weapon and barehanded forms.

In the above-mentioned events athletes perform optional routine conforming of the IWUF “Rules for International Wushu Taolu Competition” and “Traditional Wushu Competition Rules and Judging Methods”, 2019.

Time of performance:

- not less than 1 min 20 sec. (for A and B groups);
- for Taijiquan from 3 min to 4 min;
- for Taiji weapons – from 3 min to 4 min;
- for groups from D to G – no time limit.



9.2.3. TRADITIONAL PROGRAM

Traditional barehanded forms:

Group 1: Taijiquan

Traditional Taijiquan including Chen, Yan, Sun, Wu, Wu(Hao),Li, Wudang, Zhaobaoand other Taijiquan styles divided in Taijiquan competition.

Group 2: Bagua, Xingyi, Bajiquan.

Bagua, Xingyi, Bajiquan styles divided into quanshu competition.

Group 3: Nanquan

Guandong, Fujian, Sichuan, etc. Nanquan schools (Hong, Li, Mo, Cailifo) divided into quanshu competition.

Group 4: Shaolinquan

Songshan shaolinquan divided into quanshu, qixie (weapons)competition.

Group 5: Imitation styles

All imitation routines including Houquan, Yinzhuaquan, Zuiquan, Tanglangquan, Ditangquan, Zonghequan, Minghequan, Heihuquan, etc. divided into quanshu competition.

Group 6: Tongbei, Fanzi, Chuojiao, Pigua styles.

Tongbei, Fanzi, Chuojiao, Piguastyles divided into quanshu competition.

Group 7: Wudang styles.

Songxi Neijiaquan, Baxianquan, Xuanwuquan, Wudang Baguaquan, Wudang Xingyiquan, Tayiwuxingquan, etc.

Group 8: Yongchun (Wing chun)

Wing chun: Chum Kiu, Siu Lim Tao, Biaozihi, Xunqiao.

Yongchun quan: Chinese Wushu duanwei, 1-6 Duan routines.

Group 9: Other traditional styles.

All other traditional quanshu and weapons routines: Chaquan, Huaquan, Baoquan, Baimei (Pakmei), Liuhequan, Gongliquan, Yuejiaquan, etc.

TRADITIONAL WEAPONS:

Group I: Gunshu

Group II: Short weapons

Group III: Long weapons

Group IV: Double weapons

Group V: Soft weapons

Group VI: Taiji weapons (Taijiqixie)

NOTE: Time of performance

- Individual events and duilian routine durations must be between 40 seconds and 2 minutes in total.
- Taijiquan routine from 3 to 4 minutes. The head judge will blow a whistle when the athlete performs 3 minutes.
- Taiji apparatus routine shall be 2 - 3 minutes. The head judge will blow a whistle when the athlete performs 2 minutes.
- Group event routine duration must be between 3 and 4 minutes in total

9.2.3. DUILIAN

1.1 Barehand vs. barehand;

1.2 Weapon vs. weapon;

Wushu taolu equipment and clothing:

Clothes: standard IWUF clothes are required for all competitors, according to program or style.

Shoes: according to IWUF standards

9.3. WUSHU BINGDAO

PROGRAM

- Bingdao Taolu
- Bingdao Duilian
- Bingdao Bout

9.3.1 Bingdao Taolu/Bingdao Duilian

Competition place - IWUF standard wushu taolu carpet.

Events in the above-mentioned events athletes perform routine conforming of the Rules for The Chinese Wushu Association Bingdao Competition.

AGE GROUPS

Children: 7-8 years (inclusive);

Children: 9 - 11 years (inclusive);

Cadets: 12 – 14 years old (including);

Juniors: 15 – 17 years old (including);

Adults: 18-35 (including);

Seniors: 36 years and older.

9.3.2 Wushu bingdao bout equipment and clothing:

Clothes: black t-shirt, black trousers covering both ankles. T-shirts and trousers must be without writings on them. The only exception is - sports club name or Chinese characters.

Shoes: according to IWUF standards.

9.3.3 Rules

Review Bingdao competitions rules in the Appendix A of the Regulations

9.4. WUSHU SANDA/LIGHT SANDA

9.4.1 Types of Competition

Sanda/Light Sanda competition is individual event.

9.4.2 System of Competition

Sanda/Light Sanda competition shall be conducted under the round-robin or elimination system.

Each bout consists of three two-minute rounds with a one-minute rest in between. A bout is won by the best two of three rounds.

9.4.3 Age categories

Children A: age 8-9

Children B: age 10-11

Cadets: age 12-14

Juniors: age 15-17

Adults: age 18 – 35

9.4.4 Weight Categories

48kg Category (Under $\leq 48\text{kg}$)

52kg Category ($> 48\text{kg} - \leq 52\text{kg}$)

56kg Category ($> 52\text{kg} - \leq 56\text{kg}$)

60kg Category ($> 56\text{kg} - \leq 60\text{kg}$)

65kg Category ($> 60\text{kg} - \leq 65\text{kg}$)

70kg Category ($> 65\text{kg} - \leq 70\text{kg}$)

75kg Category ($> 70\text{kg} - \leq 75\text{kg}$)

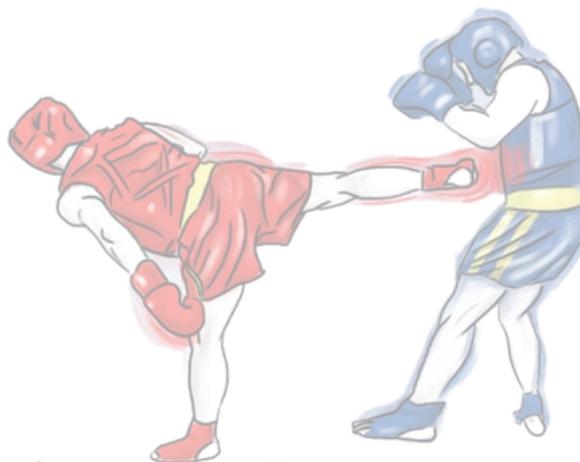
80kg Category ($> 75\text{kg} - \leq 80\text{kg}$)

85kg Category ($> 80\text{kg} - \leq 85\text{kg}$)

90kg Category ($> 85\text{kg} - \leq 90\text{kg}$)

Over 90kg Category ($> 90\text{kg}$)

Kids weight categories cannot exceed more than 3kg.



9.4.5 Weighing-in

The initial weighing-in for Sanda/Light Sanda athletes will take place on registration day according to the competition schedule.

9.4.6 Rules

Review Sanda/Light Sanda competitions rules in the Appendix B and C of the Regulations

10. AWARDING

10.1. The awarding will be carried out following the IWUF Rules, unless stated otherwise.

In Taolu competition, in case there are more than 3 competitors, 3 medals are awarded. In case there are 3 competitors, only 1st and 2nd places are awarded. In case there are 2 competitors, only 1st place is awarded. If there is 1 competitor in the group, only a participating certificate will be awarded.

NOTE: *If there are less than two competitors in the group, they are added to another group, which is the closest (i.e. 2nd set compulsory and 3rd set compulsory routines may be merged together).*

11th LATVIA OPEN WUSHU CHAMPIONSHIPS

PRELIMINARY SCHEDULE

Date	Content	Venue
February 29	Teams arrival	
March 1	14:00 – 18:00 Registration 18:00 – 19:00 Technical meeting for team leaders and coaches Drawing lots 19:00 – 21:00 Judges refresh seminar	Aglonas 35 k-2, Riga, Latvia
March 2	Wushu Taolu Competitions 09:00 – 11:30 Competitions 12:00 – 12:30 Opening Ceremony 12:30 – 13:00 Awarding Ceremony 13:00 – 18:00 Competitions 18:30 – 19:00 Awarding ceremony	Aglonas 35 k-2, Riga, Latvia
March 3	Wushu Sanda/Light Sanda Competitions 08:00 – 09:00 Weight-in 09:30 – 11:00 Competitions 11:30 – 12:00 Awarding Ceremony 12:00 – 12:30 BREAK Wushu Bingdao Competitions 12:30 – 17:00 Competitions 17:30 – 18:00 Awarding Ceremony	Aglonas 35 k-2, Riga, Latvia
March 4	Teams departure	

11th LATVIA OPEN WUSHU CHAMPIONSHIPS

WAIVER OF LIABILITIES

Federation: _____

Club or School: _____

I, the undersigned, knowingly and without duress, do voluntarily submit my Entry to the 11th Latvia Open Wushu Championships. In consideration of Latvian Wushu Federation accepting my application, I hereby assume all risk of physical and mental injuries, disabilities and losses which may result from or in connection with my participation in the 11th Latvia Open Wushu Championships.

11th Latvia Open Wushu Championships is organized by the Latvian Wushu Federation, refer as “Organizing Committee”, acting for myself, heirs, personal officers, agents, representatives and assignees, I do hereby release the Organizing Committee, its officers, agents, representatives, volunteers, and other related members from all claims, actions, suits, and controversies at law or in equity by reason of any matter, cause or thing whatsoever that I may sustain as a result of or in connection with my participation in the 11th Latvia Open Wushu Championships. I fully understand that all medical attention or treatment afforded to me by the Latvian Wushu Federation, its officers, representatives, volunteers, and all other related members will be of the first aid only, and hereby release the Latvian Wushu Federation its officers, representatives, volunteers, and all other related members from any liability for such aid. I understand it is my obligation to obtain medical coverage. I agree to abide by and follow the Rules established by the Latvian Wushu Federation, and I understand that my protest must be conducted in accordance with the rules of Arbitration.

I agree that my performance, attendance, and participation at the 11th Latvia Open Wushu Championships may be filmed or otherwise recorded or released or telecast live. I consent that the Latvian Wushu Federation to use my name, address, voices, poses, pictures and biographical data concerning full or parts, in any form or language, with or without other material, throughout the world, without limitation, for television, radio, video, theatrical medium picture, or any other medium by any devices now known or hereafter devised and I do hereby Waive any compensation in regard thereof as well as any future rights to the aforementioned.

I confirm that I am in good health for high intensity competitions and I am solely responsible for completing the necessary medical examinations.

I have read and fully understand the waiver listed above.

(Signature of Parent or Legal Guardian is required if participant is under 18)

No	Name of participant	Date	Signature
1			
2			
3			

APPENDIX A

THE RULES OF THE WUSHU BINGDAO (DUANBING) COMPETITIONS

Version 2020-2022

Of Latvian Sports Wushu Federation

1. COMPETITION CLOTHING

1.1. Referee

Referees must wear official uniforms designated by the referee committee to participate in competitions, coaching team meetings, referee training, seminars, etc.

1.2. Athletes

Athletes must wear pure black uniforms. Female athletes must wear black uniforms. The length of the dark pants must cover two-thirds of the calf and not less than the ankle bone. Athletes from different countries can wear their team uniform.

Fingernails must be short, and metal jewelry or objects that may cause injury are not allowed.

The following protective gear is required: armor, helmet, and shoes. Armor, helmet and bingdao sword is presented by Latvian Wushu federation organizing committee.

It is forbidden to wear glasses. You can wear soft contact lenses, but you must be responsible.

If you need to use bandages and other auxiliary protective gear due to injury, you need to get the permission of the chief referee.

1.3. Coaches

Coaches on the field must wear sports uniforms or formal attire. Shorts and slippers are forbidden to enter the field.

2. COMPETITION AREA, EQUIPMENT AND BINGDAO

2.1. Competition area

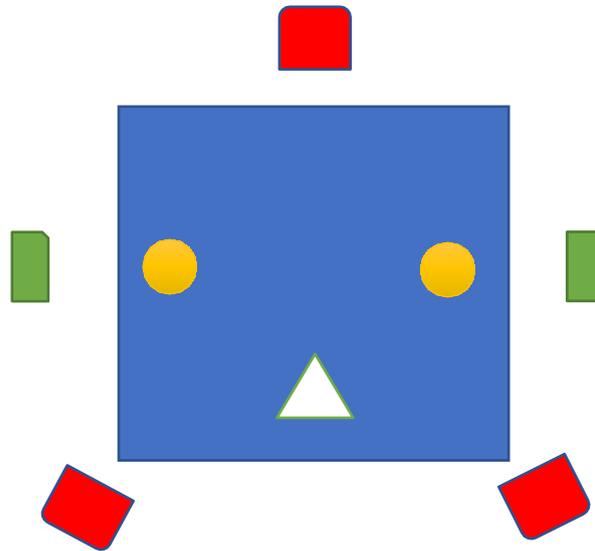
2.1.1. The competition area is covered with 6×6m mat/carpet/floor.

2.1.2. The referee should face the two athletes and stand among the three marking mats.

2.1.3. The side judges should sit in a triangle-shaped safety zone outside the area.

2.1.4. Coaches should sit or stand on the side of their respective athletes.

Figure I: Layout of the Bingdao Competition area



2.2. Protective gear

Athletes must wear protective gear designated by the conference, including head guard, armor, shoes. Adult athletes can wear safer head protection, but only with agreement of organizing committee.

2.3. Bingdao

Athletes must use Bingdao that follows the competition standards to compete.

The weight of Bingdao is treated according to different levels children, juniors and adults.

*Bingdao swords are chosen by competition organization committee and given to the athletes.

3. COMPETITION METHODS, TIME AND ORGANIZATION

3.1 Competition system

The competition is divided into individual competitions.

The single elimination system is adopted for individual competitions.

3.2 Individual competition

3.2.1. The individual game adopts winning 2 out of 3 rounds.

3.2.2. Athletes compete until one of them gets 3 points. When an athlete gets 3 points, the referee stops the match.

3.2.3. Adult athletes will play a net 1 minute per game and 20s rest between rounds.

3.2.4. The game time for juniors and children can be adjusted to 40 seconds per game according to the situation.

3.2.5. "Sudden death"

When there is a tie in the game, an extra game is required to determine the winner. The extra time is a net play of 1 minute, and the first athlete to score a point becomes the winner.

If both athletes don't score points until the end of the net play, the match is declared a tie.

Note:

When a tie is required for an extra match the three side judges will independently raise their hands to determine based on the performance of both sides on the court.

3.3 Timing

The game time is the net play time. The referee gives the first "start" signal, and the timing starts; when the referee calls "stop", the timing is suspended; the referee gives the "start" signal again to continue timing.

3.4 Between two consecutive matches, athletes will be given a rest period of 1 minute. But if the athlete needs to change the protective gear of a different color, this period will be extended to 5 minutes.

4. AGE AND QUALIFICATION REVIEW

1.1. Age of participation

I Children up to 11 years (including)

II Cadets 12-14 years

III Juniors 15-17 years

IV Adults 18-35 years

V Seniors 36 years and older

1.2. Qualification review

The athlete must be a valid registered athlete.

Athletes must present a physical examination certificate including EEG, ECG, blood pressure, pulse, and other indicators within 15 days before the registration date.

5. WEIGHT CLASSIFICATION AND DRAWING LOTS

5.1. Weight classification

Cadets:

- a) 39 kg class (≤ 39 kg)
- b) 42 kg class (> 39 kg- ≤ 42 kg)
- c) 45 kg class (> 42 kg- ≤ 45 kg)
- d) 48 kg class (> 45 kg- ≤ 48 kg)
- e) 52 kg class (> 48 kg- ≤ 52 kg)
- f) 56 kg class (> 52 kg- ≤ 56 kg)
- g) 60 kg class (> 56 kg- ≤ 60 kg)
- h) Above 60 kg (> 60 kg)

Juniors, male:

- a) 48 kg class (≤ 48 kg)
- b) 52 kg class (> 48 kg- ≤ 52 kg)
- e) 56 kg class (> 52 kg- ≤ 56 kg)
- d) 60 kg class (> 56 kg- ≤ 60 kg)
- e) 65 kg class (> 60 kg- ≤ 65 kg)
- f) 70 kg class (> 65 kg- ≤ 70 kg)
- g) 75 kg class (> 70 kg- ≤ 75 kg)
- h) Above 75 kg (> 75 kg)

Juniors, female

- a) 44 kg class (≤ 44 kg)
- b) 47 kg class (> 44 kg- ≤ 47 kg)
- c) 50 kg class (> 47 kg- ≤ 50 kg)
- d) 54 kg class (> 50 kg- ≤ 54 kg)
- e) 58 kg class (> 54 kg- ≤ 58 kg)
- f) 63 kg class (> 58 kg- ≤ 63 kg)
- g) 68 kg class (> 63 kg- ≤ 68 kg)
- h) Above 68 kg (> 68 kg)

Adult, male:

- a) 56 kg class (≤ 56 kg)
- b) 60 kg class (> 56 kg- ≤ 60 kg)
- c) 65 kg class (> 60 kg- ≤ 65 kg)
- d) 70 kg class (> 65 kg- ≤ 70 kg)
- e) 75 kg class (> 70 kg- ≤ 75 kg)
- f) 80 kg class (> 75 kg- ≤ 80 kg)
- g) 85 kg class (> 80 kg- ≤ 85 kg)
- h) Above 85 kg (> 85 kg)

Adult, female:

- a) 48 kg class (≤ 48 kg)
- b) 52 kg class (> 48 kg- ≤ 52 kg)
- c) 56 kg class (> 52 kg- ≤ 56 kg)
- d) 60 kg class (> 56 kg- ≤ 60 kg)
- e) 65 kg class (> 60 kg- ≤ 65 kg)
- f) 70 kg class (> 65 kg- ≤ 70 kg)
- g) 75 kg class (> 70 kg- ≤ 75 kg)
- h) Above 75 kg (> 75 kg)

5.2. Weight-in

All procedures are instructed by the competition organizing committee.

In case of smaller competitions weighting ceremony can be canceled and athletes can compete only by age groups.

6. JUDGING PANEL AND JUDGMENT OF VICTORY

6.1. Judges Panel

The referee team for each game includes one referee, three line judges and one supervising referee. The Judges panel will be appointed by the competition Chief Judge.

6.2. Judgment of victory

6.2.1 At the end of the match, the winner will be determined based on the result of the judging scoring or the first athlete that score 3 points.

6.2.2 Winning because the opponent abstained

6.2.3 The opponent is judged to be a winner because the opponent is absent from the field during the check-in of the match or is unable to continue to participate in the competition or abandons the match.

6.2.4 Winning due to an opponent's foul

6.2.5 The opponent is injured and unable to continue the game due to a foul by the opponent or the opponent is determined to win due to a serious foul.

Note:

Extra match

If the score is the same at the end of the match time, an extra match will be used to determine the winner.

6.2.6 Abstention

During the competition, athletes cannot participate in the competition due to injury (diagnostic certificate issued by a medical supervisor) or weight incompatibility.

During the competition, the athlete abstains without reason and all his results will be cancelled.

Latvian Sports Wushu Federation Bingdao rules
are based on "The Rules of the Wushu Bingdao (Duanbing)
Competition"(武术兵道(短兵)竞赛规则(试行))
2021 版 Version 2021
Of Chinese Wushu Association

APPENDIX B

RULES FOR LATVIAN SPORTS WUSHU FEDERATION

SANDA COMPETITIONS

1. TYPES OF COMPETITION

Sanda competition is individual event.

2. SYSTEMS OF COMPETITION

Sanda competition shall be conducted under the round-robin or elimination system.

Each bout consists of three two-minute rounds with a one-minute rest in between. A bout is won by the best two of three rounds.

3. AGE CATEGORIES

Children A: age 8-9

Children B: age 10-11

Cadets: age 12-14

Juniors: age 15-17

Adults: age 18 – 35

4. WEIGHT CATEGORIES

48kg Category (Under $\leq 48\text{kg}$)

52kg Category ($> 48\text{kg} - \leq 52\text{kg}$)

56kg Category ($> 52\text{kg} - \leq 56\text{kg}$)

60kg Category ($> 56\text{kg} - \leq 60\text{kg}$)

65kg Category ($> 60\text{kg} - \leq 65\text{kg}$)

70kg Category ($> 65\text{kg} - \leq 70\text{kg}$)

75kg Category ($> 70\text{kg} - \leq 75\text{kg}$)

80kg Category ($> 75\text{kg} - \leq 80\text{kg}$)

85kg Category ($> 80\text{kg} - \leq 85\text{kg}$)

90kg Category ($> 85\text{kg} - \leq 90\text{kg}$)

Over 90kg Category ($> 90\text{kg}$)

Children weight categories cannot exceed more than 3kg.

5. WEIGHING-IN

The weighing-in shall be conducted by the chief registrar in collaboration with the scheduler-recorders under the supervision of the Jury of Appeal.

Only competitors with credentials shall be weighed in. They must show their passports at the time of weighing-in.

Competitors shall be weighed in at the designated place and at the designated time, either in the nude or only with their trunks on. (Female competitors may wear close-fitting undergarments.)

The weighing-in shall start with the lighter weight categories, each to finish in an hour. A competitor who outweighs his entered category and fails to reduce his weight within the stipulated time shall not be allowed to compete in any of the subsequent contests.

6. DRAWING LOTS/ OPPONENT SELECTION

The organizing committee is responsible for drawing lots.

7. DRESS AND PROTECTIVE GEAR

Competitors shall wear boxing gloves, headgear and chest protectors designated by the Competition and use their own gum shields and cup protectors (under their trunks). Competitors' wear and protective gear shall be either red or blue.

Competitors shall wear shirts and trunks in the same color as their protective gear. Female competitors may wear close-fitting undergarments.

The weight of gloves shall be 230 grams for 65kg category and under (and also for women and juniors of all categories), and 280 grams for the 70 kg category and above. Glove size can be adjusted by the organizing committee.

8. WINNING AND PLACING

Determination of Wins and Losses

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.

Determination of the winner of a round:

The result of each round will be decided by the side 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 falls off the platform two (2) times, will be declared the winner of the bout.

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

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

Determination of the winner of a bout

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.

9. PLACING

Placing of individuals:

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

Latvian Sports Wushu Federation Sanda rules
are based on EWUF Sanda competition rules 2014

Available: <https://ewuf.org/documents/>

APPENDIX C

RULES FOR LATVIAN SPORTS WUSHU FEDERATION

LIGHT SANDA COMPETITIONS

1. TYPES OF COMPETITION

Light Sanda competition is individual event.

2. SYSTEMS OF COMPETITION

Light Sanda competition shall be conducted under the round-robin or elimination system. Each bout consists of three two-minute rounds with a one-minute rest in between. A bout is won by the best two of three rounds.

3. LIGHT SANDA COMPETITION METHODS

Unless otherwise stated within these regulations, the competition will be conducted in accordance with the 2017 edition the “Appendix - IWUF Wushu Sanda Competition Rules & Judging Method 2017 EN”, with the **following amendments**:

4. GENERAL REGULATIONS

4.1. Age Categories & Requirements

(1) Senior competitors shall be 18-40 (including 40) full years of age;
Junior competitors shall be between 15 and 17 (including 17) years of age;
and children competitors shall be between 8 years of age and above at the time of competition.

4.2. Weight Categories

Children's Weight Divisions

27kg Category (<math>< 27\text{kg}</math>)

30kg Category ($> 27\text{kg} - \leq 30\text{kg}$)

33kg Category ($> 30\text{kg} - \leq 33\text{kg}$)

36kg Category ($> 33\text{kg} - \leq 36\text{kg}$)

39kg Category ($> 36\text{kg} - \leq 39\text{kg}$)

42kg Category ($> 39\text{kg} - \leq 42\text{kg}$)

45kg Category ($> 42\text{kg} - \leq 45\text{kg}$)

48kg Category ($> 45\text{kg} - \leq 48\text{kg}$)

52kg Category ($> 48\text{kg} - \leq 52\text{kg}$)

56kg Category ($> 52\text{kg} - \leq 56\text{kg}$)

60kg Category ($> 56\text{kg} - \leq 60\text{kg}$)

4.3. Article 7 Competition Attire & Protective Gear

Protective gear is separated into two colors, namely red and blue. Protective gear includes headgear, gloves and chest protector shin and insteps guards. Competitors are required to provide their own gum guard, groin cups and hand wraps. The groin cups must be worn under the trunks. The length for hand wraps shall be between 3.5m and 4.5m in total.

5. CHAPTER 4 PERMITTED & PROHIBITED METHODS, SCORING STANDARDS & PENALTIES

5.1. Prohibited Methods

Attacking with the head, the elbow, or the knee, or by putting pressure on the joints of the opponent in an adverse direction.

The following techniques are strictly prohibited: any throw that is likely to cause serious injury (e.g.: neck, stomach and shoulder high throws). Throws which cause a contestant to land awkwardly on a vulnerable part of the anatomy (head, neck, spine, shoulder, knee or other joint etc...). Throws with a falling height from above the attacker's chest level.

Attacking the head of the downed opponent by any means.

For junior and children, kicks to the head ⁽¹⁾ as well as successive/continuous punches to the head are not permitted.

⁽¹⁾For seniors, kicks to the head are permitted, by means of full control.

Force of strikes is deemed reasonable at less than 30% of potential power for any category, more than that will be considered excessive and will lead to private or public warnings and/or disqualification (with or without prior warning).

The determination as to how much force was used in any attack shall be the responsibility of the Platform and the Head Judge.

In case of the above mentioned power exceeded an official warning will be applied. Also in case of injury (e.g. bloody nose) an official warning will be applied.

Knock – out is not permitted. A disqualification applies automatically if a contestant has knocked – out the opponent.

Attacking his opponent by any means while in a hold/clinch is not permitted.

5.2. Article 21 – Scoring Criteria

(1) Scoring two (2) points:

(3) No points will be awarded:

When a technique employed is not clear and lacks effect, no points will be awarded.

When both competitors fall off the platform, or both fall down simultaneously, no points will be awarded.

Should a competitor unsuccessfully (without contact) attempt to make use of a technique by falling down himself/herself but stands up within 3 seconds, no points will be awarded the opponent.

6. DETERMINING WINNER & LOSER & PLACING

6.1. Winner & Loser

Absolute Victory

Should during a bout there be a great disparity in level wise between the two competitors, the platform referee, with the head judge's approval, may declare the stronger competitor the winner of the bout.

Should during a round, the difference in score between the two competitors be 12 points or more confirmed by at least 5 sideline judges, then the competitor with the higher score shall be deemed the winner of the bout.

Determining the winner of a round

The result of each round will be determined by the scoring by the side judges.

Should during a round, a competitor falls off the platform two (2) times; his or her opponent will be declared the winner of the round.

Should during a round there be a tied score, the winner of the round will be decided by the following sequence:

The competitor with fewer warnings will be declared the winner.

The competitor with fewer admonitions will be declared the winner.

The competitor with a lighter weight on the day of the contest will be declared the winner.

Should a tie remain following the above process, then the round will be declared a tie.

Determining the winner of a bout

During a bout, the competitor who is first to win two rounds will be declared the winner of the bout. During a bout, if a competitor is injured or ill and, as certified by the doctor and unable to continue the bout, his or her opponent will be declared the winner of the bout.

During a bout, should a competitor feign injury following a foul committed by his or her opponent – and this injury is proven to be unfounded by the medical supervisor, the athlete who committed the foul will be declared the winner of the bout.

The competitor who is injured by the opponent through foul actions and, as confirmed by the medical supervisor, unable to continue the bout, will be declared the winner of the bout, but he will be barred from subsequent bouts in the event.

Under the round-robin system, an equal number of rounds won by both competitors in a bout will be declared a draw.

Under the knockout system, an equal number of rounds won by both competitors in a bout, the winner of the bout will be decided by the following sequence:

The competitor with fewer warnings will be declared the winner.

The competitor with fewer admonitions will be declared the winner.

Should a tie remain following the above process, then then and additional round will be added.

7. COMPETITION AREA & EQUIPMENT ARTICLE 31 – EQUIPMENT

Colored Paddles

These paddles are utilized by the sideline judges when judging a bout to indicate the winner, loser or a draw of a round. The round section of the paddle has a diameter of 20cm, and the handle is 20cm in length. There are a total of eighteen

(18) paddles comprising of six (6) red paddles; six (6) blue paddles and six (6) split (half red, half blue) paddles. (Image 1)

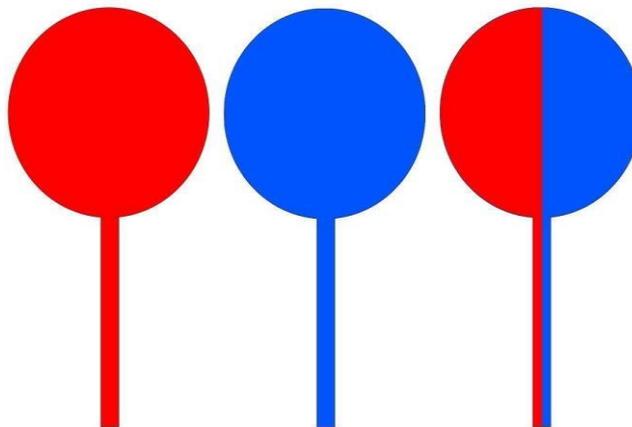


Image 1

Admonition Cards

Twelve (12) 15cm x 5cm yellow cards are used for admonition, with the Chinese characters “ 劝告 ” and the English word "Admonition" on them. (Image 2)

Warning Cards

Six (6) 15cm x 5cm red cards are used for admonition, with the Chinese characters "警告" and the English word "Warning" on them. (Image 3)

Appeal Cards

Six (6) 15cm x 5cm orange cards are used for lodged appeals, with the Chinese characters "申诉" and the English word "Appeal" on them. (Image 5).



Image 2 - 5

Latvian Sports Wushu Federation Sanda rules
are based on WKFE Light Sanda competition rules 2023