



“Home to the Canadian
Wushu Movement”

WCS7 – Sanda Weight Categories & General Summary Form

EFFECTIVE: May 2022

WushuCanada 2370 Midland Ave, #B23-25, Scarborough, ON, M1S 5C6 416-801-5614, www.wushucanada.com

Category Summary Chart:

- WushuCanada utilizes a weight match system in competition whereas competitors are matched based on roster application weight indicated.
- Athletes must weigh in +/- 2lbs from their indicated weight for clearance to participate.
- Matches are based on a +/- 10lbs variance amongst athletes.
- A wider range variance may apply based on Class Level of competition and with approval of Head Judge, Athletes and Coaches.

Age	Weight	Description	Class	Gender	Gloves	
10-11	Match System	Semi-Contact	C	M	Youth Std	
12-14	Match System	Semi-Contact	C	M	Youth Std	
12-14	Match System	Controlled	B	M	10oz	
10-11	Match System	Semi-Contact	C	F	Youth Std	
12-14	Match System	Semi-Contact	C	F	Youth Std	
12-14	Match System	Controlled	B	F	10oz	
15-18	55kg & under	Feather Weight	B,C	M	12oz	
15-18	>55kg to 62kg	Light Weight	B,C	M	12oz	
15-18	>62kg to 69kg	Welter Weight	B,C	M	12oz	
15-18	>69kg to 75kg	Middle Weight	B,C	M	12oz	
15-18	>75kg to 80kg	Heavy Weight	B,C	M	12oz	
15-18	48kg & under	Light Weight	B,C	F	12oz	
15-18	>48kg to 54kg	Welter Weight	B,C	F	12oz	
15-18	>54kg to 60kg	Middle Weight	B,C	F	12oz	
18-39	60kg & under	Bantam Weight	A,B,C	M	A,B 8oz/C12oz	
18-39	>60kg to 65kg	Feather Weight	A,B,C	M	A,B 8oz/C 12oz	
18-39	>65kg to 70kg	Light Weight	A,B,C	M	A,B 8oz/C 12oz	
18-39	>70kg to 77kg	Welter Weight	A,B,C	M	A,B 10oz/C 12oz	
18-39	>77kg to 85kg	Middle Weight	A,B,C	M	A,B 10oz/C 12oz	
18-39	over 85kg	Heavy Weight	A,B,C	M	A,B 10oz/C 12oz	
18-39	52kg & under	Bantam Weight	A,B,C	F	A,B 8oz/C 12oz	
18-39	>52kg to 60kg	Feather Weight	A,B,C	F	A,B 8oz/C 12oz	
18-39	>60kg to 68kg	Light Weight	A,B,C	F	A,B 10oz/C 12oz	
18-39	>68kg to 75kg	Welter Weight	A,B,C	F	A,B 10oz/C 12oz	
40-45	>62kg to 69kg	Welter Weight	B,C	M	12oz	
40-45	>69kg to 75kg	Middle Weight	B,C	M	12oz	
40-45	>75kg to 80kg	Heavy Weight	B,C	M	12oz	



“Home to the Canadian
Wushu Movement”

WCS7 – Sanda Weight Categories & General Summary Form

EFFECTIVE: May 2022

WushuCanada 2370 Midland Ave, #B23-25, Scarborough, ON, M1S 5C6 416-801-5614, www.wushucanada.com

EQUIPMENT

- Uniforms & Attire: Shorts and T-Shirt or Tank Top (Set of Red and Blue or Black Recommended)
- Equipment Provided: Head Gear, Chest Guard, Gloves, Leg Protection as per Class.
- Participant Equipment Required: Mouth Guard, Hand Wraps for Class A & B, Groin Protector

Sanda Junior Age Categories

Development Bracket [10-11] Class C Only

Children’s Bracket [12-14] Team Selection Category Class B

Youth Bracket [15-18] Team Selection Category Class B

Sanda Senior Men’s Team Selection Weight Categories

Bantam weight for athlete weighing 60kg & under

Feather weight for athlete weighing >60kg to 65kg

Light weight for athlete weighing >65kg to 70kg

Welter weight for athlete weighing >70kg to 77kg

Middle weight for athlete weighing >77kg to 85kg

Heavy weight for athlete weighing over 85kg

Sanda Senior Women’s Team Selection Weight Categories

Bantam weight for athlete weighing 52kg & under

Feather weight for athlete weighing >52kg to 60kg

Light weight for athlete weighing >60kg to 68kg

Welter weight for athlete weighing >68kg to 75kg

Class A: 2 minute rounds X 3 ROUNDS (first to 2 wins) Full Contact

IWuF Regulations, Lowered platform or Full platform as designated per event.

Class A Endurance: 2 minute rounds x 3 ROUNDS (all rounds winner declared at end) Full Contact

IWuF Regulations with no push out rule, full 3 round decision, no time stop except for injury, Std Ring.

Class B: 2 minute rounds x 3 ROUNDS (first to 2 wins) Controlled Contact

No Spinning Movements to head, No Inside leg kicks, No Kicking to Head, Shin and Foot guards required. Platform referee controlled safety contact levels.

Class B Endurance: 2 minute rounds (all rounds winner declared at end) Controlled Contact

B Regulations with no push out rule, full 3 round decision, no time stop except for injury, Std Ring.

Class C: 1 minute rounds x 2 ROUNDS (all rounds winner declared at end) Semi-Contact

No Spinning Movements to head, No Inside leg kicks, No kicks to head, No Excessive force to head (more than 45 degree reaction to hit), no successive attacks to head, Gloves, Face Shield, Shins and Foot Protection required, 3 time push out rule, Lowered platform or Mat. Platform Referee controlled safety contact levels.



“Home to the Canadian
Wushu Movement”

WCS7 – Sanda Weight Categories & General Summary Form

EFFECTIVE: May 2022

WushuCanada 2370 Midland Ave, #B23-25, Scarborough, ON, M1S 5C6 416-801-5614, www.wushucanada.com

CONTACT LEVELS:

Full Contact: See rule 22.2.4

Controlled Contact: Platform Referee maintains the contact level between participants to ensure the discrepancy of a mismatch between athletes. In general Class B is Full contact to valid target areas with control of contact level by Platform Referee to ensure a safe and fair competition environment. Strategic development and use of controlled takedowns and throws are encouraged.

Semi-Contact: Entry level bouts with safety oriented approach to contact by Platform Referee. Contact to valid scoring areas are achieved by touch contact. Participants should not feel abnormal discomfort nor unreasonable body movement as a result of a technique applied by a strike or kick. The Platform Referee along with Head Judge cautiously monitors contact and advises participants accordingly to maintain the entry level competition environment. Early development of controlled throws and takedowns are encouraged.

Summary Point and Scoring Chart

Scoring Criteria Scoring Areas: The head, trunk, and thighs	Class A	Class B	Class C
21.1 Throws and Push Outs			
21.1.2 When the opponent falls off the platform or outside mat;	3	3	3
21.1.3 When he remains standing while the opponent falls down ;	2	2	2
21.1.4 When he makes the opponent fall down by falling down himself on purpose, only to get to his feet by means of a follow-through;	2	2	2
21.1.6 When he falls down after the opponent:	1	1	1
21.1.7 When he makes the opponent fall down by falling down himself on purpose, without being able to get to his feet by means of a follow-through;	1	1	1
21.2 Fist Techniques			
21.2.2 When he hits the opponent's head with the fist technique; *Note: Fist contact to the head in Class B and C is controlled with warnings	1	1	1
21.2.8 When he hits the opponent's trunk with the fist technique;	1	1	1
21.3 Leg Techniques			
21.3.2 When he hits the opponent's thigh with the leg technique;	1	1	1



“Home to the Canadian
Wushu Movement”

**WCS7 – Sanda Weight Categories &
General Summary Form**

EFFECTIVE: May 2022

WushuCanada 2370 Midland Ave, #B23-25, Scarborough, ON, M1S 5C6 416-801-5614, www.wushucanada.com

21.3.4 When he hits the opponent's head with the leg technique; *Note: Leg contact to the head in Class B and C is prohibited.	2	0	0
21.3.7 When he hits the opponent's trunk with the leg technique;	2	2	2
21.4 Infractions and Delays, point(s) awarded			
21.4.2 When the opponent fails to attack within eight (8) seconds after the order for appointed attack;	1	1	1
21.4.3 When the opponent fails to get to his feet within three (3) seconds after falling down on purpose;	1	1	1
21.4.4 When the opponent receives an admonition infraction	1	1	1
21.4.6 When the opponent is given a forcible counting; Class A and B	2	2	2
21.4.7 When the opponent receives a warning.	2	2	2
21.5 Ineffective Techniques – No Points. Note: Effectiveness based on contact power allowed relative to Class			
21.5.2 When the techniques he uses are not clean and effective;	0	0	0
21.5.3 When both sides fall on or off the platform at the same time;	0	0	0
21.5.4 When the opponent falls on purpose as a fighting technique;	0	0	0
21.5.5 When he hits the opponent in a clinch.	0	0	0

22.1 Fouls

22.1.1 A competitor commits a technical foul:

- 1) When he holds the opponent passively or runs away passively;
- 2) When he raises his hand to request to stop the bout in a disadvantageous situation;
- 3) When he delays the fight intentionally;
- 4) When he acts impolitely towards the judges or disobeys their decisions;
- 5) When he wears no gumshield or spits out his gumshield, or loosens his protective gear intentionally;
- 6) When he fails to observe the protocol.



**“Home to the Canadian
Wushu Movement”**

**WCS7 – Sanda Weight Categories &
General Summary Form**

EFFECTIVE: May 2022

WushuCanada 2370 Midland Ave, #B23-25, Scarborough, ON, M1S 5C6 416-801-5614, www.wushucanada.com

22.1.2 A competitor commits a personal foul
1) When he attacks the opponent before the call of "Kaish (Start)!" or after the call of "Ting (Stop)!"
2) When he hits the opponent on prohibited areas;
3) When he hits the opponent with any prohibited method;
4) When he uses excessive or uncontrolled force in Class B/C bouts.
22.2 Penalties
22.2.1 An admonition will be given for a technical foul.
22.2.2 A warning will be given for a personal foul.
22.2.3 A competitor with three (3) personal fouls will be disqualified from the bout.
22.2.4 A competitor who hurts the opponent intentionally using unnecessary force or prohibited techniques as deemed by the platform referee or head judge will be disqualified from the whole competition, with all their results annulled.
22.2.5 A competitor who uses prohibited substances or inhaling oxygen during the rest period will be disqualified from the whole competition, with all their results annulled.