



# IWUF

2023 IWUF International Wushu Judges  
Training Certification Course

# 国际散打规则和裁判法

## Sanda Rules & Judging Methods

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# 第一章 通则General Regulations

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# 第一章 通则General Regulations

## 第一条 竞赛种类

### Article 1 Competition Types

团体比赛、个人比赛

Team Events, Individual Events

## 第二条 竞赛办法

### Article 2 – Competition Method

(一) 循环赛、淘汰赛。

Round Robin Method; Knock-Out Method

(二) 每场比赛均采用三局两胜制，每局比赛2分钟，（青年比赛和少年比赛可采用1分30秒），局间休息1分钟。

Each bout consists of three two-minute rounds (junior events may employ 1 minute 30 second rounds) with a one-minute rest in between. A bout is won by a competitor winning two of the three rounds.





## 第二条 竞赛办法

### Article 2 – Competition Method

◆ **每局比赛2分钟**，是指每局除暂停之外的实际比赛时间。计时员听到台上裁判员喊“开始”的口令就立即开启记时表，台上裁判喊“停”的口令就即刻停表。直至计时表累计达到2分钟时，计时员必须准时鸣锣通告本局比赛结束。

Each round consists two (2) minutes, which means the actual time duration of the round does not include the duration of time-out. When the timekeeper hear "Kaishi" from the platform judge, he/she shall turn on the stopwatch at the same time, and when the timekeeper hear "Ting" from the platform judge, he/she shall stop the watch immediately. The actions may be repeated until the total duration reaches 2 minutes in full, then the timekeeper must ring the gong on time to notify the ending of the round.

◆ **局间休息1分钟**，是指每局之间的间歇时间。上一局比赛一结束，计时员即刻开始记局间休息时间。休息时间至50秒时通知运动员上场准备比赛，局间休息满1分钟时，台上裁判员必须发出比赛“开始”的口令。

1 minute break between rounds, which means the interval time between rounds. Right after the termination of the last round, the timekeeper shall record the break time immediately. When the break time reaches fifty (50) seconds, the competitors will be notified to prepare for the next round. When the break time reaches 1 minute in full, the platform judge must issue "Kaishi" to start the round.





# 第一章 通则General Regulations

## 第三条 参赛年龄和资格审查

### Article 3 Age Categories & Requirements

- (一) 成年组运动员的参赛年龄限在18 – 40周岁；  
青年组运动员的参赛年龄限在15-17周岁；  
少年运动员参赛年龄为12-14周岁。

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 12 and 14 (including 14) years of age .

- (二) 参赛运动员必须持有所代表国家或地区的护照。

A competitor must hold a valid passport issued by the country/region which he/she is representing.





# 第一章 通则General Regulations

## 第三条 参赛年龄和资格审查

### Article 3 Age Categories & Requirements

(三) 运动员必须有参加该次比赛的人身保险证明。

Each competitor must hold a valid personal insurance certificate for the competition.

(四) 运动员参赛时必须出示自报到之日起前15天内的包括脑电图、心电图、血压、脉搏等指标在内的体格检查证明。

Each competitor must produce a valid health certificate showing his/her electroencephalogram (EEG), electrocardiogram (ECG), blood pressure and heart rate issued by a qualified medical doctor from a check-up performed within a period of 15 days prior to the date of registration at the competition.





# 第一章 通则General Regulations

## 第四条 体重分级

### Article 4 – Weight Categories

#### (一) 少年体重分级/Children's Weight Divisions

39公斤级/kg category ( $\leq 39\text{Kg}$ )

42公斤级/kg category ( $> 39\text{Kg}—\leq 42\text{Kg}$ )

45公斤级/kg category ( $> 42\text{Kg}—\leq 45\text{Kg}$ )

48公斤级/kg category ( $> 45\text{Kg}—\leq 48\text{Kg}$ )

52公斤级/kg category ( $> 48\text{Kg}—\leq 52\text{Kg}$ )

56公斤级/kg category ( $> 52\text{Kg}—\leq 56\text{Kg}$ )

60公斤级/kg category ( $> 56\text{Kg}—\leq 60\text{Kg}$ )

体重不符合报名级别





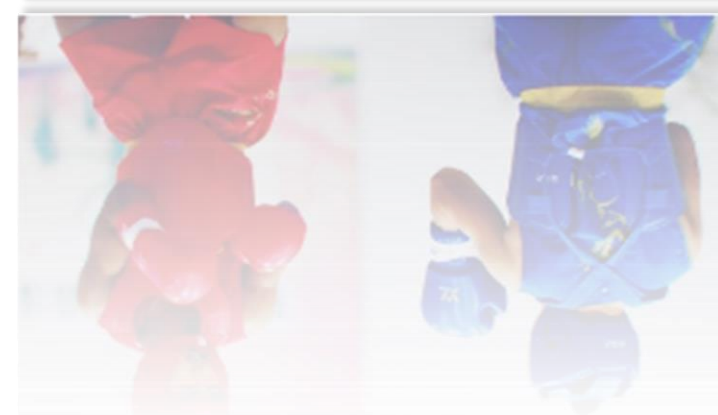
# 第一章 通则 General Regulations

## 第四条 体重分级

### Article 4 – Weight Categories

#### (二) 青年运动员分级/Junior's Weight Divisions

- 48公斤级/kg category ( $\leq 48\text{Kg}$ )
- 52公斤级/kg category ( $> 48\text{Kg}—\leq 52\text{Kg}$ )
- 56公斤级/kg category ( $> 52\text{Kg}—\leq 56\text{Kg}$ )
- 60公斤级/kg category ( $> 56\text{Kg}—\leq 60\text{Kg}$ )
- 65公斤级/kg category ( $> 60\text{Kg}—\leq 65\text{Kg}$ )
- 70公斤级/kg category ( $> 65\text{Kg}—\leq 70\text{Kg}$ )
- 75公斤级/kg category ( $> 70\text{Kg}—\leq 75\text{Kg}$ )
- 80公斤级/kg category ( $> 75\text{Kg}—\leq 80\text{Kg}$ )





# 第一章 通则 General Regulations

## 第四条 体重分级

### Article 4 – Weight Categories

#### (三) 成年体重分级 /Senior Weight Divisions

48公斤级/kg category ( $\leq 48\text{Kg}$ )

52公斤级/kg category ( $> 48\text{Kg}—\leq 52\text{Kg}$ )

56公斤级/kg category ( $> 52\text{Kg}—\leq 56\text{Kg}$ )

60公斤级/kg category ( $> 56\text{Kg}—\leq 60\text{Kg}$ )

65公斤级/kg category ( $> 60\text{Kg}—\leq 65\text{Kg}$ )

70公斤级/kg category ( $> 65\text{Kg}—\leq 70\text{Kg}$ )

75公斤级/kg category ( $> 70\text{Kg}—\leq 75\text{Kg}$ )

80公斤级/kg category ( $> 75\text{Kg}—\leq 80\text{Kg}$ )

85公斤级/kg category ( $> 80\text{Kg}—\leq 85\text{Kg}$ )

90公斤级/kg category ( $> 85\text{Kg}—\leq 90\text{Kg}$ )

90公斤以上级/kg category and above ( $> 90\text{Kg}$ )







# 第一章 通则 General Regulations

## 第五条 称量体重

### Article 5 – Weighing-In

(一) 运动员经资格审查合格后方可参加称量体重，必须携带本人护照。

All qualified competitors must present their passport in order to weigh-in.

(二) 必须在仲裁委员的监督下称量体重，由检录长负责，编排记录员配合完成。

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

(三) 运动员必须按照大会规定的时间到指定地点称量体重。称量体重时，运动员须裸体或只穿短裤（女运动员可穿紧身内衣）。

All competitors must arrive during designated time at the designated place as set forth by the organizing committee in order to weigh-in. Competitors may weigh-in in the nude or with trunks on. (Female competitors may wear tight-fitting undergarments).







# 第一章 通则General Regulations

## 第五条 称量体重

### Article 5 – Weighing-In

(四) 称量体重先从比赛设定的最小级别开始，每个级别在1小时内称完。在规定的称量时间内体重不符合报名级别时，则不准参加后面所有场次的比赛。

The weighing-in shall start with the lighter weight categories and continue on to the heavier categories. Each category should conclude its weighing in within a period of one hour. Any competitor who fails to weigh-in correctly within his/her registered division within the allocated time period of one hour will not be permitted to participate in any of the subsequent

(五) 当天有比赛的运动员，须在赛前规定的时间内称量体重。

Competitors that are competing on a specific day of competition are required to weigh-in at the specific time and place prior to the start the day's events.





# 第一章 通则General Regulations

## 第五条 称量体重 Article 5 – Weighing-In

◆ 体重不符合报名级别。是指运动员在称量体重时的体重不够或超出所报级别规定的体重范围。例如，75公斤级的运动员，体重必须大于70公斤、小于或等于75公斤，体重不在这个范围，则不准参加比赛。

The weight does not meet the requirement of registration for a certain category. It means that the competitor's weight, when weighing in, is not enough or exceeds the weight range specified by the registered category. For example, competitors who register for the 75 kg category must weigh over 70 kg and less than or equal to 75 kg. If the weight is outside this range, they are not allowed to participate in the competition.



# 第一章 通则General Regulations

## 第六条 抽 签

### Article 6 – Drawing Lots

(一) 由编排记录组负责抽签，仲裁委员会主任、总裁判长及参赛队的教练员或领队参加。

The drawing-lots ceremony shall be conducted by the scheduling-recording group, in the presence of the chairman of Jury of Appeals, the chief referee and team coaches or team leaders.

(二) 在第一次称量体重后进行抽签，由比赛设定的最小级别开始。如该级别只有1人，则不能参加比赛。

The drawing-lots ceremony shall take place after the initial weighing-in session has concluded, and will start with the lighter weight categories and continue on to the heavier categories. Any category with only one competitor shall be excluded from the contest.

(三) 由各队教练员或领队为本队运动员抽签。

Team coaches or team leaders shall draw lots on behalf of the competitors from their respective teams.



# 第一章 通则 General Regulations

## 第七条 服装护具

### Article 7 Competition Attire & Protective Gear

**(一) 运动员必须穿国际武术联合会认定的武术散打比赛服装及护具。**

All competitors shall wear IWUF approved clothing and protective gear.

**(二) 国际武联认定的武术散打比赛服装包括：男子短裤和背心，女子短裤和背心，且男子短裤和背心或女子短裤和背心必须为同一颜色（红色或蓝色）。比赛时，运动员须自备红色和蓝色的比赛服装各一套。**

IWUF approved clothing for men includes sanda shorts and vest, and for women includes sanda shorts and vest. The shorts and vest will be of the same colour, namely red or blue. Competitors are required to provide their own clothing and this should include 1 set in red and 1 set in blue. (Fig 1 – 2)



**(Fig 1)**



**(Fig 2)**





# 第一章 通则 General Regulations

## 第七条 服装护具

### Article 7 Competition Attire & Protective Gear

(三) 比赛护具分红、蓝两种颜色。包括拳套、护头、护胸；运动员须自备护齿、护裆和缠手带。护裆必须穿在短裤内，缠手带的长度为3.5米-4.5米。

Protective gear is separated into two colours, namely red and blue.

Protective gear includes headgear, gloves, chest protector. 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.

(四) 少年、青年运动员的拳套重量为230克；成年女子运动员和男子65公斤级及以下级别的拳套重量为230克；男子70公斤级及以上级别的拳套重量为280克。

For the Junior and Children divisions, the weight of the gloves will be 230 grams. For Senior divisions, the weight of gloves shall be 230 grams for the women's categories and the men's 65kg category and below; and the weight of the gloves shall be 280 grams for the men's 70kg category and above.





# 第一章 通则 General Regulations

## 第七条 服装护具

### Article 7 Competition Attire & Protective Gear

(五) 信仰伊斯兰教的女子运动员可穿着伊斯兰服装，但须同时满足以下标准。

- 长袖上衣（不能太紧）
- 长裤（不能太紧）
- 头巾（须与比赛服装同一颜色，并穿戴在护头里面）

For female competitors who are of the Islamic faith, the IWUF has permitted such competitors to wear Islamic competition attire in line with the below standards. Such competitors are required to wear all the below stipulated Islamic attire and may not selectively wear some of them separately.

This includes the following:

- Long sleeve top (fitting, not too tight)
- Full length trousers (fitting, not too tight) )
- Head scarf (Same color, underneath the protective head gear)







# 第一章 通则 General Regulations

## 第七条 服装护具

### Article 7 Competition Attire & Protective Gear

以上规定的服装须由非光滑的软质材料制成（如氨纶、聚酯、尼龙、超细纤维组合等）。长裤和长袖须为同一颜色（红色或蓝色）。比赛时，运动员自备红色和蓝色的比赛服装各一套。运动员所穿服装不能限制身体或肢体动作的活动范围，不能以任何形式妨碍对方运动员的技术发挥，同时也不能对国际武联认定的护具造成任何干扰或影响。如果运动员的服装不能同时满足以上要求，仲裁委员会有权取消运动员的参赛资格。

The above stipulated clothing must be made of flexible material that is not excessively slick or slippery (material composed of spandex, polyester, nylon and microfiber combinations are acceptable). The long sleeve top, head scarf and full length trousers will be of the same colour, namely red or blue. Competitors are required to provide their own clothing and this should include 1 set in red and 1 set in blue (Fig 3 – 4). Such clothing should not inhibit the full range motion of the competitor's body and limbs or interfere with their opponent's actions in anyway, and it should not impede or interfere with the IWUF specified protective gear either. Should a competitor's clothing fail to conform to the above, the Jury of Appeals on site has the authority to deny their participation in the event.



(Fig 3)



(Fig 4)



# 第一章 通则 General Regulations

## 第七条 服装护具

### Article 7 Competition Attire & Protective Gear

#### ◆ 关于比赛护具的相关规定:

Regulations on competition protective gear:

(1) 比赛中运动员必须穿戴《规则》中规定的护具，否则判技术犯规，改正后可继续比赛。因伤需要穿戴护膝、护踝、绷带等软护具需要赛会医务监督确认。

competitors must wear the protective gear specified in the <IWUF Sanda Competition Rules and Judging Methods- 2017> during the competition, otherwise a technical foul will be imposed as penalty to them, and the competition can be continued after the protective gear is worn. Competitors who need to wear knee pads, ankle pads, bandages and other soft protective gear due to injury shall be confirmed by the medical supervisor.







# 第一章 通则 General Regulations

## 第七条 服装护具

### Article 7 Competition Attire & Protective Gear

**(2) 运动员检录上场后，只要拳套脱落，一律按有意松脱护具，判技术犯规。如果运动员将对方推打下台或摔倒时自己的拳套脱落，则下台和倒地无效，并且判拳套脱落的运动员技术犯规。**

After the competitors enter the field of play, Whenever their gloves fall off, it will be deemed as loosing the protective gear intentionally and a technical foul will be awarded as penalty. If a competitor pushes his/her opponent off the platform (Leitai) with his/her gloves falling off when the opponent falls down, the falling is deemed as invalid, and ,meanwhile, a technical foul will be imposed on the competitor whose gloves fall off.

**(3) 青少年运动员必须穿戴“护脚背”。**

Junior competitors must wear “insteps protective gear”.

**(4) 拳套扣结应在手背面，并用胶带缠上。**

The gloves knot should be on the back of the hand and shall be wrapped with tape.





# 第一章 通则 General Regulations

## 第八条 比赛礼节 Article 8 Competition Etiquette

(一) 每场比赛开始前介绍运动员时，运动员向观众行抱拳礼。

Competitors shall perform a palm and fist salute when they are introduced to the audience before the start of the bout.

(二) 每局比赛开始前，运动员上台后先向本方教练员行抱拳礼，教练员还礼；运动员之间再相互行抱拳礼。

At the start of each bout, the competitors shall perform a palm and fist salute from the platform towards their respective coaches who in turn shall return the same palm and fist salute. The competitors will then perform a palm and fist salute towards one another.

(三) 宣布比赛结果时，运动员交换站位。宣布结果后，运动员先相互行抱拳礼，再向台上裁判员行抱拳礼，裁判员还礼。然后向对方教练员行抱拳礼，教练员还礼。

When hear the announcer announcing the result of a bout, the competitors shall first switch their positions. Following the announcement of the result, the competitors shall perform a palm and fist salute to each other first, then to the platform judge who will return the salute, following which the competitors will salute one another's coaches, who will also salute in return.

(四) 边裁判员换人时，互相行抱拳礼。

When a sideline judge is replaced by another judge, both judges shall perform a palm and fist salute to one another.





# 第一章 通则 General Regulations

## 第九条 弃权 Article 9 - Default

(一) 比赛期间，运动员因伤病（需有医务监督员出具的诊断证明）或体重不符合报名级别时不能参加比赛，作弃权论，不再参加后面场次的比赛，已取得的成绩有效。

Should, during the course of a competition, a competitor is unable to compete due to illness or injury (which must be confirmed as legitimate by the medical committee's appointed doctor or due to failure to weigh-in correctly, this shall be considered as default and the competitor will not be permitted to participate in the following matches. However, the ranking achieved up to that point will still be considered as valid.

(二) 比赛时，运动员实力悬殊，为保护本方运动员的安全，教练员可举弃权牌表示弃权，运动员也可举手或主动下台弃权。

Should, during the course of a bout, there is a great disparity in strength and ability and a competitor is being outclassed, in order to ensure the safety of the competitor, his/her coach may raise the default plate. The competitor himself/herself may also raise his/her hand or voluntarily step off the competition platform to default during the course of a bout.



# 第一章 通则General Regulations

## 第九条 弃权

### Article 9 - Default

(三) 不能按时参加称量体重、赛前3次检录未到或检录后擅自离开不能按时上场者，作无故弃权论。

Should a competitor be absent for the weighing in; fail to appear for the roll-call 3 times prior to a bout or leaves the designated area following the roll-call; fail to appear at the competition area on time; this will be regarded as a groundless default.

(四) 比赛期间，运动员无故弃权，取消本人全部成绩。

During a competition, should a competitor have a groundless default, all his results attained in the competition up to that point shall be cancelled.



# 第一章 通则 General Regulations

## 第十条 竞赛中的有关规定

### Article 10 – Other Competition Related Provisions

**(一) 临场执行裁判人员应集中精力，不得与其它人员交谈，未经裁判长许可，不得离开席位。**

When officiating, all judges should concentrate fully on their task at hand, they should not converse with anyone during this time, and are not permitted to leave their stations without the Head Judge's permission.

**(二) 运动员必须遵守规则和比赛礼节，尊重和服从裁判员。在场上不准有吵闹、谩骂、甩护具等任何表示不满的行为。每场比赛未宣布比赛结果前，运动员不得退场（因伤需急救者除外）。**

All competitors must abide by the competition rules and protocols, and respect and obey the judges and officials' decisions. It is forbidden to cause disruptions, curse and shout, throw protective gear etc. or act in any way to display discontent. During a bout, competitors are not permitted to leave the field of play prior to the announcement of the results (except in cases of medical or first-aid emergency).





# 第一章 通则General Regulations

(三) 比赛时，教练员只能带一名队医或助手，着正装坐在指定位置进行现场指导。

During a bout, the coach may only be accompanied by one assistant-coach or team doctor. They must wear official attire and must remain seated at the designated spot.

(四) 运动员严禁使用兴奋剂，局间休息时不得吸氧。

Doping in any form is strictly forbidden. Competitors are not permitted to inhale oxygen in the rest period between rounds.

◆ 正装。指正式场合穿着的服装。可穿西服或队服（领奖服），不允许穿短裤、拖鞋。

Formal wear. Refers to clothing worn on formal occasions. Coaches can wear a suit or team uniform (podium-wear). Shorts and slippers are not allowed.





## 第二章 仲裁委员会及其职责 Jury of Appeals & Duties

### 仲裁委员会的组成

由主任、副主任、委员共3人或5人组成。

### 仲裁委员会的职责

(一) 仲裁委员会在大会组委会的领导下进行工作。

主要受理参赛队对裁判人员或裁判组执行竞赛规程、规则的判决结果有异议的申诉，但**只限对本队评判的申诉**。

(二) 接到申诉后，应立即进行处理，不得耽误其他场次的比赛、名次的评定及颁奖。裁决结果出来后，应及时通知有关参赛队。

(三) 根据申诉材料提出的情况，必要时可以复审录像，进行调查，召开仲裁委员会讨论研究。开会时可以邀请有关人员列席参加，但列席人员无表决权。仲裁委员会出席人数必须超过半数以上做出的决定方为有效。表决票数相同时，仲裁委员会主任有终裁权。

(四) 仲裁委员会成员不参加本人所在单位参赛队有牵连问题的讨论。

(五) 对申诉提出的问题，经过严格认真复审，确认原判无误，则维持原判；如确认原判有明显错误，仲裁委员会提请竞赛监督委员会对错判的裁判员按有关规定处理，可改变评判结果。仲裁委员会的裁决为最终裁决。





## 第二章 仲裁委员会及其职责 Jury of Appeals & Duties

### 申诉程序及要求



(一) 运动队如果对裁判组的评判结果有异议，必须在该运动员比赛结束后 **15 分钟内**，由本队领队或教练员向仲裁委员会提出书面申诉，同时交付**200美元**的申诉费。如申诉正确，退回申诉费；申诉不正确的，则维持原判，申诉费不退。

(二) 各队必须服从仲裁委员会的最终裁决。如果无理纠缠，根据情节轻重，可以建议竞赛监督委员会、大会组委会给予严肃处理。





## 第三章 裁判人员及其职责 Competition Officials & Duties

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### 裁判人员的组成

- (一) 总裁判长1人，副总裁判长1-2人，裁判长、副裁判长各1人。
- (二) 台上裁判员1人，边裁判员3人或5人。根据比赛需要，可设2-3个裁判组轮流执裁。
- (三) 记录员、计时员各1人。
- (四) 编排记录长1人。
- (五) 检录长1人。
- (六) 编排记录员4人。
- (七) 检录员4-6人。
- (八) 医务监督1人，医务人员2-5人。
- (九) 宣告人员1-2人。
- (十) 电子计分系统操作员2-4人。
- (十一) 仲裁摄像人员2-4人。





# 第四章 可用方法与禁用方法、得分标准与判罚

## Permitted & Prohibited Techniques, Scoring Standards & Penalties

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**第一条 可用方法**  
**Article 1 Permitted Techniques**

**第二条 禁用方法**  
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**第三条 得分部位**  
**Article 3 Valid Scoring Areas**

**第四条 禁击部位**  
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**第五条 得分标准**  
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**第六条 犯规与罚则**  
**Article 6 Fouls and Penalties**

**第七条 暂停比赛**  
**Article 7 Match Stoppage**







# 第四章 可用方法与禁用方法、得分标准与判罚

## Permitted & Prohibited Techniques , Scoring Standards & Penalties

返回目录

### 第一条 可用方法 Article 1 Permitted Techniques

可以使用武术的拳法、腿法和摔法。  
All wushu punching, kicking and throwing/wrestling techniques are permitted to be utilized.





## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

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#### 第二条 禁用方法

Article 2 Prohibited techniques

(一) 用头、肘、膝攻击对方或迫使对方反关节的技法。★

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

(二) 用迫使对方头部先着地的摔法或有意砸压对方。★

Utilizing throwing/wrestling techniques which force the opponent to land on his/her head, or deliberately smashing down the opponent.

(三) 用任何方法攻击倒地一方的头部。★

Attacking the head of the downed opponent by any means.

(四) 青少年比赛可禁止运动员使用腿法击打对方头部或用拳法连续击打对方头部。

For junior and children competitions it is prohibited to continuously punch the head or use leg techniques targeting the head unless otherwise stated.



## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

返回小节

◆ 用头、肘、膝进攻对方。是指用以上部位主动发力攻击对方，属于犯规行为，一旦击中就须根据《规则》中的有关条文，给予“侵人犯规”的判罚。

由于武术散打比赛在许多情况下需要贴进对方，有时因对方进攻而出现低头、抬肘、提膝等防守动作时，触及了对方的身体但没有明显的发力，并且没有产生实际效果；有时在互相搂摔过程中，头、肘、膝触及对方的身体而没有明显的发力，凡类似情况不属于用头、肘、膝进攻对方。

Attacking with the head, the elbow, or the knee: Refers to using the above parts to attack the opponent actively, which are all deemed as foul behaviors. Once the opponent is hit, the attacker will be given a penalty of "Personal Foul" according to the relevant provisions in the Rules.

However, since sanda competitors need to approach each other when competing, sometimes if there is no obvious force within the attacker's movements when the attacker execute defensive techniques such as lowering the head, raising the elbow, and raising the knee caused by the opponent's fighting back, or when the competitors clinching to each other, but there is no obvious force within the either of the competitor's movements, and the movements do not produce actual attacking effect as well; Any situation as such are not deemed as "Attacking with the head, the elbow, or the knee".





## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

返回小节

◆ 用迫使对方反关节的动作攻击对方。是指采用方法固定对方关节前端并击打、拧扳，或迫使其关节超出正常活动范围的攻击动作。

对抗实践证明，易被受到“反关节”攻击的人体关节主要是肘关节和膝关节。如果使用正常的攻防方法，虽然击中关节部位，但没有瞬间固定前端的行为，不属于用反关节动作进攻对方。

Attacking the opponent with anti-joint techniques, means employing the aggressive actions to fix the front end of the opponent's joint and hits, twists, or forces its joint beyond the normal range of motion. It is proved in combating practices that elbow and knee joints of human are vulnerable under the "anti-joint" attacking techniques.

Should there be no instant fixation of the front end when the competitor uses the normal offensive and defensive techniques, and even though joints are hit, it is not deemed as "Attacking the opponent with anti-joint techniques".



## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

◆ 迫使对方头部先着地的摔法。是指在使用摔法过程中，控制住对方的身体，强迫对方头部先着地，有意伤害对方。判断是否使用了迫使对方头部先着地的摔法，一般应符合下列三种情况：

Wrestling technique with forcing the opponent's head to land first. It refers to controlling the opponent's body and forcing the opponent's head to land first with injuring opponent deliberately during the use of the wrestling technique. There are three (3) cases should be generally referred to of judging whether “Wrestling technique with forcing the opponent's head to land first” are employed or not:



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## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

返回小节

**(1) 对方处于被控制状态无法使用自我保护的倒地动作时，采用招法使其头部朝下落地；**

Case No.1: competitor use this “Wrestling Technique” to force the opponent’s head to fall to the ground first when the opponent is in a controlled state and cannot use any self-protective fall techniques;

**(2) 对方处于悬空状态时，突然改变对方的姿势状态迫使其头部朝下落地；**

Case No.2: competitor use this “Wrestling Technique” to change the posture of the opponent abruptly and force the opponent’s head to fall to the ground first when the opponent body is suspending uncontrollably in the air;

**(3) 临近倒地状态时，突然拧转对方头部，迫使对方头部先着地；如果采用正常的摔法，被摔的一方因自己的保护能力差，倒地动作不合理造成头部先着地，不属判罚的范围。**

Case No.3: competitor turns the opponent’s head suddenly when he/she is falling and approaching to the ground to force the opponent’s head to land on the ground first.

NOTE: If it is because the opponent have poor self-protective capability and unreasonably fall with the head land on the ground first when the normal wrestling is executed, which is not deemed as “Wrestling technique with forcing the opponent's head to land first”.





## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

返回小节

◆ 有意砸压对方。是指对方倒地时，顺势用身体的某一部位再次加力于对方身体的某一部位，以达到使对方丧失战斗力的目的。

Crushing deliberately. It means that a competitor uses one part of his/her body to exert force continuously on part of the opponent's body in order to make the opponent lose fight capability when the opponent falls down to the ground.





## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

返回小节

◆ **攻击倒地地方头部。**一方运动员不允许用任何方法攻击已倒地地方运动员的头部，实质上指的是主动倒地地方运动员的头部，首先因为在主动倒地后3秒之内双方仍可相互进攻；其次，一方被动倒地后，台上裁判员必然发出“停”的口令，也就是说，当下达“停”的口令后，比赛已经停止，此时，倒地地方身体的任何部位均不允许受到攻击。

Attacked the head of downed competitor. Each competitor is not allowed, by any method, to attack the head of competitors down on the ground. It should be noted that here the downed competitor essentially refers to the competitor falls down actively, Since, firstly, competitors can still attack each other within 3 seconds after either competitor's actively falling to the ground; secondly, After either competitor's passively falling to the ground, the platform judge must issue a "Ting" to stop the fight, namely after the password is issued, the fight has actually stopped. At this time, neither part of the downed competitor is not allowed to be attacked.



## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

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#### 第二条 禁用方法

##### Article 2 Prohibited Methods

(一) 用头、肘、膝攻击对方或迫使对方反关节的技法。★

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

(二) 用迫使对方头部先着地的摔法或有意砸压对方。★

Utilizing throwing/wrestling techniques which force the opponent to land on his/her head, or deliberately smashing down the opponent.

(三) 用任何方法攻击倒地一方的头部。★

Attacking the head of the downed opponent by any means.

(四) 青少年比赛可禁止运动员使用腿法击打对方头部或用拳法连续击打对方头部。

For junior and children competitions it is prohibited to continuously punch the head or use leg techniques targeting the head unless otherwise stated.



## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

#### 第三条 得分部位

#### Article 3 Valid Scoring Areas



### 头部、躯干、大腿。

The head, the torso and the thighs are valid scoring areas.

◆ 得分部位是指规则中规定的击中给分部位。头部，是指除了后脑以外的面部和头两侧的部位。躯干，是指胸部、腹部、背部、腰部。大腿，是指髋关节以下，膝关节以上，包括臀部在内的部位。

The scoring areas refers to the hit-scoring position specified in the rules. The head means parts of the face and sides of the head except for the back part of the head. The torso refers to the part of chest, abdomen, back, and waist. The thigh refers to the area below the hip joint and above the knee joint, including the hips.





# 第四章 可用方法与禁用方法、得分标准与判罚

## Permitted & Prohibited Techniques, Scoring Standards & Penalties

### 第三条 得分部位

#### Article 3 Valid Scoring Areas



### 头部、躯干、大腿。

The head, the torso and the thighs are valid scoring areas.

◆ 人体的肩部、上肢、小腿、脚跟、脚掌与脚背，既不是禁击部位，也不是得分部位，击中后既不能判犯规，也不能判得分。按照“方法清楚，效果明显”的原则，就低不就高。击中在肩部与胸、背的连接部位，不得分；击中大腿与小腿的连接部位，不得分；击中腰部与臀部的连接部位，得1分。

The human body's shoulders, upper limbs, lower legs, heels, soles, and insteps are neither forbidden areas nor scoring areas. neither fouls nor points can be awarded if hit. "clear techniques and obvious effect" shall be abided by as the principles, and the lower-scoring parts hit will be counted in priority instead of the higher-scoring parts. If the connection between the shoulder, chest, and back is hit, no score will be awarded; if the connection between the thigh and lower leg is hit, no score will be awarded as well; if the connection between the waist and hip is hit, 1 point will be awarded to the attacker.





## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

#### 第四条 禁击部位

#### Article 4 Prohibited Striking Areas

### 后脑、颈部、裆部。

The back of head, the neck and the crotch are prohibited striking areas.

◆ **禁击部位。**是指运动员在比赛中规定不能被击打的身体部位。后脑，是指头部耳廓垂线以后的部位。颈部，是指人体第一椎骨以下，锁骨以上的部位。裆部，是指人体的阴部。

Prohibited Striking Areas refers to the body parts must not be hit during the fight. The back side of head refers to the part after the vertical line of the auricle of the head. The neck refers to the part below the first vertebra and above the collarbone. Crotch refers to the genitals of human body.





## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

#### 第五条 得分标准

Article 5 Scoring Criteria

#### 得两分 Scoring 2 Points

★ 1、一方下台，另一方得2分。

One side falls off the platform;

When a competitor's opponent falls off the platform, his/her opponent will be awarded 2 points.

★ 2、一方倒地，站立者得2分。

One Side Falls Down (Scoring 2 points);

his/her opponent falls down (touching the ground with any part of body other than the feet) while he or she remains standing;



## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

#### 第五条 得分标准

#### Article 5 Scoring Criteria

◆ 下台，是指在比赛中（即从“开始”至“停”之间），运动员的身体任何部位支撑了台下的保护垫或场地，均判为下台。

The meaning of “Fall Off the Platform”:

During the competition (after the order “Kaishi” and before the order “Ting”), any part of the competitor’s body touches (with weight) the protective mat or the ground outside of the platform it will be considered as fall off the platform.







## 第四章 可用方法与禁用方法、得分标准与判罚

Permitted & Prohibited Techniques, Scoring Standards & Penalties

返回小节

### 第五条 得分标准

Article 5 Scoring Criteria

◆ 一方下台，是指在比赛中当台上裁判员喊“停”之前或同时，一方运动员的身体支撑了台下保护垫或场地，与此同时又脱离了台上运动员的身体任何部位。凡符合上述这两条件者，即为一方下台，对方得2分。

The meaning of “One side falls off the platform”:  
Before or when the platform judge ordered “Ting” or, any part of the competitor’s body touches (with weight) the protective mat or the ground outside of the platform, and has no contact with any part of the opponent’s body it will be considered as one side falls off the platform.





# 第四章 可用方法与禁用方法、得分标准与判罚

## Permitted & Prohibited Techniques, Scoring Standards & Penalties

返回小节

### 第五条 得分标准

#### Article 5 Scoring Criteria

### 倒地三种情况



**(1) 被击倒，由于遭受对方重拳或重腿的打击造成失去重心而倒地。**  
Be Knocked down Losing the center of gravity and falling down due to the strong attack by the opponent.

**(2) 被摔到，由于被对方使用摔法造成失去重心而倒地。**  
Be Taken down Losing the center of gravity and falling down by take down technique from the opponent.



**(3) 自行倒地，因对方进攻而自己防守不当或场地不平、过滑或自己的身体失控等原因造成的倒地。**

Fall down by his / her own mistake or other situations  
The competitor falls down due to errors in attack or defense including slipping etc.

**凡属以上三种情况的倒地，站立者均可得2分。**

The one who remains standing is awarded 2 points in the above situations.





## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

#### 第五条 得分标准

Article 5 Scoring Criteria

#### 得两分 Scoring 2 Points



#### ★3、用腿法击中对方头部、躯干得2分。

Striking an opponent's head or trunk with a valid leg technique.  
(Scoring 2 points);

#### ★4、用主动倒地的动作致使对方倒地，而自己顺势站立者，得2分。

A competitor who makes his/her opponent fall down by falling down himself or herself deliberately and immediately stands up in a flowing motion will be awarded 2 points.



## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

#### 第五条 得分标准

##### Article 5 Scoring Criteria

#### 击中

◆ 如何判定是否达到了“击中”效果呢？一般应从以下四个方面入手：

How does one decide whether a competitor has struck the opponent?

(1) 看进攻，进攻动作清晰，击中点（得分部位）准确。

Look carefully at the Attack. The technique is clear and strikes a valid part.

(2) 看防守，击中时对方没有相应的防守动作，或明显击中在先防守在后。

Look at the Defense. The defender has no corresponding defensive action on an attack or is obviously hit before he/she could respond.



## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

返回小节

#### 第五条 得分标准

##### Article 5 Scoring Criteria

◆ 如何判定是否达到了“击中”效果呢？一般应从以下四个方面入手：  
How does one decide whether a competitor has struck the opponent?

(3) 看位移，击中后使对方身体产生了晃动、移动、震动等重心移动的现象。

Look at the displacement. The opponent's body sways or is displaced due to the strike.

(4) 听声音，击中对方后发出清脆或者沉闷的响声。

Listen to the Sound. Listen to the sound effect caused by the strike.



# 第四章 可用方法与禁用方法、得分标准与判罚

## Permitted & Prohibited Techniques, Scoring Standards & Penalties

返回小节

### 第五条 得分标准

#### Article 5 Scoring Criteria

### 顺势站立

#### ◆ 理解这一条款的关键是何谓“顺势站立”？

The key to understanding this article is to know what “stands up in a flowing motion” refers to.

“顺势站立”是指在使用主动倒地动作击倒对方后，自己能够利用动作的惯性在台上裁判员喊停之前或同时连续起立的状态。

What is “stands up in a flowing motion”?

“Stands up in a flowing motion” is when a competitor makes the opponent fall down by falling down himself on deliberately, and uses this action’s inertia to stand up in a flowing manner before or as the judge calls out “Ting” (stop).

凡同时符合上述两个关键条件者，方可得2分。

Only when the two key points above mentioned exist can a competitor be awarded 2 points.







## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

#### 第五条 得分标准

#### Article 5 Scoring Criteria

## 读秒

### ◆ “读秒”，通常分有两类：

### Two kinds of counting

一类是因一方侵人犯规而有可能给另一方造成伤害，为保障运动员的安全而进行的读秒；

#### 1、 Due to Personal Foul

The platform judge may count in order to protect the competitor when the competitor has been struck with an illegal technique which may cause harm or injury (Personal Foul).

另一类是一方运动员运用合理的攻击方法（含踢、打、摔）进攻，使另一方因受到重击或重摔后有可能造成伤害，或运动员本身的主客观原因造成了伤害。为避免运动员受伤而进行的读秒，称为“强制读秒”。

2、 In order to protect the competitor, the platform judge will forcibly count when the competitor is dazed, staggered or falls which may harm the competitor, as a result of permitted techniques, a powerful kick or punch. It is known as “Forcible count”.



## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

#### 第五条 得分标准

Article 5 Scoring Criteria

#### ◆ “读秒”，通常有三种状态： Three status of counting:

##### (1) 读8秒

在读秒过程中，运动员已举手示意可继续比赛，台上裁判员仍须读完8秒后再继续进行比赛。

Count of eight

During the judge's count, when the staggered/dazed competitor raises his/her hand to indicate that he or she can continue the competition, the judge still has to count to eight and only then will he continue the match.

##### (2) 读10秒

在读秒过程中，运动员没有示意要求继续比赛，或虽已示意可继续比赛，但发觉其知觉仍不正常时，台上裁判员必须读到10秒。一旦读到10秒，则表示该场比赛已经结束。

Count of 10

During the judge's count, the competitor doesn't raise his/her hand to indicate to continue the match, or even though he or she insists to continue the match, the platform judge is aware of his/her abnormal consciousness, the platform judge must count to 10, to finish the match.



## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

#### 第五条 得分标准

##### Article 5 Scoring Criteria

◆ “读秒”，通常有三种状态：  
Three status of counting:

#### (3) 终止读秒

在读秒过程中，如果发现运动员出现休克，或关节脱臼、骨折等危险状态时，台上裁判员应终止读秒，立即取下运动员的护齿并用手势请医生将运动员送到后场进行急救处理。

#### Stop counting

During the counting process, if the platform judge perceives that the competitor is unconscious, has a dislocation, a fracture etc. in such conditions, the judge must stop counting and remove the mouthpiece of the competitor, and makes the emergency treatment gesture to the doctor.



## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

#### 第五条 得分标准

Article 5 Scoring Criteria

#### ◆ 读秒后的处理（五种）： Disposal of Counting (5 ways)

▲ (1) 一方运动员因对方侵人犯规而读秒，但在读至8秒钟前已表示能继续比赛且知觉正常时（需读完8秒钟），则应给予犯规运动员“警告”的处罚。

Counting due to Personal Foul - the competitor indicate that he or she can continue the match before the judge's count to 8, and if the competitor is able to continue, then the judge should count to 8 and then give the violating competitor one warning.

▲ (2) 一方运动员因对方侵人犯规而读秒，但在读到8秒钟之前没有表示能继续比赛（需读完10秒钟），且经医务监督人员检查确认不能继续比赛，则判受伤运动员获得本场比赛的胜方，但不能参加以后场次的比赛。

Counting due to the Personal Foul , if the competitor doesn't indicate that he/she can continue the match when the judge counts to 8, the judge must complete (10 seconds) the count, and the doctor will assess the competitor actual condition. In line with the doctor's evaluation, if the competitor is injured he or she will win the bout but can not participate in any of the following matches.





## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

▲ (3) 一方运动员因对方侵人犯规而读秒，但在读到8秒钟之前没有表示能继续比赛（需读完10秒钟），且经医务监督人员检查确认尚未达到已造成伤害的程度，则先判犯规方受“警告”一次后，再判其为获得该场比赛的胜方。

Counting due to the Personal Foul , if the competitor doesn't indicate that he/she can continue the match when the judge counts to 8, the judge must complete (10 seconds) the count and the doctor will assess the competitor actual condition. Should the doctor's evaluation find that the competitor is feigning the injury, then the violating side will receive a warning but will be declared the winner of the bout.

▲ (4) 对方使用允许的攻击方法进攻，受重击一方被“强制读秒”，在读至8秒钟前已表示能继续比赛且知觉正常时，则判其“强制读秒”一次（手势俗称“压点”），对方得2分，属第五款。

When a competitor has been hit heavily (not through Personal Foul actions) and is being forcibly counted, and the competitor indicates that he/she can continue the match before the judge's count to 8, and has a normal state of consciousness, the platform judge will issue the forcible counting gesture and the opponent will score 2 points.



## 第四章 可用方法与禁用方法、得分标准与判罚

Permitted & Prohibited Techniques, Scoring Standards & Penalties

返回小节

▲ (5) 因对方使用允许的攻击方法进攻，受重击一方被“强制读秒”，而在读到8秒之前没有示意能继续比赛（需读完10秒），则判对方为该场比赛的胜方。

When the competitor has been hit heavily (not through Personal Foul actions) and is being forcibly counted, and the competitor doesn't indicate that he/she can continue the match before the judge's count to 8, then the judge will count to 10 and his/her opponent will win the match.



## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

#### 第五条 得分标准

Article 5 Scoring Criteria

#### 得两分 Scoring 2 Points

#### ★ 5、被强制读秒一次，对方得2分。

When a competitor receives a forcible counting, his/her opponent will be awarded 2 points.;

#### 6、受警告一次，对方得2分。

When a competitor is issued a warning, his/her opponent will be awarded 2 points.



## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

#### 第五条 得分标准

Article 5 Scoring Criteria

#### 得一分 Scoring 1 point

##### 1、用拳法击中对方头部和躯干得1分。

A competitor who strikes his/her opponent on the torso or the head with a valid punching technique will be awarded 1 point;

##### 2、用腿法击中对方大腿得1分。

A competitor who strikes his/her opponent on the thigh with a valid leg technique will be awarded 1 point;

##### 3、双方先后倒地，后倒地者得1分。

In a situation when both competitors fall down, the competitor who falls down later will be awarded 1 point;

##### 4、用主动倒地的动作致使对方倒地，而自己不能顺势站立者，得1分。

A competitor who makes his/her opponent fall down by falling down himself or herself deliberately and does not immediately stand up in a flowing motion will be awarded 1 point;





## 第四章 可用方法与禁用方法、得分标准与判罚

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#### Article 5 Scoring Criteria

### 得一分 Scoring 1 point

#### 5、被指定进攻后达5秒钟仍不进攻，对方得1分。

When a competitor is ordered to attack and fails to do so within five (5) seconds; his/her opponent will be awarded 1 point;

#### 6、主动倒地3秒钟不起立，对方得1分。

Should a competitor fail to get to his feet within three (3) seconds after falling down on purpose, his/her opponent will be awarded 1 point;

#### 7、受劝告一次，对方得1分。

When a competitor is issued an admonishment, his/her opponent will be awarded 1 point.



## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

返回目录

#### 第五条 得分标准

Article 5 Scoring Criteria

#### 不得分 No point awarded

**No point will be awarded to either competitor in the following situations:**

**1、方法不清楚，效果不明显，不得分。**

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

**2、双方下台或同时倒地，不得分。**

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

**3、使用主动倒地动作没有击中对方，但在3秒钟内迅速站立，对方不得分。**

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;

**4、抱缠时击中对方，不得分。**

When a competitor strikes his opponent while in a hold/clinch, no points will be awarded.



## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

#### 第六条 犯规与罚则

#### Article 6 Fouls and Penalties

#### (一) 技术犯规

#### Technical fouls

#### 1、消极搂抱对方。 **Passive holding/clinching.**

◆ 消极搂抱，是指一方运动员为了达到不让对方击中或避免产生击中效果的目的而采取抱缠对方的行为。

Passively Clinching refers to holding the opponent to prevent or hinder the attack;

#### 2、消极逃跑。 **Passive evasion.**

◆ 消极逃跑，是指一方运动员在比赛中，为了躲避对方的进攻而有意逃跑的行为。一般表现为转身背向对方跑或者向台上裁判员身体后面躲藏等。

Passive evasion refers to the behavior of a competitor intentionally escaping in order to avoid the attack of the opponent during fighting. Turning his/her back to the opponent and running away from the opponent or hiding behind the platform judge is the common practice.



## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

#### 第六条 犯规与罚则

#### Article 6 Fouls and Penalties

#### (一) 技术犯规

#### Technical fouls

### 3、处于不利状况时举手要求暂停。

Calling for a time-out when in a disadvantageous position;

### 4、有意拖延比赛时间。

Intentionally delaying the match;

◆ 有意拖延比赛时间是指在台上裁判员已经发出运动员上场或准备比赛的指令后，运动员没有迅速执行指令，或因个人某种原因以致影响正常开始比赛的行为。

When the platform judge orders the competitor to enter the platform or the competition begins and the competitor doesn't enter the platform due to personal reasons or doesn't follow the platform judge's order and delays the fight.





## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

◆ 如以下行为均视作有意拖延比赛时间：

The following situations can be called “Delaying the fight intentionally”

(1) 如运动员在局间休息时自行摘下护头或护齿，甚至松解护具，且又没有提前做好上场准备，在台上裁判员指挥上场后才不紧不慢地整理护具、着装或头发，拖拖拉拉地上场。

The competitor takes out his gum guard, head protector or loosens the chest protector during a round's break, and doesn't get ready to fight in advance, and when the judge orders him or her to enter the platform, he or she is still preparing or enters slowly

(2) 不配戴护齿就上场，被台上裁判员发现后被迫下场补戴。

Failure to wear a gum guard after platform judge asked him/her to do so.



## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

(3) 在开赛前不能按时进入比赛现场；或者倒地后、下台后不立即听从台上裁判员的指挥，故意磨磨蹭蹭，慢慢悠悠地起来或上台。

The competitor doesn't show up to fight on time before the competition, or doesn't follow the judge's order to enter the platform, or slowly rises or enters deliberately after falling down or falling off the platform.

(4) 女子运动员在比赛中因头发或内衣影响动作并要求暂停比赛进行整理。

During the competition when a female competitor requests a time-out due to reasons of her hair or clothing affecting her techniques and she wants to correct this.

(5) 在比赛中，台上裁判员喊停之后，运动员没有征得台上裁判员的同意而自行走至台下，延误比赛时间。

During the competition when the judge orders “Ting”, the competitor gets off the platform without the judge's permission, and delays the competition.



## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

#### 第六条 犯规与罚则

#### Article 6 Fouls and Penalties

#### (一) 技术犯规

#### Technical fouls

#### 5、比赛中对裁判员有不礼貌的行为或不服从裁判。

Showing disrespect to or disobeying the orders of the judges and referees during a bout.

#### 6、上场不戴或有意吐落护齿、有意松脱护具。

Entering without a gum guard, spitting out the gum guard or loosening the protective gear intentionally.

#### 7、不遵守规定的比赛礼节

Non-compliance with required competition etiquette.



## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

#### 第六条 犯规与罚则

#### Article 6 Fouls and Penalties

#### (二) 侵人犯规

#### Personal Fouls of Aggression

1、在口令“开始”前或喊“停”后进攻对方。

Attacking the opponent before the call of "Kaishi (Start)!" or after the call of "Ting (Stop)!" .

2、击中对方禁击部位。

Striking a prohibited area.

3、以禁用方法击中对方。

Striking the opponent utilizing a prohibited method.

4、故意致使对方的伤情加重。

Deliberately injuring the opponent.

◆故意致使对方的伤情加重。指针对对方面部的开放性伤口而进行的非正常击打行为。

Deliberately injuring the opponent refers to employing abnormal attackings to the open wounds on the opponent's face and aggravate his/her injury.





## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

#### 第六条 犯规与罚则

#### Article 6 Fouls and Penalties

#### (三) 罚 则

#### Penalties

1、每出现一次技术犯规，劝告一次。

An admonition will be issued for a technical foul.

2、每出现一次侵人犯规，警告一次。

A warning will be issued for a personal foul.

3、侵人犯规达3次，取消该场比赛资格。

A competitor with three (3) personal fouls will be disqualified from the bout.

4、故意伤人，取消其比赛资格，所有成绩无效。

A competitor who deliberately injures his/her opponent will be disqualified from the entire competition, with all results achieved that far invalidated.

5、使用违禁药物或局间休息时吸氧，取消比赛资格，所有成绩无效。

A competitor who utilizes prohibited substances and/or inhales oxygen during the rest periods will be disqualified from the entire competition, with all results achieved that far invalidated.



## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

#### 第七条 暂停比赛

#### Article 7 – Match Stoppage

出现以下情况时，比赛将被暂停：

**A match will be stopped when:**

(一) 运动员倒地（主动倒地除外）或下台时。

When a competitor falls down (excluding deliberate falling); or falls off the platform.

(二) 运动员犯规受罚时。

When a competitor is being issued a penalty.

(三) 运动员受伤时。

When a competitor is injured.

(四) 运动员相互抱缠超过2秒而不能产生摔法效果时。

Competitors who are holding / clinching without successfully executing a wrestling/throwing technique for 2 seconds.

(五) 运动员主动倒地超过3秒时。

When a competitor deliberately falls down and remains downed for more than three (3) seconds.



## 第四章 可用方法与禁用方法、得分标准与判罚

### Permitted & Prohibited Techniques, Scoring Standards & Penalties

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#### 第七条 暂停比赛

#### Article 7 – Match Stoppage

出现以下情况时，比赛将被暂停：

**A match will be stopped when:**

(六) 运动员被指定进攻后达5秒仍不进攻时。

A competitor fails to attack for five (5) seconds after being ordered to do so.

(七) 运动员举手要求暂停时。

When a competitor raises his hand to request a time-out.

(八) 裁判长纠正错判、漏判时。

When the head judge corrects a misjudgment or omission.

(九) 当场上出现问题或险情时。

When a problem arises or there is a dangerous situation on the platform.

(十) 因灯光、场地、电子计分系统故障等客观原因影响比赛时。

Due to lighting, field of play, problems with the electronic scoring system etc. and related objective issues effecting the competition.



## 第五章 胜负与名次评定

Determining Winner / Loser & Placing

### 第一条 胜负评定

Article 1 – Winner & Loser

### (一) 优势胜利评定 Absolute Victory

1、在比赛中，双方实力悬殊，台上裁判员征得裁判长同意，判技术强者为该场胜方。

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

2、比赛中，被重击倒地不起达**10秒**（侵人犯规除外），或虽能站立，但知觉失常，判对方为该场胜方。

Should during a bout, a competitor is knocked down and fails to get to his or her feet within ten (10) seconds (excluding personal fouls), or who has managed to get to his or her feet but has an abnormal state of consciousness, his or her opponent will be declared the winner of the bout.





## 第五章 胜负与名次评定

Determining Winner / Loser & Placing

### 第一条 胜负评定

Article 1 – Winner & Loser

**3、**一场比赛中，一方被重击强制读秒达**3**次（侵人犯规除外），判对方为该场胜方。

Should during a bout, a competitor has been forcibly counted three times after receiving heavy blows (excluding personal fouls), his or her opponent will be declared the winner of the bout.

**4、**一局比赛中，**5**名边裁判员显示双方运动员得分相差达**12**分时，判得分多者为该场胜方。

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



## 第五章 胜负与名次评定

Determining Winner / Loser & Placing

### 第一条 胜负评定

Article 1 – Winner & Loser

### (二) 每局胜负评定

Determining the winner of a round

**1、每局比赛结束时，依据边裁判员的评判结果，判定每局胜负。**

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

**2、一局比赛中，一方受重击被强制读秒2次（侵人犯规除外），对方为该局胜方。**

Should during a round, a competitor has been forcibly counted two (2) times (excluding personal fouls), his or her opponent will be declared the winner of the round.

**3、一局比赛中，一方2次下台，对方为该局胜方。**

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.



## 第五章 胜负与名次评定

Determining Winner / Loser & Placing

### 第一条 胜负评定

Article 1 – Winner & Loser

4、一局比赛中，双方出现平局时，按下列顺序判定胜负：

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

(1) 受警告少者为胜方。

The competitor with fewer warnings will be declared the winner.

(2) 受劝告少者为胜方。

The competitor with fewer admonitions will be declared the winner.

(3) 当天体重轻者为胜方。

The competitor with lighter weight during the day's weighing in will be declared the winner.

5、如上述三种情况仍相同，则为平局。

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



## 第五章 胜负与名次评定

Determining Winner / Loser & Placing

### 第一条 胜负评定

Article 1 – Winner & Loser

### (三) 每场胜负评定

Determining the winner of a bout

1、一场比赛，先胜两局者为该场胜方。

During a bout, the competitor who is first to win two rounds will be declared the winner of the bout.

2、比赛中，运动员出现伤病，经医务监督诊断不能继续比赛者，判对方为该场胜方。

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.

3、比赛中，经医务监督确诊为诈伤者，判对方为该场胜方。

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.





## 第五章 胜负与名次评定

Determining Winner / Loser & Placing

### 第一条 胜负评定

Article 1 – Winner & Loser

### (三) 每场胜负评定

Determining the winner of a bout

4、因对方犯规而受伤，经医务监督员检查确认不能继续比赛者，为该场胜方，但不得参加后面所有场次的比赛。

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.

5、循环赛时，一场比赛中如获胜局数相同，则为平局。

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



## 第五章 胜负与名次评定

Determining Winner / Loser & Placing

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### 第一条 胜负评定

Article 1 – Winner & Loser

### (三) 每场胜负评定

Determining the winner of a bout

**6、淘汰赛时，一场比赛中如获胜局数相同，则按下列顺序决定胜负：**

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:

**(1) 受警告少者为胜方。**

The competitor with fewer warnings will be declared the winner.

**(2) 受劝告少者为胜方。**

The competitor with fewer admonitions will be declared the winner.

**如仍相同，则加赛一局，依次类推。**

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

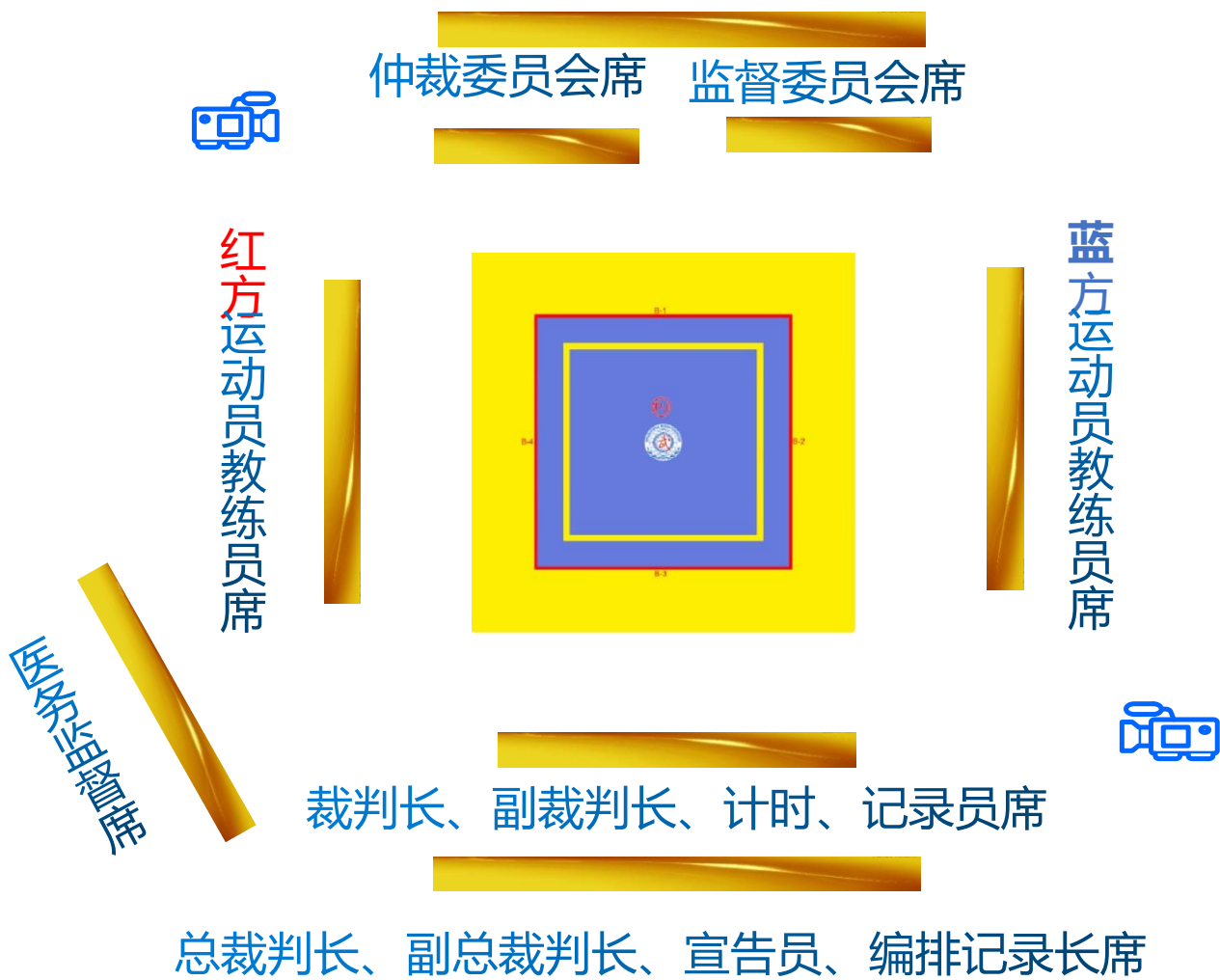


# 第八章 场地与器材

## Competition Area & Equipmen

### 擂台平面示意图

#### 主席台



(一)比赛场地为高80 cm，长800cm，宽800 cm的擂台，台面上铺有软垫；软垫上铺有盖单，台中心画有直径120cm的中国武术协会的会徽。台面边缘有5cm宽的红色边线，台面四边向90cm处画有10cm宽的黄色警戒线。

(二)台下四周铺有高30cm、宽200cm的保护软垫。



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