

# Sanda Official Weigh-In & Pre-Bout Protocols

Please refer to the following procedures to weigh in:

## **B & C Class (Competitive Sanda)**

- If you're close to your weight limit or unsure you'll make it, you need to weigh in on both days.
- Saturday weigh-in time: 7:30 AM – 8:00 AM

## **D & E Class (Recreational Sanda)**

- You only need to weigh in once on Saturday at your assigned time.
- There's an allowance of 0.5 kg (about 2 lbs).
- Saturday weigh-in times:
  - D Class: 8:00 AM – 8:30 AM
  - E Class: 8:30 AM – 9:30 AM

## **Before Each Match (All Classes)**

- Everyone must do a quick weigh-in before their match.
  - If you miss this or don't weigh in on time, you will lose the match by default.
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## **Pre-Bout Procedure – B & C Class**

- Please arrive at Pre-Bout Check-in at least 30 minutes before your fight.
  - Step on the scale:
    - If you make weight, you're good to go!
    - If you don't make weight or miss the weigh-in, you will lose by default.
  - See the ringside medic for a quick health check.
  - Have your mouthguard, hand wraps, and groin protector checked by an official.
  - Next, report to the Marshalling volunteers and get the rest of your gear.
  - Then head to the staging area and get ready to compete!
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### **Post-Bout Procedure – B & C Class**

- Take off your gear as soon as the match is done.
  - Check in with the ringside medic for a quick post-fight health check.
  - The event team will keep a list of everyone who's medically cleared for safety.
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### **Pre-Bout Procedure – D & E Class**

- Please arrive at Pre-Bout Check-in at least 30 minutes before your fight.
  - Weigh in before your match with the medic
  - Have your mouthguard, hand wraps, and groin protector checked by an official.
  - Move to the Marshalling station and get the rest of your gear
  - Move to the staging area
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### **Post-Bout Procedure – D & E Class**

- No need for a post-match medical check unless you're hurt.