



WUSHU *Technical Guidelines & Ground Rules*

I. DATE AND PLACE:

The 2019 Palarong Pambansa – Wushu (SANDA) Competition will be held from April 27 – May 4, 2019 at Davao City.

II. COMPETITION VENUE:

Competition Venue: Precious International School of Davao

III. COMPETITION EVENTS:

Group A – Who were born between January 01, 2001 to December 31, 2003

Male : 48kg; 52kg; 56kg

Female : 48kg; 52kg

Group B – Who were born between January 01, 2004 to December 31, 2006

Male : 42kg; 45kg; 48kg

Female : 42kg; 45kg

IV. PARTICIPANTS:

Secondary School Students that pass the Screening procedure.

V. PARTICIPATION METHODS:

- i. Athletes who passes the Screening Committee
- ii. Each Team may compose of 2 Coach, 1 Chaperon for the girls and 10 Athletes
 - a. There should be one (1) athlete per weight category

VI. COMPETITION METHODS:

- i. The Competition shall be individual competition
- ii. Knockout system will be adopted.
- iii. Single round-robin will be adapted if number of competitors less than 4
- iv. The Competition will be conducted in accordance with the Rules of International Wushu Federation (IWUF) 2016.
- v. Athletes for Group B must be 39.1 Kg and above but not to exceed 42.0 kg to compete in the 42Kg category.
- vi. Athletes for Group A must be 45.1 Kg and above but not to exceed 48.0 Kg to compete in the 48Kg category.
- vii. There should be a medical check-up before the weigh-in time.
- viii. Weigh-in time is 1 hour
- ix. Kick(s) to the head as well as successive/continuous punches to the head are not permitted. One absolute hit (punch-kick) policy.
- x. All attacking and defending techniques are applicable except the following:
 - a. Attacking with the head, the elbow, or the knee, or by twisting the opponent's joints.
 - b. Forcing the opponent to fall head over heels, or intentionally smashing or pressing him down.
 - c. Hitting the opponent's head by any means when he is already down.
 - d. Attacking the back of head, the neck and the crotch.
- xi. The following takedown techniques are permitted.
 - a. Lower Hip side takedown
 - b. Lower Side tackle

- c. One leg tackle/One leg catch tackle
 - d. Cross leg tackle
 - e. Lower double leg takedown
 - f. Leg sweeping
 - xii. Shoulder Throw, Lifting, Over Throw, Floating Hip throw, Single Back Throw, Hip Wheel Throw, Neck Throw, and Back Throw, **ARE NOT PERMITTED.**
 - xiii. Each bout is consisting of 3 rounds, with 1 minute and 30 seconds per round and 1-minute interval rest between rounds.
 - xiv. A winner will be declaring as best of 2 out of 3 rounds in each bout.
 - ix.i. In case of draw/tie in any of the 2 rounds an additional round will be held.
 - ix.ii. if ever there will be a draw/tie in round 3, we will follow the international order of precedence in identifying the winner.
- 24.3.6. Under the elimination system, fewer warnings will be declared the winner.
- 1. The competitor with fewer warnings will be declared the winner.
 - 2. The competitor with fewer admonitions will be declared the winner.
 - 3. Lighter weight on time of weigh – in.
- If the tie’s remains, an additional round will be held.

VII. COSTUME AND EQUIPMENT:

- i. Competitors shall wear costume and protective gears in compliance with the “Rules for International Sanda Competition”
- ii. Two (2) sets of costumes; 1-red and 1-black
- iii. Gum shield, groin guard, hand-wrap and shin guard with foot pad must be provided by competitors themselves.

VIII. PLACING OF AWARDS:

Top three (3) men and women will be awarded respectively with Medals and Certificates.

IX. ENTRIES:

- i. Final Entry with the events and names of competitors must reach the Tournament Manager CHRISTOPHER H. LENSIG by mail or email.
 - a. Email: christopher.lensig@deped.gov.ph
 - b. Contact no. 09127049778
- ii. No Changes or additional entries will be accepted after the deadline.

X. OTHER MATTERS:

- i. Each team shall strictly abide by the Rules of DepEd and the Organizing Committee.
- ii. Those who will violate the Rules and regulation will be dealt with according to the regulation of DepEd: (such as: Throwing of protective gears, uttering bad words, extreme and violent reactions, etc.)
- iii. Teams may bring video cameras for the documentation of the bout(s), but it will not be accepted as basis for complaints.
- iv. Official coach and chaperon must be in their Delegation Uniform while on coaching, No short pants, sando and slippers will be allowed for the coaches and chaperon during the competition.
- v. Official coach and chaperon must observe proper decorum during competition.
- vi. Trainers are not allowed to sit on the athlete’s corner during the competition.

- vii. The Technical Committee shall decide on all other quires/issues not mentioned in the ground rules.