



2023 PALARONG PAMBANSA
July 29-August 05, 2023 - Marikina City

TECHNICAL GUIDELINES FOR **WUSHU**

I. RULES AND REGULATIONS:

The Competition will be conducted in accordance with the Rules of International Wushu Federation (IWUF) 2017.

II. COMPETITION VENUE:

TBA

III. COMPETITION EVENTS:

Group A - 16 to 18 years old (Palaro Year – Birth Year)
Athletes must be born between Jan.1, 2005 to Dec. 31, 2007.

Boys: 45.01 kg. - 48.0 kg;
48.01 kg. - 52.0 kg;
52.01 kg. - 56.0 kg
Girls: 45.01 kg. - 48.0 kg;
48.01 kg. - 52.0 kg

Group B – 13 to 15 years old (Palaro Year-Birth Year)
Athletes must be born between Jan.1, 2008 to Dec. 31, 2010.

Boys: 39.01 kg. - 42.0 kg;
42.01 kg. - 45.0 kg;
45.01 kg. - 48.0 kg
Girls: 39.01 kg. - 42.0kg;
42.01 kg. - 45.0kg

I. PARTICIPANTS:

Only Secondary Students-Athletes that passed the Screening procedure shall be allowed to play.

II. TEAM COMPOSITION:

- 10 Athletes per Region 2 Coach and 1 Chaperone
6 Boys + 4 Girls = 10 Athletes (one athlete per weight category)
1 Coach for the Boys
1 Coach for the Girls
1 Chaperone for the Girls
- Total of 13 Participants per Region

III. COMPETITION METHODS:

- The Competition shall be individual competition
- Knockout system will be adopted.
- Single round-robin will be adopted if number of competitors less than 4
- There will be a medical checkup of the athletes before the weigh-in.
- A weigh-in must be than before the start of the competition.
- Weigh-in shall start with the lighter weight, each to finish in an hour. A competitor who outweighs his/her entered category and fails to reduce his weight within a stipulated time shall not be allowed to compete in the contest.
 1. Each athlete shall be given three (3) chances to get his weight in an hour.
 2. The third weigh-in chance will be the final weight of the athlete.
- Kick(s) to the head as well as successive/continuous punches to the head are not permitted. One absolute hit (punch – kick) policy.
- All attacking and defending techniques are applicable except the following:
 1. Attacking with the head, the elbow, or the knee, or by twisting the opponent's joints.
 2. Forcing the opponent to fall head over heels, or intentionally smashing or pressing him down.
 3. Hitting the opponent's head by any means when he is already down.
 4. Attacking the back of head, the neck, and the crotch.
- The following takedown/tackle techniques are permitted.
 1. Lower Hip side takedown
 2. Lower Side tackle
 3. One leg tackle/One leg catch tackle
 4. Cross leg tackle.
 5. Lower double leg takedown
 6. Leg sweeping
- Shoulder Throw, Lifting, Over Throw, Floating Hip Throw, Single Back Throw, Hip Wheel Throw, Neck Throw, and Back Throw, **ARE NOT PERMITTED.**
- Each bout is consisting of 3 rounds, with 1 minute and 30 seconds per round and 1-minute interval rest between rounds.
- The winner shall be declared after winning 2 rounds each bout.
- In case of a draw/tie in any of the 2 rounds an additional round will be held.
- 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, the winner shall be declared as follows:

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 at the time of weigh-in will be declared the winner, If the tie remains, an additional round will be held.

IV. COMPETITION ATTIRE:

1. Competitors shall wear a costume and protective gear in compliance with the "Rules for International Sanda Competition".
2. Two (2) sets of attire; 1-red and 1-black/blue.
3. Gum shield, groin guard, hand-wrap, and shin guard with foot pad must be provided by competitors themselves.

V. AWARDING OF MEDALS:

The top three (3) boys and girls will be awarded with medals.

VI. ENTRIES

- Final Entry with the events and names of competitors must reach the Tournament Manager _____ by mail or email.
 - a. Email: _____
 - b. Contact no. _____
- No Changes or additional entries will be accepted after the deadline.

VII. OTHER MATTERS

- Each team shall strictly abide by the Rules of DepEd and the Organizing Committee.
- 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.)
- Teams may bring video cameras for the documentation of the bout(s), but it will not be accepted as basis for complaints.
- 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.
- Official coach and chaperon must observe proper decorum during competition.
- Trainers are not allowed to sit on the athlete's corner during the competition.
- All other queries/issues not mentioned in the ground rules Wushu-Sanda International Rules 2017 will prevail.