



RULES AND SCORES

SANDA E QINDA

The athlete will be called to get ready, and to put before protections control, for three times. After the third call, the athlete will be disqualified if he doesn't immediately come up. The athlete can be accompanied at the .di tang. "Tatami" by a Coach, who has absolutely not neither to speak to him nor incite him.

CHALLENGE'S SCORE

1 Point = for Fists to Stomach, Face, Low Kick, externally and internally, to quadriceps (with the leg ashore), if the leg is hit while it is raised from the ground, there aren't points, kicks in the stomach. If you throw your rival and then you turn up on him. If you fall by yourself during the performance of a kick or a technique.

2 Points = for every kick in the teeth or for every kick in the stomach.

2 Points = for every knee in the chest (the knees are admitted only in 1° prizefight-sequence)

3 Points = for every kick al volo in the teeth, for a perfect protection.

3 Points = for every knee in the teeth (the knees are admitted only in 1° prizefight-sequence)

For about sanda and semi-sanda, the match is divided by 2 rounds of 2 minutes.

FOR THE PROFESSIONALS THERE ARE 5 ROUNDS OF 2 MIN..."IT CAN CHANGE DEPENDING ON THE LEVEL OF THE CHALLENGE"

If you don't react within 3 seconds, it means that the sequence created problems to the rival and then there will be bestowed some points.

If the attacks are confused and simultaneous, the athlete will be rebuke and he will not get a score.

The athletes have to stop only when there is the TING "STOP" of the referees.

Points are added up depending on the location and the way in which the rival is hit.

N.B- THE SCORE IS BESTOWED BY THE LATERAL REFEREEES WITH THE HELP OF THE JUDGE, WHO WILL AWARD THE VICTORY EVERY TIME A ROUND FINISHES.

IF A ROUND FINISHES WITH A DRAW, THERE WILL BE A THIRD ROUND.

GESTURES OF JUDGES ON THE PLATFORM

In sloping position left leg ahead, the judge on the platform stretches his arms to the both sides and articulates "Yu Bei/Ready", in the same time he stretches his right arm bringing the palm of the hand in perpendicular position in respect to the floor between the two athletes, the left hand rests on the right forearm and articulates kai shi "to fight" and gets off to the fight. The judge on the platform articulates "Ting/Stop" every time he considers it worthwhile or at the round's end.

EXITS

The first exit from the TI TAN (Tatami) EVEN WITH A FOOT will be signaled, after the second exit it will be the official rebuke, at the third one the athlete will lose the round.

FORBIDDEN ACTS

Who will purposely attack uncorrectly will be immediately disqualified.

When you are ashore or in grab it is forbidden to strangle.

You cannot hit with jabs, knees and headshots.

You cannot throw your rival in order to let him out from the ti tang (tatami).

You cannot hit against the joints, the back, back of the neck, the throat and testicles. It is forbidden to bite and to scratch; to hit the throat, to shout without a reason, to gesticulate disrespectfully towards the rival or the referees or to fail in every moment to sport ethics. To lose time intentionally, so to avoid intentionally the fight; to exit willfully from the place of the challenge; to arrange the uniform without the authorization of the referee; to speak during the encounter; to fall on the ground without a reason; to not carry out immediately the referee's orders; to fall on the ground in order to avoid the rival attack; to turn the back on the action of the rival: to throw blind techniques (a blind technique is a punch or kick's technique, in which the gaze or the forehead are not direct towards the rival). (to comment, even with the only gesture or face expressions, the referees' conduct).

If you see a clear technical superiority of an athlete towards his rival, the encounter ends in favour of the strongest one. Projections have to be made within 3 seconds from the contact's moment or from the grasp: after this time there won't be points.