

**2025 USAWKF SANDA
NATIONAL CHAMPIONSHIPS & TEAM TRIALS
REGULATIONS**



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GENERAL INFORMATION

The 2025 United States Wushu-Kungfu Federation (USAWKF) Sanda National Championships & Team Trials will be held from June 27 - June 29, 2025, at Lubbock Memorial Civic Center in Lubbock, TX. This team trials event will select the National Sanda Team to represent the U.S. in the 17th World Wushu Championships to be held in Brasilia, Brazil, September 7-14, 2025

The 2025 Sanda National Championships serves as the primary competition, with the Team Trials being a selection process for those opting to be considered for international events. This year, the Team Trials will determine athletes for the Adult World Championships and Pan American Championships.

The USAWKF Sanda Committee will select up to five male and three female athletes from the adult gold medalists of the National Championships to represent the U.S. National Team. However, USAWKF is not obligated to fill all available spots.

For children and youth competitors, participation is limited to the National Championships only.

DATES AND PLACE

Dates: Friday, June 27 – Sunday June 29, 2025

Place: Lubbock Memorial Civic Center
1501 Mac Davis Ln
Lubbock, TX 79401

Registration: <http://registration.usawkf.org/>
April 1, 2025 – May 25, 2025

ELIGIBILITY

National Championships – Open to all athletes from age 5 - 40 (including 40). Over 40 who wish to participate in National Championships please contact USAWKF to get permission first.

USAWKF National Team Trials – Eligible competitors must be U.S. citizens and must be current USAWKF members in good standing.

ATHLETE QUALIFICATIONS

1. Adult competitors shall be 18 years old or older. Adult competitors that are qualifying for the U.S. team shall be 18-40 (including 40) full years. 40 and over who wish to participate in National Rankings or National Championships please contact USAWKF to get permission first.
2. Medical insurance is highly recommended.
3. Each competitor must produce a valid health certificate signed by a qualified medical doctor for a physical check-up performed within 15 days prior to the date of registration at the competition. Sample of the Physical Examination Signature Page is attached at the end. Competitor who is selected to represent the USA team may be required to obtain a certificate showing his/her electroencephalogram (EEG), electrocardiogram (ECG), blood pressure and heart rate before going to international competition.
4. Per Texas Boxing Commission's regulation, all competing athletes MUST pass the following additional medical exams (tested within in a year from June 27, 2025) and provide a copy of proof at the time of weight-in (June 27, 2025) the release of information records relating to communicable diseases:
 - o Human Immunodeficiency Virus (HIV)
 - o Acquired Immune Deficiency Syndrome (AIDS)
5. A competitor must hold a valid passport through at least March 2026. (This applies only to athletes interested in qualifying for the U.S. team.)

AGE AND WEIGHT CLASS DIVISIONS

Age Groupings: All age categories are based on participants' current age within the year starting on January 1 and ending on December 31.

Kid's Weight Divisions (Age 5-8)

Division 1 – Kid (ages 5-6)

- 15kg (under < 15kg) [35 lbs.]
- 20kg (>15kg < 20kg) [45 lbs.]
- 25kg (>20kg < 25kg) [55 lbs.]
- Over 25kg (>25kg) [over 55 lbs.]

Division 2 – Kid (ages 7-8)

- 25kg (under < 25kg) [55 lbs.]
- 29kg (>25kg < 29kg) [65 lbs.]
- 36kg (>29kg < 36kg) [80 lbs.]
- Over 36kg (>36kg) [over 80 lbs.]

Children Weight Divisions (ages 9-11)

- 26kg Category [Under $\leq 26\text{kg}$]
- 28kg Category [$> 26\text{kg} - \leq 28\text{kg}$]
- 30kg Category [$> 28\text{kg} - \leq 30\text{kg}$]
- 32kg Category [$> 30\text{kg} - \leq 32\text{kg}$]
- 34kg Category [$> 32\text{kg} - \leq 34\text{kg}$]
- 36kg Category [$> 34\text{kg} - \leq 36\text{kg}$]
- 39kg Category [$> 36\text{kg} - \leq 39\text{kg}$]
- 42kg Category [$> 39\text{kg} - \leq 42\text{kg}$]
- 45kg Category [$> 42\text{kg} - \leq 45\text{kg}$]
- 48kg Category [$> 45\text{kg} - \leq 48\text{kg}$]

Junior Weight Divisions (ages 12-14)

- 39kg category (under $< 39\text{kg}$)
- 42kg category ($> 39\text{kg} - < 42\text{kg}$)
- 45kg category ($> 42\text{kg} - < 45\text{kg}$)
- 48kg category ($> 45\text{kg} - < 48\text{kg}$)
- 52kg category ($> 48\text{kg} - < 52\text{kg}$)
- 56kg category ($> 52\text{kg} - < 56\text{kg}$)
- 60kg category ($> 56\text{kg} - < 60\text{kg}$)
- 64kg Category [$> 60\text{kg} - \leq 64\text{kg}$]
- 68kg Category [$> 64\text{kg} - \leq 68\text{kg}$]
- 72kg Category [$> 68\text{kg} - \leq 72\text{kg}$]

Youth Weight Divisions (Age 15-17)

- 48kg Category (Under $\leq 48\text{kg}$)
- 52kg Category ($> 48\text{kg} - \leq 52\text{kg}$)
- 56kg Category ($> 52\text{kg} - \leq 56\text{kg}$)
- 60kg Category ($> 56\text{kg} - \leq 60\text{kg}$)
- 65kg Category ($> 60\text{kg} - \leq 65\text{kg}$)
- 70kg Category ($> 65\text{kg} - \leq 70\text{kg}$)
- 75kg Category ($> 70\text{kg} - \leq 75\text{kg}$)
- 80kg Category ($> 75\text{kg} - \leq 80\text{kg}$)
- 85kg Category [$> 80\text{kg} - \leq 85\text{kg}$]
- 90kg Category [$> 85\text{kg} - \leq 90\text{kg}$]

Adult Weight Divisions (Age 18 and older)

- 48kg Category (Under $\leq 48\text{kg}$)
- 52kg Category ($> 48\text{kg} - \leq 52\text{kg}$)
- 56kg Category ($> 52\text{kg} - \leq 56\text{kg}$)
- 60kg Category ($> 56\text{kg} - \leq 60\text{kg}$)
- 65kg Category ($> 60\text{kg} - \leq 65\text{kg}$)
- 70kg Category ($> 65\text{kg} - \leq 70\text{kg}$)
- 75kg Category ($> 70\text{kg} - \leq 75\text{kg}$)
- 80kg Category ($> 75\text{kg} - \leq 80\text{kg}$)
- 85kg Category ($> 80\text{kg} - \leq 85\text{kg}$)
- 90kg Category ($> 85\text{kg} - \leq 90\text{kg}$)
- 100kg Category [$> 90\text{kg} - \leq 100\text{kg}$]
- Over 100kg Category [$> 100\text{kg}$]

WEIGHING IN

1. All qualified athletes must present their passport (or birth certificate) to weigh-in if wish to participate in team trials selection. National Championships competitors must present a valid photo ID.
2. The weigh-in shall be conducted by the chief registrar in collaboration with the scheduler-recorders under the supervision of the Jury of Appeals.
3. All athletes must arrive at the designated time at the designated place as set out by the organizing committee to weigh-in. Athletes may weigh-in in the nude or with trunks on. (Female competitors may wear tight fitting undergarments.)
4. The weigh-in shall start with the lighter weight categories and continue onto the heavier categories. Each category should conclude its weigh-in within a period of one hour. Any competitor who fails to weigh-in correctly within his or her registered division within the allocated time of one hour will not be permitted to participate in any of the subsequent contests.
5. 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 of the day's events.

DRAWING LOTS

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

2. The ceremony of drawing lots shall take place after the initial weigh-in session has concluded, and will start with the lighter weight categories and continue to the heavier categories. Any category with only one competitor shall be excluded from the contest.
3. Team coaches or team leaders shall draw lots on behalf of the competitors from their respective teams.

COMPETITION RULES

The adult competition will be conducted in accordance with the IWUF Rules for International Wushu Sanda Competition (2024). Refer to the IWUF webpage (www.iwuf.org) for detailed information of Sanda competition rules.

COMPETITION AREA

The competition area shall be a platform of wooden structure, 80 cm high, 800 cm long and 800 cm wide, covered with a soft mat and a canvas surface. At the center of the platform is the Logo of the International Wushu Federation, 120 cm in diameter. The edges of the platform surface are marked with red sidelines 5 cm in width. A yellow warning line, 10 cm in width, is drawn 90 cm inside the sidelines. The platform is surrounded by protective mats 30 cm thick and 200 cm wide.

COMPETITION ATTIRE AND PROTECTIVE GEAR

1. All competitors shall wear IWUF approved clothing and protective gear.
2. IWUF approved clothing for men includes Sanda shorts and vest, and for women includes Sanda shorts and t-shirt. The shorts and vest will be of the same color, namely red or black. Competitors are required to provide their own clothing, and this should include one (1) set in red and one (1) set in black.
3. Protective gear is separated into two colors, namely red and blue (or black). Protective gear included headgear, 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 (138 in.) and 4.5m (177 in.) in total.

For the children and the junior division 48kg weight category and below, the weight of the gloves shall be 180 grams. For the junior division 52kg weight category and above, and for women's youth and adult division, as well as men's youth and adult 65kg weight category and below, the weight of the gloves shall be 230 grams. For the men's youth and adult 70kg to 85kg weight categories, the weight of the gloves shall be 280 grams. For the men's youth and adult 90kg weight category and above, the weight of the gloves shall be 330 grams. (As shown by the table below)

COMPETITION ETIQUETTE

1. Competitors shall perform a palm and fist salute when they are introduced to the audience before the start of each match.
2. At the start of each round, 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 towards one another.
3. When 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 return the salute.
4. When a sideline judge is replaced by another judge, both judges shall perform a palm and fist salute to one another.

DEFAULT

1. If during 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.
2. If during the bout, there is a great disparity in strength and ability and a competitor is being outclassed, to ensure the safety of the competitor, his or 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 bout.
3. Should a competitor be absent for the weigh-in; fail to appear for the rollcall 3 times prior to a bout or leaves the designated area following the rollcall; fail to appear at the competition area on time; this will be regarded as a groundless default.
4. During the competition, should a competitor have a groundless default, all his results attained in the competition up to that point shall be canceled.

OTHER COMPETITION RELATED PROVISIONS

1. All competitors must abide by the competition rules and protocols, as well as 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).
2. 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.
3. Doping in any form is strictly forbidden. Competitors are not permitted to inhale oxygen in the rest period between rounds.

FIGHTING METHODS

All attacking and defending techniques of Sanda may be used in fighting. Refer to the IWUF webpage (www.iwuf.org) for detailed information of Permitted & Prohibited Methods, Scoring Standards & Penalties (Chapter 4).

PERMITTED METHODS

All wushu punching, kicking, and throwing/wrestling techniques are permitted to be utilized.

PROHIBITED METHODS

1. Attacking with the head, the elbow, or the knee, or by putting pressure on the joints of the opponent in an adverse direction.
2. Utilizing throwing/wrestling techniques which force the opponent to land on his or her head, or deliberately smashing down the opponent.
3. Attacking the head of the downed opponent by any means.
Children and Junior competitions may prohibit competitors from using kicking techniques to strike the opponent's head or from continuously punching the opponent's head.

VALID SCORING AREAS

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

PROHIBITED STRIKING AREAS

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

SELECTION METHOD

The team selection method is based on the Selection Committee's overall evaluation of each athlete who places first in their weight category. There are more weight classes offered during the team trials to provide the maximum opportunities for all competing athletes to demonstrate their skills and abilities. However, the Selection Committee will evaluate each winner of all the weight classes and choose a select few who will represent the U.S. team. Several factors will be considered in this decision: 1) the availability of a weight class in an international event; 2) which athlete will have a higher probability of medaling in their weight class; 3) skill level in the practice of Sanda; etc. Choosing the athlete with more experience and a higher skill level will also reduce the potential for liability issues to occur. There is no set number of athletes that will be chosen per weight class and gender. It is the Selection Committee's goal to produce a successful team to represent the United States in the international scene.

PLACING AND AWARDS

Awards and ranking certificates will be given to the males and females who place in the top

three positions of their weight class. The Adult Sanda Team will represent the U.S. in the 17th World Wushu Championships as well as other international Wushu tournaments in 2025.

TEAM RESPONSIBILITIES

All selected U.S. team members competing in the 17th World Wushu Championships will be responsible for completing all required documentation in a timely manner. Team members are also responsible for all financial commitments.

REGISTRATION

Each participant registering in any competition event must handle their own accident insurance. A waiver form must be signed, and every participant must agree to the terms when registering.

Registration starts April 1st, 2025. Final registration ends May 25th, 2025.

No registrations will be accepted after the May 25th deadline.

You must notify the Organizing Committee of any competition changes on a registration form at least 15 days prior to the event. *There is a \$20 fee for each change.*

Each group or school shall select two coaches. ID badges will be issued to all coaches and athletes, and they are not required to purchase admission tickets to the event. ID badges shall be picked up and distributed by the coaches on the day of weigh-ins.

FEES

Competitor

Registration fees are **\$110** per competitor by May 25th, 2025

Observer Passes

Competition observer tickets are \$20 per day (Saturday, or Sunday).

ADMINISTRATION OF THE TEAM TRIALS EVENTS

The Team Trials Organizing Committee will administer all aspects of the competitions under the auspices of the USAWKF.

Participating groups, teams or athletes are required to have the following:

- ☐ a copy of the Confirmation of Registration from the website
- ☐ proof of a physical evaluation and blood test results
- ☐ birth certificate, passport or one form of picture identification for adults
- ☐ proof of USAWKF membership.

OFFICIAL HOTEL

The event hotel is the MCM Eleganté Hotel & Suites.

Standard King or Double Queen Bedrooms are at \$109.00 a night plus applicable tax. This rate includes a complimentary full hot breakfast buffet with eggs cooked to order including our omelet station and waffle station for each registered hotel guest each morning from 6 a.m. until 10 a.m. (Limited to 4 guests per room.)

King Suites will be \$139.00 a night plus applicable tax. This rate includes a complimentary full hot breakfast buffet with eggs cooked to order including our omelet station and waffle station for each registered hotel guest each morning from 6 a.m. until 10 a.m. (Limited to 4 guests per room.)

Guests must mention code word 'USAWKF' to get this rate.

Daily breakfast and ground transportation are included to and from Lubbock Preston Smith International Airport. The hotel is 0.2 miles from the venue and is a 4-minute walk or 2-minute drive.

MCM Eleganté Hotel & Suites
801 Avenue Q
Lubbock, TX 79401
(806) 763-1200
<http://www.mcmelegantelubbock.com/>

ORGANIZING COMMITTEE CONTACT INFORMATION

United Martial Arts Training

Telephone: (806) 698-6100
Email Address: registration@usawkf.org
Competition Website: registration.usawkf.org/
Address: 14208 FM Road 1730, Lubbock, TX 79424