

2025-2026 USAWKF SANDA NATIONAL CHAMPIONSHIPS & NATIONAL JUNIOR TEAM TRIALS (SANDA)

REGULATIONS



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GENERAL INFORMATION

The 2025-2026 United States of America Wushu-Kungfu Federation (USAWKF) Sanda National Championships & National Junior Team Trials (Sanda) will take place from December 18 to 21, 2025, at the Bethesda North Marriott Hotel and Conference Center in Rockville, MD.

The 2025-2026 Sanda National Championships in Rockville serves as the primary competition, with the National Junior Team Trials being a selection process for those eligible and opting to be considered for international events.

This selection will determine the USAWKF National Junior Wushu Team to represent the U.S. at the following events:

- **10th World Junior Wushu Championships (10th WJWC)** – Tianjin, China, March 26-30, 2026,
- **15th Pan American Wushu Championships (15th PAWC)** – Buenos Aires, Argentina, 2026.

DATES AND PLACE

Competition Date: December 18 – 21, 2025
Competition Venue: Bethesda North Marriott Hotel and Conference Center
Address: 5701 Marinelli Rd
Rockville, MD 20852
Registration: registration.usawkf.org
October 5, 2025 – December 5, 2025

ELIGIBILITY

USAWKF Sanda National Championships: Open to all athletes from age 5 to 40 (including 40). Those aged over 40 who wish to participate must contact USAWKF to get permission first.

USAWKF National Junior Team Trials (Sanda): Eligible competitors must be U.S. citizens in possession of a valid U.S. passport (or able to obtain one immediately) and must be current USAWKF members in good standing.

GENERAL PROGRAM
(subject to change)

Date	Time	Activity	Location
Dec. 17 (Wed)	Whole Day	Taolu Team Arrivals and Check-In	Accreditation Desks
		Taolu Judges Arrivals and Check-In	
Dec. 18 (Thu)	Whole Day	Sanda Team Arrivals and Check-In	Accreditation Desks
		Sanda Judges Arrivals and Check-In	
	09:00-11:00	Taolu Technical Meeting & Drawing of Lots	TBD
	09:00-12:00	Taolu Judges' Refresher Course	TBD
	14:00-17:00	Taolu Judges' Refresher Course	TBD
	14:00-18:00	Team Training	Grand Ballroom
	19:00-20:00	Opening Ceremony	
	20:00-21:00	Taolu Judges' Rehearsal	
Dec. 19 (Fri)	08:30-EOD	Taolu Competition	Grand Ballroom
	10:00-12:00	Sanda Weigh-In	TBD
	14:00-16:00	Sanda Judges' Refresher Course	TBD
	19:00-20:00	Sanda Technical Meeting	TBD
	20:00-21:00	Sanda Judges' Rehearsal	Grand Ballroom
Dec. 20 (Sat)	08:30-EOD	Taolu & Sanda Competition	Grand Ballroom
Dec. 21 (Sun)	08:30-EOD	Taolu & Sanda Competition	Grand Ballroom
	19:00-20:30	Taolu & Sanda Awards Ceremony	
	20:30-21:30	Closing Ceremony	
Dec. 22 (Mon)	Before 12:00	Departures	

ATHLETE QUALIFICATIONS

1. Adult competitors shall be 18 years old or older. Those aged 40 and over who wish to participate in the USAWKF Sanda National Championships must contact USAWKF for permission.
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 30 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 U.S. National 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. All competing adult athletes (18 and older) MUST pass the following additional medical exams (tested within a year prior to December 19, 2025) and provide a copy of proof at the time of weigh-in the release of information records relating to communicable diseases:
 - Hepatitis B surface antigen test.
 - Human Immunodeficiency Virus (HIV).
 - Acquired Immune Deficiency Syndrome (AIDS).
5. A competitor must hold a valid passport through 2026 (applies only to athletes interested in qualifying for the U.S. National Team).

AGE AND WEIGHT CLASS DIVISIONS

Age Groupings: Age category for adult is based on participants' current age within the calendar year beginning on January 1 and ending on December 31.

1. Youth Age Group (A): Born between November 14, 2008 – December 31, 2011
2. Junior Age Group (B): Born between January 1, 2012 – December 31, 2014
3. Children Age Group (C): Born January 1, 2015 – December 31, 2017
4. Kids Age Group – Division 2: Born January 1, 2018 – December 31, 2019
5. Kids Age Group – Division 1: Born January 1, 2020 – December 31, 2021

Kid's Weight Divisions (Age 5-8)

Division 1 – Kids (ages 5-6)

- 15kg (under < 15kg)
- 20kg (>15kg < 20kg)
- 25kg (>20kg < 25kg)
- Over 25kg (>25kg)

Division 2 – Kids (ages 7-8)

- 25kg (under $\leq 25\text{kg}$)
- 29kg ($> 25\text{kg} - \leq 29\text{kg}$)
- 36kg ($> 29\text{kg} - \leq 36\text{kg}$)
- Over 36kg ($> 36\text{kg}$)

Children Weight Divisions (Age 9 - 11)

- 26kg (under $< 26\text{kg}$)
- 28kg ($> 26\text{kg} - \leq 28\text{kg}$)
- 30kg ($> 28\text{kg} - \leq 30\text{kg}$)
- 32kg ($> 30\text{kg} - \leq 32\text{kg}$)
- 34kg ($> 32\text{kg} - \leq 34\text{kg}$)
- 36kg ($> 34\text{kg} - \leq 36\text{kg}$)
- 39kg ($> 36\text{kg} - \leq 39\text{kg}$)
- 42kg ($> 39\text{kg} - \leq 42\text{kg}$)
- 45kg ($> 42\text{kg} - \leq 48\text{kg}$)
- 48kg ($> 45\text{kg} - \leq 48\text{kg}$)

Junior's Weight Divisions (Age 12 - 14)

- 39kg (under $\leq 39\text{kg}$)
- 42kg ($> 39\text{kg} - \leq 42\text{kg}$)
- 45kg ($> 42\text{kg} - \leq 45\text{kg}$)
- 48kg ($> 45\text{kg} - \leq 48\text{kg}$)
- 52kg ($> 48\text{kg} - \leq 52\text{kg}$)
- 56kg ($> 52\text{kg} - \leq 56\text{kg}$)
- 60kg ($> 56\text{kg} - \leq 60\text{kg}$)

Youth Weight Divisions (Age 15 - 17)

- 48kg (under $\leq 48\text{kg}$)
- 52kg ($> 48\text{kg} - \leq 52\text{kg}$)
- 56kg ($> 52\text{kg} - \leq 56\text{kg}$)
- 60kg ($> 56\text{kg} - \leq 60\text{kg}$)
- 65kg ($> 60\text{kg} - \leq 65\text{kg}$)
- 70kg ($> 65\text{kg} - \leq 70\text{kg}$)
- 75kg ($> 70\text{kg} - \leq 75\text{kg}$)
- 80kg ($> 75\text{kg} - \leq 80\text{kg}$)

Adult Weight Divisions (Age 18 and older)

- 48kg Category (Under ≤48kg)
- 52kg Category (>48kg - ≤52kg)
- 56kg Category (>52kg - ≤56kg)
- 60kg Category (>56kg - ≤60kg)
- 65kg Category (>60kg - ≤65kg)
- 70kg Category (>65kg - ≤70kg)
- 75kg Category (>70kg - ≤75kg)
- 80kg Category (>75kg - ≤80kg)
- 85kg Category (>80kg - ≤85kg)
- 90kg Category (>85kg - ≤90kg)
- 100kg Category (>90kg - ≤100kg)
- Over 100kg Category (>100kg)

WEIGH IN

Date: Friday, December 19th at 10 AM

1. All qualified athletes must present photo ID, passport, or birth certificate at weigh-in.
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 begin with the lighter weight categories and proceed to the heavier categories. Each category must conclude its weigh-in within a period of one hour. Any competitor who fails make weight in his or her registered division within the allocated time of one hour will not be permitted to participate in any of the subsequent contests.
6. Youth athletes (age 17 and under) who miss their registered weight at weigh-in will be automatically placed in the appropriate weight class according to their actual weigh-in result. Adult athletes who miss their registered weight at weigh-in will be disqualified from their registered weight class and may only participate in exhibition bouts (if available).

DRAWING OF LOTS

1. The ceremony of drawing lots shall be conducted by the scheduling-recording group, in the presence of the Jury of Appeal, the chief referee, and team coaches and leaders.
2. The ceremony of drawing lots shall take place after the initial weigh-in session has concluded. It 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 their respective teams.

COMPETITION RULES

The competition will be conducted in accordance with the IWUF Wushu Sanda Competition Rules & Judging Methods (2024). Refer to the IWUF website (www.iwuf.org) for full document.

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 must be the same color, either red or blue. Competitors are required to provide their own clothing, including one (1) complete set in red and one (1) complete set in blue.
3. Protective gear is separated into two colors, namely red and blue, and includes 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.
4. For the Junior and Children divisions, the weight of the gloves will be 230 grams (8 oz.).
5. For the Adult divisions, the glove weight shall be 230 grams (8 oz.) for the women's categories and for men up to and including the 65 kg category; 280 grams (10 oz.) for men in the 70 kg category and above; and 330 grams (12 oz.) for male youth and adult competitors in the 90 kg category and above.

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 competition, a competitor is unable to continue due to illness or injury (confirmed as legitimate by the doctor appointed by the medical committee), or due to failure to meet weigh-in requirements, this shall be deemed a default. The competitor shall not be permitted to participate in subsequent matches; however, any ranking achieved up to that point shall remain valid.
2. If, during a bout, there is a significant disparity in strength or ability and a competitor is clearly outclassed, the coach may raise the default plate to protect the competitor's safety. The competitor may also default voluntarily by raising a hand or stepping off the competition platform.
3. Should a competitor be absent for the weigh-in; fail to appear for the roll call 3 times prior to a bout or leaves the designated area following the roll call; 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 Sanda methods, scoring criteria, and 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.
4. For youth and children's competitions it is prohibited to continuously punch the face or use leg techniques targeting the head unless otherwise stated.

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 class. Additional weight classes are offered during the team trials to provide maximum opportunities for all athletes to demonstrate their skills. However, the Selection Committee will evaluate the winners of each weight class and choose a select few to 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; 4) ability to make the registered weight; 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 certificates will be given to the males and females who place in the top three positions of their weight class. The National Junior Sanda Team will represent the U.S. at the 10th World Junior Wushu Championships to be held in Tianjin, China from March 23-31, 2026.

TEAM RESPONSIBILITIES

All selected U.S. Team members competing in the 10th World Junior Wushu Championships are responsible for completing all required documentation in a timely manner. Each team member must hold a valid passport that does not expire before October 1, 2026 (at least six months after the conclusion of the 10th WJWC), with a valid Chinese entry visa and sufficient blank pages. Team members are also responsible for meeting all financial obligations.

REGISTRATION

Registration will open on October 1, 2025, and close on December 5, 2025, and can be completed online on the official federation website <https://registration.usawkf.org>.

All USAWKF Junior Team Trial competitors must present a valid US Passport and submit a completed waiver of liability form signed by their parent or legal guardian. Each participant is responsible for their own accident insurance. A waiver form must be signed, and all participants must agree to the terms before submitting their online registration.

No registration forms will be accepted after the December 5 deadline. Please contact (usawkf@usawkf.org) regarding any questions or issues with registration.

Any changes must be notified to the USAWKF at least 7 days prior to the Team Trials, which is Friday, December 12. A fee of \$100 will be charged for each change made after the registration deadline of December 5. No changes will be allowed after the deadline.

FEES

Competitor Fees: \$150 per person.

Participant Passes: Athletes, coaches, judges, VIPs, and volunteers shall pick up their IDs at the accreditation desk. Must pre-register by December 5.

Observer Passes: \$20/day or \$40 full event (children under 5 free). Nonrefundable.

Passes available at: www.presidentialwushucup.com/shop

CHECK-IN

All competitors must present a valid U.S. Passport with at least one year of validity remaining and a completed waiver of liability form signed by their parent or legal guardian at check-in. Each participant is responsible for their own medical & accident insurance.

Participating groups, teams, or athletes are recommended to prepare the following items:

- A copy of the Online Registration Confirmation
- Proof of a physical evaluation and blood test results for adults

- U.S. Passport or Birth Certificate
- Proof of USAWKF membership

ADMINISTRATION OF TEAM TRIALS SELECTION

The USAWKF National Junior Team Trials Organizing Committee will administer all aspects of the competition under the auspices of the USAWKF Board of Directors.

All athletes selected for the USAWKF National Junior Wushu A Team are expected to participate in the World Junior Wushu Championships. In the event of extenuating circumstances, the athlete must notify the USAWKF as soon as possible. Failure to provide prompt notification or an accepted reason for withdrawal may result in disciplinary measures at the discretion of the USAWKF Board of Directors. The USAWKF Board of Directors reserves the sole and exclusive right, in its discretion, to determine the final composition of the USAWKF National Junior Wushu Team, in order to ensure the best representation at the Junior World Championships.

HOTEL

Name: Bethesda North Marriott Hotel and Conference Center
Address: 5701 Marinelli Rd
 Rockville, MD 20852
Phone Number: (806) 763-1200
Booking Link: book.passkey.com/event/51097312/owner/2644099/landing
 Discounted-rate rooms are limited and will be allocated on a first-come, first-served basis until all are booked. Athletes and teams are advised to reserve accommodation in advance.

TRANSPORTATION

All transportation must be arranged individually. The following local airports are available:

- IAD – Washington Dulles International Airport
- DCA – Ronald Reagan Washington National Airport
- BWI – Baltimore/Washington International Thurgood Marshall Airport

ORGANIZING COMMITTEE INFORMATION

Organizing Committee: Capital Taichi Wellness Foundation
Telephone: (410) 474-2365
LOC Email Address: PresidentialWushuCup@gmail.com
Registration Email: usawkf@usawkf.org
Competition Website: www.presidentialwushucup.com/shop
Registration Website: registration.usawkf.org