

## SANDA-NO-THROWS

### Amendments to the WKFE Light Sanda competition rules and judging methods (2024)

The contest area is 6 meters in length by 6 meters in width and has a height of 4/5 centimeters

| Competition Attire & Protective Gear   | Prohibited Striking Areas | Prohibited throwing/wrestling techniques  | Allowed throwing/wrestling techniques   | Competition Method  |
|--|---------------------------|---|---|---|
| <p style="text-align: center;">Gloves Weight (180 grams)<br/>Headgear with face grill<br/>Chest protector, shin guard, instep guard<br/>Sanda shorts and vest (red or blue)</p> <p><i>Protective gears are separated into two colors, namely red and blue.</i></p> | <p>Head</p>               | <p>Shoulder Throw<br/>Hip Throw<br/>Double leg takedowns<br/>Single leg takedowns<br/>Body lock takedowns<br/>Scissor takedowns</p> | <p style="text-align: center;">Sweep*<br/>Kick catch throws*<br/>Trips*</p> <p><i>*Throws should be executed in a manner that ensures the contestant lands softly and safely.</i></p> | <p style="text-align: center;"><i>Each bout consists of three one-minute rounds with a one-minute rest in between. A bout is won by a competitor winning two of the three rounds.</i></p> |