



The 4th Czech Sanda Championships
6. – 7.12. 2024
Prague

The 4th Czech Sanda Championships 2024

Sport hall Lužiny
Bellušova 1877/68
Prague 5, Stodůlky



The 4th Czech Sanda Championships

In cooperation with and under the auspices
of the Czech Wushu Federation

Sanda

Sanda light



Organizers of the competition :

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Chief judge + registration :

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Competition schedule

Competition registration until November 28, 2024

Friday 6.12. 2024

18:00 – 21:00 pm registration and weighing – Sport Hall Lužiny, Prague 5

Saturday 7.12. 2024

7:00 – 8:00 am registration update

8:00 am judges meeting

8:30 am coaches meeting

9:00 am competition starts

13:00 – 14:00 pm lunch break

18:00 pm expected end of the competition

Rules for Sanda

Sanda fullcontact, Sanda light

Match duration: two winning rounds of 2 minutes. For junior categories, two rounds of 1.5 minutes. In the event of a tie after two rounds, a winning third round will take place. The break between rounds is 1 minute.

Wrestling court: matches take place on the Leitai platform, 80 cm high and 8x8 m in size, with a landing area of 2 m around the perimeter of the platform. For Sanda light – junior categories puzzle tatami.

[Wushu Sanda Competition Rules & Judging Method 2017 EN v.1.9 \(Final\) \(czechwushu.cz\)](#)

[Light-Sanda-Competition-Rules.pdf \(czechwushu.cz\)](#)

Mandatory protective equipment: helmet, mouth guard, 10 OZ gloves (over 90 kg 12 OZ), hand bandages, suspensor, combined shin and instep protector, chest protector (we can lend).

Medical examination form:

[MEDICAL-CERTIFICATE-SAMPLE.docx \(live.com\)](#)

It is possible to carry out a medical examination before the start of the competition on 7.12. from 7:30 a.m. to 8:30 a.m. by a doctor valid only for this competition for a fee of CZK 300 or 12 Euro

After the registration deadline, all coaches will be informed about the occupation of individual categories of both contact disciplines. Any last-minute changes will be handled by phone as needed.

Categories for Sanda light

Sanda light age categories

age 7 to 11 years - boys

age 7 to 11 years – girls

age 12 to 14 years - cadets boys

age 12 to 14 years - cadets girls

age 15 to 17 years - juniors boys

age 15 to 17 years - juniors girls

age 18 to 35 years - men

age 18 to 35 years - women

Weight categories of Sanda light for children and cadets

to 14 years cadets boys and girls

to 11 years – boys and girls

up to 23 kg
up to 26 kg
up to 29 kg
up to 32 kg
up to 35 kg
up to 38 kg
up to 42 kg
up to 45 kg
up to 48 kg
up to 52 kg
up to 56 kg
up to 60 kg

up to 26 kg
up to 29 kg
up to 32 kg
up to 35 kg
up to 38 kg
up to 42 kg
up to 45 kg
up to 48 kg
up to 52 kg
up to 56 kg
up to 60 kg
up to 65 kg
over 65 kg

Weight categories of Sanda light for juniors and adults

to 17 years juniors boys and girls

up to 35 kg
up to 38 kg
up to 42 kg
up to 45 kg
up to 48 kg
up to 52 kg
up to 56 kg
up to 60 kg
up to 65 kg
up to 70 kg
up to 75 kg
up to 80 kg
up to 85 kg
up to 90 kg
over 90 kg

to 18 years – men and women

up to 52 kg
up to 56 kg
up to 60 kg
up to 65 kg
up to 70 kg
up to 75 kg
up to 80 kg
up to 85 kg
up to 90 kg
over 90 kg

Categories for Sanda

Sanda age categories

age 15 to 17 years - juniors boys

age 15 to 17 years - juniors girls

age 18 to 35 years - men

age 18 to 35 years - women

Weight categories of Sanda for juniors

From 15 to 17 years juniors boys and girls

up to 48 kg

up to 52 kg

up to 56 kg

up to 60 kg

up to 65 kg

up to 70 kg

up to 75 kg

up to 80 kg

up to 85 kg

up to 90 kg

over 90 kg

Weight categories of Sanda for adults

Over 18 years men and women

up to 48 kg

up to 52 kg

up to 56 kg

up to 60 kg

up to 65 kg

up to 70 kg

up to 75 kg

up to 80 kg

up to 85 kg

up to 90 kg

over 90 kg

For coaches:

- register all your competitors in their categories in time (by 28th November 2024) via online registration on the ČFW website:

<https://czechwushu.cz/registrace/login>

- on 6.12. 2024 bring the collective application of your competitors for checking
- take full responsibility for your athletes before and during the competition.
- all participants must have a completed Waiver of Liabilities and contestants under the age of 18 (inclusive) must have signed written consent from their parents or legal guardians:

<https://czechwushu.cz/wp-content/uploads/2024/04/Waiver-of-Liabilities.pdf>

- a valid medical certificate from a doctor must be presented for Sanda and Sanda light competitors.
- **without a valid confirmation, the competitor will not be allowed to start.**
- musical accompaniment is not allowed.
- online results HERE:

[CWF competition results - sanda](#)

For coaches:

presentation and payment is made only by the section representative for all his charges in cash at registration/weigh-in

Registration fee for athletes:

**SANDA, SANDA LIGHT
junior and senior categories**

500 CZK / 20 EUR

Other information:

Anti-Doping:	All participants should be aware of WADA's anti-doping rules as adopted by the IWUF and WKFE www.wada-ama.org
Prizes:	medals, diplomas
Parking:	next to the hall
Refreshments:	provided on site
Accommodation:	can be arranged in cooperation with the competition organizers
Entry fee:	100,-Kč/20 Euro

Documents:

- extract from registration/application
- medical examination (for matches)
- Waiver of Liabilities/Reverse





photo : Vahid Ahmadi

**We look forward to
seeing you**



**NÁRODNÍ
SPORTOVNÍ
AGENTURA**