

Calls & Hand Gestures

Platform Judge's Calls & Hand Gestures

(1) Palm & Fist Salute

Standing with feet together, press the left palm against the right fist at chest height, 20–30cm away from the chest (Figs 5 and 6).



(Fig 5)

(Fig 6)

(2) Mount the Platform

Standing at the center of the platform, extend both arms out to the side with the center of the palms facing upwards pointing at the two competitors (Fig 7). As you call on them to mount the platform, bend both arms at the elbow into a right angle with the palms facing each other (Fig 8).

(3) Competitors Salute One Another

Place the left palm on top of the right fist in front of the body as a signal to both competitors to salute each other (Fig 9).



(Fig 7)



(Fig 8)



(Fig 9)

(4) First Round

Facing the head judge, form Gong Bu (bow stance) and, while calling "Di Yi Ju (First round)!" extend one arm forward with the index finger pointing up and the other three fingers and the thumb clenched into a fist (Fig 10).

(5) Second Round

Facing the head judge, form Gong Bu (bow stance) and, while calling "Di Er Ju (Second round)!" extend one arm forward with the index finger and the middle finger separated and pointing up and the other two fingers and the thumb clenched into a fist (Fig 11).

(6) Third Round

Facing the head judge, form Gong Bu (bow stance) and, while calling "Di San Ju (Third round)!" extend one arm forward with the index finger, the middle finger and the thumb separated and pointing up and the other two fingers clenched into a fist (Fig 12).



(Fig 10)



(Fig 11)



(Fig 12)

(7) Yubei! – Kaishi! (Ready! – Start!)

Form a Gong Bu (bow stance) between the two competitors and, while calling “Yubei (Ready)!” extend both arms out sideways, palm facing up and pointing at the competitors (Fig 13). Then, while calling “Kaishi (Start)!” draw the two palms in towards one another in front of the abdomen (Fig 14).



(Fig 13)



(Fig 14)

(8) Ting! (Stop!)

While calling “Ting (Stop)!” form Gong Bu (bow stance) and insert one extended palm (vertically orientated) between the two competitors, fingers pointing up (Fig 15).



(Fig 15)

(9) Five (5) – Second Passivity

While calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" and signaling to that competitor with one arm straightened and the center of its palm facing upwards, raise the other hand in front of the body, with the five fingers separated and extended naturally (Fig 16).



(Fig 16)

(10) Count

Facing the relevant competitor, with both arms bent at elbow and both hands clenched into fists in front of the body, palms facing forward, starting from one hand to uncurl the fingers one by one from the thumb to the little finger, at an interval of one (1) second each (Figs 17 – 18).



(Fig 17)



(Fig 18)

(11) Passive Holding / Clinching

Signal to the relevant competitor with one arm straightened and the center of its palm facing upwards, then curl the arms in front of the body in a hug like manner. (Fig 19)

(12) Passive Holding Advice

Signal to the relevant competitor with one arm straightened and the center of its palm facing upwards, then curl the arms in front of the body in a hug like manner, followed by raising one hand naturally with the index finger pointing up and the other three fingers and the thumb clenched into a fist. (Fig 20)



(Fig 19)



(Fig 20)

(13) Eight (8) – Second Forcible Counting

Facing the head judge, extend one arm with the thumb pointing up and the other fingers clenched. (Fig 21)



(Fig 21)

(14) Three (3) Seconds

Signal to the relevant competitor with one arm straightened and the center of its palm facing upwards while calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!", and move the other hand across the abdomen to the side of the body, with the thumb and the index and middle fingers separated and extended naturally and the other two fingers clenched (Fig 22).



(Fig 22)

(15) Appointed Attack

Extend one arm between the two competitors, with the thumb extended and the other fingers clenched, palm side down. While calling "Hong Fang (Red side)!" or

“Lan Fang (Blue side)!” move the hand horizontally in the direction of the thumb as a signal for appointed attack (Fig 23).



(Fig 23)

(16) Down

While calling “Hong Fang (Red side)!” or “Lan Fang (Blue side)!” extend one arm with palm facing up and pointing at the downed competitor, as the other arm moves to the side of the body, bent at elbow and with palm facing downwards. (Fig 24)



(Fig 24)

(17) First Down

Extend one arm with the palm facing upwards towards the competitor who is the first to fall down and, while calling “Hong Fang (Red side)!” or “Lan Fang (Blue side)!” cross the arms in front of the abdomen, palms facing down (Figs 25–26).



(Fig 25)



(Fig 26)

(18) Simultaneous Down

Extend both arms horizontally forward and withdraw them to press both palms downwards. (Fig 27)



(Fig 27)

(19) One competitor off the platform

Extend one arm towards with the palm facing upwards towards the competitor who went off the platform and, while calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" push the other hand forward in a bow stance with the fingers pointing up and the palm facing forwards (Fig 28 - 29).



(Fig 28)



(Fig 29)

(20) Both Competitors off the Platform

Form a Gong Bu (bow stance) and push both palms forward, arms fully stretched and fingers pointing up (Fig 30). Then bend both arms at elbow into a right angle in front of the body, palms facing backwards, while bringing the feet together to stand upright. (Fig 31)



(Fig 30)



(Fig 31)

(21) Kicking the Crotch

Extend one arm with the palm facing upwards towards the competitor who performed the illegal action and, and while calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" point the other hand toward the crotch with the palm facing inwards. (Fig 32)

(22) Striking the back of head

Extend one arm with the palm facing upwards towards the competitor who performed the illegal action and, and while calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" place the other hand on the back of the head. (Fig 33)



(Fig 32)



(Fig 33)

(23) Elbow Foul

Bend both arms in front of the chest and, while calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" and cover one elbow with the other hand. (Fig 34)

(24) Knee Foul

Raise one knee and, while calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" pat the knee with the hand of the same side. (Fig 35)



(Fig 35)



(Fig 35)

(25) Warning

Extend one arm with the palm facing upwards towards the competitor who performed the illegal action and, and while calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" bend the other arm at elbow into a right angle, fingers clenched into a fist, with back of the fist facing outward. (Fig 36)

(26) Admonition

Extend one arm with the palm facing upwards towards the competitor who performed the illegal action and, and while calling "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" bend the other arm at elbow into a right angle, fingers extended forming a palm, with center of the palm facing inwards. (Fig 37)

(27) Disqualification

While calling out "Hong Fang (Red side)!" or "Lan Fang (Blue side)!" clench both hands into fists and cross the forearms in front of the body. (Fig 38)



(Fig 36)

(Fig 37)

(Fig 38)

(28) Not Valid

Extend both arms and then cross them in front of the abdomen by a swinging motion. (Figs 39 – 41)



(Fig 39)



(Fig 40)



(Fig 41)

(29) First Aid Emergency Treatment

Facing the medical supervision desk, cross forearms in front of the chest, fingers pointing up forming a cross. (Fig 42)

(30) Rest

Extend both arms out to the side, palms facing up, and point towards the competitors' respective resting places. (Fig 43)



(Fig 42)



(Fig 43)

(31) Exchange Positions

Standing at the center of the platform, cross the arms in front of the abdomen. (Fig 44)



(Fig 44)

(32) Draw

Standing between the competitors, hold both of their wrists and raise their hands. (Fig 45)



(Fig 45)

(33) Winner

Standing between the competitors, hold the winner's wrist and raise his or her hand. (Fig 46)



(Fig 46)

Sideline Judge's Calls & Hand Gestures

(1) Off the Platform or Falling Down

Point downwards with the index finger, with the other four fingers clenched. (Fig 47)

(2) Not Off the Platform or Not Falling Down

Form a palm with one of the hands, with the fingers pointing up and wave it to the left and right. (Fig 48)

(3) Not Seen Clearly

Bend both arms at the elbows while holding the hands open with the palms facing upwards, and spread them outwards to the side of the body. (Fig 49)



(Fig 47)



(Fig 48)



(Fig 49)

口令与手势

台上裁判员口令与手势

(一) 抱拳礼

双腿并立，左掌右拳于胸前相抱，高与胸齐，手与胸之间距离为 20-30 厘米(图 5、6)。



图 5 (Fig 5)



图 6 (Fig 6)

(二) 上台

站立在擂台中央成侧平举，掌心朝上指向双方运动员(图 7)。在发出指令的同时，屈臂侧举成 90°，掌心相对(图 8)。

(三) 双方运动员行礼

双臂屈于体前，左掌盖于右拳背之上，示意运动员行礼(图 9)。



图 7 (Fig 7)



图 8 (Fig 8)



图 9 (Fig 9)

(四) 第一局

面向裁判长席，成弓步，在发出“第一局”口令的同时，一手食指竖起，其余四指弯曲成握拳状，直臂前举(图 10)

(五)第二局

面向裁判长席，成弓步，在发出“第二局”口令的同时，一手食指、中指竖起，其余三指弯曲，直臂前举。(图 11)

(六)第三局

面向裁判长席，成弓步，在发出“第三局”口令的同时，一手拇指、食指、中指分开竖起，其余两指弯曲，直臂前举(图 12)。



图 10 (Fig 10)



图 11 (Fig 11)



图 12 (Fig 12)

(七)预备-开始

立于双方运动员中间成弓步，在发出“预备”口令的同时，两臂伸直，掌心朝上指向双方运动员(图 13)。

在发出“开始”口令的同时，两手内合于腹前(图 14)。



图 13 (Fig 13)



图 14 (Fig 14)

(八)停在发出“停”的口令同时成弓步，立掌单臂伸向双方运动员中间(图 15)。



图 15 (Fig 15)

(九)消极 5 秒

一臂伸直，掌心朝上指向消极一方，在发出“某方”口令的同时，另一臂上举五指分开，掌心向前(图 16)。



图 16 (Fig 16)

(十)读秒

面对运动员，屈臂握拳于体前，拳心朝前，从一手拇指至小指依次张开，间隔 1 秒(图 17、18)。



图 17 (Fig 17)



图 18 (Fig 18)

(十一) 消极搂抱

一臂伸直掌心朝上指向消极一方运动员，然后双手环抱于体前（图 19）

(十二) 消极提示

一臂伸直掌心朝上指向消极一方运动员，然后双手环抱于体前，再伸出一手，手臂自然弯曲，食指伸直，其余四指弯曲，掌心向外（图 20）



图 19 (Fig 19)



图 20 (Fig 20)

(十三) 强制读 8 秒

面向裁判长席，单臂拇指竖直，其余四指弯屈(图 21)



图 21 (Fig 21)

(十四)3 秒

一臂伸直，掌心朝上指向某方运动员，在发出“某方”口令的同时，另一手拇指、食指、中指自然分开，其余两指弯屈，自腹前向外横摆于体侧(图 22)。



图 22 (Fig 22)

(十五)指定进攻

单臂伸向双方运动员中间，拇指伸直，其余四指弯屈，掌心朝下，在发出“某方”进攻口令的同时，向拇指方向横摆(图 23)。



图 23 (Fig 23)

(十六) 倒地

一臂伸直，掌心朝上指向倒地一方，在发出“某方”口令的同时，另一臂屈于体侧，掌心朝下 (图 24)。



图 24 (Fig 24)

(十七) 倒地在先

一臂伸直，掌心朝上指向先倒地一方 (图 25)，在发出“某方”口令的同时，两前臂在腹前交叉，掌心朝下 (图 25 & 26)。



图 25 (Fig 25)



图 26 (Fig 26)

(十八) 同时倒地两臂体前平伸，后拉下按，掌心朝下(图 27)。



图 27 (Fig 27)

(十九) 一方下台

一臂伸直，掌心朝上指向下台一方(图 28)，在发出“某方”口令的同时，另一手立掌，手心朝前，成弓步，向前平推(图 29)。



图 28 (Fig 28)



图 29 (Fig 29)

(二十) 双方下台

弓步，双手立掌，掌心朝前，向前平推伸直(图 30)。而后屈臂上举于体前成 90° ；掌心朝后，成并步直立(图 31)。



图 30 (Fig 30)



图 31 (Fig 31)

(二十一)踢裆一臂伸直，掌心朝上指向犯规运动员，在发出“某方”口令的同时，掌心向内指向裆部(图 32)。

(二十二)击后脑一臂伸直，掌心朝上指向犯规运动员，在发出“某方”口令的同时，另一手俯按后脑(图 33)。



图 32 (Fig 32)



图 33 (Fig 33)

(二十三)肘犯规双臂屈于胸前，在发出“某方”口令的同时，一手扶于另一肘部(图 34)。

(二十四)膝犯规提膝，在发出“某方”口令的同时，用手拍盖膝部(图 35)。



图 35 (Fig 35)



图 35 (Fig 35)

(二十五)警告

一臂伸直，掌心朝上指向犯规运动员，在发出“某方”口令的同时，另一手示出犯规现象后，屈臂握拳上举于体前成 90° ，拳心朝后(图 36)。

(二十六)劝告

一臂伸直，掌心朝上指向犯规运动员，在发出“犯规”口令的同时，屈臂立掌上举于体前成 90° ，掌心朝后(图 37)。

(二十七) 取消比赛资格两手握拳，在发出“某方”口令的同时，两前臂交叉于胸前(图 38)。



图 36 (Fig 36)

图 37 (Fig 37)

图 38 (Fig 38)

(二十八) 无效两臂伸直，在腹前交叉摆动 1 次(图 39、40、41)。



图 39 (Fig 39)



图 40 (Fig 40)



图 41 (Fig 41)

(二十九) 急救面对大会医务席，两手立掌，两前臂在胸前成十字交叉(图 42)。

(三十) 休息

侧平举，掌心朝上指向双方运动员休息处(图 43)



图 42 (Fig 42)



图 43 (Fig 43)

(三十一)交换站位

站立在擂台中央，双臂伸直在腹前交叉(图 44)。



图 44 (Fig 44)

(三十二)平局

平行站于两名运动员中间，握两侧运动员手腕上举(图 45)。



图 45 (Fig 45)

(三十三)获胜

平行站于两名运动员中间，一手握获胜运动员手腕上举(图 46)。



图 46 (Fig 46)

边裁判员手势

(一)下台或倒地一手食指伸直向下，其余四指弯屈(图 47)。

(二)没下台或没倒地一手立掌，左、右摆动 1 次(图 48)。

(三)没看清双手掌心朝上由体前向外屈肘平摆(图 49)。



图 47 (Fig 47)



图 48 (Fig 48)



图 49 (Fig 49)