



WUSHU ASSOCIATION OF INDIA

SELECTION POLICY

SELECTION POLICY OF JUNIOR & SENIOR WUSHU EVENTS FOR THE YEAR 2025-26

- To finalise the Indian Wushu team for the events, Selection trial will be held in 02 Phases viz prior to Coaching camp, and final selection trial to shortlist Indian Wushu team for the championships well before the deadline for the submission of the final entry.
- Shortlisting of Campers for the first phase will be 1:4 in Sanda and 1:3 athletes in Taolu.
- The selection committee of WAI will make the list of stand by campers for the inclusion in NCC in case of any injury or any unavoidable circumstance to any campers.
- The selection trial details along with criteria of the selection trial will be shared with Affiliated units with the direction to share all the details with participating players for maintaining transparency. Moreover, the same policy will be uploaded on WAI Website
- Moreover, those athletes who attains the excellent results in these tests will be selected for the NCC

ELIGIBILITY CRITERIA FOR THE FINAL SELECTION TRIAL

Every athlete has to submit the Medical fitness certificate, prior to any competition or any selection trial, the medical fitness certificate is mandatory as per the Norms.

Only shortlisted athletes selected during the preliminary Selection trial will be allowed to take part in the final selection trial. The International medalists viz Asian Games, world championships/Asian championship (S/J) Will be enrolled directly in the 1st phase of NCC on the basis of their performance in the Major events.

- Firstly, every athlete must undergo fitness test as per the norms laid down for both events. Those athletes who qualifies the physical fitness norms will be allowed to undergo for specific (Skill) tests.
- Those athletes who fails to fulfil the fitness norms, won't be eligible/allowed to undergo Specific (Skill) test.
- As per regulation in Sanda event only given number of athletes will participate in the championship. In sanda Round Robin system will follow, ranking of the players will be made as per the number of bouts he/she won.
- As per regulation in Taolu only given number of athletes will participate in the championship. In Taolu, emphasis will be given on the player's degree jump (720 degree) & girls (540 degree) and overall performance.
- Based on the Physical & specific (Skill) tests, the selection committee will select the Indian Wushu team for the World Championship.

Weed out of the campers from the NCC:-

The National Chief coach with the cognizance of the other Coaches may recommend the selection committee of the WAI for the weeding out of the camper/Campers on the basis of their poor performance/indiscipline in the NCC. The selection committee may accept such recommendation without taking any thought as far as the discipline is concerned.

Final Selection trial to shortlist the Indian Wushu team for the World Championship/Asian Championship and other IWUF approved events.

- Final Selection trial shall be conducted amongst the selected campers to shortlist the Indian squad for the World Wushu Championship/ (IWUF Approved events).
- Every athlete/Camper has to undergo Skill test, fitness test and medical test.
- In Sanda Round Robin system will follow, ranking of the players will be made as per the number of bouts he/she won.
- In Taolu, emphasis will be given on the player's degree of jump (720 degree) & girls (540 degree) and overall performance.
- In order to get the best athletes in Sanda out of 48 selected players, selection committee has to go through the overall performance in the bouts, the conduct, discipline and the past performance, in case the athlete is new comer, the selection committee has to put on record, whom he has defeated and his achievements. Same follows in Taolu
- Moreover, Those athletes who attains the excellent results in these tests will be selected for the Indian team participating in the World Championship/Asian championship and other IWUF approved events.

Note:-

- The National Chief coach with the cognizance of other Coaches may recommend debarring of National camper from taking part in the selection trial based on Poor performance or Indiscipline in the NCC, the selection committee may accept such recommendation without taking any thought for the better results in the events.
- Prior to National Coaching camp, every athlete has to submit the Medical fitness certificate (Test comprises for Taolu: BP & ECG & Sanda: BP, ECG & EEG).
- WAI will not entertain such players, who found of taking any prohibited substance of the WADA/NADA list.
- During the selection Trials WAI will request NADA team for the sampling of the players as per their norms to keep clean sports.
- During selection trial All SANSYOU bouts and Taolu events will be video graphed.
- This Selection policy to be shared with all Participating Players/National Campers & Coaches and Simultaneously to be uploaded on WAI website.
- All the selection trial communications shall be shared with MYAS and SAI well in advance, so that they may depute observer for the trial.

The selection committee members of the WAI for the NCC/Foreign exposure/Training/Competition.

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|--|-----------------|
| a) President of WAI | Chairman |
| b) National Chief Coach of India | Member |
| c) National Awardee | Member |
| d) International Player /Int Refree & Judge | Member |
| e) Observer from SAI | Member |

Wushu Association of India will invites ITO's and NTO's for the smooth, and transparent selection trial.

1. Physical fitness Test parameters (Taolu & Sanda) Seniors/Juniors : -

A) 12 min. running (Basic endurance): -

Boys: -	
Excellent	3100 meter & above
Good	2800 mtr. to 3099 mtr.
Average	2500 mtr. to 2799 mtr.
Poor	Below 2500 mtr.
Girls :-	
Excellent	2900 meter & above
Good	2600 mtr. to 2899 mtr.
Average	2300 mtr. to 2599 mtr.
Poor	Below 2300 mtr.

(B) TAOLU/SANDA: - SPEED TEST(30 METER)

Boys: -	
Excellent	3 TO 4 SEC
Good	4 TO 5 sec.
Average	5 TO 6 SEC
Poor	ABOVE 7 SEC
Girls :-	
Excellent	4 TO 5 SEC
Good	5 TO 6 SEC
Average	6 TO 7 SEC
Poor	Above 8 SEC

(C). SANDA/TAOLU: - 800-METER RUN (SPEED ENDURANCE)

Boys: -	
Excellent	2:10 sec. & below
Good	2:11 sec. to 2:20 sec.
Average	2:21 sec. to 2:30 sec.
Poor	Above 2:30 sec.
Girls :-	
Excellent	2:40 sec. & below
Good	2:41 sec. to 2:50 sec.

Average	2:51 sec. to 3:00 mins.
Poor	Above 3:00 mins.

SANDA/TAOLU - FLEXIBILITY TEST

Boys: -	
Excellent	20 CM AND ABOVE
Good	15 TO 19 CM
Average	10 TO 14 CM
Poor	BELOW 10 CM
Girls :-	
Excellent	25 CM AND ABOVE
Good	20 TO 24 CM
Average	14 TO 19 CM
Poor	BELOW 14 CM

Taolu: - VERTICAL JUMP WITH BODY WEIGHT

Boys: -	
Excellent	
Good	
Average	
Poor	
Girls :-	
Excellent	
Good	
Average	
Poor	

Equation :-

702 Keir, Jamnik, and Gledhill

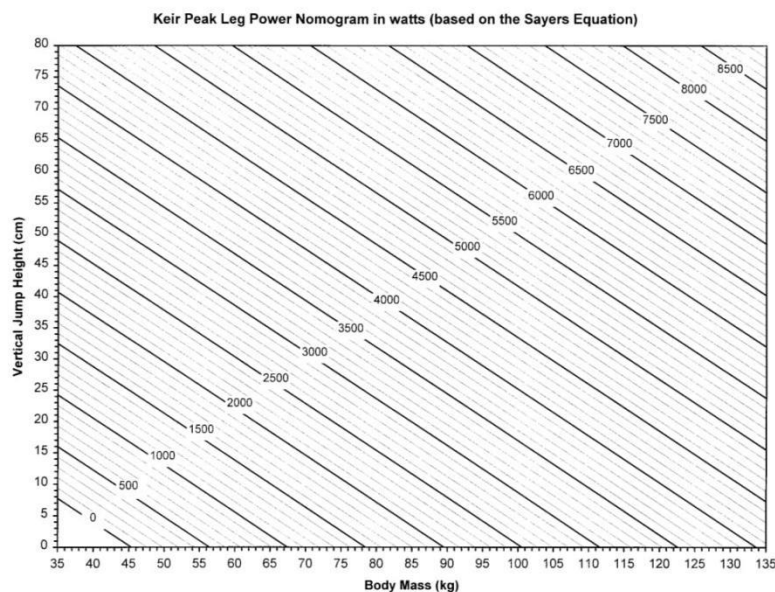


Figure 1. The Keir nomogram based on the Sayers regression equation for peak power (W) in the vertical jump using height jumped (cm) and body mass (kg) as input variables. The intersection of a horizontal line drawn from the jump height in cm (y-axis) with a vertical line drawn from the subject's mass in kg (x-axis) provides the peak leg power in watts. Inclined lines indicate leg power in 100-W increments.

2. Specific Tests:-

(a). Sanda:-

Sparring with same weight category camper having duration of 2 mins each round as per the IWUF Norms. Round Robin system will follow in the trial, the first four winners will ranked as per their merit. In Junior duration of the round will be 1:30 mins each as per the IWUF norms.

(b). Taolu:-

Each athlete has to perform full event, the selection committee will shortlist the best athlete performer keeping in view all the parameters. The best four athletes or scorers will be ranked or shortlisted for the NCC.

Medical fitness test:

(a). Taolu: BP and ECG.

(B). Sanda: BP, ECG and EEG

