

## San Shou (Light Contact Fighting) Rules

Mandatory safety equipment: Headgear, mouthpiece, groin cup, footgear and safety gloves. Chest protector is optional.

### 1. Time

Ring time: Running two minutes. Time stopped only at the request of fighters or Center Referee.

### 2. Scoring

- All Divisions: first 3 points wins.
- Score areas: Side of head, forehead, chest, stomach, back, thigh and side areas.
- One point awarded for effective hand, foot, or sweep technique. The parts of the hand eligible for scoring are the palm, knife hand, back hand, and fist. The kicks eligible for scoring are front kick, heel kick, round kick, side kick, back kick, crescent kick, controlled kick to upper thigh, spinning kick, and hook kick.
- Clear sweeps below the knees allowed. If the sweep fails, the competitor is allowed two seconds to follow up with a technique.
- Technique must have power, speed, focus and control to be scored.
- If both feet are out of bounds, the point is given to the competitor remaining in-bounds.

### 3. Penalties

- First personal foul: 1 point awarded to opponent.
- Second personal foul: disqualification.
- No contact allowed to head or back (technique must score without contact).
- No head butts.
- No kicks to the knee areas.
- No techniques allowed to the eyes or groin.
- No excessive contact or repeated blows once point has been called.
- No use of elbows or knees.
- No joint locks.
- No delayed counter strikes or kicks.
- No throws over the hip or shoulder (only sweeps).
- No trapping of the foot and sweeping.
- No thigh reaping takedowns.
- No choking.
- No abusive language.
- No coaching from sidelines.

### 4. Judging Commands

- Face me: Bow
- Face each other: Bow (shake hands).
- Ready position.
- Kai-Si.
- Ready judge.
- Score.

### 5. Judging Signals

- Open extended hand towards competitor -- Point Called.
- Cross extended arms -- Did not see or no point called.
- Pointing to boundary -- Out of bounds.
- Fist hitting open hand -- Excessive contact observed.
- Fist to ear and point to competitor -- Foul called (deduct point).

ANY SERIOUS VIOLATION WILL RESULT IN IMMEDIATE DISQUALIFICATION.  
THE CENTER REFEREE POSSESSES FULL AND FINAL AUTHORITY.

## **Wu Shu Competition Rules**

### Choice of Form:

The competitor may choose to demonstrate either the standardized compulsory form (dictated by the International Wu Shu Federation) or the competitor's own compulsory form.

### Classification of Weapons:

1. The Long Weapon division will feature only the spear or long staff.
2. The Short Weapon division will include only the straight sword and the broadsword.
3. The Other Weapon division will include any other weapon, including double weapons, but not the weapons featured in either the Long Weapon or Short Weapon divisions. Therefore, the competitor may not perform a single broadsword routine in the Other Weapon division, but may demonstrate a double broadsword routine.

### Selection of the Proper Division:

1. Beginners - 1.5 years or less experience
2. Intermediate - 1.5 to 3.5 years experience
3. Advanced - greater than 3.5 years experience

### Requirements on Length of Performance:

1. 7 to 12 years old - 45 seconds to 1 minute
2. 13 to 15 years old - minimum 1 minute
3. Over 16 years old - minimum 1 minute
4. These times represent the minimum length of the demonstration. Competitors who finish under these minimums will be assessed the following penalty: for each second short of the minimum, the head judge will deduct 0.05 points from the competitor's final score.

## **Weapon Fighting Rules**

### 1. Time Limited Competition

- In the time allotted, either 1 or 2 minutes, to be determined by the Tournament Director, the object is to obtain the highest score.
- Strikes to the head and body (both front and back) and/or disarming a weapon, score 3 points.
- Strikes to the arms and/or legs score 2 points.

### 2. Score Limited Competition

The match will be awarded to the competitor reaching full score first. Full score point total will be determined by the Tournament Director.

# Internal Arts Rules

## Tai Ji Quan

### FORMS

1. Each competitor has three minutes to demonstrate a form. Three minutes will be announced by a bell, whistle, or verbal signal. If the competitor has not completed the form, he or she has thirty seconds to finish, at which time there will be another signal. Competitors MUST stop at this time. (Exceptions: 5-6 minutes for the 42 compulsory form.)
2. There is a penalty of .1 for each increment of five seconds under or over time.
3. Judges complete a written evaluation given to the competitor at the medal ceremony and score the competitor's performance. Judges offer verbal evaluation if time allows.
4. The 2-Person Barehand Set event is for two players performing choreographed empty hand (not weapons) Tai Ji Quan movements utilizing Tai Ji Quan principles. The set must be longer than 2 minutes, with no upper time limit.

### TAI JI WEAPONS

1. Competitors must perform for a minimum of 1.5 minutes and a maximum of 3.5 minutes. There is a .1 penalty for each increment of five seconds under time.
2. Judges complete a written evaluation given to the competitor at the medal ceremony and score the competitor's performance. Judges offer verbal evaluation if time allows.

### PUSH-HANDS

#### Weight Classes:

#### *Male*

Under 160 lbs  
160.1 lbs - 180 lbs  
180.1 lbs - 200 lbs  
Over 200.1 lbs

#### *Female*

Under 110 lbs  
110.1 lbs - 130 lbs  
130.1 lbs - 150 lbs  
Over 150.1 lbs

1. Push-hands competitors must have studied Tai Ji Quan for at least one year, and must have competed in a Tai Ji Quan form event at this or another tournament.
2. There will be men's and women's divisions for limited and freestyle formats, with medals awarded in each weight category.
3. Competitors wear t-shirt, long pants, and shoes. No jewelry (except wedding ring), watches, or fingernails longer than a eighth of an inch are allowed.
4. Matches consist of two 90-second rounds that are continuous unless a penalty is called. Coaching is not permitted during the rounds.
5. The judging staff consists of a referee and 3 judges. No "points" are awarded for specific interactions. Judges mark tallies during the match based on expert observation of significant exchanges. Judges score competitors after each round using a five-point must system. For every warning, scorekeepers deduct a point from a competitor's score for each round.
6. Competitors will be disqualified for committing three personal or technical violations, or one serious violation.
7. LIMITED STEP: The field is an alley 4 feet wide and 10 feet long. Competitors are limited to a single shuffle step at a time, and may not reverse stance or change direction.
8. FREE STYLE: See complete rules.

\* The chief evaluator/referee has full authority.

# Free-Style Taijiquan Pushing Hands

## COMPETITION SITE AND ACCOMPANYING FACILITIES

1. A circle of between 12 and 15 feet diameter should demarcate the effective competition arena. The line of demarcation should be of thickness 5 cm.
2. All matches are conducted on an elimination basis, if there are only 3 competitors in a division, the matches are conducted on a round robin basis.

## COMPETITION RULES AND REGULATIONS

1. All participants are to adhere to the principles of 'sticking, connecting, adhering, following', 'overcoming force by yielding to it', and 'emphasizing technical finesse over force'. Thus, competitors are only permitted to employ the orthodox Taiji techniques such as 'wardoff, rollback, press, push, etc. that are congruent to the preceding principles mentioned to unbalance their respective opponents. No wrestling, punching, kicking, or vicious sweeping is allowed.
2. Each match is divided into 3 rounds. Each round spans a duration of 2 minutes, accompanied with a rest of 1 minute after each round. The winner of each round is decided by the total points scored. A contestant who wins 2 rounds out of the 3 is the winner of the match.
3. If there is an inconclusive verdict after 3 rounds, the referee is to declare a draw. One (1) sudden-death, overtime round will be conducted for 1 minute. The winner of this round will be declared the winner of the match. If there is still no conclusive verdict after the overtime round, the competitor with the least amount of fouls will be declared the winner. If there is still no conclusive verdict, judges will counsel and deliberate with the Arbitrator, and the final verdict will be declared on the effective use of Taiji pushing hands techniques of the contestants. The Chief Judge's decision is final.
4. Upon entering the arena center, both parties are to cling their left palm lightly onto the right elbows of the respective parties, and their right forearm against each other near the wrist. Maintaining contact between upper limbs of both opponents throughout each round is a prerequisite to attacking or counterattacking.
5. The release of strength must only be executed while contact with the body of the respective opponent is established. It is strictly prohibited to release strength through the employment of fists or the palm from a distance.
6. If there is an injury to a competitor, up to a 5 minute injury time-out will be allowed. If the injured party cannot continue after the injury, then the other competitor will be declared the winner. Please note that a competitor will not be declared the winner if the injury was caused by an intentional foul (see Section 4.16c).
7. Free Style Pushing Hands event is for Advanced Taijiquan practitioners only.

## SCORING CRITERIA

1. Points are awarded to the party who successfully renders the respective opponent unstable and staggered, semi unbalanced, and/or fully unbalanced either inside or outside the circular competition boundary. This unbalancing of the opponent must progress from a Taijiquan technique. Muscular pushing and shoving will not be counted towards a contestants score.

The following points will be awarded:

- 1 point: Off balance from a Taiji technique
  - 2 points: Discharge outside of the circle
  - 2 points: Off Balance with hand/knee touching the floor inside the circle
  - 3 points: Discharge outside of the circle with off-balance with hand/knee touching the floor
2. When a foul is committed amidst unbalancing an opponent, no points will be awarded. Points may be deducted from the competitor committing the foul.

Scoring Notes:

- No point is awarded upon utter disregard for technique and blatant use of flagrant strength or employment of grappling, grasping to render an opponent out of bounds.
- No point is awarded to the degeneration of the contest into a grappling or shoving match by both parties.
- No point is awarded if a contestant pulls or drags an opponent to the ground while falling.
- Any competitors who do not use valid Taiji principles can be eliminated from the event.

## Free-Style Taijiquan Pushing Hands (continued)

### FOULS AND ENSUING PENALTIES

1. Surprise attacks or attacks launched without the establishment of prior contact with opponent.
2. No attacks above the shoulder or below the waist are allowed.
3. The employment of fingers or other similar extremities located on the upper arm to poke, jab or stab any body part of the opponent.
4. The employment of feet to tread or hook any body part of opponent.
5. The employment of palms to choke or to push the opponent's neck or chin region.
6. Hugging of the opponent's back, reaching under the opponent's armpit or over the side waist for more than 3 seconds.
7. Clutching, grabbing, or pulling of clothes.
8. Stirring up or lifting up the clothes of the opponent to induce bodily contact in a sweeping movement so as to provoke and aggravate the opponent.
9. Clutching, or grabbing the feet and legs of the opponent.
10. Upon successful employment of the plucking technique, the participant must release the hold immediately after the technique is executed.
11. Spitting and biting are strictly prohibited.
12. No brutish employment of grappling, wrestling is condoned. Grappling or wrestling is deemed to have occurred when an arm or both arms are outstretched from the body rendering the contestant capable of hugging.
13. Whenever an arm of a contestant is located beneath the armpit of the opponent for more than 3 seconds, and is rendered incapable of executing a valid Taiji technique, the contestant would be issued a warning.
14. At the start of the competition, the palm/wrist of the contestant is only permitted to establish contact with region spanning from the elbow to the fingertips of the forearm of the opponent in order to ensure strict adherence to the principles of 'sticking, connecting, adhering, following'.
15. Do not lean the shoulders, head or neck against the opponent.
16. Flagrant disdain and disregard for techniques adhering to the principles, and employment of illegal techniques will result in immediate disqualification and a suspension from the tournament event.
17. The continuation of avoiding contact with the opponent for more than 10 seconds will result in a warning (1 point deduction after the 2<sup>nd</sup> warning).

### Foul Notes:

- Verbal warning, no point will be deducted; 2<sup>nd</sup> warning, 1 point will be deducted;
- Foul, 1 point will be deducted. 3 fouls will lead to an automatic disqualification.
- Committing a serious foul act may result in immediate disqualification.
- In any match, the chief judge may declare the winner by prominent advantage when one party has outscored the other party by more than 15 points.
- In any match, the chief judge may declare the loser when 6 points have been deducted from a contestant due to warnings/fouls.

## **Free-Style Taijiquan Pushing Hands (continued)**

### **BY-LAWS**

1. In the event of any disagreement about the proceedings or verdict of the competition, the captain of the appealing team is to produce in writing an appeal document, and pay a deposit of US\$300 within 30 minutes of cessation of the respective match. For the final match, the time limit for appeal is reduced to 15 minutes. The appeal will be referred to the Arbitrator by the respective match referee. Should the appeal be deemed successful, the respective teams will be refunded US\$300. However, no refunds will be awarded for unsuccessful appeals. The Arbitrator's decision is final.
2. This statute has been vetted and deemed effective by the technical committee. Should there be additions, deletions, amendments, revisions; the effectiveness of the statute is still irrevocable.
3. The organizing committee will be indemnified for any injuries sustained due to unforeseeable mishaps. Prior to being permitted to compete, each competitor must sign a letter of indemnity.
4. Competitors who maliciously hurt their opponents will be held liable for any damages or injuries. The Chief Referee has full authority to stop the fight at any time for safety or any other reasons.

## **Xing Yi Quan**

There are three basic Xing Yi Quan styles taught and practiced today. The form is one of the three internal martial arts systems. The other two internal martial arts forms are Tai Ji Quan and Ba Qua Zhang.

The three basic styles of Xing Yi Quan are:

1. Hebei Style
2. Shanshi Style
3. Hunan Style

The Hebei and Shanshi styles are the most popular, practiced and trained by students, whereas the Hunan style is not as popular and taught in limited groups. The Hebei and Shanshi styles usually train in the Five Elements, the Five Element Linking Forms and the Twelve Animal Forms. The Hunan, a Moslem Form, is based on the Six Harmony and Ten Animal Forms.

The judging parameters shall be based on the integrity of Xing Yi Quan basic principles of coordination in expression of a body in unison and movement with a sense of fully gathered internal energy without displaying external hardness and stiffness. Each movement must have intention with the mind controlling the energy and accelerated toward and beyond the imaginary target. Liken the power of a volcano slowly gathering energy until the final eruption. The most important aspect of true Xing Yi Quan is the freedom of the mind to control the body and energy with full intent.

Basic Xing Yi Forms Judging Criteria:

1. Knowledge of basic applications. (Not a criteria for beginning level students)
2. Correct postures and stances, hands and feet are coordinated.
3. All movements are in balance while moving forward and backward.
4. Correct directions on forward, backward, diagonal and oblique positions.
5. Body, footwork, weight shift coordinated with movements.
6. Internal martial spirit and freedom of the mind.
7. Blocking and Striking have smoothness and a sense of internal power.
8. Choreography and overall expression with Xing Yi flavors.

Time Limit:

Intermediate

1. Minimum Time - 25 seconds
2. Maximum Time - 1 minute

Advanced

1. Minimum Time - 40 seconds
2. Maximum Time - 1 minute 30 seconds

## **Ba Qua Zhang**

There are many styles of Ba Qua Zhang being taught and practiced today. A few of the most popular forms being practiced in the U.S. and China are Cheng Style, Yin Style, Sun Style, Wu-dang Style, Chang Style and Jiang Style. The forms are one of the three internal martial arts systems. The other two internal martial arts forms are Tai Ji Quan and Xing Yi Quan. Ba Qua Zhang and Xing Yi Quan have many common and similar philosophies.

The basic characteristics of Ba Qua Zhang are:

1. The use of the palm instead of the fist
2. Walking, stepping and turning to strike and evade in circular movements
3. Walking the circle, turning and changing positions, forward, backward
4. Changing steps with piercing, inserting and changing palms
5. Posture is extended with hardness and softness combined, body full with internal energy
6. Opening and closing of each movement, empty and full with internal energy
7. Entire body, contracting and expanding, entering and employing
8. Turning and changing direction with hook step and swing step
9. Nimble and quickness with every changing and transformation
10. The circular turning power is like the power of a fierce tornado

The judging parameters shall be based on the integrity of Ba Qua Zhang basic principles of coordination in expression of a unit-body turning movement with a sense of fully gathered circulated internal energy without displaying external hardness and stiffness. Each movement must have intention with the mind controlling the energy and accelerated toward and beyond the target. Liken the power of a tornado gathering energy until the final uplifting power. The most important aspect of true Ba Qua Zhang is the freedom of the mind to control the body and energy with full intent.

Basic Ba Qua Zhang Forms Judging Criteria:

1. Knowledge of basic applications (Not a criteria for beginning level students)
2. Correct postures and stances
3. Body, footwork, weight shift coordination
4. Internal martial spirit and freedom of the mind
5. Choreography and overall circular expression with Ba Qua flavors

Time Limit:

1. Minimum Time - 1 minute
2. Maximum Time - 2 minutes 30 seconds



## Shuai-Jiao

1. The matted Shuai Jiao fighting area is 8m x 8m, with a 2m perimeter to indicate out of bounds.

2. Uniform and Equipment:

- Uniform: (Shuai Jiao Yi) Jacket, (Shuai Jiao Kuzi) Martial Arts Trousers, and (Shuai Jiao Xie) soft shoes or Wrestling boots.
- Equipment: a groin shield; a mouth guard, guard shell, and a blue or red belt.

3. Weight Classes:

<i>Male</i>	<i>Female</i>
Under 57kg (125.4 lbs)	Under 50kg (110 lbs)
Under 62kg (136.4 lbs)	Under 55kg (121 lbs)
Under 67kg (147.4 lbs)	Under 60kg (132 lbs)
Under 72kg (158.4 lbs)	Under 65kg (143 lbs)
Under 77kg (169.4 lbs)	Under 70kg (154 lbs)
Under 82kg (180.4 lbs)	Under 75kg (165 lbs)
Under 87kg (191.4 lbs)	Under 80kg (176 lbs)
Under 92kg (202.4 lbs)	80kg (176 lbs) and Over
Under 97kg (213.4 lbs)	
97kg (213.4 lbs) and Over	

4. Competition:

- The Executive Referee calls the fighters into the ring, red entering from the right, and blue entering from the left.
- Each match consists of two rounds lasting three minutes each (two minutes for women), with 30 seconds rest between each round.
- Winning two rounds determines the victor.
- The match will be continuous sparring. Time is stopped for uniform or equipment failure, or to seek medical advice.
- The winner of the round is determined by who receives more points.
- If a competitor has six points more than the other competitor, he or she is declared winner of that round. If neither competitor has won two rounds, there will be a third round. The judge will determine the victor based on the competitor that make the first point; there is no time limit.

5. Allowable Techniques:

- Shuai Jiao (throwing, wrestling and standing grappling);
- Kuai Chiao (fast throwing - shoot techniques);
- Da Shuai (open hand techniques to throw/sweep/take down);
- Na Shuai (joint manipulation to throw/sweep/take down);
- Dien Shuai (pressure point manipulation to throw/sweep/take down);

Contestants may use their opponent's jacket, belt or limbs to execute a technique.

6. Points Scoring:

1 point

Opponent touches the mat with one hand;  
Opponent touches the mat with one knee;  
Opponent steps out of the area;  
Opponent touches the mat with one elbow;  
Contestant throws/sweeps/takes down and lands on top of the opponent.

2 points

Opponent touches the mat with both hands;  
Opponent touches the mat with both knees;  
Opponent touches the mat with both elbows;  
Opponent touches the mat with a hand and a knee;  
Contestant effectively throws/sweeps opponent and remains standing.

3 points

Opponent turns in the air, and contestant executing technique maintains balance.

No points

Both contestants simultaneously fall without the use of a technique.

## Shuai-Jiao (continued)

### 7. Illegal Techniques

- Use of the following techniques are illegal: striking the opponent with the head, fingers, palm, fist, forearm, elbow, knee, shin or foot; biting, spitting or gouging; and attempting to dislocate joints or break bones.
- Hair pulling
- Grabbing the opponent's pants;
- Grabbing the opponent to prevent falling down;
- Grabbing with both hands and holding still for more than 5 seconds.

### 8. Warnings and Penalties

The Referee may give a private or public warning, or disqualify a contestant depending on the seriousness of a foul or offense.

- First Warning: no point penalty
- Second Warning: one point penalty
- Third Warning: disqualification

### 9. Fouls

Verbal Warning: no point deduction

- a. Beginning the fight before the Referee gives the signal;
- b. Continuing after the Referee gives the signal;
- c. Grabbing the opponent's pants;
- d. Wearing jewelry.

Minor Penalty: opponent receives one point

- a. Touching opponent's face between eyebrows and mouth;
- b. Pulling hair;
- c. Pulling down the opponent after being thrown;
- d. Stepping on the opponent's foot;
- e. Stopping the fight before the Referee;
- f. Grabbing with both hands and holding still for more than 5 seconds.

Serious Penalty: opponent receives two points

- a. Intentionally striking with a hit, kick, elbow, knee and hand;
- b. Striking the opponent while down;
- c. Coaching from sidelines with an obvious intention of disturbing or influencing the match.

### 10. Referees

Chief Referee

- a. Responsible for the fighting area;
- b. May stop the fight to consult the Center Referee.

Center Referee

- a. Manages the fight on the mat;
- b. Nominates the winner at the end of the fight;
- c. Has authority to stop the fight for safety or any other reason.

In the event of a tie, the referees will meet to determine the winner, based on the most technical performance.