

## 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:

- ◆ The Long Weapon division will feature only the spear or long staff.
- ◆ The Short Weapon division will feature only the single hand straight sword or broadsword.
- ◆ 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:

- ◆ Beginners - 1.5 years or less experience
- ◆ Intermediate - 1.5 to 3.5 years experience
- ◆ Advanced - greater than 3.5 years experience

Requirements on Length of Performance:

- ◆ 7 to 12 years old - 45 seconds to 1 minute
- ◆ 13 to 15 years old - minimum 1 minute
- ◆ Over 16 years old - minimum 1 minute

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.

## **Tai Ji Forms Rules**

- ◆ 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: 5-5.5 minutes for the 42 compulsory form, and at least 2 minutes for 2-person sets.)
- ◆ There is a penalty of .1 for each increment of five seconds under or over time.
- ◆ 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.
- ◆ 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 Rules**

- ◆ Competitors must perform for a minimum of 1.5 minutes and a maximum of 3.5 minutes. There is a 0.1 penalty for each increment of five seconds under time.
- ◆ 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 Rules**

- ◆ Push-hands competitors must have studied Tai Ji Quan for at least one year, must have competed in a Tai Ji Quan form event at this or another tournament, and are required to attend the rules meeting prior to the competition in order to be eligible to compete.
- ◆ There will be men's and women's divisions for limited and moving step formats, with medals awarded in each weight category. There will be a run-off among all gold medalists and men's and women's grand champions will be decided in finals using the moving step format.
- ◆ 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.
- ◆ Matches consist of two 90-second rounds that are continuous unless a penalty is called. Coaching is not permitted during the rounds.
- ◆ 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.
- ◆ Competitors will be disqualified for committing three personal or technical violations, or one serious violation.
- ◆ **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.
- ◆ **MOVING STEP:** The field is a circle 12 feet in diameter. Scoring is the same as in limited step, except that individual judges award 2 marks to the competitor whose opponent steps out-of-bounds if the judge feels the force used to effect the out-of-bounds was appropriate.

\* The chief evaluator/referee has full authority.

## **Xing Yi Quan Rules**

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:

- ◆ Knowledge of basic applications. (Not a criteria for beginning level students)
- ◆ Correct postures and stances, hands and feet are coordinated.
- ◆ All movements are in balance while moving forward and backward.
- ◆ Correct directions on forward, backward, diagonal and oblique positions.
- ◆ Body, footwork, weight shift coordinated with movements.
- ◆ Internal martial spirit and freedom of the mind.
- ◆ Blocking and Striking have smoothness and a sense of internal power.
- ◆ 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 Rules**

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, Wudang 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:

- ◆ The use of the palm instead of the fist
- ◆ Walking, stepping and turning to strike and evade in circular movements
- ◆ Walking the circle, turning and changing positions, forward, backward
- ◆ Changing steps with piercing, inserting and changing palms
- ◆ Posture is extended with hardness and softness combined, body full with internal energy
- ◆ Opening and closing of each movement, empty and full with internal energy
- ◆ Entire body, contracting and expanding, entering and employing
- ◆ Turning and changing direction with hook step and swing step
- ◆ Nimble and quickness with every changing and transformation
- ◆ 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:

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

Time Limit:

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

## **Shuai-Chiao Rules (Note: Competitors for Shuai Jiao must be a minimum of 18 years of age and less than 41 years of age at the time of competition.)**

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

2. Uniform and Equipment (all equipment must be supplied by the competitor):

- ◆ 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:

### *Male*

Under 57kg (125.4 lbs)  
Under 62kg (136.4 lbs)  
Under 67kg (147.4 lbs)  
Under 72kg (158.4 lbs)  
Under 77kg (169.4 lbs)  
Under 82kg (180.4 lbs)  
Under 87kg (191.4 lbs)  
Under 92kg (202.4 lbs)  
Under 97kg (213.4 lbs)  
97kg (213.4 lbs) and Over

### *Female*

Under 50kg (110 lbs)  
Under 55kg (121 lbs)  
Under 60kg (132 lbs)  
Under 65kg (143 lbs)  
Under 70kg (154 lbs)  
Under 75kg (165 lbs)  
Under 80kg (176 lbs)  
80kg (176 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-Chiao Rules (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.