

General Competition Rules – Added 2/3/10

- Competitions Levels are defined as follows:
 - **BEGINNER** - Years of training are < 1.5 years
 - **INTERMEDIATE** - Years of training are > 1.5 years and < 3.5 years
 - **ADVANCED** - Years of training are > 3.5 years
 - Years of training are based on the total years of external and internal training combined.

Competitor Age is based on the age at the time of competition. To compete in Lei Tai or Shuai Jiao events the competitor must be a minimum of 18 years of age. To compete in Lei Tai, the competitor must be less than 41 years of age at the time of competition."

- Competitors **MUST** be entered in the same age/experience level for ALL events entered.
- Competitors **MUST** compete with a different form in each event entered.
- All short weapon events are limited to single hand straight sword or broadsword. NO EXCEPTIONS
- All long weapon events are limited to long staff and spear. NO EXCEPTIONS
- All other weapons **MUST** compete in events noted as "other" or "open" weapon events.
- All weapon events, including 2 person sets, are intended for traditional spring steel weapons unless the event name specifically indicates that it is a Wushu event. If in the Chief Judge's opinion the weapon being used does not meet the criteria of a traditional weapon, the Chief Judge will make a 0.05 point deduction to the final score.
- Examples of Southern Short Hand Systems include: Southern Praying Mantis, Bak Mei, Wu Mei, and Dragon Style. Competition is NOT limited to the styles mentioned. If in the individual judge's opinion the competitor is not exhibiting a Southern Short Hand form the judge will make a 0.05 point deduction to the score.
- Examples of Southern Long Hand Systems include: Choy Li Fut, Hung Ga, Hung Mei, Lee Ga, Southern Shaolin, Fu Jow Pai, Hung Fut, Tiger Crane Style, & White Crane. Competition is NOT limited to the styles mentioned. If in the individual judge's opinion the competitor is not exhibiting a Southern Short Hand form the judge will make a 0.05 point deduction to the score.
- Tai Ji Quan divisions containing less than 4 people may be combined into other events.
- Group Tai Ji Quan divisions must contain a minimum of three (3) and a maximum of ten (10) members per team.
- Forms learned in China containing characteristics not consistent with traditional kung fu forms should enter the Traditional Wushu Divisions available.
- There are NO refunds for ANY reasons.
- The Tournament Committee Reserves the right to combine categories within the same division.

San Shou (light contact fighting) Rules – Updated 1/30/10

Equipment:

- Required Equipment – Headgear, mouthpiece, groin cup, footgear and safety gloves.
- Optional Equipment – Chest protector, Shin Pads

Acceptance of required equipment is at the sole discretion of the Center Referee and tournament staff.

Time:

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

Scoring:

- All Divisions: first competitor to score 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.

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.

Judging Commands:

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

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 – Updated 1/30/10

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 – Updated 1/30/10

Time:

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

Scoring:

- 3 Points Scored for Strikes to the head and body (front and back) and/or disarming a weapon.
- 2 Points Scored for Strikes to the arms and/or legs.

OPTION 1 – Time Limited Competition

- The winner is the competitor who obtains the highest score in the time allotted.

OPTION 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 prior to the start of the competition.

Tai Ji Forms Rules – Updated 1/30/10

Time:

- 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.

Scoring:

- 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.

Penalties:

- There is a penalty of .1 for each increment of five seconds under or over time. Penalty to be applied by Chief Judge prior to announcing the final score. Individual Judges will not assess a penalty for time infractions.

2-Person Set:

- 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 – Updated 1/30/10

Time:

- Competitors must perform for a minimum of 1.5 minutes and a maximum of 3.5 minutes.

Scoring:

- 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.

Penalties:

- There is a penalty of .1 for each increment of five seconds under or over time. Penalty to be applied by Chief Judge prior to announcing the final score. Individual Judges will not assess a penalty for time infractions.

Push Hands Rules – Updated 1/30/10

General:

- Push Hands events will be run for Limited Step Pushing Hands and Freestyle Pushing Hands
- The chief evaluator/referee has full authority.

Minimum Requirements:

- Competitors are required to attend the rules meeting prior to the competition in order to be eligible to compete.

Time:

- Matches consist of two 90-second rounds that are continuous unless a penalty is called.

Equipment:

- 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.

Competition Ring Space:

- LIMITED STEP Events Format:
 - 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.
- FREESTYLE Events Format:
 - 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.

Scoring:

- 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.

Penalties:

- 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.
- Coaching is not permitted during the rounds.

Free-Style Taijiquan Pushing Hands Rules– added 2/3/10

1. Competition Site and Accompanying Facilities

- 1.1 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.
- 1.2 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.

2. Competition Rules and Regulations

- 2.1. 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.
- 2.2. 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.
- 2.4. 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.

- 2.5. 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.
- 2.6. 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.
- 2.7. 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).
- 2.8. Free Style Pushing Hands event is for Advanced Taijiquan practitioners only.

3. Scoring Criteria

- 3.1. 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

- 3.2. When a foul is committed amidst unbalancing an opponent, no points will be awarded. Points may be deducted from the competitor committing the foul.
- 3.3. Scoring Notes:
 - a) 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.
 - b) No point is awarded to the degeneration of the contest into a grappling or shoving match by both parties.
 - c) No point is awarded if a contestant pulls or drags an opponent to the ground while falling.
- 3.4. Any competitors who do not use valid Taiji principles can be eliminated from the event.

4. Fouls and Ensuing Penalties

- 4.1. Surprise attacks or attacks launched without the establishment of prior contact with opponent.
- 4.2. No attacks above the shoulder or below the waist are allowed.

- 4.3 The employment of fingers or other similar extremities located on the upper arm to poke, jab or stab any body part of the opponent.
- 4.4 The employment of feet to tread or hook any body part of opponent.
- 4.5 The employment of palms to choke or to push the opponent's neck or chin region.
- 4.6 Hugging of the opponent's back, reaching under the opponent's armpit or over the side waist for more than 3 seconds.
- 4.7 Clutching, grabbing, or pulling of clothes.
- 4.8 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.
- 4.9 Clutching, or grabbing the feet and legs of the opponent.
- 4.10 Upon successful employment of the plucking technique, the participant must release the hold immediately after the technique is executed.
- 4.11 Spitting and biting are strictly prohibited.
- 4.12 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.
- 4.13 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.
- 4.14 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'.
- 4.15 Do not lean the shoulders, head or neck against the opponent.
- 4.16 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.
- 4.17 The continuation of avoiding contact with the opponent for more than 10 seconds will result in a warning (1 point deduction after the 2nd warning).

Foul Notes:

- a) Verbal warning, no point will be deducted; 2nd warning, 1 point will be deducted;
- b) Foul, 1 point will be deducted. 3 fouls will lead to an automatic disqualification.
- c) Committing a serious foul act may result in immediate disqualification.
- d) 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.
- e) In any match, the chief judge may declare the loser when 6 points have been deducted from a contestant due to warnings/fouls.

5. By-laws

- 5.1 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.
- 5.2 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.
- 5.3 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.
- 5.4 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 Rules (Empty Hand & Weapons) – Updated 1/30/10

General:

Xing Yi Quan principles:

- Coordination in expression of the body in unison and movement
- A sense of fully gathered internal energy without displaying external stiffness
- Each movement must have intention with the mind to control movement and energy
- The energy and techniques are accelerated toward and beyond an imaginary target.
- Usage of standard Xing Yi Quan principles (San Ti, 5 Elements, 12 Animals, etc.)

Time:

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

Scoring:

- Competitors are scored on the effective demonstration of Xing Yi Quan principles.

Judging Criteria:

- Knowledge of basic empty hand and/or weapons applications
- Correct postures and stances, hands and feet are coordinated.
- All movements are in balance while moving forward and backward.
- Body, footwork, weight shift coordinated with movements.
- Blocking and Striking have smoothness and a sense of internal power.
- Internal martial spirit and freedom of the expression.
- Choreography and overall expression with Xing Yi characteristics.

Penalties:

- There is a penalty of 0.1 for each increment of five seconds under time. Penalty to be applied by Chief Judge prior to announcing the final score.
- Individual Judges will not assess a penalty for time infractions.

Ba Qua Zhang Rules (Empty Hand & Weapons) – Updated 1/30/10

General:

Ba Qua Zhang principles:

- Primary use of the palm instead of the fist
- Walking the circle, turning and changing positions, forward, backward
- Strike and evade in circular and straight movements
- Turning and changing direction with hook step (kou bu) and swing step (ba bu)
- Changing steps with piercing, inserting and changing palms
- Posture is extended with hardness and softness combined, body full with internal energy
- Nimble and quickness with every change and transformation
- The circular turning power is like the power of a fierce tornado

Time:

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

Scoring:

- Competitors are scored on the effective demonstration of Ba Quan Zhang principles.

Judging Criteria:

- Knowledge of basic empty hand or weapons applications
- Correct postures and stances, hands and feet are coordinated.
- All movements are in balance while moving forward and backward.
- Body, footwork, weight shift coordinated with movements.
- Blocking and Striking have smoothness and a sense of internal power.
- Internal martial spirit and freedom of the expression.
- Choreography and overall expression with Ba Qua characteristics.

Penalties:

- There is a penalty of 0.1 for each increment of five seconds under. Penalty to be applied by Chief Judge prior to announcing the final score.
- Individual Judges will not assess a penalty for time infractions.

Shuai-Jiao Rules – Updated 1/30/10

(Note: Competitors for Shuai Jiao must be a minimum of 18 years of age at the time of competition.)

Time:

- Each match consists of two rounds lasting three minutes running time each (two minutes for women) of continuous sparring, with 30 seconds rest between each round. If the competitors are tied after two rounds, a third round (1.5 minutes) will be held.
- Time is stopped for uniform or equipment failure, or to seek medical advice.

Scoring:

- Winning two rounds determines the victor.
- 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 who scores the first point; there is no time limit.
- 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.

Competition Ring Space:

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

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

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

Weight Classes:

| <u>Male</u> | <u>Female</u> |
|---------------------------|-------------------------|
| 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 | |

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.

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.

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

Fouls:

- Verbal Warning: no point deduction
 - Beginning the fight before the Referee gives the signal;
 - Continuing after the Referee gives the signal;
 - Grabbing the opponent's pants;
 - Wearing jewelry.
- Minor Penalty: opponent receives one point
 - Touching opponent's face between eyebrows and mouth;
 - Pulling hair;
 - Pulling down the opponent after being thrown;
 - Stepping on the opponent's foot;
 - Stopping the fight before the Referee;
 - Grabbing with both hands and holding still for more than 5 seconds.
- Serious Penalty: opponent receives two points
 - Intentionally striking with a hit, kick, elbow, knee and hand;
 - Striking the opponent while down;
 - Coaching from sidelines with an obvious intention of disturbing or influencing the match.

Referees:

- Chief Referee
 - Responsible for the fighting area;
 - May stop the fight to consult the Center Referee.
- Center Referee
 - Manages the fight on the mat;
 - Nominates the winner at the end of the fight;
 - Has authority to stop the fight for safety or any other reason.

Chi Sao Competition Rules – Updated 7/12/10

General:

- The minimum competition area will be 24' x 24' (6 square meters)
- Competitor will wear colored sashes (white & red) to assist with scoring

Skill Divisions:

- If enough competitors are present, the events will be separated by skill levels. Otherwise, divisions will be combined by the tournament staff.
 - Intermediate (INT) – less than three and a half (3.5) years experience
 - Advanced (ADV) – over three and a half (3.5) years experience

Time:

- Three rounds of 1 minute (running time) with 30-second breaks between rounds.
- Winner must win two (2) rounds.
- If one competitor wins first two (2) rounds, the match is over.

Required Equipment:

- All competitors must provide their own headgear (facemask optional)
- All competitors are required to provide their own mouthguard and groin protector

Optional Equipment:

- All competitors may provide their own chest protector

Weight Classes:

- Weights are divided into male and female categories

| <i>Category</i> | <i>Male</i> | <i>Female</i> |
|-----------------|----------------------------|--------------------------|
| Light | Under 65 Kg (145.2 lbs) | Under 55 Kg (121.3 lbs) |
| Welter | Under 75 Kg (165.3 lbs) | Under 64 Kg (141.1 lbs) |
| Middle | Under 85 Kg (187.4 lbs) | Under 73 Kg (160.9 lbs) |
| Heavy | 85 Kg (187.5 lbs) and Over | 73 Kg (161 lbs) and Over |

Permitted Techniques and Scoring:

- Only clear techniques will score
- Competitors can withdraw their hands to attack or neutralize an attack for no more than one (1) second. After one (1) second, the competitors will be restarted from the spot where they separated.
- Strikes are permitted throughout the area between the shoulders and the hips (front and back), but strikes to the spine are NOT permitted.
- Attacking the head is limited to the use of the front section of the palm to strike the forehead and both cheeks, it is prohibited to use the fist, root of the palm, and finger tips.
- Head Contact MUST be light contact. Excessive force is not a Chi Sao characteristic.
- Competitors are allowed to catch or sweep with the legs as long as they do not hit with them.
- Elbow techniques can be used in defense, but not for attacking.
- Scoring:
 - Strike to Torso – 1 to 2 points
 - Sweep of Legs – 3 points
 - Palm Strike to Head (ADV only) – 3 points
 - Trapping (Loop-Sao) of Hands – 4 points

Prohibited Techniques and Fouls:

- The referee may warn competitors before issuing a penalty.
- Excessive force in head contact
- Strikes to the spine are strictly prohibited and may result in immediate disqualification.
- Trapping with any part of the body other than the hands
- Strikes using the heel of the palm or fingertips
- Strikes with the knee or foot
- Elbow techniques can be used in defense, but not for attacking.
- It is forbidden to strike both eyes, both ears, mouth, nose, temples, back of the head, throat and neck. It is forbidden to strike in areas of the neck and below the hip (genitals, legs, etc.).
- Use of a damaging action intended to hurt the opponent
- Any competitor who receives six (6) penalty points is immediately disqualified
- Referee may issue immediate disqualification to any competitor if he/she feels the competitor is intentionally attacking with the intent on causing injury, or a rules infraction is deemed serious.
- The center referee has full authority
- Each formal penalty (publically issued by referee) carries a point penalty based on the schedule below:
 - Fists, elbows or grabbing the Face
 - 1st offense – 1 point penalty
 - 2nd offense – 2 point penalty
 - 3rd offense – disqualification
 - Elbows or grappling to the Torso
 - 1st offense – 1 point penalty
 - 2nd offense – 2 point penalty
 - 3rd offense – disqualification

- Kicks to any area
 - 1st offense – 1 point penalty
 - 2nd offense – 2 point penalty
 - 3rd offense – disqualification
- Competitors cannot advance by causing an injury from which the injured cannot continue. Injured competitors must have approval from the medical staff and tournament staff to continue in competition.

Wing Chun Wooden Dummy Competition Rules – Updated 7/12/10

General:

- Although several styles of martial arts use the apparatus known as the Wooden Dummy or (Mook), this competition is intended to display the concepts and techniques of Traditional Wing Chun.
- Competition for this event will be evaluated by three (3) scoring judges.

Skill Divisions:

- If enough competitors are present, the events will be separated by skill levels. Otherwise, divisions will be combined by the tournament staff. The skill levels will be defined as below.
- Intermediate (INT) – less than three and a half (3.5) years experience
- Advanced (ADV) – over three and a half (3.5) years experience

Time:

- Intermediate (INT) competitors must complete their competition in 2 minutes.
- Advanced (ADV) competitors must complete their competition in 2 minutes and 30 seconds (2.5 min).
- The Scorer's table will signal with a bell when 15 seconds remain before exceeding the allowable time.
- Where the divisions are combined, the competitor will not receive a time penalty for finishing within 2 minutes, but will receive a time penalty for exceeding the maximum time of 2 minutes and 30 seconds (2.5 min).

Judging Criteria:

- Judges will be looking for the application of Traditional Wing Chun attributes on the Wooden Dummy including but not limited to:
 - Structure during execution of techniques
 - Appropriate generation of power
 - Suitable rhythm when executing sequences.
 - The Chief Judge will take a 0.1 point deduction to the final score for exceeding the maximum time limit.
- Intermediate competitors shall perform the first 4 sections of the Wooden Dummy Form.
- Advanced competitors shall perform the complete set.