

US Wushu Union Competition Rules and Judging Guidelines

Collected and edited by Daphne Curtis.

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Section One—Forms Events**I. General Format****A. Ring Officials**

The following officials will be used in all forms rings:

1. The Ring Coordinator shall
 - a. Obtain a list of the competitors for each division
 - b. Call competitors to the staging area and arrange them in the order of their performances.
 - c. Lead the group of competitors into the ring for salute to the Chief Judge.
 - d. Direct the group of competitors to the ring-side waiting area.
 - e. Ensure an orderly progression of competitors into the ring for performance.
 - f. At the close of the division, present group of competitors to Chief Judge for awards and salute.
 - g. Lead competitors from the competition area.
2. The Chief Judge whose duties shall include:
 - a. Overseeing the work of the Scoring Judges, Timekeeper and Scorekeeper, and generally ensuring smooth operation of his/her ring.
 - b. Conduct the salute to competitors as they are presented prior to competition by the Ring Coordinator.
 - c. Calling the next three competitors in the order that they will compete, as “up”, “on-deck” and “prepare.” If a competitor who is called to prepare is not present to compete due to competition in another ring, the chief judge shall call the next competitor in the order. The Chief Judge should then go back and call for the missing competitor as soon as possible, and avoid moving competitors to the end of the competition order.
 - d. Verification of the work of the Scorekeeper, Timekeeper and judges.
 - e. The reading in a loud and clear manner, the scores of the judges to the Scorekeeper and audience.
 - f. The resolution of excessive score variances.
 - g. The reading in a loud, clear manner, the final score of all competitors.
 - h. Being responsible for deductions of certain errors specified below. Note: The Chief Judge in a ring does not score the competitor.
 - i. Having the final determination of whether a competitor has violated the rules short of an appeal to the chief arbitrator or head official of the tournament.
 - j. Presenting awards to competitors at conclusion of the division.
 - k. Conducting the salute to the competitors at the completion of the event.
 - l. Reporting to the chief arbitrator or chief official when a judge departs from the rules or does not comply with his/her required duties.

3. The Routine Examiner who, for events in which compulsory or standard forms are required, shall:
 - a. Observe the performance of the competitor, recording any movements that do not conform to the specifications of the compulsory routine.
 - b. Upon completion of performance, tallies deductions of points for faults and reports such deductions to the Chief Judge and Scorekeeper.
4. The Scoring Judges (five) who shall:
 - a. Apply the judging criteria to each competitor's performance in a fair and consistent manner to determine each competitor's score.
 - b. Keep detailed written notes of each competitor's evaluation.
5. The Scorekeeper who shall:
 - a. Record the names of all officials in his/her ring on each score sheet. The names of the Scoring Judges shall be recorded in the order that they sit around the ring starting with the judge to the head table's right and proceeding around the ring in a counter-clockwise fashion.
 - b. Inform the Chief Judge of the names of the next three competitors in the order that they will compete, so that the Chief Judge may call for them to prepare.
 - c. Record the scores given by the five judges.
 - d. Check that the spread of the scores is within the allowed range.
 - e. Calculate the average merited score.
 - f. Apply deductions as directed by the Chief Judge.
 - g. Calculate the competitor's final score.
 - h. Apply tie-break procedures, if necessary.
 - i. Determine final placings for competitors in each division.
6. The Timekeeper who shall:
 - a. Ensure that the stop watches are in working order and are set to the correct mode to record elapsed seconds.
 - b. Ensure that the necessary awards for each division are on hand.
 - c. Begin timing each competitor at the commencement of his routine, at the first sign of movement from this attention position; stopping the time when the form is finished and the competitor returns to a stationary and relaxed position.
 - d. Report the duration of each competitor's routine to the Scorekeeper and the Chief Judge.
 - e. Check that the time of each routine falls within the time limit specified in the rules for the type of routine, and inform the Chief Judge of any deviation.

B. Competition Area

1. Contemporary Wushu events shall be conducted in a competition area of 46 by 26 feet, carpeted if possible.

2. Classical Wushu events shall be conducted in a competition area of 36 by 26 feet.
3. Each competition area shall be clearly marked to indicate the center of each longer side.
4. The Chief Judges' table shall be placed along one of the longer sides of the competition area.
5. The Scorekeeper, Timekeeper and routine examiner, if any, shall be seated at the Chief Judge's table.
6. The Scoring Judges shall be arranged around the competition area, with judge number 1 located in the corner immediately to the right of the Chief Judge's table, judge 2 being in the next corner in a counterclockwise manner, judge 3 being directly opposite the Chief Judge's table, etc.

C. Competition Protocol

1. Staging

- a. In the staging area, the Chief Judge, Scorekeeper, Timekeeper, and Scoring Judges for the scheduled event shall assemble in preparation for marching in to the ring.
- b. Concurrently, in the staging area, the Ring Coordinator shall assemble and check-in the competitors for the scheduled event. Competitors who are not present shall be summoned a last time before the division is started. Should a competitor have an obligation in another ring, he/she or his/her representative must at this time tell the ring officials so they can readjust the competing order to accommodate his or her other competing obligations. Once the event has started, if a competitor has not reported in and is not competing concurrently in another event, he/she will be excluded from the competing in the event.

2. Marching In

- a. The Chief Judge, Scorekeeper, Timekeeper, and Scoring Judges shall march into the ring and be seated. The names of these officials may be announced at this time.
- b. The Ring Coordinator shall lead the competitors into the ring and present them to the Chief Judge for the salute, then immediately lead the competitors to the ring-side waiting area. Competitors who are not concurrently competing in other events shall remain at ringside throughout the competition. The Ring Coordinator should at this time leave the ring to prepare the next group of competitors.

3. Calling the Competitors

- a. The Chief Judge will then announce the name of the first competitor, the next competitor "on-deck" and the third competitor "to prepare."
- b. If a competitor is called three times after the event has begun, and there is no response, and that competitor is not in a concurrent division, that competitor will forfeit his/her right to compete in the event.

4. Entering the Ring

- a. When the competitor's name is called, he/she will approach the ring and

give a right fist and left palm salute (standing vertical with both feet together) to the Chief Judge only. The competitor shall not bow to any other ring official or it shall be considered a violation of protocol and will be dealt the appropriate deduction.

- b. The competitor will hold his/her hand salute until permission from the ring official is given. Upon receiving the signal from the ring official to enter the ring, the competitor will "march" or walk evenly and directly to his/her beginning position. No more than 5 seconds should be taken for this.
 - c. At no point should the competitor speak to any officials or judges once his/her name is called.
5. Beginning the Form
- a. Once the beginning position is found, the competitor will stand perfectly still at attention, showing the judges and Timekeepers that the form is ready to begin.
 - b. The time clock will begin at the first sign of movement from this attention position. This attention position should not be held for more than 5 seconds, however, it should be held for at least 2 seconds.
6. Completing the Form
- a. The time clock will stop when the form is finished and the competitor returns to a stationary and relaxed position.
 - b. Upon completion, the competitor will again "march" or walk evenly to the same place he/she entered, turn around, and face the judges and officials once again in a relaxed, upright position.
7. Exiting the Ring
- a. After receiving his or her final score, the competitor will acknowledge the score by saluting only the Chief Judge. Now the competitor is finished with his or her form, and may leave the ring area.
 - b. Departures from this protocol will result in the appropriate penalty being deducted from the merited score of a competitor.
8. Closing of the Division
- a. At the conclusion of the final competitors' performance, the Scorekeeper and Chief Judge shall determine the placing of the competitors for awards.
 - b. The Ring Coordinator will again lead the competitors into the ring and present them to the Chief Judge, who will, beginning with the lowest place, present the awards to the competitors.
 - c. After the final award is presented, the competitors will all salute the Chief Judge and will be lead from the ring by the Ring Coordinator.

II. Specifications for Competition

A. Costumes/Uniforms

1. Specifications

- a. Tops may either be tournament or event T shirts, school T shirts (unless

- prohibited by the event promoter), or traditional jackets of any Chinese style and material.
 - b. T shirts shall be tucked into the pants.
 - c. Pants shall be long and either gathered or open at the ankles.
 - d. A sash or belt must be worn (no karate-style belts), except in internal-style events, where the sash is optional.
 - e. Martial arts style athletic shoes must be worn by all forms competitors. These shoes should be stable and flexible at the ankle and toe, and should have a low profile and good traction.
 - f. Uniforms should be clean and wrinkle free at the start of the competition.
 - g. Uniforms bearing distinguishing school or organization logos may or may not be permitted at the discretion of the particular event staff.
2. Deductions for Non-Conformity of Costumes
- a. With the exception of the deductions set out in sections b. and c. below, cumulative deductions of 0.05 shall be made by the Chief Judge for each nonconformity in costuming.
 - b. Performers who are barefoot will have 0.10 subtracted from their final scores by the Chief Judge.
 - c. A performer whose costume is obviously not of a Chinese martial arts style, for example, wearing a karate-style *gi*, shall have a total of 0.20 subtracted from the final score by the Chief Judge.

B. Weapons

1. Specifications for Standard Weapons
- a. Spear (*Qiang*)
 - (1) The spear shall have a metal tip and shall be fitted with a horsehair tassel.
 - (2) The whole length shall be no shorter than the height of the performers' wrist when he stands erect with his arm raised straight overhead.
 - b. Staff and Southern Staff (*Gun and Nangun*)
 - (1) Staffs may only have one end tapered - staffs with both ends tapered (such as "bo" staffs) are not permitted.
 - (2) The whole length of the staff/southern staff shall not be shorter than the performer's height.
 - c. Sword (*Jian*)
 - (1) The weapon shall be a single-hand, double-edged straight sword.
 - (2) The point of the sword shall not be shorter than the bottom of the performer's ear when the sword is held by the guard.
 - (3) For contemporary external and contemporary internal events only: a tassel shall be attached to the pommel of the weapon.
 - (4) For classical external and classical internal events only: the sword shall support its own weight when rested point down on the ground; a

- tassel may be attached to the pommel of the weapon.
 - d. Broadsword and Southern Broadsword (*Dao and Nandao*)
 - (1) Both weapons shall be a singled-edged blade with slight convex curvature on the cutting edge.
 - (2) The point of the broadsword/southern broadsword shall not be lower than the top of the performer's shoulder when the broadsword is held, guard in hand.
 - (3) For contemporary external and contemporary internal events only: a flag shall be attached to the pommel of the broadsword (optional for the southern broadsword.)
 - (4) For classical external and classical internal events only: the broadsword/southern broadsword shall support its own weight when rested point down on the ground; a flag may be attached to the pommel of the weapon.
 - e. Standard weapons of other specifications may be allowed, at the discretion of the Chief Judge, if deemed appropriate to the style being performed.
2. Specifications for Other Weapons
- a. All other Weapons must be Chinese in origin.
 - b. Weapons not allowed include, but are not limited to *nunchuku, katana, manriki-gusari, kama, sai, etc.*
 - c. Examples of other acceptable Chinese weapons include but are not limited to:
 - (1) In the double weapons category: double broadsword, double straight sword, double hooks, etc.
 - (2) In the flexible weapon category: three section staff, single chain whip, rope dart, etc.
 - (3) In the open weapon category: *guandao, pudao*, tiger fork, two handed sword, fan, dagger, etc.
3. Deductions for Non-Conformity of Weapons
- a. In the event that the weapon's length fall short of the stated lengths, a deduction of 0.05 shall be made for each inch outside of specifications.
 - b. In the event that the weapon obviously does not conform to the standards set out above in any way other than length, a deduction of 0.10 shall be made, at the discretion of the Chief Judge.
 - c. In the event that the weapon is obviously not of Chinese origin, the performer shall have a total of 0.20 subtracted from the final score by the Chief Judge.

C. Time Limits

1. Contemporary Wushu
- a. Ages 5-12, All Forms —1:00 minimum
 - b. Beginner Level, All Forms—1:00 minimum

- c. Advanced & Adult Changquan, Nanquan—1:20 minimum
- d. Advanced & Adult Jian, Dao, Gun, Qiang—1:20 minimum
- e. 42-Form Taijiquan—5:00-6:00
- f. 42-Form Taijijian—3:00-4:00
- g. Other or Optional Forms and Weapons—1:00 minimum
- 2. Classical External (Traditional) Wushu
 - a. Ages 5-12, All Levels All Forms—0:30-2:00
 - b. Beginner & Intermediate Level, Teen & Adult, All Forms—0:30-2:00
 - c. Advanced Level Teen & Adult, All Forms—0:45-2:00
- 3. Classical Internal Wushu
 - a. 24-Form Taijiquan—4:00-5:00
 - b. Yang, Chen, Wu, Hao, Sun Styles Taijiquan—3:00-3:30
 - c. Other Styles Taijiquan—3:00-3:30
 - d. Baguazhang—1:00-2:00
 - e. Xingyiquan—1:00-2:00
 - f. Taiji Straight Sword—2:30-5:00
 - g. Taiji Broadsword—2:00-3:00
 - h. Other Internal Weapons—2:00-3:00
- 4. Group Forms and Sparring Sets
 - a. Choreographed Sparring Sets—0:45-2:00
 - b. Group Sets—0:45-6:00
- 5. Deductions for Over/Under Time Limits
 - a. In all cases, routines must violate the time limit by more than 0.09 seconds to be in violation, i.e. the time must be at least a tenth of a second off to be in violation, hundredths of a second don't count.
 - b. Contemporary external styles — 0.10 points for each increment of 2.0 seconds over or under time limit.
 - c. Classical (traditional) external styles — 0.10 points for each increment of 5.0 seconds over or under time limit.
 - d. Internal style routines including 42-Taijiquan and 42-Taijijian — 0.10 points for each increment of 5.0 seconds over or under time limit.
 - e. Group forms and sparring sets — 0.10 points for each increment of 5.0 seconds over or under time limit.

III. Criteria and Methods of Scoring

A. Skill Levels & Scoring Ranges

1. There will be no set range of scores pre-selected for any competition division, regardless of its designation as “beginner”, “intermediate” or “advanced” on registration materials.
2. All competitors will be judged on a 6.0 - 10.0 scale.

3. The score received from the judges will rate each competitor's skill level in each event.
4. The following skill levels shall be associated with final scores received by competitors:
 - a. 6.0 through 6.99 shall be beginner skill level, and shall be designated as “C-Level.”
 - b. 7.0 through 7.99 shall be intermediate skill level, and shall be designated as “B-Level.”
 - c. 8.0 through 8.99 shall be advanced level, and shall be designated as “A-Level.”
 - d. 9.0 through 9.99 shall be very-advanced level, and shall be designated as “AA-Level.”

B. General Method of Scoring

1. Scoring by Judges: Scores shall be given by the Scoring Judges based on their evaluation of each competitor's technical execution of his routine, and according to the criteria for the specific event. The score shall be determined by subtracting points specified for errors from the value of points set for various factors. Scores displayed by the judges shall contain two digits after the decimal point, with the second digit being restricted to 0 or 5.
2. Determination of the Merited Score: A competitor's merited score is the average of the middle three of the five scores given by the Scoring Judges. The merited score shall be truncated at two digits after the decimal point.
3. Determination of the Final Score: A competitor's final score is determined by subtracting any points deducted by the Chief Judge from the merited score. The resulting total is the final score.

C. Maximum Score Spreads

1. The Score-Keeper will determine the high and low score out of the five raw scores and find the difference between them.
2. If the difference is 0.70 or more, the score-keeper will inform the Chief Judge so that she/he can call for a re-score.
3. The Chief Judge will then instruct the Scoring Judges that they must re-score in an attempt to bring the scores within the acceptable range for maximum score spread.
4. The Scoring Judges will then score the competitor again.
5. The second set of scores shall stand, and shall be recorded as the competitor's scores, even if the scores still do not meet the required maximum score spread.

D. Breaking Ties

1. If two competitors have the same final score, the tie between those two competitors will be broken in the following manner:
 - a. The competitor whose mean (average) value of the two invalid (high and low that were dropped) scores is closer to the value of their original final score shall be placed higher.

- b. If the tie still remains, the competitor with the higher mean (average) value of the two invalid (dropped) scores will be placed higher.
 - c. If the tie still remains, the competitor whose lower invalid (dropped) score is higher shall be placed higher.
2. If the tie cannot be broken by any of the above methods, the tied competitors shall share the place, with the next place left vacant. So if the tied competitors are tied for first place, the next place awarded to the next competitor down will be third.

E. Scoring Criteria for Individual Forms Events

1. The maximum points for any event is 10.0. The criteria for evaluation and deduction are as follows:
2. Technical Specifications of Performance: 6 points
 - a. This category applies to hand/fist forms, stances, body positions, punching/striking techniques, footwork, body work, kicking and leg techniques, jumps, balances and weapon techniques (for weapons forms).
 - b. Each occurrence of a slight deviation from correctness in any of the above areas shall result in a deduction of 0.05 point from the 6 point total.
 - c. Each apparent deviation from correctness shall result in a 0.10 point deduction.
 - d. Each serious deviation from correctness shall result in a 0.20 point deduction.
 - e. The overall deduction shall not exceed 0.20 point for more than one error in the same movement, nor for repeated occurrence of the same habitual error.
 - f. Deduction of points for the sharp edge of a weapon touching any body part shall be made in this category.
 - g. Deduction of points for improper use if a weapon, for example, handling a straight sword no differently than a broadsword, shall be made from this category.
3. Demonstration of Power and Coordination of Movements: 2 points
 - a. Definitions of elements of this category:
 - (1) The full 2.0 points shall be awarded to those competitors who throughout their performance correctly demonstrate full power while properly coordinating application of power with body motion.
 - (2) If a competitor displays unnecessary muscle tension while punching, for example, the full 2 points cannot be given in this category. Likewise, if the hips, waist, and torso do not work together the judge must take deductions in this category.
 - b. Deductions in this category shall be assigned as follows:
 - (1) A slight or occasional lack of power or coordination should result in a deduction of 0.1-0.5.

- (2) An apparent or more frequent lack of power or coordination should result in a deduction of 0.6-1.0 points.
 - (3) A serious or repeated lack of power or coordination should result in a deduction of 1.1-1.5 points.
 - (4) A serious lack of both power and coordination shall result in a deduction of 1.6 to 2.0 points.
4. Elements of spirit, rhythm, content, structure and choreography: 2 points
- a. Definitions of elements of this category:
 - (1) Spirit is the expression of martial intent through focus and intensity of the eyes.
 - (2) Rhythm is the control of the pace at which individual movements are performed. Each movement should be performed at the correct pace, whether slow or fast; pauses and accelerations should be distinctly displayed.
 - (3) Content refers to variety of techniques displayed within a routine. Ideally a routine should display a wide variety of techniques using all parts of the body.
 - (4) Structure refers to the cohesive flow from one movement or technique to the next. The sections or parts of the routine should transition smoothly and logically from one to the next, and not seem forced or awkward.
 - (5) Choreography is the arrangement or distribution of the routine within the competition area. A routine should make use of the majority of the competition space, and should move in a variety of directions within the ring.
 - b. Deductions in this category shall be assigned as follows:
 - (1) A slight or occasional lack in one or two of the above elements should result in a deduction of 0.1-0.5 points.
 - (2) An apparent or more frequent lack in one or two elements, or a slight lack in three or more elements, should result in a deduction of 0.6-1.0 points.
 - (3) A serious or repeated lack of one or two elements, or an apparent lack in three or more elements should result in a deduction of 1.1-1.5 points.
 - (4) A serious or repeated lack of three or more elements should result in a deduction of 1.6-2.0 points.
5. Additional deductions applied by Scoring Judges
- a. Forgetfulness:
 - (1) A pause affecting the harmony of movements shall result in a deduction of 0.1 point.
 - (2) A long pause shall result in a deduction of 0.2 point.
 - (3) A pause leading to confused movements shall result in a deduction of 0.3 point.

- b. Effects of costume/uniform or decorations on movements:
- (1) In the process of competition, 0.1 point shall be deducted for each incident in which any part of the performer's body gets caught or entangled by the flags of his broadsword or the tassel of his sword, so as to affect his movements.
 - (2) 0.1 point shall be deducted for any weapon or garment decoration that falls off in the course of competition.
 - (3) 0.1 point shall be deducted for a competitor whose uniform tears, sash falls off, top comes open, shoe falls off, etc.
- c. Loss or breakage of weapon:
- (1) Each occurrence of a weapon inappropriately touching a competitor's body or the floor, or coming loose from a competitor's hand, shall result in a deduction of 0.1 point.
 - (2) Each occurrence of a weapon becoming obviously bent or deformed shall result in a deduction of 0.2 point.
 - (3) Each occurrence of a weapon breaking or falling to the ground shall result in a deduction of 0.5 point.
- d. Loss of balance:
- (1) Each loss of balance, indicated by sway of the body or superfluous step or skip, shall result in a deduction of 0.1 point.
 - (2) Repeated occurrences of loss of balance shall result in cumulative deductions.
 - (3) A loss of balance accompanied by a competitor touching the ground to support himself shall result in a deduction of 0.3 point.
 - (4) A loss of balance resulting in a fall to the ground shall result in a deduction of 0.5 point.
- e. Out of ring boundary will shall be enforced only when competition area is of the standard size for the particular event:
- (1) Any part of the body trespassing the ring boundary shall result in a deduction of 0.1 point.
 - (2) The whole body trespassing the ring boundary shall result in a deduction of 0.2 point.
6. Deductions applied by the Chief Judge
- a. Improper vocalizations in a routine shall result in a deduction of 0.1 point for each occurrence.
 - b. Deviation in commencing and closing routine shall result in a deduction of 0.1 point.
 - c. Repetition of performance:
 - (1) A competitor whose performance is interrupted by uncontrollable circumstances may repeat it with the Chief Judge's approval without deduction of points.
 - (2) A competitor whose performance is interrupted by a lapse of memory or damage to his weapon or costume may repeat his performance, but

- with a deduction of 1.0 point.
- (3) If a competitor is not able to continue his performance due to injuries, the Chief Judge may stop the performance. The competitor, after receiving first aid and if he is able, shall be allowed to repeat his performance at the end of his group of competitors, but with a deduction of 1.0 point. If an injured competitor is unable to repeat his performance, he shall be considered to have forfeited for that division.
- d. Performance under and over the time limit specified for a particular division shall have such deductions applied as are given in Section I. General Competition Format, Subsection E. Duration of Forms Routines.
 - e. Deviation from the designated direction for a particular movement in a compulsory or standard routine shall result in a deduction of 0.1 point for each occurrence.
 - f. Missing or additional movements in a compulsory or standard routine:
 - (1) Each missing or additional movement shall result in a deduction of 0.2 point.
 - (2) Each missing or additional step in an approach to a jump or a sequence of steps shall result in a deduction of 0.1 point.
 - g. Non-conformity with specifications for weapons and costumes shall be applied by the Chief Judge as specified in Section I. General Competition Format, Subsection C. Costumes/Uniforms and Subsection D. Weapons.

F. Scoring Criteria for Choreographed and Group Events

1. The maximum points for any event is 10.0.
2. The categories for criteria for evaluation and deduction are as follows:
 - a. Correct technical execution of techniques: 4 points
 - b. Coordination of movements, close formation of group: 3 points
 - c. Content, conspicuous demonstration of style, realism in fighting application: 2 points
 - d. Structure and choreography of routine: 1 point
3. Refer to Section D above for details of methods of deductions.
4. Additional deductions applied by Scoring Judges are the same as individual routines, with the exception that the out of ring boundary penalty shall not be applied.
5. Deductions applied by the Chief Judge are the same as individual routines.

Section Two—Application Events

I. General Format

A. Ring Officials

The following officials will be used in all forms rings:

1. The Ring Coordinator shall:
 - a. Obtain a list of the competitors for each division
 - b. Call competitors to the staging area and arrange them in the order of their matches.
 - c. Lead the group of competitors into the ring for salute to the Chief Judge.
 - d. Direct the group of competitors to the ring-side waiting area.
 - e. Ensure an orderly progression of pairs of competitors into the ring for matches. The Ring Coordinator will call the name of each pair of competitors as they are scheduled to compete, and the names of the following pair of competitors. If the Ring Coordinator calls a competitor three times after the event has begun, and there is no response, and that competitor is not in a concurrent division, that competitor will forfeit his right to compete in the match. In this case, the Ring Coordinator shall inform the Referee of the absence, and the Referee shall award the match to the opponent.
 - f. At the close of the division, present group of competitors to Chief Judge for awards and salute.
 - g. Lead competitors from the competition area.
2. The Chief Judge/Referee whose duties shall include:
 - a. Overseeing the work of the Scoring Judges, Timekeeper and Scorekeeper and generally ensuring smooth operation of his/her ring.
 - b. Conducting the salute to competitors as they are presented prior to competition by the Ring Coordinator.
 - c. Calling each pair of competitors into the ring as they are presented by the Ring Coordinator. If the Referee is informed by the Ring Coordinator that a competitor (who is not competing in another concurrent event) is not present, the Referee shall award the match to the opponent who is present.
 - d. Assigning color designation to competitors: one competitor shall be designated as “red” and the other as either “white” or “black”.
 - e. Starting, stopping and generally controlling the match in accordance with the rules for the specific application event; ensuring that fighters use only legal techniques; and above all, ensuring the safety of the competitors.
 - f. Directing the Timekeeper to stop the time clock as necessary for judges' consultation, or when an infringement of the rules, an injury, an argument, or a withdrawal occurs.
 - g. Announcing the points or scoring for each round according to the votes or scores of the Scoring Judges.

- h. Issuing penalties to fighters in the form of cautions or warnings, or even disqualifications should the offense merit it. Note that the Chief Judge has the final determination of whether a competitor has violated the rules, short of an appeal to the chief arbitrator or chief official of the tournament.
 - i. Announcing in a loud and clear manner, the final result of each match.
 - j. Presenting awards to competitors at conclusion of the division.
 - k. Conducting the salute to the competitors at the completion of the event.
 - l. Acting as the arbiter of disputes that may occur in the course of any match. Note: the Chief Judge's decision will be final on any judgements not explicitly covered in these rules.
 - m. Reporting to the chief arbitrator or chief official when a judge departs from the rules or does not comply with his/her required duties.
3. The Scoring Judges (three or five) whose duties shall include:
 - a. Evaluating each competitor's performance independently according to the standards set out for the particular application event.
 - b. Awarding points to or keeping score for each competitor according to the scoring system for each application event.
 - c. Announcing votes for the winner of a round or match, or displaying scores for each competitor in each round or match when called upon to do so by the Chief Judge/Referee.
 - d. Alerting the Referee when a violation of the rules occurs, and then identifying to the Referee what that foul is. In the event the Referee calls for confirmation, the judges should vote according to what they saw.
 - e. If the particular application event calls for it, keeping detailed scoring notes for the evaluation of each competitor.
 4. The Scorekeeper who shall:
 - a. Record the names of all officials in his/her ring on each score sheet. The names of the Scoring Judges shall be recorded in the order that they sit around the ring starting with the judge to the head table's right and proceeding around the ring in a counter-clockwise fashion.
 - b. Inform the Chief Judge/Referee of the names of the next two pairs of competitors in the order that they will compete, so that the Chief Judge/Referee may call for them to prepare.
 - c. Record the color designation of each competitor as assigned by the Chief Judge/Referee: one competitor shall be designated as “red” and the other as either “white” or “black”.
 - d. Record each point announced by the Referee on the score sheet next to the name of the competitor, and announce to the Referee the total number of points for each competitor.
 - e. Record on the score sheet next to the name of the competitor each warning or other penalty announced by the Referee, and announce to the Referee the total number of warnings for that competitor.
 - f. Record the score or winner for each round on the score sheet, and

announce to the Referee the total number of rounds won by each competitor, or the final score for each competitor.

- g. Record on the score sheet any disqualification and reason for disqualification announced by the Referee. Note that in case of disqualification, the opponent will be advanced to the next round.
 - h. At the conclusion of each match, inform the Referee of the winner. Generally the competitor who has either won the most rounds, received the highest score or accumulated the most points, or has the or earned the fewest warnings will be declared the winner of the match. The score keeper shall indicate the winner on the score sheet and shall advance the winner's name to the next round on the bracket sheet.
 - i. When the final match of a division has concluded, the score keeper will record the names of the first through fourth place winners on the score sheet and give the score sheet to the Chief Judge so that he/she may present the awards to the competitors.
5. The Timekeeper who shall:
- a. Ensure that the stop watches are in working order and are set to the correct mode to record elapsed seconds.
 - b. Ensure that the necessary awards for each division are on hand at the beginning of the division.
 - c. Begin timing match when the Referee begins the action.
 - d. Pause the timing when the Referee calls "Stop" or "Break", or while the Referee calls for a point and verification and announces his/her decision, or when there is any cessation in the action of a match that exceeds 5 seconds in duration.
 - e. Resume the timing when the Referee restarts the action.
 - f. Inform the Referee by loudly declaring "Time!" or by ringing a bell or gong when the time duration set for the round or match has been reached.
 - g. Keep time for any designated rest period between rounds.
 - h. Generally assist the Scorekeeper.

B. Competition Areas

1. Each application event shall be conducted in a competition area as specified for the particular event in Section III below.
2. For all application events, the Chief Judges' table shall be placed along one side of the competition area.
3. The Scorekeeper and Timekeeper shall be seated at the Chief Judge's table.
4. The Scoring Judges shall be arranged around the competition area, either seated or standing
 - a. When five Scoring Judges are used, they shall be arranged around the competition area, with judge number 1 located in the corner immediately to the right of the Chief Judge's table, judge 2 being in the next corner in a counterclockwise manner, judge 3 being directly opposite the Chief Judge's table, etc.

- b. When three Scoring Judges are used, they shall be arranged around the competition area with judge number 1 being located on the side of the ring to the right of the Chief Judge's table, judge number 2 being directly opposite the Chief Judge's table, and judge 3 being on the side of the ring to the left of the Chief Judge's table.

C. Elimination/Advancement Methods

1. Round-Robin Match Method
 - a. This method shall be used for Chi Sao and Push Hands events when only three competitors are entered for a particular weight class.
 - b. Three matches will be conducted; each competitor will be matched against each other competitor once.
 - c. At the end of the three matches, the places will be awarded according to the following method:
 - (1) First, the three competitors will be ranked according to the number of matches won.
 - (2) Any ties will then be resolved by consideration of which competitor won the most rounds in all the matches.
 - (3) Any remaining ties will be resolved by consideration of which competitor scored the most points in all the matches.
 - (4) Any remaining ties will be resolved by consideration of which competitor received the fewest warnings in all the matches.
2. Single Elimination Bracket Method
 - a. This method shall be used for Chi Sao and Push Hands events when four or more competitors are entered for a particular weight class.
 - b. Setting up the Bracket
 - (1) Competitors names will be entered into the bracket according to the seeding order determined by the drawing of lots or computer randomization
 - (2) The appropriate number of byes shall be given in order to produce a multiple of two (16, 8, 4, or 2) matches in the second round.
 - c. First Round: The first round winners will be advanced by writing their names in the second round column of the bracket.
 - d. Second Round: The second and subsequent round winners will be advanced as above, until a round is reached in which only four fighters remain, the round with only four fighters remaining shall be known as the semi-final round.
 - e. Semi-Final Round
 - (1) The names of the losers of the two semi-final round matches will be written in the special third-place match section of the bracket sheet.
 - (2) The winners of the two semi-final round matches will be advanced by writing their names to the right in the final round column.
 - f. Final Round: The third place match should always be conducted prior to the first place match. The first place match should be the final match

conducted in the division.

D. Weighing In

1. The registration and recording staff shall be in charge of the weighing in.
2. Each competitor shall be weighed in the period not more than 24 hours prior to the commencement of the competition.
3. A competitor may be weighed in clothing, shorts, trunks, underwear, or swimsuit.
4. A competitor whose weight does not fit within the weight class for which he registered shall be moved to the appropriate weight class.

E. Drawing Lots

1. Drawing of lots may be replaced with computer randomization at the discretion of the registration staff of the particular event.
2. The registration and recording staff shall be in charge of the drawing of the lots.
3. If drawing of lots is conducted, it shall take place at the time and place of the event staff's choosing, but in all cases at least one hour prior to the time set for the start of the competition events.
4. If, according to the drawing of lots or randomization, two members of the same team or school would meet in the first rounds of the fight, there will be another drawing of the lots or randomization for these two competitors. Note: separation of competitors from the same school/team may not be possible if there are not a sufficient number of competitors from other schools/teams.

F. Competition Protocol

1. Staging
 - a. In the staging area, the Chief Judge/Referee, Scorekeeper, Timekeeper, and Scoring Judges for the scheduled event shall assemble in preparation for marching into the ring.
 - b. Concurrently, in the staging area, the Ring Coordinator shall assemble and check-in the competitors for the scheduled event. Competitors who are not present shall be summoned a last time before the division is started. Should a competitor have an obligation in another ring, he/she or his/her representative must at this time tell the ring officials so they can readjust the competing order to accommodate his or her other competing obligations. Once the event has started, if a competitor has not reported in and is not competing concurrently in another event, he/she will be excluded from the competing in the event.
2. Marching In
 - a. The Chief Judge/Referee, Scorekeeper, Timekeeper, Scoring Judges shall march into the ring and be seated or take their positions in the ring. The names of these officials may be announced at this time.
 - b. The Ring Coordinator shall lead the competitors into the ring and present them to the Chief Judge for the salute, then immediately lead the competitors to the ring-side waiting area. Competitors who are not concurrently competing in other events shall remain at ringside

throughout the competition.

3. Entering the Ring

- a. The Ring Coordinator will then present the first pair of competitors for the first match, and instruct the next pair of competitors to prepare for the subsequent match.
 - b. The Chief Judge will then call the pair of competitors into the competition area.
 - c. The competitors will enter the ring and salute the Chief Judge/Referee and each other as directed by the Chief Judge/Referee.
 - d. The Chief Judge/Referee will assign the color designations of "red" and either "white" or "black" to the competitors and shall confirm that these designations have been recorded by the Scorekeeper.
 - e. The competitors will then assume the positions within the competition area as directed by the Referee and according to the rules for the particular event.
 - f. The Chief Judge/Referee will ensure that the judges, Scorekeeper and Timekeeper are prepared, and will then direct the competitors to prepare and begin action in the method set out for the particular event.
4. During the Match: Between rounds of the match, the competitors should report to neutral sides or corners of the competition area, and rest quietly until called by the Referee.
 5. Exiting the Ring: After the winner of the match or the scores for the match are announced, the competitors shall both salute the Referee and leave the ring area.
 6. Closing the Division
 - a. At the conclusion of the final match, the Scorekeeper and Referee shall determine the placing of the competitors for awards.
 - b. The Ring Coordinator will again lead the competitors into the ring and present them to the Chief Judge, who will, beginning with the lowest place, present the awards to the competitors.
 - c. After the final award is presented, the competitors will all salute the Chief Judge and will be lead from the ring by the Ring Coordinator.

II. Specifications for Competition

A. Clothing & Protective Equipment

1. Clothing Guidelines
 - a. Shirts: Competitors in Chi Sao, Push Hands and Technical Fighting are required to wear a short-sleeved T-shirt. School insignia is permitted unless specifically prohibited by the tournament committee. No long-sleeved shirts will be permitted. Sanshou competitors may wear tank tops or may fight bare-chested (males).
 - b. Pants: Chi Sao, Push Hands and Technical Fighting competitors shall wear martial arts pants or long athletic pants. No shorts are permitted. Sanshou competitors shall wear boxing trunks or similar athletic shorts.

- c. Shoes: Except for Technical Fighting and Sanshou in which no shoes are permitted, competitors shall wear martial arts style athletic shoes, which should be stable and flexible at the ankle and toe, and should have a low profile (no high-tops) and good traction.
- d. Jewelry: Competitors are not permitted to wear any jewelry or other objects that may cause injury to themselves or to opponents.
- e. Fingernails: Fingernails must be clipped as short as.
- f. Hair: Long hair must be securely tied back.
- g. Face: Male athletes shall be shaven clean of razor-stubble; Vaseline or similar substances may be used on the face but is strictly prohibited from being used on any other part of the body.
- h. Eyes: Competitors who need corrective eye-wear must wear sports or safety glasses, or contact lenses. No regular glasses will be permitted.
- i. Injuries: injuries may be taped with authorization. The taping must not present a hazard to the other athlete.

2. Protective Equipment

- a. Competitors in Chi Sao, Push Hands and Technical Fighting are responsible for their own protective equipment. Competitors in Sanshou are required to provide their own equipment as specified in section f below.
- b. Competitors who do not have the mandatory equipment at the time of their match will forfeit that match.
- c. Equipment for Technical Fighting

(1) Required:

- (a) head gear that covers top, sides and rear of head
- (b) mouth-guard
- (c) groin-cup (for males)
- (d) dipped/coated foam gloves that fully cover the fingers
- (e) dipped/coated foam foot gear that covers the entire foot (except sole) and ankle

(2) Optional: chest or rib protector; shin guards

d. Equipment for Chi Sao

(1) Required

- (a) head gear that covers top, sides and rear of head
- (b) mouth-guard
- (c) groin-cup (for males)

(2) Optional: chest or rib protector

e. Equipment for Push Hands

- (1) Recommended: Head gear and mouth-guard
- (2) Optional: groin-cup (for males)

f. Equipment for Sanshou

(1) Required

- (a) standard boxing gloves: if the fighter weighs 65 kg or less the gloves shall be 12 ounces; if the fighter weighs 70 kg or more, the gloves shall be 14 ounces
- (b) head gear meeting USA Boxing specifications, weighing 10-12 ounces.
- (c) IWUF-style chest protector
- (d) shin/instep guards (on bare feet)
- (e) fitted mouth-guard
- (f) groin-cup (for males; must be worn under the shorts for males)

(2) Optional

- (a) ankle supports
- (b) knee pads (must be mutually agreed upon before the match)
- (c) well-fitting breast protectors and groin protection (for females)

B. Weight Classes

1. Chi Sao, Push Hands and Technical Fighting

a. Men

- Light Weight: up to 144.9 pounds
- Middle Weight: 145 to 174.9 pounds
- Heavy Weight: 175 to 204.9 pounds
- Super Weight: 205 pounds and up

b. Women

- Lower Weight: up to 134.9 pounds
- Upper Weight: 135 pounds and up

2. Sanshou events will use one of the two following weight class options, depending on the number of competitors:

a. Full weight class option (for large events with numerous competitors):

- 48 kg: ≤ 48 kg / up to 105.8 pounds
- 52 kg: > 48 to ≤ 52 kg / 105.9 to 114.6 pounds
- 56 kg: > 52 to ≤ 56 kg / 114.7 to 123.5 pounds
- 60 kg: > 56 to ≤ 60 kg / 123.6 to 132.3 pounds
- 65 kg: > 60 to ≤ 65 kg / 132.4 to 143.3 pounds
- 70 kg: > 65 to ≤ 70 kg / 143.4 to 154.3 pounds
- 75 kg: > 70 to ≤ 75 kg / 154.4 to 165.3 pounds
- 80 kg: > 75 to ≤ 80 kg / 165.4 to 176.4 pounds
- 85 kg: > 80 to ≤ 85 kg / 176.5 to 187.4 pounds
- 90 kg: > 85 to ≤ 90 kg / 187.5 to 198.4 lbs
- Over 90 kg: > 90 kg / 198.5 and up pounds

b. Condensed weight class option (for smaller events with fewer competitors):

Super-Light Weight: up to 114.6 pounds
 Light Weight: 114.7 to 132.3 pounds
 Light-Middle Weight: 132.4 to 154.3 pounds
 Middle Weight: 154.4 to 176.4 pounds
 Heavy Weight: 176.5 to 198.4 pounds
 Super-Heavy Weight: 198.5 and up pounds

III. Match Rules & Methods of Scoring

A. Technical Fighting

1. Object: The object of Technical Fighting is to display effective and natural application of Chinese martial arts fighting principles.
2. Competition Area
 - a. The competition area will be a square space measuring 25 feet by 25 feet.
 - b. The area shall be clearly marked at the exact center with a "+" shaped tape line.
3. Time Limit: One continuous 90-second round
4. Protocol
 - a. Starting the Match
 - (1) Each fight will begin with the fighters facing each other approximately 15 feet apart.
 - (2) The fighting will be continuous with no stopping except for clashing, illegal activity, injury or any other reason deemed fit by the judging panel.
 - b. During the Match
 - (1) A Break will be called by the Referee should any of the following events occur:
 - (a) Head contact that might result in an injury or a call for Warning/Disqualification.
 - (b) A competitor aims for or hits an illegal target.
 - (c) A competitor successfully applies a series of repeated unanswered techniques to the opponent.
 - (d) One or both competitors goes to the floor.
 - (e) When any Judge signals that they have seen a competitor commit a violation.
 - (f) When the Referee needs to stop action to prevent injury.
 - (g) When either or both fighters go out of bounds
 - (2) The Referee will restart the match after a stop in the action in the same way it originally began.
 - c. Ending the Match
 - (1) At the end of the match, the Referee will stand between the competitors and the Chief Judge shall call for the scores from the judges for each fighter, one at a time.

(2) The highest score and the lowest score will be dropped and the other three averaged such as in any forms event. The Scorekeeper will announce the final scores.

(3) Upon the announcement of the final scores, preparations for the next match will begin.

5. Rules

- a. Level of Contact
 - (1) Technical Fighting shall be light contact and shall emphasize the control of technique and finesse and not the use of excessive force.
 - (2) Light Contact is defined as contact that causes no bruising or injury to the opponent and does not move the opponent from a stable stance. Contact to the head should not cause the head to whip.
 - (3) Excessive Force is defined as anything that is not light contact. For example:
 - (a) A head strike that results in bleeding, whipping of the head and/or neck, bruising or swelling of the face.
 - (b) Unreasonable force to the body, for example, a kick that moves an opponent from a stable or rooted stance.
- b. Legal Contact Areas
 - (1) Torso - front, sides, and rear kidney-area
 - (2) Outside of thighs
 - (3) Outside of shins
 - (4) Entire arm
 - (5) Front and side of head gear
- c. Legal Non-Contact Target Areas: Please note that these areas are legal for non-contact techniques only. Any contact to these areas will result in a Warning or Disqualification.
 - (1) Front of face
 - (2) Horizontal strikes across the top of the head gear
- d. Legal Techniques
 - (1) Punches
 - (2) Kicks
 - (3) Open hand strikes to body targets only
 - (4) Sweeps to the outside of the opponent's front leg
- e. Illegal Target Areas
 - (1) Neck
 - (2) Spine
 - (3) Groin
 - (4) Front, inside or back of legs
 - (5) Knee joint

- (6) Ankle joint
- f. Illegal Techniques
 - (1) Knee strikes
 - (2) Elbow strikes
 - (3) Finger strikes
 - (4) Take-downs or throws
 - (5) Joint locking or breaking attempts
 - (6) Head butts
 - (7) Biting
 - (8) Floor or ground fighting
 - (9) Open hand strikes to the head
 - (10) Sweeps to an opponent's back leg or sweeps that attempt both legs of an opponent
 - (11) Sweeps to inside of the leg
 - (12) Dangerous blind attempts at spinning hand or foot strikes
- g. Warnings shall be issued by the Referee for any of the following violations:
 - (1) Execution of any illegal technique
 - (2) Contact to any illegal or non-contact target area
 - (3) Excessive force (without malice or intent)
 - (4) Failure to break on the call
 - (5) Running out of the ring
 - (6) Exposing an illegal target area
 - (7) Execution of blind techniques
 - (8) Any coaching from the sideline
- h. Cautions—A caution shall be issued by any judge or by the Referee for the following violations:
 - (1) Equipment or clothing violations—Equipment not legal or in poor condition, wearing jewelry, spitting out mouth piece, etc. (Note: a competitor who comes to his/her match with improper equipment or clothing will be issued a caution immediately and have one minute to retrieve appropriate equipment/clothing.)
 - (2) Any other action not covered by the rules in which safety is an issue.
 - (3) Two cautions shall equal one warning.
- i. Disqualification
 - (1) A competitor shall be disqualified immediately upon accumulation of three Warnings.
 - (2) Execution of a technique that causes the opponent to bleed will also result in Disqualification. Note: bleeding from a self-inflicted wound is not cause for the opponent's disqualification.

- (3) Competitors who are disqualified in a match shall be considered to have lost that match and shall be entitled to whatever award, seeding, etc. the match loser is entitled.
- j. Expulsion
 - (1) Expulsion will result from deliberate or serious violations of the rules, such as:
 - (a) Deliberate excessive force/intent to injure
 - (b) Deliberate targeting of an illegal area, for example: deliberate targeting of face, top of head, back of head, spine, etc.
 - (c) Deliberate violation of any rule
 - (d) Rude or belligerent behavior
 - (e) Use of objectionable or abusive language by a contestant or by his/her coach, schoolmates, etc.
 - (f) Commission of any infraction that would incur a warning that also results in serious injury to the opponent.
 - (2) A competitor can be expelled without having previously received any warnings.
 - (3) Competitors who are expelled will not be awarded any placing, seeding or ranking, nor will they be allowed to continue in the fighting. However, all results to the point of expulsion will remain unchanged
- 6. Judging Guidelines: Each competitor shall be scored based on demonstration of fighting skills in the following five categories:
 - a. Attack Skills
 - (1) Accurately aims techniques at target areas without simply "flailing" arms to hit something
 - (2) Begins an attack sequence and changes smoothly/naturally to defense if opponent counters attack
 - (3) Creates openings using combinations of attacks, rather than trying to overcome opponent with a single, forceful technique.
 - (4) Controls speed and power in attacks; does not punch/kick as hard as possible
 - b. Defense Skills
 - (1) Blocks incoming attacks effectively
 - (2) In addition to blocking, uses footwork and body motion to defend against and evade opponent's attacks
 - (3) Converts blocking/evasion naturally into counter-attacks with techniques aimed at target areas
 - (4) Blocks/counters without endangering self
 - c. Body Motion
 - (1) Shows naturalness, fluidity, and connectedness in movements
 - (2) Utilizes movement of the entire body (waist and spine) instead of isolated arm/leg strength

- (3) Shows efficient motion and directed energy; does not appear rushed or overworked; does not “bounce” and “jab” wasting effort
- (4) Advances and retreats using stable stance and good footwork without losing balance
- d. Reaction Skills
 - (1) Reacts to opponent; moves naturally in response to an attack or counter
 - (2) Shows adaptability in application of attack and defense techniques
 - (3) Turns a defensive situation into an attack and vice-versa.
 - (4) Demonstrates ability to capitalize on opponent’s weaknesses or mistakes.
- e. Overall Impression
 - (1) Uses a variety of footwork, hand/leg techniques, attack combinations, defensive maneuvers and counter-strikes
 - (2) Controls the match through either a variety of successful attacks, or the ability to defend and successfully counter the majority of the opponent’s attacks
 - (3) Utilizes the ring area effectively and stays in ring
 - (4) Does not lose composure; shows concentration and calm demeanor
 - (5) Displays obvious elements of a Chinese martial arts style
- 7. Determination of the Final Score
 - a. Each Scoring Judge will assign a numerical score between five and ten to each competitor in each of the above five categories.
 - 5 = displays no ability in the category
 - 6 = displays one or two abilities in the category, but not reliably or effectively.
 - 7 = displays more frequent use of more abilities in the category, shows some effectiveness
 - 8 = displays many of the abilities in the category effectively
 - 9 = displays most or all of the abilities in the category with reliable effectiveness
 - 10 = displays all of the abilities in the category with reliable effectiveness
 - b. The five category scores are added together and the total is divided by five to produce the judge’s score for each competitor.
 - c. The scores of the five Scoring Judges are announced, the high and low scores out of the five are removed, and the remaining three scores are averaged to produce the final score for each competitor.
 - d. Rather than determining a winner and loser in each individual match, those competitors having the highest final scores in each round of matches will advance to the next round of matches, as described under Highest Score Advancement Method in the Elimination/Advancement Methods Section.

B. Chi Sao

1. Object: To display application of fighting qualities particular to southern short-rang styles, such as “bridging”, i.e., adhering to the opponent’s forearms, while delivering effective attacks and counter-attacks to precise body targets at close range.
2. Competition Area
 - a. The competition area will be a square space measuring eight feet by eight feet.
 - b. The area shall be divided into two halves by a line of tape.
3. Time Limit: 2 two-minute rounds with a 30 second rest period
4. Protocol
 - a. Starting the Match
 - (1) Competitors will “face off” at the center of the competition area and establish forearm contact in a double sticking-hands position.
 - (2) Following the directions of the Referee, the contestants will begin “rolling,” rotating their forearms at least three times before initiating an exchange of techniques.
 - b. During the Match
 - (1) A break in the action will be called by the Referee should any of the following events occur:
 - (a) Head contact that might result in an injury or a call for Warning/Disqualification.
 - (b) A competitor aims for or hits an illegal target.
 - (c) One or both competitors goes to the floor.
 - (d) When any Judge signals that they have seen a competitor commit a violation.
 - (e) When the Referee needs to stop action to prevent injury.
 - (f) When fighters disengage or either or both fighters go out of bounds
 - (2) The Referee will restart the match after a stop in the action in the same way it originally began.
 - c. Ending the Match
 - (1) At the end of the match, the Referee will stand between each fighter and the Chief Judge will call for the Scoring Judges’ decision.
 - (2) Upon the announcement of the winner, preparations for the next match will begin.
5. Rules
 - a. Level of Contact
 - (1) Chi Sao shall be light contact and shall emphasize the control of technique and finesse and not the use of excessive force.
 - (2) Light Contact is defined as contact that causes no bruising or injury

to the opponent and does not move the opponent from a stable stance. Contact to the head should not cause the head to whip.

(3) Excessive Force is defined as anything that is not light contact. For example:

(a) A head strike that results in bleeding, whipping of the head and/or neck, bruising or swelling of the face.

(b) Unreasonable force to the body, for example, a kick that moves an opponent from a stable or rooted stance.

b. Legal Target Areas

(1) Torso - front and sides

(2) Entire arm

(3) Front and side of head gear

c. Illegal Target Areas

(1) Face

(2) Neck

(3) Back

(4) Any area below the waist

d. Legal Techniques

(1) Striking techniques employing the fist or open hand

(2) Kicking is allowed only when directed to the protected chest area while at least one hand is in contact with the opponents arm.

e. Illegal Techniques

(1) Elbow strikes

(2) Finger strikes

(3) Knee strikes

(4) Joint locking or breaking attempts

(5) Head butting

(6) "Double-grabbing," i.e. holding the opponent with both hands without executing an attack

(7) Pulling or grabbing the opponent's hair or clothing

(8) Wild, swinging punches that show a lack of "bridging"

f. Warnings shall be issued by the Referee for any of the following violations:

(1) Contact to any illegal target area

(2) Execution of any illegal technique

(3) Use of excessive force (without malice or intent)

(4) Attacking the opponent after the Referee has stopped the action

(5) Running out of the ring or deliberately disengaging

(6) Issuing of verbal instruction from the ringside by instructor or fellow

students during the match or rest period

g. Cautions—A caution shall be issued by any Judge or by the Referee for the following violations:

(1) Equipment or clothing violations—Equipment not legal or in poor condition, wearing jewelry, spitting out mouth piece, etc. (Note: a competitor who comes to his/her match with improper equipment or clothing will be issued a caution immediately and have one minute to retrieve appropriate equipment/clothing.)

(2) Any other action not covered by the rules in which safety is an issue.

(3) Two cautions shall equal one warning.

h. Disqualification

(1) A competitor shall be disqualified immediately upon accumulation of three Warnings.

(2) Execution of a technique that causes the opponent to bleed will also result in Disqualification. Note: bleeding from a self-inflicted wound is not cause for the opponent's disqualification.

(3) Competitors who are disqualified in a match shall be considered to have lost that match and shall be entitled to whatever award, seeding, etc. the match loser is entitled.

i. Expulsion

(1) Expulsion will result from deliberate or serious violations of the rules, such as:

(a) Deliberate excessive force/intent to injure

(b) Deliberate targeting of an illegal area, for example: deliberate targeting of face or groin.

(c) Deliberate violation of any rule

(d) Rude or belligerent behavior

(e) Use of objectionable or abusive language by a contestant or by his/her coach, schoolmates, etc.

(f) Commission of any infraction that would incur a warning that also results in serious injury to the opponent.

(2) A competitor can be expelled without having previously received any warnings.

(3) Competitors who are expelled will not be awarded any placing, seeding or ranking, nor will they be allowed to continue in the fighting. However, all results to the point of expulsion will remain unchanged.

6. Judging Guidelines

a. Judges will be looking for a continuous exchange of discernible techniques, with an emphasis on adherence or "sticking." This is to be distinguished from wrestling, shoving, and boxing.

b. Competitors should display good "bridging" skills, i.e. adhering to the opponent's forearms while delivering attacks and counterattacks to precise body targets at close range.

- c. This is not a point contest but a judgement of the competitors overall performance. The judges will determine the winner by evaluating which competitor displays better skill in the following areas:
 - (1) Sensitivity/Reaction Skills
 - (2) Balance
 - (3) Structure and technique (stance and movements)
 - (4) Timing and speed
 - (5) Control of power and distance
 - (6) Clean attacking, blocking, and trapping technique
- 7. Determining the Winner
 - a. A majority of votes of the Scoring Judges determines the winner in each match.
 - b. In the event of a draw, the Corner Judges will refer to the Chief Judge for a decision.
 - c. In the finals, a 20-second "sudden death" round may be initiated if a draw occurs between all judges.

C. Push Hands—Restricted Step

- 1. Object: The object of Push Hands competition is to display the application of taijiquan principles in order to unbalance the opponent.
- 2. Competition Area
 - a. The competition area will be a square space measuring approximately 15 feet by 15 feet.
 - b. The area shall be clearly marked at the exact center with a "+" shaped tape line.
- 3. Time Limit: 2 one-minute rounds with 15 second rest period
- 4. Protocol
 - a. Starting the Match
 - (1) Opponents face each other and each places his/her foot on the center mark; opponents make contact with the back of the right or left wrist.
 - (2) The Referee gives the command to begin, at which the competitors are required to perform a minimum of two revolutions before initiating any techniques.
 - b. During the Match
 - (1) The Referee directs the match with the verbal signals, "Begin" and "Stop."
 - (2) The Referee may instruct the competitors to restart under various circumstances such as awarding a point, moving too far from the center, to ensure the safety of a competitor, etc.
 - c. Awarding Points
 - (1) Upon seeing an infraction, the Referee commands "stop" to stop action and timing.

- (2) The Referee states the violation and violator and the point recipient (e.g., "holding - Red, point - White", "off balance - White, point - Red", "striking - Red, point - White") and calls for the Scoring Judges to confirm the point.
- (3) Note: The Referee does not wait until a competitor falls to stop action, but stops action and timing at the first sign of a competitor being off-balance.
- d. Confirmation of Point by Scoring Judges
 - (1) The judges may confirm the point by holding up the flag color or not confirm the point by holding the flag stick horizontally (either disagreeing or unable to confirm because of not seeing the action).
 - (2) If two of the three judges confirm the point, the Referee awards it and instructs the recorder to record the point.
 - (3) A judge may also hold the opposite color flag up, if he or she saw something different. In that case, the judge will call out his or her reason.
 - (4) The Referee will not call for points other than what he or she saw. The judges score will be asked for only once.
 - (5) The Referee restarts the action and timing immediately.
- e. Ending the Match
 - (1) At the end of the match, the Referee will stand between the contestants and announce the winner of the match.
 - (2) Upon the announcement of the winner, preparations for the next match will begin.
- 5. Rules
 - a. Legal Target Areas: Attacks may be made within restricted areas of the body, from below the base of the neck to above the tail bone or bladder area.
 - b. Illegal Target Areas: Pushing the neck, head, bladder area, hip joint, or leg is illegal.
 - c. Stepping
 - (1) Competitors may take a step or steps forward or backward, with either the front or the back foot, but may not reverse the stance, i.e., the front foot must stay forward.
 - (2) Competitors must keep to the orientation of the center line; they may not step to the side to defend or to gain an advantage in pushing.
 - d. Errors
 - (1) Loss of balance
 - (2) Taking a step to prevent loss of balance that results in reversing the stance
 - (3) Endangering oneself
 - e. Personal Violations
 - (1) Using techniques excessive in strength

- (2) Grabbing the opponent's clothes
- (3) Double grabbing (gripping the opponent with both hands)
- (4) Holding on (gripping the opponent with one or both hands or reaching around the opponent's side or back) to prevent loss of balance.
- (5) Attacking an illegal target area
- (6) Reversing the stance to gain advantage
- f. Serious Personal Violations
 - (1) Striking, hitting, punching
 - (2) Using the head to attack
 - (3) Using the legs, knees, or feet to attack
 - (4) Twisting the joints, grabbing, or *qinna* (*chin na*)
 - (5) Using pressure points
 - (6) Pulling hair or beard
 - (7) Attacking the groin area
 - (8) Using any technique determined to cause injury to the opponent
 - (9) Unsportsmanlike conduct
- g. Technical Violations
 - (1) Not following instructions of the Referee
 - (2) Not completing the mandatory number of revolutions
 - (3) Receiving coaching during the round
- h. Cautions: The Referee may issue a verbal "caution" at his/her discretion.
- i. Disqualification
 - (1) Competitors may be disqualified for one Serious Violation and must be disqualified for two Serious Violations
 - (2) A competitor may be disqualified by the Referee in consultation with the judges.
- 6. Judging Guidelines
 - a. One point is awarded to a competitor each time his/her opponent makes an error as defined above.
 - b. One point is awarded to a competitor each time his/her opponent commits a personal or technical violation as defined above.
 - c. Two points are awarded to a competitor each time his/her opponent commits a serious personal violation as listed above.
- 7. Determining the Winner
 - a. The competitor who has the most points at the end of the match wins the match.
 - b. Tie Breaker - In case of a tie, the match goes to the competitor with the least number of Serious Warnings, then the least number of Warnings. If the tie is not broken by Warnings, another complete single round is played.

D. Push Hands—Moving

- 1. Object: Same as Restricted Step Push Hands
- 2. Competition Area
 - a. The competition area will consist of two concentric circles: the inner circle will be 15 feet in diameter; the outer circle will be 21 feet in diameter.
 - b. The area shall be clearly marked at the exact center with a "+" shaped tape line.
- 3. Time Limit: one continuous 90-second round
- 4. Protocol: As with restricted step regulations, the Referee shall stop the action immediately upon seeing any error or violation (such as loss of balance, struggling by either competitor, use of too much effort to push, etc.)
- 5. Rules: Same as Restricted Step Push Hands with the following exceptions:
 - a. Stepping is allowed
 - b. Additional points are awarded for causing one's opponent to step on or beyond the boundaries of the inner and outer ring.
- 6. Judging Guidelines
 - a. Generally, points will be awarded in exactly the same manner as described for Restricted Step Push Hands.
 - b. In addition, points are also awarded for the following:
 - (1) Two points are awarded when the opponent steps on or outside the inner circle.
 - (2) Three points are awarded when any part of the body touches or falls on or outside of the outer circle.
- 7. Determining the Winner: Same as Restricted Step Push Hands.

E. Sanshou

- 1. Qualifications & Requirements
 - a. Sanshou fighters, regardless of origin or styles, may enter Sanshou fights. Any style of martial arts may be employed.
 - b. To participate in the Sanshou competition, each fighter must sign a waiver of liability and assumption of risk stating that he/she recognizes the risks associated with sanshou competition and is physically fit to participate.
 - c. A fighter must be between 18 and 35 years of age.
 - d. A fighter is responsible for his/her own health and life insurance.
- 2. Competition Area
 - a. The contest area will be a platform 24 inches high, 26 feet long and 26 feet wide, covered with a soft mat with a canvas surface.
 - b. Protective mats 8-16 inches high and at least six feet wide will be placed around the platform.
 - c. If a platform cannot be used, a flat, matted surface with a 26 by 26 foot area clearly marked may be substituted.

3. Time Limit
 - a. A bout shall generally consist of three two minute rounds.
 - b. There will be a one minute timed rest period between each round.
 - c. If the first two rounds are won by the same fighter, the bout shall be awarded to that fighter and no third round shall be fought.
4. Protocol
 - a. Starting the Match
 - (1) Fighters must march onto the *lei tai* together.
 - (2) When introduced, the fighter must make a "palm and fist" salute to the audience.
 - (3) Before the start of each round the fighters shall salute each other by making a "palm and fist" salute.
 - (4) The fighting will be continuous with no stopping except as specified below.
 - b. During the Match
 - (1) The coach and team doctor shall remain in their designated seats unless needed for medical attention on the *lei tai*. Coaches are prohibited from shouting to or coaching the fighters during the fight. Advice and massage are only allowed during the one minute break periods.
 - (2) The action shall be stopped by the Referee should any of the following events occur:
 - (a) A fighter falls down or off the platform
 - (b) A fighter is given a penalty
 - (c) A fighter is injured
 - (d) The fighters are locked in a confused fight for more than two seconds, or the fighters clinch with no attack or attacking without avail for more than five seconds
 - (e) Both competitors refrain from attacking, or one remains passive for more than eight seconds
 - (f) A fighter falls down on purpose and remains down for more than three seconds
 - (g) A fighter asks for a suspension of the fight by raising his hands due to objective hindrance
 - (h) The chief referee corrects a misjudgment or an omission
 - (i) The referee or other judges spot danger in a fight
 - (j) The fight is interrupted by objective factors such as lighting or other malfunctions of facilities
 - c. Ending the Match
 - (1) Before the announcement of the end of each bout, the fighter is not allowed to leave the *lei tai* (except when injured). Fighters are not allowed to take off protective gear (except head gear and mouth piece).

- (2) At the end of the match, the Referee will stand between the competitors on the *lei tai* to wait for the announcement of the winner from the Chief Referee
 - (3) When the result of each match is announced, the fighters shall exchange positions. After the announcement, the fighters shall salute each other and the center referee with "palm and fist" salute and the center referee shall return the salute. Then the fighters shall salute each other's coaches and the coaches shall return the salute.
 - (4) Upon the announcement of the results of the match, preparations for the next match will begin.
5. Rules
 - a. Legal Target Areas: head, trunk and thighs and calves
 - b. Illegal Target Areas: back of the head, neck, throat, knees, crotch
 - c. Legal Techniques:
 - (1) All boxing techniques and spinning back fist strikes; pushing with the open glove is legal
 - (2) Kicks to any legal target; kicks or sweeps with the arch of the foot to both the front and supporting legs
 - (3) Throwing and takedown techniques designed to unbalance or upset the opponent, or to push or force opponent off the *lei tai* platform
 - (4) Clinching to seek advantage is limited to five seconds; kicking and punching during the clinch is legal
 - (5) Catching kicks: fighter has 5 seconds to either sweep, throw or takedown opponent
 - d. Illegal Techniques
 - (1) Striking opponent's head continuously to deliberately injure opponent.
 - (2) Attacking the opponent by using the head, elbow, or knee
 - (3) Pushing or striking against joints; joint locking; throws or takedowns that directly attack locked joints
 - (4) Attacking the back of head, neck, throat, knees, or crotch
 - (5) Attacking the head using back spinning kick
 - (6) Holding and hitting
 - (7) Use of excessive force to cause opponent to fall head over heels
 - (8) Deliberately falling with full weight on fallen opponent
 - (9) Throwing an opponent directly onto his head and/or neck
 - (10) Attacking the head of a fallen opponent with leg or attacking fallen opponent (except when opponent falls deliberately).
 - e. Technical Fouls
 - (1) Holding to avoid fighting
 - (2) Deliberately delaying after the referee has signaled the start

- (3) Requesting time-out when in a disadvantageous position
 - (4) Shouting or coaching from sidelines during match; trainer, coach or teammate entering the ring during match
 - (5) Un-sportsmanlike behavior to the referee/judge or disobedience to his decisions
 - (6) Shouting loudly or impolitely during a fight; unsportsmanlike conduct
 - (7) Purposely entering the *lei tai* without mouthpiece, loosening protective gear, or spitting out mouthpiece during the fight.
 - (8) Any behavior contrary to competition protocol
- f. Personal Fouls
- (1) Attacking the opponent before the referee gives the signal "Start," or after he gives the signal "Stop."
 - (2) Hitting the opponent on illegal target area
 - (3) Hitting opponent using any prohibited methods.
- g. Penalties
- (1) A caution (admonition) will be given for a technical foul.
 - (2) A warning will be given for any obvious personal foul.
 - (3) If a fighter is penalized up to six points in a bout, the opponent will be declared the winner of the bout.
 - (4) A fighter who intentionally hurts his opponent or commits a serious foul will be disqualified from the fight and if deemed appropriate, from entire competition. The opponent will be declared the winner.
 - (5) A competitor found guilty of trickery or found guilty of injecting narcotics or inhaling oxygen during a break will be disqualified from the entire competition.
- h. Default
- (1) Inability to fight due to illness or injury is regarded as default. The fighter is not allowed in further matches, however, his placement according to preceding matches will still stand.
 - (2) During the competition, due to wide disparity in between two fighters, the coach may show a sign of default or a fighter may raise a hand to signal for default to ensure safety.
 - (3) Failure to report after being called three times prior to competition, or absence or failure to appear at the fighting area without justification is regarded as default.
 - (4) A fighter who defaults without justification will lose his/her advancement and standing from preceding matches.

6. Judging Guidelines
- a. The sideline judges will keep account of the points won and the fouls committed by each fighter according to the decision made by the referee. At the end of each round judges will enter each contestant's score on the recording form.
 - b. Three points are awarded to the fighter if the fighter's opponent:
 - (1) is forced off the platform once in a round,
 - (2) is hit in the trunk by a back-turn roundhouse kick (back spinning heel kick),
 - (3) is kicked down by a hooked leg kick while himself remains standing,
 - (4) is forced (or made) to fall by application of a falling technique, following which the fighter himself stands up immediately,
 - (5) is knocked down (any part of the body touches mat except feet) by a forward or backward sweep kick while fighter himself remains standing.
 - c. Two points are awarded to the fighter if his opponent:
 - (1) falls (any part of the body other than feet touches the mat) while the fighter himself remains standing,
 - (2) is hit in the trunk once with the leg,
 - (3) receives an official 8-count,
 - (4) receives a warning penalty.
 - d. One point is awarded to the fighter if his opponent:
 - (1) is hit in a legal area with a hand technique,
 - (2) is hit once on the head, upper or lower legs with a leg technique,
 - (3) shows passivity for 8 seconds, and remains passive for another 8 seconds after being ordered to attack,
 - (4) deliberately falls down and remains down for three seconds or more,
 - (5) is given an admonition or caution,
 - (6) falls first when both fighters apply a technique to force the opponent down.
 - e. No point is awarded to either fighter if:
 - (1) both hit each other in legal areas at the same time or successively,
 - (2) both fall down or off the platform simultaneously or successively,
 - (3) one fighter throws the other to the ground or off the platform after holding for two seconds or more,
 - (4) one fighter uses a deliberate falling technique to attack,
 - (5) one fighter kicks the lower leg when the other defends by raising the knee,
 - (6) no clear techniques are used and no obvious hits to legal areas are made,
 - (7) one fighter hits the other while clinched or holding each other,
 - (8) one competitor sweeps the opponent while being pressed down by the opponent.

7. Determining the Winner

- a. Single elimination, double elimination, or round robin (for divisions having three competitors) may be employed.
- b. Absolute Victory shall be awarded to the fighter who:
 - (1) Uses three point techniques and wins three points three times in a bout wins the bout.
 - (2) Wins the fight by knocking the opponent out, (not by a personal foul move), i.e. if a fighter knocks the opponent down by a heavy hit, and the opponent remains down for ten seconds or more, or the opponent can stand up but with abnormal consciousness or unclear vision
 - (3) Causes his opponent to receive an 8 count after a heavy hit (not by personal foul) for three times in a bout
 - (4) Has an opponent who cannot continue the fight due to injuries or illness confirmed by the doctors' team of the competition.
 - (5) In the event of wide disparity in techniques and power between the two fighters, the referee may, with the approval of the chief referee, declare the stronger competitor to be the winner of the bout.
- c. The winner of a round is determined by the results of the sideline judges' decisions at the end of each round:
 - (1) The fighter wins the round if his opponent is heavily hit (not by personal foul) and counted 2 separate "Eight Counts" in the round
 - (2) The fighter wins the round if his opponent is off the platform twice in a round
 - (3) The fighter wins the round if he uses three point techniques and gets three points twice in a round.
 - (4) In case of a draw in a round, the winner will be decided according to the cases in the following order: The winner will be:
 - (a) The fighter who has received fewer warnings
 - (b) The fighter who has received fewer cautions
 - (c) The fighter who has the lighter body weight (according to the weight taken on the day of the competition)
 - (d) If it is still the same, a draw will be declared.
- d. The winner of the match is:
 - (1) The fighter who wins the first two rounds in a bout is the winner of the bout.
 - (2) The fighter who is given a foul wins the fight if the opponent fakes his injuries and this is confirmed by the medical examination.
 - (3) The fighter who is injured by the opponent's illegal hit and who cannot continue the fight (confirmed by the medical examinations) is declared to be the winner of the bout, but will not be allowed to participate for further competition.
 - (4) In single elimination, the winner, if both fighters have the same number of wins in a bout, will be decided according to the following

order:

- (a) The fighter who has received fewer warnings
 - (b) The fighter who has received fewer cautions
 - (c) The fighter who has the lighter body weight (according to the weight taken on the day of the competition)
 - (d) If still the same, another round will be added and so forth.
- (5) In double elimination, there will be a draw, if two fighters have the same number of winning rounds in a bout.
- (6) In double elimination or round robin, at the end of all matches, the fighter who has the largest number of aggregated points shall be placed first. If two or more fighters have the same number of aggregated points, the winner shall be decided according to the following order:
- (a) the fighter who lost fewer rounds shall be placed higher
 - (b) the fighter who has received fewer warnings shall be placed higher
 - (c) the fighter who has received fewer cautions, shall be placed higher
 - (d) the fighter who has the lighter body weight (according to the weight taken on the day of the competition) shall be placed higher. If it is still the same, there will be a tie and both competitors will be awarded the same placing.

Section Three—Arbitration

I. Definitions

A. Arbitration

An arbitration is a matter officially and properly submitted to the arbitrator for investigation and rendering of a decision. The decision of the arbitrator is final and binding.

B. Arbitrator

The arbitrator is an individual, impartial to the outcome of the proceedings, who is empowered to examine the facts and render a decision. This official is separate from all other officials of the tournament.

C. Who May Request Arbitration

A competitor who believes that there was an irregularity in applying the rules to his or her own performance may request. The competitor's coach or designated representative may apply on behalf of the competitor only if the competitor is incapacitated.

D. What May be the Subject of Arbitration

1. Matters that are eligible for arbitration include errors of administration, procedure, or fact. Examples of matters which may be arbitrated include, registrar errors, enrollment in the incorrect division, misidentification of an athlete, incorrectly recorded scores, mathematical errors, timing signals incorrectly presented, interference from events or persons outside the ring, and actions of a judge inappropriate to his/her duties.
2. Matters that are not eligible for arbitration include requests with regard to another athlete's match or performance. Nor may any athlete request re-examination of his/her match or performance with the purpose of obtaining a different score or evaluation. In fairness to all athletes, scores must be given by the judges based on their observation during the actual match or performance and from their particular vantage point, within the general framework of the tournament in progress.
3. The request for arbitration shall be made in good faith. Only one person may sign a request for arbitration. The writer must adhere to matters of facts that can be proven, and avoid matters of opinion. The request for arbitration must state clearly and specifically what error is believed to have been committed, who committed it, and what action or changes are being sought.

E. Time Limit for Requesting Arbitration

1. Generally, the initial complaint must be presented to the Chief Judge immediately after the occasion or incident for which arbitration will be requested.
2. Forms Events
 - a. Prior to the end of the competition division, the competitor must notify the Chief Judge of the event that a formal arbitration request will be submitted.
 - b. The Chief Judge will then notify all competitors of a delay in final results, pending the arbitration.

- c. The written arbitration request must be submitted within two hours following the individual's performance.
3. Application Events
 - a. Prior to the commencement of any subsequent matches, the competitor must notify the Chief Judge of the event that a formal arbitration request will be submitted.
 - b. The written arbitration request must be submitted within two hours, in order to allow sufficient time for subsequent matches to proceed.
 - c. The tournament committee may be required to make changes to the schedule of matches in order to accommodate the arbitration request.
 - d. Once all the matches in a weight division have been completed, no changes in the outcome shall be made.

II. Arbitration Procedure

A. Notification of Impending Arbitration

The athlete, his/her coach, or a designated representative must first inform the Chief Referee of the division of the intent to submit a request for arbitration.

B. Submitting a Request

The athlete, his/her coach, or a designated representative, submits a written request and the appropriate fee. Verbal requests are not accepted. The request must clearly state what particular error he/she believes was committed and what action or resolution is desired.

C. Payment of Fee

The arbitration fee of \$100 deposit in cash must be presented with the request. If the decision favors the competitor, the fee is refunded.

D. Investigation

The arbitrator investigates the matter described in the request. The arbitrator may review the official records, examine equipment, and interview any persons involved in an official capacity with the event or action noted in the arbitration request, including the competitor, the Chief Judge or Referee, Scoring Judges, Timekeeper, Scorekeeper, Ring Coordinators, routine examiners, opponents in the match, and others as necessary.

E. Decision

The arbitrator states his/her findings and decision in writing, responding to the specifics of the matter requested. The decision is final and binding on all parties involved.

F. Confidentiality

All matters of arbitration are treated as confidential by the officials involved.

