

WFMAF

WORLD FIGHTING MARTIAL ARTS FEDERATION
世界武术搏击联盟

US Open Martial Arts Championship Rules & Regulations



Championship Rules & Regulations

The competition rules and regulations for the [US Open Martial Arts Championship](#) were established, updated, and regulated by the members of the [Technical Committee](#) of the [World Fighting Martial Arts Federation](#) (WFMAF). These rules are also strictly enforced by the [Panel of Judges](#) of US Open. Any disputes regarding the rules and regulations during the competition should be filed to the [Arbitration Committee](#) of WFMAF. For masters and instructors who are interested in becoming a judge at the US Open Martial Arts Championship, please submit your credentials for consideration using our online [Judge Application](#) form.

Open Hand & Weapons Divisions:

- [Contemporary Wushu](#)
- [Northern Kung Fu](#)
- [Southern Kung Fu](#)
- [Karate](#) (Free Style & Traditional Style)
- Internal Martial Arts
- [Taijiquan](#)
- Taekwondo
- All Other Styles
- Two-Men / Group Routine
- Team Demonstration

Hero of Combat Divisions:

- [Point Sparring](#) (Light Contact)
- [Continous Sparring](#) (Light Contact)
- [Ultimate Sanda](#) (Full Contact Sparring)
- [Shuai Jiao](#) (Chinese Wrestling)
- [Stationary/Moving Push Hands](#)
- [Chi Sao](#)
- [Short Weapon Sparring](#)
- [Arnis Stick Fighting](#)

Youth Groups

- Children 8 & under
- Children 9-11
- Teen 12-14 | Boy / Girl
- Teen 15-17 | Boy / Girl

Adult Groups

- Men's 18-45
- Men's 46 & over
- Women's 18-45
- Women's 46 & over

Level of Experience

- Beginner / Under Belts = Less than 1.5 years of experience
- Intermediate / Under Belts = 1.5 to 3 years of experience
- Advanced / Black Belts = Greater than 3 years of experience

Scoring

- Beginner / Under Belts: 6 – 7.5 points
- Intermediate / Under Belts: 7 – 8.5 points
- Advanced / Black Belts: 8 – 10 points

Weight Classes

- Lightweight (140lbs & under)
- Welterweight (141lbs – 174lbs)
- Middleweight (175lbs – 210lbs)
- Heavyweight (211lbs & above)

Competition Grouping

For forms competition divisions, competitors are grouped by age groups and level of experience. For hero of combat divisions, competitors are grouped by age groups, level of experience, and weight classes.

Dress Code

All competitors are required to dress appropriately. For Chinese martial arts divisions, competitors may wear traditional Chinese martial arts uniforms (preferred), or school T-shirt. For Karate divisions, competitors may wear Karate-type Gi's. For Taekwondo division, competitors may wear Taekwondo uniform. Shoes are mandatory for all events, except for sparring. All shoes should be regular athletic type shoes.

Rules for Contemporary Wushu (Open Hand & Weapons Forms)



General Rules:

- Maximum performance time for all Wushu forms is 1.5 minutes; minimum performance time 30 seconds.
- Salute to the judges upon entering and leaving the ring.
- All Wushu forms are scored based on good stance, balance, power, coordination, and structure.

Wushu Styles:

- Changquan (Long Fist) & Nanquan (Southern Fist)

Movement Specifications (6 Points):

- One-tenth of a point shall be deducted whenever a slight inconformity with the technical specifications occurs in any hand form, stance, hand technique, footwork, leg technique, jumping, balance and apparatus technique. An apparent inconformity shall cost 0.2 point, and a serious one 0.3 point. The number of the appearances of sword-finger is counted only in fixed postures (drunken swordplay also needs sword-finger). Deduction of points is made only once in a total, but it would not be more than 0.3 point.

If several errors occur in a singer movement, the deduction should not be more than 0.3 point.

- If the contestant lets the sharp edge of the sword or broadsword touch the hand, arm, body or leg when holding and waving the apparatus, he /she shall be penalized as if committing any inconformity with the specifications. If the contestant mixes the use of sword with that of the broadsword, he/she shall be penalized for the unclear use of apparatus.
- Power and Coordination (2 Points):
- Full points (two points) are given to the contestant who performs with full power smoothly and accurately and with clear-cut, coordinated hand, eye and body movements (apparatus and body should also be coordinated).
- For a slight inconformity with the specifications, 0.1-0.5 point shall be deducted; for an apparent inconformity, 0.6-1.0 point shall be taken out, and for a serious one, 1.1-2.0 points shall be deducted.

Spirit, Rhythem, Speed, and Structure (2 Points):

- One-tenth to five-tenths of a point is deducted for a slight inconformity to the requirements, 0.6-1.0 point for an apparent one and 1.1-2.0 points for a serious one.

Scoring:

- Under Belts (Beginner Level): 6 – 7.5 points
- Under Belts (Intermediate Level): 7 – 8.5 points
- Black Belts (Advanced Level): 8 – 10 points

Rules for Northern Kung Fu (Open Hand & Weapons)



General Rules:

- Maximum performance time for All Northern Kung Fu Styles is 1.5 minutes; minimum performance time 30 seconds.
- Salute to the judges upon entering and leaving the ring.
- All Northern Kung Fu styles are scored based on good stance, balance, power, and coordination; characteristics of the particular style performed, structure of the form representing combat effectiveness.

Northern Kung Fu Styles:

- Cha Quan, Hua Quan, Hong Quan, Pao Chui, Mian Quan, Taizu, Hua Lin Pai
- Shaolin, Tong Bei, Praying Mantis, Fanzi Quan, Baji Quan, Monkey Style

Quality of Movements (6 Points):

- One-tenth of a point shall be deducted when a slight inconformity with the technical specifications occurs in any hand form, stance, hand technique, footwork, leg technique, jumping or balance. Two-tenth of a point shall be deducted for an apparent inconformity, and 0.3 point for a serious one. The deduction should not be more than 0.3 point if several fouls occur in a single movement.

Power and Coordination (2 Points):

- Full points (two points) are given to the contestant who performs vigorously and smoothly, with accurate and proper application of power and with clear-up and harmonized movements.
- One-tenth to five-tenths of a point shall be deducted for a slight inconformity to the requirements, 0.6-1.0 point for an apparent one and 1.1-2.0 for a serious one.

Spirit, Rhythm, Style, and Structure (2 Points):

- Full points are given to the contestant who performs in high spirit, with good rhythm, distinctive style, rich content, well-knit and varied structure and well-balanced choreography.
- One-tenth to five-tenths of a point is deducted for a slight inconformity to the requirements, 0.6-1.0 point for an apparent one and 1.1-2.0 points for a serious one.

Scoring:

- Under Belts (Beginner Level): 6 – 7.5 points
- Under Belts (Intermediate Level): 7 – 8.5 points
- Black Belts (Advanced Level): 8 – 10 points

Rules for Southern Kung Fu (Open Hand & Weapons)



General Rules:

- Maximum performance time for All Northern Kung Fu Styles is 1.5 minutes; minimum performance time 30 seconds.
- Salute to the judges upon entering and leaving the ring.
- All Southern Kung Fu styles are scored based on good stance, balance, power, and coordination; characteristics of the particular style performed, structure of the form representing combat effectiveness.

Southern Kung Fu Styles:

- Hung Ga, Choy Li Fut, Jow Ga, Hop Ga, Lama P'ai
- Wing Chun, Bak Mei, Tiger Crane, Eagle Claw, Southern Mantis, Loong Ying

Quality of Movements (6 Points):

- One-tenth of a point shall be deducted when a slight inconformity with the technical specifications occurs in any hand form, stance, hand technique, footwork, leg technique, jumping or balance. Two-tenth of a point shall be deducted for an apparent inconformity, and 0.3 point for a serious one. The deduction should not be more than 0.3 point if several fouls occur in a single movement.

Power and Coordination (2 Points):

- Full points (two points) are given to the contestant who performs vigorously and smoothly, with accurate and proper application of power and with clear-up and harmonized movements.
- One-tenth to five-tenths of a point shall be deducted for a slight inconformity to the requirements, 0.6-1.0 point for an apparent one and 1.1-2.0 for a serious one.

Spirit, Rhythem, Style, and Structure (2 Points):

- Full points are given to the contestant who performs in high spirit, with good rhythm, distinctive style, rich content, well-knit and varied structure and well-balanced choreography.
- One-tenth to five-tenths of a point is deducted for a slight inconformity to the requirements, 0.6-1.0 point for an apparent one and 1.1-2.0 points for a serious one.

Scoring:

- Under Belts (Beginner Level): 6 – 7.5 points
- Under Belts (Intermediate Level): 7 – 8.5 points
- Black Belts (Advanced Level): 8 – 10 points

Rules for Karate Kata (Open Hand & Weapons)



General Rules:

- Maximum performance time for all Karate katas is 1.5 minutes; minimum performance time 30 seconds.
- All Karate katas are scored based on good stance, balance, power, coordination, and structure.
- Salute to the judges upon entering and leaving the ring.

Karate Styles:

- Competitors are grouped by Freestyle and Traditional Style
- Budokan, Goju-ryu, Kenpo, Kyokushin, Shito-ryu, Shorin-ryu, Shotokan, Uechi-ryu, Wado-ryu

Judging Criteria:

- Proper sequence of movement and correct accuracy of the techniques
- Showing the key elements of kata: levels of strength, contraction and expansion of the body, change in the speed of the techniques, and fighting spirit
- Following the proper course of direction and showing smoothness in the feet movements
- Demonstrating an understanding of the meaning of each movement

- Overall performance and illustrating the essential characteristics of the chosen Kata
- Power and accuracy in the performance of basic techniques
- Proper use of stances and postures, and the ability to focus the mind

Scoring:

- Under Belts (Beginner Level): 6 – 7.5 points
- Under Belts (Intermediate Level): 7 – 8.5 points
- Black Belts (Advanced Level): 8 – 10 points

Rules for Taijiquan (Open Hand & Weapons Forms)



General Rules:

- Maximum performance time for all Taijiquan styles is 4 to 5 minutes; minimum 30 seconds.
- Salute to the judges upon entering and leaving the ring.
- All Taijiquan styles are scored based on good stance, balance, power, coordination, and structure.

Taijiquan Styles:

- Yang Style, Chen Style, Wu Style, Wu (Hao) Style, Sun Style, Liuhebafa

Movement Specifications (6 Points):

- One-tenth of a point shall be deducted when a slight inconformity with the technical specifications occurs in any hand form, stance, hand technique, footwork, or leg technique.
- Two-tenths of a point shall be deducted for an apparent inconformity, and 0.3 point for a serious one. The deduction should not be more than 0.3 point if several errors occur in a single movement.

Power and Harmony (2 Points):

- Full points (two points) are given to the contestant who applies the power smoothly, steadily, accurately and continuously, and performs well to the requirements for hand forms, eyework, body movements and footwork.
- One-tenth to five-tenths of a point shall be deducted for a slight inconformity with the technical requirements, 0.6-1.0 point for an apparent one, and 1.0-2.0 points for a serious one.

Spirit, Pace, Style, and Structure (2 Points):

- Full points (two points) are given to the contestant who performs with the mind being fully concentrated, natural facial expression, proper pace, rich content, well-knit structure and well-balanced choreography.
- One-tenth to five-tenth of a point shall be deducted for a slight inconformity with the technical requirements, 0.6-1.0 point for an apparent one, and 1.1-2.0 points for a serious one.

Scoring:

- Under Belts (Beginner Level): 6 – 7.5 points
- Under Belts (Intermediate Level): 7 – 8.5 points
- Black Belts (Advanced Level): 8 – 10 points

Rules for Point Sparring (Light Contact)

General Rules:

- Mandatory Safety Equipments: Headgear, karate gloves, mouthpiece, groin cup, shine guard, and foot protector.
- Time: One 2 minutes round.
- Striking areas: Padded area of headgear, chest, stomach, thigh, and lower leg.
- No Contact areas: Front of face, spine, back of the head, knees, groin, neck, and eyes.
- Prohibited Techniques: elbows, knees, head butt, joint locks, choke, takedowns, body slam, and knockout punches or kicks. When the opponent is standing on one leg, no kicking or sweeping to the standing leg. Once the opponent is down on the ground, no more attacking allowed.
- Judges may disqualify a competitor if the competitor refuses to follow the rules, becomes disrespectful, taunts the opponent.

Under Belts:

- The winner is determined by the best of 7 points.
- Points: 2 points for kicks to the head, 1 point for punches to the head or body, and 1 point for kicks to the body.
- No sweeps or throws are allowed. No contact to the back or below the waist.
- No warnings will be given if a competitor commits a foul, the competitor's opponent will be given 1 point.

Black Belts:

- The winner is determined by the best of 11 points.
- Points: 2 points for kicks to the head, 1 point for punches to the head or body, and 1 point for kicks to the body.
- Sweeps are 2 points but must be followed immediately by a punch.
- The competitor who is on the floor may score with a punch or kick to the standing competitor.
- No warnings will be given if a competitor commits a foul, the competitor's opponent will be given 2 points.

Warning:

- Punching and kicking with heavy force.
- Punching and kicking to the "No Contact" areas.
- Using "Prohibited Techniques" against the opponent.
- Using performance-enhancing drugs prior or during the bout.
- Disrespecting the judge and the opponent.
- Does not follow the judges' instructions.
- The judge has the right to disqualify a competitor from the bout or competition if:

- The competitor receives 3 or more warnings from the judge.
 - The competitor injures his/her opponent, depending on the seriousness of the injury.
- Courtesy Rule: Salute to the judges first and then competitors salute to each other before the bout begins. After the bout finishes, salute to the judges again and then competitors salute to each other.

Rules for Continuous Sparring (Light Contact)



General Rules:

- Mandatory Safety Equipments: Headgear, boxing gloves, mouthpiece, groin cup, shine guard, and foot protector
- Time: 1 minute each round and 30 seconds rest in between each round, with total of 3 rounds. A competitor winning the first 2 rounds wins the bout, without going into the third round.
- Striking areas: Padded area of headgear, chest, stomach, thigh, and lower leg.
- Contact is continues; punching and kicking with light force only.
- No Contact areas: Front of face, spine, back of the head, knees, groin, neck, and eyes.
- Prohibited Techniques: elbows, knees, head butt, joint locks, choke, takedowns, body slam, and knockout punches or kicks. When the opponent is standing on one leg, no kicking or sweeping to the standing leg. Once the opponent is down on the ground, no more attacking allowed.

The winner of the bout is determined by:

- Both competitors' effectiveness in executing their techniques during attacks and defenses.
- Following all the rules in this section.
- Respecting the judges and the opponent.
- Following all the instructions of the judges.
- If the competitor becomes disqualified by the judge, his/her opponent wins the bout.

Warning:

- Punching and kicking with heavy force.
- Punching and kicking to the "No Contact" areas.
- Using "Prohibited Techniques" against the opponent.
- Using performance-enhancing drugs prior or during the bout.
- Disrespecting the judge and the opponent.
- Does not follow the judges' instructions.
- The judge has the right to disqualify a competitor from the bout or competition if:
 - The competitor receives 3 or more warnings from the judge.
 - The competitor injures his/her opponent, depending on the seriousness of the injury.
- Courtesy Rule: Salute to the judges first and then competitors salute to each other before the bout begins. After the bout finishes, salute to the judges again and then competitors salute to each other.

Rules for Ultimate Sanda (Full Contact Sparring)



General Rules:

- Mandatory Safety Equipments: Headgear, open-finger gloves (4-6 oz), mouthpiece, groin cup, shine guard, and foot protector
- Time: 2 minutes each round with 1 minute rest in between each round, with total of 3 rounds. A competitor winning the first 2 rounds wins the bout, without going into the third round.
- Striking areas: Padded area of headgear, front of the face, chest, stomach, thigh, and lower leg.
- Contact is continues; punching and kicking with light to medium force only.
- No Contact areas: Spine, back of the head, knees, groin, neck, and eyes.
- Prohibited Techniques: elbows, knees, head butt, joint locks, choke, takedowns, body slam, and knockout punches or kicks. Knockout punches are strictly prohibited. When the opponent is standing on one leg, no kicking or sweeping to the standing leg. Once the opponent is down on the ground, no more attacking allowed.

- Takedowns are allowed with a maximum of 5 seconds to execute.
- After a successful takedown, both competitors can use joint-lock techniques only, with a maximum of 10 seconds allowed to execute joint-lock techniques after a successful takedown.
- No striking allowed while on the ground.
- To stop the opponent from executing or finishing a lock, the competitor can tap his/her hand on the floor or on the body of the opponent 3 times. After tapping, the competitor's opponent wins the bout.

The winner of the bout is determined by:

- Both competitors' effectiveness in executing their techniques during attacks and defenses.
- Competitor wins the bout by tapping out the opponent.
- Following all the rules in this section.
- Respecting the judges and the opponent.
- Following all the instructions of the judges.
- If the competitor becomes disqualified by the judge, his/her opponent wins the bout.

Warning:

- Punching and kicking with heavy force.
- Punching and kicking to the "No Contact" areas.
- Using "Prohibited Techniques" against the opponent.
- Using performance-enhancing drugs prior or during the bout.
- Disrespecting the judge and the opponent.
- Does not follow the judges' instructions.
- The judge has the right to disqualify a competitor from the bout or competition if:
 - The competitor receives 3 or more warnings from the judge.
 - The competitor injures his/her opponent, depending on the seriousness of the injury.
- Courtesy Rule: Salute to the judges first and then competitors salute to each other before the bout begins. After the bout finishes, salute to the judges again and then competitors salute to each other.

Rules for Shuai Jiao (Chinese Wrestling)



General Rules:

- Mandatory Safety Equipments: Shuai Jiao Jackets, wrestling shoes (all other soft soled shoes subject to approval), long pants, and support cup
- Unless competitors already have their own uniform and equipment, the tournament will provide: Shuai Jiao Yi (Jacket) and Shuai Jiao Dai (Belt) to indicate Blue or Red. The contestants should also wear: Shuai Jiao Kuzi (martial arts trousers) the preferred option is Blue trousers with a Red Stripe. Black martial arts trousers are also acceptable. The contestant should also wear Shuai Jiao Xie (Wrestling Boots) or martial arts shoes. The wearing of jewelry, piercings and other adornments is strictly prohibited.
- Time: 2 minutes each round and 30 seconds rest in between each round.
- The format for the match will be continuous sparring. During the match time will be stopped for: offenses and warnings; uniform and equipment failure; and to seek medical advice.
- There Is No Age Limit For Shuai Jiao Competitors.

Allowed Styles:

- All wrestling styles are welcome to participate under the Shuai Jiao rules
- Sambo, Mongolian, Freestyle, Greco-Roman

Allowable Techniques:

- Throwing, sweeping, takedowns, wrestling, standing grappling, and shoot techniques; use opponent's jacket, belt, or limbs to execute allowable techniques.

Illegal Techniques:

- Strike the opponent with the head, digits, palm, fist, forearm, elbow, knee, shin or foot; bite, spit or gouge the opponent; attempt to dislocate the opponent's joints; attempt to break the opponent's bones; pull the opponent's hair; pull the opponent's trousers; pull the opponent down once thrown; continue to grapple on the area once the opponent has been thrown; stamp or stand on the opponent's foot; use the hand or forearm to cover the opponents face; and block continuously (to a count of 5 seconds) without attempting any techniques.

Divisions:

- Competitors will be matched by gender, age and weight, in the first instance, to the following weight categories. If there are insufficient number to run a category (ie less than two contestants) then categories may be combined at the discretion of our judges.

1 Point:

- Contestant remains standing whilst causing the opponent to touch down on the area with: a hand; an elbow; or a knee.
- Contestant throws/sweeps/takes down the opponent causing them to land on their back; and lands on top of the opponent's torso.
- Contestant forces the opponent step out of area. Opponent falls through their own imbalance.

2 Points:

- Contestant remains standing whilst causing the opponent to touch down on the area with: one hand and one knee; both hands; both elbows; and/or both knees simultaneously.
- Contestant remains standing whilst effectively sweeping or throwing the opponent causing the opponent to land on their head, side, chest or bottom.
- Contestant effectively throws the opponent causing the opponent to land on their side or back; and remains standing.

3 Points:

- Contestant effectively throws the opponent causing the of opponent rotate through a minimum of 180 degrees and to land on their back; and remains standing and balanced.

No Points:

- Both contestants fall simultaneously or leave the area without the use of recognised technique or acceptable countering or finishing technique.
- Competitors may use the following 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). The competitor may make use of the opponent's jacket, belt or anatomical handles to execute their technique.

Winning the Match:

- The winner is determined by the highest score at the end of the two rounds. In the event of a draw the Executive Referee and Assistant Referees will meet with the Chief Referee to determine the winner based on the most technically active performance.

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.

Rules for Stationary/Moving Push Hands



General Rules:

- There are men's and women's divisions for moving step format.
- Competitors should wear t-shirt, long pants, and shoes. No jewelry and watches.
- No sweeps, takedowns, joint locks or striking allowed.
- Each match will be timed for 90-second.
- Competitors will begin facing off with right foot forward, hands and arms touch, and then hands and arms circle 2 times to begin. Everytime when the judge breaks the two competitors, then competitors will restart with alternating foot between left and right.
- Winner is determined by the scoring method below.
- If the scores between two competitors become a tie after 90 seconds, then continue with a time extension. The winner is determined when one competitor wins an additional point first during the time extension.
- If the competitor injured his/her opponent using illegal techniques, the judge has the right to disqualify the competitor.

Stationary Push Hands Scoring:

- 1 point given to the competitor if his/her opponent steps off balance.
- 1 point given to the competitor if he/she falls on the ground after his/her opponent.

- 1 point given to the competitor if his/her opponent receives a warning.
- 2 points given to the competitor if his/her opponent falls or touches the ground with his/her hand(s), while the competitor remains standing.

Moving Push Hands Scoring:

- 1 point given to the competitor if his/her opponent's one hand touches the ground.
- 1 point given to the competitor if his/her opponent's one foot steps outside the ring.
- 2 points given to the competitor if his/her opponent's two hands touch the ground.
- 2 points given to the competitor if his/her opponent's two feet step outside the ring.
- 2 points given to the competitor if his/her opponent falls on the ground.
- No point is awarded if the competitor pulls or drags an opponent to the ground while falling.

Warnings:

- Surprise attacks without the establishment of contact with opponent.
- Clutching, grabbing or pulling of clothes.
- Clutch, or grabbing the feet or legs of the opponent.

Rules for Chi Sao



General Rules:

- There are men's and women's divisions for Chi Sao sparring
- Time: 1 minute each round, 30 seconds rest in between each round; with total 3 rounds.
A participant winning the first 2 rounds wins the fight, without going into the third round.
- Score based on the understanding and execution of Short Hand principles (e.g., Wing Chun, Bak-Mei, Choy-Lei-Fut, Southern Praying Mantis, etc.).
- Competitors should wear t-shirt, long pants, and shoes. No jewelry and watches.
- No strike to the face, throat, neck, or groin; no elbow strikes or head butts.
- No grabbing onto opponent's cloth; brute/excess force does not count.

Rules for Short Weapon Sparring

General Rules:

- Weapon Size: 5 meters long & 0.4 meters wide.
- Mandatory Safety Equipments: Head gear with face protector, groin protector for men, chest protector for women.
- Two divisions – Male division and Female division (not categorized by weight).
- Each bout is 1 continuous round of 90 seconds.
- No punching, kicking, or takedowns are allowed. No contact to the back.
- Fighters should demonstrate power, accuracy, speed, and good defense.
- 3 judges will determine the winner at the end of the round.
- Refer will stop and restart the fight if one or both competitors fall on the ground, one or both weapons fall on the ground, or one competitor grabs the handle and takes away the opponent's weapon.

1 Point:

- If the competitor hits his/her opponent on any parts of the body.
- If the competitor hits his/her opponent on the target areas first.
- If the competitor falls down on the ground after his/her opponent falls down on the ground.
- If the competitor's weapon falls down on the ground after his/her opponent's weapon falls down on the ground.
- If the competitor's opponent's both feet stepped out of the ring.
- If the competitor's opponent's weapon touches the opponent's own body.
- If the competitor's opponent uses his/her hand to grab or holds on the competitor's weapon on the areas besides the weapon's handle.

2 Points:

- If the competitor hits his/her opponent and makes the opponent fall down on the ground, or makes the opponent's hand, elbow, or knee touches the ground.
- If the competitor hits his/her opponent's weapon and make the weapon fall down on the ground.
- If the competitor grabs and holds on to the handle of the opponent's weapon.
- If the competitor's opponent throws the weapon at the competitor, even if the weapon lands on the competitor's target areas.

No Points:

- Both competitors are hitting each other on the target areas at the same time.
- Both competitors fall down on the ground.
- Both competitors' weapons fall down on the ground at the same time.

- If the competitor falls down to execute a technique, no point is given to his/her opponent.

Penalty:

- If the competitor does not follow the orders and instructions of the judges.
- If the competitor uses the techniques of kicking, punching, and takedowns.
- If the competitor uses violent actions.
- If the competitor continue to attack his/her opponent after the opponent's weapon falls down on the ground.
- If the competitor receives three warnings from the judge, the competitor is banned from the competition.

Rules for Arnis Stick Fighting

General Rules:

- Mandatory Safety Equipments: helmet with face protector, gloves, chest padding, and groin protector for men.
- Two divisions – Male division and Female division (not categorized by weight).
- Each bout is 2 rounds; each round is 90 seconds, 30 seconds break between each round.
- Competitor who is disarmed or drops his/her stick 3 times in one round automatically loses.
- Competitors have 5 seconds to execute a disarm. A competitor who is disarmed loses one point automatically.
- No punching, kicking, or takedowns are allowed. No contact to the back.
- Scoring is a 10 points system. The winner of a round scores 10 points, while the loser of a round will be scored 7-9 points.
- The format of short weapon sparring is continuous. Refer will stop and restart the fight if one or both competitors fall on the ground, one or both weapons fall on the ground, or one competitor grabs the handle and takes away the opponent's weapon.

Penalty:

- If the competitor does not follow the orders and instructions of the judges.
- If the competitor uses the techniques of kicking, punching, and takedowns.
- If the competitor uses violent actions.
- If the competitor continue to attack his/her opponent after the opponent's weapon falls down on the ground.
- If the competitor receives three warnings from the judge, the competitor is banned from the competition.