



# **World Fighting Martial Arts Federation**

## **Competition Rules and Regulations**

Effective January 1, 2019

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## **General Rules and Regulations**

### **Purpose**

The competition rules and regulations for the WFMAF's tournaments are established, updated, and regulated by the members of the Competition Committee of the World Fighting Martial Arts Federation (WFMAF). These rules are strictly enforced by the WFMAF's Panel of Judges. During the competition, any disputes regarding the rules and regulations should be filed to the WFMAF's Competition Committee. For masters and instructors who are interested in becoming judges at our tournaments, please submit your credentials for consideration using our online Judge Application form.

### **Grouping of Competitors**

For forms divisions, competitors are grouped first by age groups and then by level of experience. For hero of combat divisions, competitors are grouped by the order of age groups, level of experience, and weight classes. Restriction on age groups may apply to some divisions of hero of combat, learn more on the rules page of each of these divisions.

### **Official 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. For sparring divisions, competitors may wear T-shirt and shorts, Karate-type Gi's, or Taekwondo uniform. Shoes are mandatory for all events, except for sparring. All shoes should be regular athletic type shoes.

### **Forms Grandchampionships**

All advanced level gold medal winners in forms divisions, with all children to adults age groups, are eligible to compete in the grand championships. Grand championships are categorized into

External Open Hand Forms, External Weapons Forms, Internal Open Hand Forms, and Internal Weapons Forms. Eligible competitors, who received an advanced level gold medal in their division, must pay at the tournament to enter the grand championship competition. Medals and award certificates will be issued to the winners of grand championships.

External category includes: Modern Wushu, Kung Fu, Taekwondo, and any other external styles.  
Internal category includes: Xingyiquan, Baguazhang, Taijiquan, and any other internal styles.

### **Level of Experience & Scoring for Forms Divisions**

Level of Experience	Scoring for Forms Divisions
<ul style="list-style-type: none"> <li>• Beginner less than 2 years of experience</li> <li>• Intermediate 2 to 4 years of experience</li> <li>• Advanced more than 4 years of experience</li> </ul>	<ul style="list-style-type: none"> <li>• Beginner: 6 – 7.5 points</li> <li>• Intermediate: 7 – 8.5 points</li> <li>• Advanced / Black Belt: 8.5 – 10 points</li> </ul>

### **Age Groups for Forms Divisions**

Youth Age Groups	Adult Age Groups
<ul style="list-style-type: none"> <li>• Children 6 &amp; Under</li> <li>• Children 7 – 8</li> <li>• Children 9 – 11</li> <li>• Teen 12 – 14   Boys</li> <li>• Teen 12 – 14   Girls</li> <li>• Teen 15 – 17   Boys</li> <li>• Teen 15 – 17   Girls</li> </ul>	<ul style="list-style-type: none"> <li>• Adult 18 – 29   Men</li> <li>• Adult 18 – 29   Women</li> <li>• Adult 30 – 45   Men</li> <li>• Adult 30 – 45   Women</li> <li>• Adult 46 &amp; 60   Men</li> <li>• Adult 46 &amp; 60   Women</li> <li>• Adult 61 &amp; Above   Men</li> <li>• Adult 61 &amp; Above   Women</li> </ul>
Age Groups for Two/Multi-Person Routine & Team Demonstration	
Children 11 & Under; Teen 12 – 17; Adult 18 – 35; Adult 36 & Above	
If there are less than 2 competitors in an age group, the judges reserve the right to combine age groups.	

### Age Groups for Hero of Combat Divisions

Youth Age Groups	Adult Age Groups
<ul style="list-style-type: none"> <li>• Children 6 – 7</li> <li>• Children 8 – 9</li> <li>• Children 10 – 11</li> <li>• Teen 12 – 13   Boys</li> <li>• Teen 12 – 13   Girls</li> <li>• Teen 14 – 15   Boys</li> <li>• Teen 14 – 15   Girls</li> <li>• Teen 16 – 17   Boys</li> <li>• Teen 16 – 17   Girls</li> </ul>	<ul style="list-style-type: none"> <li>• Adult 18 – 29   Men</li> <li>• Adult 18 – 29   Women</li> <li>• Adult 30 – 45   Men</li> <li>• Adult 30 – 45   Women</li> <li>• Adult 46 &amp; 60   Men</li> <li>• Adult 46 &amp; 60   Women</li> <li>• Adult 61 &amp; 70   Men</li> <li>• Adult 61 &amp; 70   Women</li> <li>• Adult 71 &amp; Above   Men</li> <li>• Adult 71 &amp; Above   Women</li> </ul>
If there are less than 2 competitors in an age group, the judges reserve the right to combine age groups.	

### Weight Classes for Hero of Combat Divisions

Men's Weight Classes	Women's Weight Classes
<ul style="list-style-type: none"> <li>• Men's Featherweight: (145 lbs &amp; Under)</li> <li>• Men's Lightweight: (146 – 155 lbs)</li> <li>• Men's Welterweight: (156 – 170 lbs)</li> <li>• Men's Middleweight: (171 – 185 lbs)</li> <li>• Men's Light Heavyweight: (186 – 205 lbs)</li> <li>• Men's Heavyweight: (206 lbs &amp; Up)</li> </ul>	<ul style="list-style-type: none"> <li>• Women's Lightweight: (125 lbs &amp; Under)</li> <li>• Women's Welterweight: (126 – 135 lbs)</li> <li>• Women's Middleweight: (136 – 145 lbs)</li> <li>• Women's Light Heavyweight: (146 lbs &amp; Up)</li> </ul>
<ul style="list-style-type: none"> <li>- Divisions categorized by the weight classes: Point Sparring, Continuous Sparring, Full-Contact Sanda, Ultimate Sanda, Grappling, Shuai Jiao, and Push Hands.</li> <li>- Divisions not categorized by weight classes: Self-Defense Demo, Short Weapon Sparring, Long Weapon Sparring, and Arnis Stick Fighting.</li> </ul>	

### Weight Classes for Chi Sao Division

Men's Weight Classes	Women's Weight Classes
<ul style="list-style-type: none"> <li>• Men's Lightweight: (144.9 &amp; Under)</li> <li>• Men's Middleweight: (145 – 174.9 lbs)</li> <li>• Men's Heavyweight: (175 – 204.9 lbs)</li> <li>• Men's Superweight: (205 lbs &amp; Up)</li> </ul>	<ul style="list-style-type: none"> <li>• Women's Lightweight: (124.9 &amp; Under)</li> <li>• Women's Middleweight: (125 – 144.9 lbs)</li> <li>• Women's Heavyweight: (145 lbs &amp; Up)</li> </ul>

### Competition Divisions

#### Forms

- Modern Wushu Division:
  - Changquan (Long Fist) & Nanquan (Southern Fist)
- Northern Kung Fu Division:
  - Cha Quan, Hua Quan, Hong Quan, Pao Chui, Mian Quan, Taizu, Hua Lin Pai
  - Shaolin, Tong Bei, Praying Mantis, Fanzi Quan, Baji Quan, Eagle Claw, Monkey Style
- Southern Kung Fu Division:
  - Hung Ga, Choy Li Fut, Jow Ga, Hop Ga, Lama P'ai
  - Wing Chun, Bak Mei, Tiger Crane, Southern Mantis, Loong Ying
- Karate Division:
  - Free Style & Traditional Style
  - Budokan, Goju-ryu, Kenpo, Kyokushin, Shito-ryu, Shorin-ryu, Shotokan, Uechi-ryu, Wado-ryu
- Taekwondo Division:
  - Free Style & Traditional Style
- Taijiquan Division:
  - Yang Style, Chen Style, Other Styles
- Internal Martial Arts Division:
  - Xingyiquan, Baguazhang, & Other Internal Systems

- Two/Multi-Person Routine
- Team Demonstration

### **Hero of Combat**

- Point Sparring
- Continuous Sparring
- Full-Contact Sparring
- Ultimate Sanda
- Shuai Jiao (Chinese Wrestling)
- Stationary Push Hands
- Moving Push Hands
- Chi Sao Sparring
- Self-Defense Demo
- Short Weapon Sparring
- Long Weapon Sparring
- Arnis Stick Fighting

# Forms Rules



## Rules for Modern Wushu

### **General Rules**

- Maximum performance time for all Wushu forms is 1.5 minutes; minimum performance time 30 seconds.
- Salute to the judges upon entering ring, then announce to the chief judge your name and the form you will be performing.
- Once an age group is announced to perform, the cut off time for competitors at that age group to enter the competition is 5 minutes.
- All Wushu forms are scored based on hand technique, stance, stepping, structure, jumping, balance, power, coordination, spirit, rhythm, and speed.

### **Wushu Styles**

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

### **Movement Specifications (6 Points)**

- One-tenth of a point is deducted for any occurrence of a slight inconformity with the technical specifications for any hand form, stance, hand technique, footwork, leg technique, jumping, balance and apparatus technique. An apparent inconformity costs 0.2 point, and a serious inconformity costs 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, and is not more than 0.3 point. If several errors occur in a single 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 is penalized as if committing any inconformity with the specifications. If the contestant mixes the use of sword with that of the broadsword, he/she is 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 must also be coordinated).
- For a slight inconformity with the specifications, 0.1-0.5 point is deducted; for an apparent inconformity, 0.6-1.0 point is deducted, and for a serious inconformity, 1.1-2.0 points is deducted.

### **Spirit, Rhythm, and Speed (2 Points)**

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

## **Rules for Northern Kung Fu**

### **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 ring, then announce to the chief judge your name and the form you will be performing.
- Once an age group is announced to perform, the cut off time for competitors at that age group to enter the competition is 5 minutes.
- All Northern Kung Fu styles are scored based on good stance, balance, power, and coordination; characteristics of the particular style performed and representation of 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, Eagle Claw, Monkey Style

### **Quality of Movements (6 Points)**

- One-tenth of a point is deducted when a slight inconformity with the technical specifications occurs in any hand form, stance, hand technique, footwork, leg technique, jumping or balance. Two-tenths of a point is deducted for an apparent inconformity, and 0.3 point for a serious one. The deduction is not 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 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 inconformity, and 1.1-2.0 for a serious inconformity.

### **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 inconformity, and 1.1-2.0 points for a serious inconformity.

## **Rules for Southern Kung Fu**

### **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 ring, then announce to the chief judge your name and the form you will be performing.

- Once an age group is announced to perform, the cut off time for competitors at that age group to enter the competition is 5 minutes.
- All Southern Kung Fu styles are scored based on good stance, balance, power, and coordination; characteristics of the particular style performed and representation of combat effectiveness.

### **Southern Kung Fu Styles**

- Hung Ga, Choy Li Fut, Jow Ga, Hop Ga, Lama P'ai
- Wing Chun, Bak Mei, Tiger Crane, 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-tenths of a point is deducted for an apparent inconformity, and 0.3 point for a serious one. The deduction is not 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 is deducted for a slight inconformity to the requirements, 0.6-1.0 point for an apparent inconformity, and 1.1-2.0 for a serious inconformity.

### **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 inconformity, and 1.1-2.0 points for a serious inconformity.

## Rules for Karate Kata

### General Rules

- Maximum performance time for all Karate katas is 1.5 minutes; minimum performance time 30 seconds.
- Salute to the judges upon entering ring, then announce to the chief judge your name and the form you will be performing.
- Once an age group is announced to perform, the cut off time for competitors at that age group to enter the competition is 5 minutes.
- All Karate katas are scored based on good stance, balance, power, coordination, and structure; characteristics of the particular style performed and representation of combat effectiveness.

### 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

## Rules for Taekwondo Poomsae

### General Rules

- Maximum performance time for all Taekwondo Poomsae is 1.5 minutes; minimum performance time 30 seconds.
- Salute to the judges upon entering ring, then announce to the chief judge your name and the form you will be performing.
- Once an age group is announced to perform, the cut off time for competitors at that age group to enter the competition is 5 minutes.
- All Taekwondo Poomsae are scored based on good stance, balance, power, coordination, and structure.

### Taekwondo Styles

- Competitors are grouped by Freestyle and Traditional Style

### Judging Criteria

- Proper sequence of movement and correct accuracy of the techniques
- Following the proper course of direction and showing smoothness in the kicking techniques
- Demonstrating an understanding of the meaning of each movement
- Overall performance and illustrating the essential characteristics of the chosen Poomsae
- Power and fighting spirit in the performance of basic techniques
- Proper use of stances and postures, and the ability to focus the mind

## Rules for Taijiquan

### **General Rules**

- Maximum performance time for all Taijiquan styles is 4 to 5 minutes; minimum 30 seconds.
- Salute to the judges upon entering ring, then announce to the chief judge your name and the form you will be performing.
- Once an age group is announced to perform, the cut off time for competitors at that age group to enter the competition is 5 minutes.
- 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 is 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 is deducted for an apparent inconformity, and 0.3 point for a serious inconformity. If several errors occur in a single movement, the deduction is not more than 0.3 point.

### **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 is deducted for a slight inconformity with the technical requirements, 0.6-1.0 point for an apparent inconformity, and 1.0-2.0 points for a serious inconformity.

### **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 is deducted for a slight inconformity with the technical requirements, 0.6-1.0 point for an apparent inconformity, and 1.1-2.0 points for a serious inconformity.

## Rules for Internal Martial Arts

### **General Rules**

- Maximum performance time for All Internal Kung Fu Styles is 1.5 minutes; minimum performance time 30 seconds.
- Salute to the judges upon entering ring, then announce to the chief judge your name and the form you will be performing.
- Once an age group is announced to perform, the cut off time for competitors at that age group to enter the competition is 5 minutes.
- All Internal Martial Arts styles are scored based on good stance, balance, power, and coordination; characteristics of the particular style performed and the representation of combat effectiveness.

### **Internal Martial Arts Styles**

- Xingyiquan, Baguazhang, & Other Internal Styles

### **Xingyiquan Characteristics**

- Expression of the whole-body power and short power
- Display the storing and releasing of internal energy without external stiffness
- Stepping must be agile and coordinated with the body movements
- Each movement must be unison with the intention of the mind

### **Baguazhang Characteristics**



- Expression of the whole-body power and circular power
- Display coiling of the body without external stiffness
- Stepping must be smooth and coordinated with the body movements
- Changing directions are done with hook step (kuo bu) and swing step (bai bu)
- Each movement must be in unison with the intention of the mind

# Hero of Combat Rules

## Rules for Point Sparring

### **General Rules**

- There Is No Age Limit for Point Sparring (Kumite) Competitors.
- Mandatory Safety Equipment: Headgear, karate gloves, mouthpiece, groin cup, shin guard, and foot protector. Chest protector is optional for youth groups 17 yrs and younger.
- Striking Areas: Padded area of headgear and torso area above the belt.
- No Contact Areas: Front of face, spine, back of the head, eyes, neck, groin, and knees.
- Prohibited Techniques: elbows, knees, headbutt, choke, joint locks, sweeps or throws, takedowns, body slam, and knockout punches or kicks. No contact to the back or below the waist. 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 is permitted.
- Contact is not continuous; punching and kicking with light to medium force only.
- If there are less than 2 competitors in an age group, the judges reserve the right to combine age groups.
- Youth groups 17 yrs & under are not categorized by weight.
- If there are less than 2 competitors in a weight class, the judges reserve the right to combine weight classes.

### **Duration of Bout**

- Each bout is 2 minutes for under belts (beginner and intermediate levels)
- Each bout is 3 minutes for advanced level or Black Belt

### **Scoring Points**

- (1) One point for hand strike, (1) one point for body kicks, (2) two point for head kicks
- (3) three point controlled with technique jump spinning kicks to the head for advanced level or Black Belt only.

### **Awarding Points**

- If the referee sees an action that is considered to be a valid point, the referee will command STOP and immediately signal the point.
- If one of the judges sees an action that is considered to be a valid point, the judge must signal to the referee immediately, the referee will command STOP and immediately signal the point.
- After the referee commands STOP, each judge must make an immediate decision by hand-pointing to the competitor who is to receive the valid point. The referee counts the decisions of the judges and then point to the appropriate competitor being awarded the score. Points can be awarded when there is a clear majority call from the judges.

### **The Winner of the Bout is Determined By**

- The winner is the competitor with the most points at the end of the bout.
- Forfeit by a competitor or his/her coach result in an automatic win for the competitor's opponent.
- To forfeit, the competitor has to raise one hand and then verbally tell the referee that he/she is forfeiting this bout.
- The competitor's coach can also make the decision to forfeit by throwing in a white towel.

### **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 referee, judges, or the opponent.
- Disregards the instructions of the referee and the judges.
- The referee has the right to disqualify a competitor from the bout or competition if:
  - The competitor commits 1 or more fouls.
  - The competitor engages in unsportsmanlike conducts.

- The competitor injures his/her opponent using prohibited techniques or attacks to the no contact area, depending on the seriousness of the injury.
- The referee has the right to stop the contest if:
  - There is a big gap in the skill level between the 2 competitors. The competitor with the skill advantage wins the bout.
  - A competitor is injured as a result of a legal maneuver, depending upon the seriousness of the injury. The opponent wins the bout.
- 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

### General Rules

- There Is No Age Limit for Continuous Sparring Competitors.
- Mandatory Safety Equipment: Headgear, boxing or Karate gloves, mouthpiece, groin cup, shin guard, and foot protector. Chest protector is optional for youth groups 17 yrs and younger.
- Striking Areas: Padded area of headgear, chest, stomach, thigh, and lower leg.
- No Contact Areas: Front of face, back of the head, eyes, neck, spine, groin, and knees.
- Prohibited Techniques: elbows, knees, headbutt, choke, joint locks, sweeps or throws, 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 permitted.
- Contact is continuous; punching and kicking with light force only.
- If there are less than 2 competitors in an age group, the judges reserve the right to combine age groups.
- Youth groups 17 yrs & under are not categorized by weight.

- If there are less than 2 competitors in a weight class, the judge reserves the right to combine weight classes.

### **Duration of Bout**

- Each bout is 3 rounds; each round is 1 minute with 30 seconds rest in between each round. A competitor winning the first 2 rounds wins the bout, without going into the third round.

### **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.
- Forfeit by a competitor or his/her coach results in an automatic win for the competitor's opponent.
- To forfeit, the competitor has to raise one hand and then verbally tell the referee that he/she is forfeiting this bout.
- The competitor's coach can also make the decision to forfeit by throwing in a white towel.

### **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 referee, judges, or the opponent.
- Disregards the instructions of the referee and the judges.
- The referee has the right to disqualify a competitor from the bout or competition if:
  - The competitor receives 1 or more warnings from the referee.
  - The competitor engages in unsportsmanlike conducts.

- The competitor injures his/her opponent using prohibited techniques or attacks to the no contact area, depending on the seriousness of the injury.
- The referee has the right to stop the contest if:
  - There is a big gap in the skill level between the 2 competitors. The competitor with the skill advantage wins the bout.
  - A competitor is injured as a result of a legal maneuver, depending on the seriousness of the injury. The opponent wins the bout.
- 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 Full-Contact Sanda

### General Rules

- Full-Contact Sparring is for Advanced Level competitors only; Age Limit: 18 – 45 yrs.
- Mandatory Safety Equipment: Headgear without Face Shield, boxing gloves (10-12 oz), mouthpiece, groin cup, shin guard, and foot protector (No Shoes). Shorts are MANDATORY – NO Long Pants.
- Striking Areas: Padded area of headgear, front of the face, chest, stomach, thigh, and lower leg.
- No Contact Areas: Back of the head, eyes, neck, spine, groin, and knees.
- Legal Techniques: Punches to the head and body; Kicks to the head, body, and legs; Throws and takedowns.
- Prohibited Techniques: Biting, elbows, knees, headbutt, choke, joint locks, knockout punches or kicks, body slam, and spiking (Spiking is defined as throwing a competitor directly down on their head in a linear fashion). Once the opponent is down on the ground, no more attacking permitted.
- Takedowns are allowed with a maximum of 2 seconds to execute.

- All competitors should present a health certificate by their doctor stating that they are healthy to compete in combat sport.
- If there are less than 2 competitors in an age group, the judges reserve the right to combine age groups.
- If there are less than 2 competitors in a weight class, the judge reserves the right to combine weight classes.

### **Duration of Bout**

- Each bout is 3 rounds; each round is 2 minutes with 1 minute rest in between each round. A competitor winning the first 2 rounds wins the bout, without going into the third round.

### **Scoring Points**

- There are 2 aspects in Full-Contact Sanda scoring: Stand Up and Takedown scores.
- Stand Up: Three Judges will score each competitor based on landed strikes (Punch or Kick).
- No Point: Glove to glove contact, clash of kicks, and slap punches while in a clinch do not count as points.
- No Point: A kick that lands but is caught by the receiving competitor and the receiving competitor follows with a counter that lands effectively, or a throw/sweep that is executed effectively, the kick does not count as a scoring.
- 1 Point: Strike landed clean to legal striking areas.
- 2 points: Any knockdown from a strike (Punch or Kick) to the legal striking areas will award 2 points to the striker as long as the technique is clean and while the striker remains standing.
- Takedowns: After each throw, takedown, sweep, etc., the referee will stop the action and restart the competitors.
- No Point: If a competitor attempts a throw and his/her opponent pulls the competitor down with them, and neither shows control.
- 1 Point: If a competitor throws his/her opponent on the ground by falling down himself or herself deliberately and does not immediately stand up in a flowing motion.



- 1 Point: If a competitor being thrown uses a throw counter technique and reverses the beginning thrower and ends up in the controlling position after both competitors hit the floor shall award 1 point. If both competitors end up side by side, no points shall be awarded.
- 2 Points: If a competitor throws his/her opponent on the ground while remain standing.
- 2 Points: If a competitor throws his/her opponent on the ground by falling down himself or herself deliberately and immediately stands up in a flowing motion.
- Judges Scoring: At the end of each round, one competitor shall receive 10 points, the other less then 10. After initial score is written, fouls as indicated by referee shall be calculated in.

### **The Winner of the Bout is Determined By**

- At the end of the bout, unless the bout was stopped prior to the end of the scheduled rounds (TKO, DQ, etc.), the competitor with the highest score wins.
- If the competitor becomes disqualified by the judge, his/her opponent wins the bout.
- Forfeit by a competitor or his/her coach results in an automatic win for the competitor's opponent.
- To forfeit, the competitor has to raise one hand and then verbally tell the referee that he/she is forfeiting this bout.
- The competitor's coach can also make the decision to forfeit by throwing in a white towel.

### **Warning**

- Striking with excessive force with the intention to knockout the opponent.
- 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 to or during the bout.
- Disrespecting the referee, judges, or the opponent.
- Disregards the instructions of the referee and the judges.

- The referee has the right to disqualify a competitor from the bout or competition if:
  - The competitor receives 1 or more warnings from the referee.
  - The competitor engages in unsportsmanlike conducts.
  - The competitor injures his/her opponent using prohibited techniques or attacks the no contact area, depending on the seriousness of the injury.
- The referee has the right to stop the contest if:
  - There is a big gap in the skill level between the 2 competitors. The competitor with the skill advantage wins the bout.
  - A competitor is injured as a result of a legal maneuver, depending on the seriousness of the injury. The opponent wins the bout.
- 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

### General Rules

- Ultimate Sanda is for Advanced Level competitors only; Age Limit: 18 – 45 yrs.
- Mandatory Safety Equipment: Headgear without Face Shield, open-finger “MMA Style” gloves (4-6 oz), mouthpiece, groin cup, shin guard, and foot protector (No Shoes).
- Clothing Requirement: Fighters MUST wear MMA or Muay Thai shorts. A tight fitting rash guard or no shirt. Women may wear a sports bra or rash guard top. Women may CHOSE to wear a female chest protector. Cloth anklets may be worn. A knee sleeve may be worn but it may not contain any padding or metal/plastic parts.
- Striking Areas: Padded area of headgear, front of the face, chest, stomach, thigh, and lower leg.
- No Contact Areas: Back of the head, eyes, neck, spine, groin, and knees.

- Legal Techniques: Punches to the head and body while standing; Kicks to the head, body, and legs while standing; Throws and takedowns; Joint-Lock or Jujitsu techniques while on the ground.
- Prohibited Techniques: elbows, knees, headbutt, and small joint manipulation (fingers & toes). body slam, and spiking (Spiking is defined as throwing a competitor directly down on their head in a linear fashion). Once the opponent is down on the ground, no more striking permitted.
- Legal Strikes:
  - All open and close hand strikes to the face, body and legs.
  - All kicks to the head, body and legs EXCEPT straight attacks to the knee joint.
  - NO strikes during the ground fighting phase
- Throws: All trips, dumps, throws, and take downs are legal. There will be NO takedown that purposely lands a competitor on their neck or head (IE no spiking, direct linear motion that lands the opponent straight to the head or neck)
- Submissions:
  - ALL upper body attacks are legal. NO clothes may be grabbed for the purpose of offense OR defense.
  - Knee bars, ankle locks, and straight toe holds are allowed. NO twisting leg submissions will be allowed (no twisting knee bars or heel hooks)
- The fighters may NOT slam out of submissions.
- Takedowns are allowed with a maximum of 6 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 finishing a lock, the competitor can tap his/her hand on the floor or on the body of the opponent 3 times. If the competitor is not able to use his/her hand to tap, he/she can tap verbally by saying the word “STOP” one or more times. After tapping physically or verbally, the competitor’s opponent wins the bout.

- The referee is the ultimate arbitrator. During a 10 count, ONLY the referee shall be involved in examining the fighter. If the referee is unsure, they shall request that the ringside doctor examine the combatant.
- The referee and judges may ask spectators to move away from the ring/mat area. They will assist in helping to keep the combatants inside the mat area if the contest does not take place inside a ring/cage.
- Rules for corner:
  - Each fighter is permitted up to 2 corner people.
  - Vaseline may be applied to the fighter's face before competition.
- ONLY water may be consumed during rounds. Vaseline may be applied between rounds. Excess must be removed before the next round. Vaseline may only be applied to the face of the combatant. The face is defined as in front of the ears, eyebrows and below and along the jaw line and up. A referee shall check each combatant BEFORE they enter the ring/fight area.
- Hands may be wrapped. Gauze may cover the knuckles. There is to be NO tape within 2 inches of the knuckles. If using cloth wraps, only 1 set of wraps per hand is allowed.
- Each corner must have a towel in which to clean up spills and to signal their wish to end the fight.
- Blood time: Each fighter will be allowed a MAXIMUM of 5 minutes of blood time. If bleeding cannot come under control, the fight will be ruled a TKO for the other combatant.
- All competitors should present a health certificate by their doctor stating that they are healthy to compete in combat sport.
- If there are less than 2 competitors in an age group, the judges reserve the right to combine age groups.
- If there are less than 2 competitors in a weight class, the judge reserves the right to combine weight classes.

### **Duration of Bout**

- Each bout is 3 rounds; each round is 2 minutes with 1 minute rest in between each round. A competitor winning the first 2 rounds wins the bout, without going into the third round.

### Scoring Points

- There are 3 aspects in Ultimate Sanda scoring: Stand Up, Takedowns, and Ground Control scores.
- Stand Up: Three Judges will score each competitor based on landed strikes (Punch or Kick).
- No Point: Glove to glove contact, clash of kicks, and slap punches while in a clinch do not count as points.
- No Point: A kick that lands but is caught by the receiving competitor and the receiving competitor follows with a counter that lands effectively, or a throw/sweep that is executed effectively, the kick does not count as a scoring.
- 1 Point: Strike landed clean to legal striking areas.
- 2 points: Any knockdown from a strike (Punch or Kick) to the legal striking areas will award 2 points to the striker as long as the technique is clean and while the striker remains standing.
- Takedowns: After each throw, takedown, sweep, etc., the match will continue for a maximum of 10 seconds on the ground to execute joint-lock or jujitsu techniques.
- No Point: If a competitor attempts a throw and his/her opponent pulls the competitor down with them, and neither shows control.
- 1 Point: If a competitor throws his/her opponent on the ground by falling down himself or herself deliberately and does not immediately stand up in a flowing motion.
- 1 Point: If a competitor being thrown uses a throw counter technique and reverses the beginning thrower and ends up in the controlling position after both competitors hit the floor shall award 1 point. If both competitors end up side by side, no points shall be awarded.
- 2 Points: If a competitor throws his/her opponent on the ground while remain standing.
- 2 Points: If a competitor throws his/her opponent on the ground by falling down himself or herself deliberately and immediately stands up in a flowing motion.

- Ground Control: If no submission is achieved, the action will be judged based on dominate position and threat of submission.
- 1) Dominate position (being in mount, back mount, side control, knee on belly, top half guard with control (in that order)).
- 2) Threat of submission (a threatening submission is defined as one where the submission shows a clear threat (such as an arm fully extended in armbar).
- Judges Scoring: At the end of each round, one competitor shall receive 10 points, the other less then 10. After initial score is written, fouls as indicated by referee shall be calculated in.

### Judging Criteria

- If most of the fight is standing:
  - 1) Effective Offense - Effective offense is defined as strikes landed clean and appear the hurt the opponent. Number of throws, sweeps, and takedowns that land with force. The position of the fighters after the takedown shall be taken into account. If a takedown, sweep or throw lands the attacker in a dominate position (side control, mount, back mount) with control (not immediately swept or reversed after the fight hits the ground), those throws shall count as effective striking and control.
  - 2) Clinch - The fighter who is most effective in the clinch (strikes landed, throws/sweeps executed, off balancing opponent)
  - 3) Volume of Strikes - If both opponents appear to be landing equally effective strikes, the fighter with the higher output will score higher.
  - 4) Ring Control - The fighter who controls where the fight happens during the standing phase the most will score highest.
- If the majority of the fight takes place on the ground:
  - 1) Effective Offense and Positioning - The fighter who maintains top control (ALL top positions, including guard\*) shall score highest.

\* If the fighter on top is trapped in a guard (any leg entanglement that controls some or all of the opponent's body) but is consistently on the defense shall NOT be considered winning the exchange)

- 2) Threatening Submissions – Submissions shall be counted only if they present a clear and present danger and must be actively defended.
  - 3) Volume of strikes. If both opponents appear to be landing equally effective strikes, the fighter with the higher output will score higher.
  - 4) Ring Control – the fighter who controls where the fight happens during the standing phase the most will score highest.
- If both phases of the fight seem even then the fighter who exhibits the most control will win. That is the fighter who dictates what phase most of the round takes place in (standing or on the ground).

#### **The Winner of the Bout is Determined By**

- At the end of the bout, unless the bout was stopped prior to the end of the scheduled rounds (TKO, DQ, Tapout, etc.), the competitor with the highest score wins.
- Competitor wins the bout by tapping out his/her opponent physically or verbally.
- If the competitor becomes disqualified by the judge, his/her opponent wins the bout.
- Forfeit by a competitor or his/her coach result in an automatic win for the competitor's opponent.
- To forfeit, the competitor has to raise one hand and then verbally tell the referee that he/she is forfeiting this bout.
- If the competitor is on the ground and cannot raise either hand, then verbally tell the referee that he/she is forfeiting this bout.
- The competitor's coach can also make the decision to forfeit by throwing in a white towel.
- If a fighter receives an illegal blow and is not able to continue and it is less than half the time in the first round, the fight will be ruled a no contest. The fighter will be given up to 5 minutes to recover.

- If the fighter received the illegal blow after the midway point of the first round and is unable to continue, the match will be ended and judged based upon the events up until the illegal blow. ONLY the referee may rule a blow illegal.

### Warning

- 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 referee, judges, or the opponent.
- Disregards the instructions of the referee and the judges.
- The referee has the right to disqualify a competitor from the bout or competition if:
  - The competitor receives 1 or more warnings from the referee.
  - The competitor engages in unsportsmanlike conducts.
  - The competitor injures his/her opponent using prohibited techniques or attacks to the no contact area, depending on the seriousness of the injury.
- The referee has the right to stop the contest if:
  - There is a big gap in the skill level between the 2 competitors. The competitor with the skill advantage wins the bout.
  - A competitor is injured as a result of a legal maneuver, depending on the seriousness of the injury. The opponent wins the bout.
- Fingers may NOT be pointed out at the other fighter. Fingers MUST point down. The referee may issue up to 2 warnings and then will disqualify the fighter. Intentional eye gouging or attacking the eyes with outstretched fingers will be an automatic DQ.
- Passivity: The referee will do their best to keep the combatants engaged with one another. If one combatant is running away (fleeing) the fight, they may be warned up to 2 times and then will be DQ'd. Turning to escape a takedown or strike is not fleeing the fight. Turning your back and moving away is fleeing the fight and is physically showing that one does not wish to continue. The first time an opponent turns their back the referee may warn them.



The second time a 10 count shall be issued. If it is the 3rd time in a fight, the fighter will be considered TKO'd.

- Standing 10 count. The referee may issue up to 3 standing 10 counts. The 3rd standing 10 count, the fighter receiving the 10 count will be considered TKO'd.
- If the referee decides during a match that one of the combatants is in eminent danger, they may stop the fight.
- The ring doctor may stop the fight in between rounds upon examination of the fighter and determine they are not fit to continue. IF the ring doctor is brought in to examine a fighter due to a cut, they may call the fight in order to ensure the safety of the fighters.
- If a fighter spits out their mouth guard on purpose, they will be issued a standing 10 count. If the fighter spits out their mouth guard a 2nd time during a round, they will be ruled TKO'd.
- 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 Grappling

### General Rules

- There Is No Age Limit for Grappling Competitors.
- Prohibited Techniques: striking of any kind (standing or on the ground), body slam, and small joint manipulation. No hair pulling, scratching, fish hooking, etc. Nails must be trimmed.
- Contact is not continuous; punching and kicking with light to medium force only.
- If there are less than 2 competitors in an age group, the judges reserve the right to combine age groups.
- If there are less than 2 competitors in a weight class, the judges reserve the right to combine weight classes.

### Level Specific Rules

- Beginner Level: Only upperbody submission techniques are allowed. No cranks or spine attacks; Straight ankle locks only.
- Immediate Level: All upperbody submission techniques are allowed, and addition, straight leg lock and slicers are also allowed.
- Advanced Level: All submission techniques are allowed.

### Scoring Points

- Takedowns - 2 points
- Throws where you elevate over the hips - 3 points
- Foot sweeps - 3 points
- Any takedown that lands you in side control - 4 points
- Passing guard - 3 points (You cannot turtle to avoid/prevent the guard pass)
- A pin from dominant position (mount, side control, n/s, scarf holds) - 2 points for one time (Must hold for 10 seconds)
- Knee on belly - 2 points
- Mount/back mount - 4 points
- All positions must be secured for 3 seconds

### The Winner of the Bout is Determined By

- At the end of the bout, unless the bout was stopped prior to the end of the scheduled rounds (TKO, DQ, etc.), the competitor with the highest score wins.
- If the competitor becomes disqualified by the judge, his/her opponent wins the bout.
- Forfeit by a competitor or his/her coach results in an automatic win for the competitor's opponent.
- To forfeit, the competitor has to raise one hand and then verbally tell the referee that he/she is forfeiting this bout.
- The competitor's coach can also make the decision to forfeit by throwing in a white towel.

### Warning

- Using excessive force with the intention to injure the opponent.

- Using “Prohibited Techniques” against the opponent.
- Using performance-enhancing drugs prior to or during the bout.
- Disrespecting the referee, judges, or the opponent.
- Disregards the instructions of the referee and the judges.
- The referee has the right to disqualify a competitor from the bout or competition if:
  - The competitor receives 1 or more warnings from the referee.
  - The competitor engages in unsportsmanlike conducts.
  - The competitor injures his/her opponent using prohibited techniques, depending on the seriousness of the injury.
- The referee has the right to stop the contest if:
  - There is a big gap in the skill level between the 2 competitors. The competitor with the skill advantage wins the bout.
  - A competitor is injured as a result of a legal maneuver, depending on the seriousness of the injury. The opponent wins the bout.
- 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

- The age limit for Shuai Jiao is 18 – 45 yrs.
- Mandatory Safety Equipment: Shuai Jiao Jackets, wrestling shoes (all other soft soled shoes subject to approval), long pants, and support cup
- 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.

- The format for the match will be continuous. During the match time will be stopped for: offenses and warnings; uniform and equipment failure; and to seek medical advice.
- If there are less than 2 competitors in an age group, the judges reserve the right to combine age groups.
- If there are less than 2 competitors in an age group, the judges reserve the right to combine age groups.

### **Duration of Bout**

- Each bout is 3 rounds; each round is 2 minutes with 30 minute rest in between each round.

### **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.

### **Scoring Points**

- 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 to step out of area. Opponent falls through his/her own imbalance.
- 2 Points
  - Contestant remains standing while 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 while effectively sweeping or throwing the opponent causing the opponent to land on his/her head, side, chest or bottom.
  - Contestant effectively throws the opponent causing the opponent to land on his/her side or back; and remains standing.
- 3 Points
  - Contestant effectively throws the opponent, causing the opponent to rotate through a minimum of 180 degrees and to land on his/her back, and constestant remains standing and balanced.
- No Points
  - Both contestants fall simultaneously or leave the area without the use of recognized 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); Dian 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 his/her 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 Push Hands

### General Rules

- There is no age limit for Push Hands competitors.
- Competitors should wear t-shirt, long pants, and shoes. No jewelry or watches.
- Competitors begin facing off with their right foot forward, hands and arms touch, and then hands and arms circle 2 times to begin.
- Every time the judge breaks apart the two competitors, the competitors will restart by changing their starting foot.
- Prohibited Techniques: sweeps, takedowns, joint locks, or strikes; clutching, grabbing or pulling of clothes; clutching or grabbing the feet or legs of the opponent; surprise attacks without the establishment of contact with opponent.
- If there are less than 2 competitors in an age group, the judges reserve the right to combine age groups.
- If there are less than 2 competitors in an age group, the judges reserve the right to combine age groups.

### Duration of Bout

- Each bout is 1 round of 90 seconds.

### **The Winner of the Bout is Determined By**

- Competitor with the most scores.
- If, after 90 seconds, the scores between two competitors are a tie, a time extension is given. The winner is determined when one competitor is the first to win an additional point during the time extension.

### **Point 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.

### **Warnings**

- Using “Prohibited Techniques” against the opponent.
- Using performance-enhancing drugs prior or during the bout.
- Disrespecting the referee, judges, or the opponent.
- Disregards the instructions of the referee and the judges.
- The referee has the right to disqualify a competitor from the bout or competition if:
  - The competitor receives 1 or more warnings from the referee.
  - The competitor engages in unsportsmanlike conducts. The competitor injures his/her opponent using prohibited techniques or attacks to the no contact area, depending on the seriousness of the injury.
- The referee has the right to stop the contest if:
  - There is a big gap in the skill level between the 2 competitors. The competitor with the skill advantage wins the bout.
  - A competitor is injured as a result of a legal maneuver, depending on the seriousness of the injury. The opponent wins the bout.

- 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 Moving Push Hands

### **General Rules**

- There is no age limit for Push Hands competitors.
- Competitors should wear t-shirt, long pants, and shoes. No jewelry or watches.
- Competitors begin facing off with their right foot forward, hands and arms touch, and then hands and arms circle 2 times to begin.
- Every time the judge breaks apart the two competitors, the competitors will restart by changing their starting foot.
- Prohibited Techniques: sweeps, takedowns, joint locks, or strikes; clutching, grabbing or pulling of clothes; clutching or grabbing the feet or legs of the opponent; surprise attacks without the establishment of contact with opponent.
- If there are less than 2 competitors in an age group, the judges reserve the right to combine age groups.
- If there are less than 2 competitors in an age group, the judges reserve the right to combine age groups.

### **Duration of Bout**

- Each bout is 1 round of 90 seconds.

### **The Winner of the Bout is Determined By**

Competitor with the most scores.

- If, after 90 seconds, the scores between two competitors are a tie, a time extension is given. The winner is determined when one competitor is the first to win an additional point during the time extension.



## Point 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

- Using "Prohibited Techniques" against the opponent.
- Using performance-enhancing drugs prior or during the bout.
- Disrespecting the referee, judges, or the opponent.
- Disregards the instructions of the referee and the judges.
- The referee has the right to disqualify a competitor from the bout or competition if:
  - The competitor receives 1 or more warnings from the referee.
  - The competitor engages in unsportsmanlike conducts.
  - The competitor injures his/her opponent using prohibited techniques or attacks to the no contact area, depending on the seriousness of the injury.
- The referee has the right to stop the contest if:
  - There is a big gap in the skill level between the 2 competitors. The competitor with the skill advantage wins the bout.
  - A competitor is injured as a result of a legal maneuver, depending on the seriousness of the injury. The opponent wins the bout.
- 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 Chi Sao

### Objectives

- The objective of the contest is to test participants on the following qualities particular to Southern Short-Hand:
- Sensitivity/Reaction Skills
- Balance
- Structure and technique (stance and movements)
- Timing and speed
- Control of power and distance
- Clean attacking, blocking, and trapping technique
- Note: This is not a point contest, but a judgement of the competitor's overall performance on the above.

### Contest Format

- Each match will consist of two 1 -1/2 minute rounds, with a 30 second rest in between.
- The competition area will be a square space measuring 8' x 8', enclosed and divided into two halves by tape. For the finals, the Platform/Table will be a square space measuring 4-½ x 4-1/2 feet and 1 foot above the floor.
- The opponents will bow to each other and to the referee and the judges. They will then "face off" at the center of the competition area and establish forearm contact in a double sticking hands position.
- Following the direction of the referee, the contestants will begin "rolling", rotating their forearms at least three times before initiating an exchange of techniques.
- Should the contestants disengage, they are to return to the center of the competition area and begin again with the "rolling hands" under the instructions of the referee.
- If a contestant is driven out of the competition area or off the platform, both competitors are to return to the center of the "ring" and begin again as stated above.

- During the 30-second break period, the contestants are to return to their respective corners and adopt a kneeling or seated posture until called by the referee.

### **How the Matches Will Be Officiated**

- The officiating committee will consist of the following members:
  - Chief Judge
  - Four Corner Judges
  - Center referee
  - Timekeeper/Scorekeeper
- The chief judge will be the arbiter in all disputes, and will announce the winner of each match. The Chief Judges decision will be final on any judgments not covered by the rules.
- The corner judges will score each match and determine the winner. Each corner judge will indicate an independent vote for the winner when the Chief Judge requests the call. A majority of votes determines the winner in each match. In the event of a draw, the Corner Judges will refer to the Chief Judge for a decision. In the finals, a 20-second “sudden death” round may be initiated if a draw occurs between all judges.
- The Center Referee will be responsible for starting and stopping the action, for ensuring that all rules are followed, and that the safety of the participants is maintained. Only the Center Referee (or the Chief Judge at his or her discretion) can stop the clock during action. The clock will be stopped should there be an infringement of the rules, an injury, an argument, or a withdrawal.
- The timekeeper/Scorekeeper will start the clock in accordance with the signals of the Center Referee and will ring a bell to announce the end of each segment of a match. As scorekeeper, he will record the results of each match and will inform the Chief judge of the name of the winner.

### **Equipment**

- Participants will be required to wear a T-shirt (with or without a school insignia), martial arts pants, and athletic or gung-fu shoes. No long sleeved shirts will be permitted.

- Contestants will not be permitted to wear any objects (including jewelry) that may cause injury to themselves or to their opponents. Fingernails must be clipped as short as possible, and will be inspected by officials. A mouth guard and groin-cup (for males) are required. Headgear is optional. Hand and foot gear will not be required.

## Protests

- Any protests must be immediately presented to the Chief Judge before the start of the following match. Protests presented after this time will not be considered.

## Match Rules

- Judges will be looking for a continuous exchange of discernible techniques, with an emphasis on adherence or “sticking”. This will be distinguished from wrestling, shoving, and boxing.
- Striking techniques employing the fist, open hand, and foot are to be directed to the opponent’s chest protector only.
- 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.
- Kicking is allowed only if (1) to chest protected area and (2) at least one hand is in contact with the opponent’s arm.
- None of the following actions will be permitted:
  - Committing any action with apparent intent to cause harm.
  - Blows delivered with the knee or head.
  - Punching, elbow, or chopping at the opponent’s head or neck.
  - Wild, swinging punches which show a lack of “bridging”.
  - Kicking to the opponent’s groin area, or to any part of his or her legs.
  - Double-grabbing, i.e. holding the opponent with both hands without executing an attack.
  - Pulling the grabbing the opponent’s hair or clothing.
  - Attacking the opponent after the referee has stopped the action.
  - Talking back disrespectfully to any official.

- Using foul language or gestures toward anyone present during the competition.
  - Intentionally using a technique meant to cause injury to your opponent.
  - Issuing verbal instructions from ringside (This refers to instructors and fellow students).
  - Issuing verbal instructions during the break period.
- A contestant may receive a maximum of one (1) warning for breaking any of the above rules. Two (2) infringements of the rules will lead to immediate disqualification. Any intentional or excessive contact will result in immediate disqualification.
- If there are less than 2 competitors in an age group, the judges reserve the right to combine age groups.
- If there are less than 2 competitors in a weight class, the judge reserves the right to combine weight classes.

## Rules for Self-Defense Demo

### **General Rules**

- The Self-Defense Demo is designed for competitors to demonstrate true, realistic fighting/self-defense applications extracted from the forms from their style of Martial Arts.
- Competitors' scores are judged based on realism, authenticity, and effectiveness.
- No "fantasy," techniques, two person sets, or movie-style choreography will be permitted.
- Competition area is matted.

### **Beginners & Intermediate Levels**

- Three Techniques performed with a partner.
- Two minute time limit.
- No Weapons permitted.
- Techniques are to be performed first slow to show technique, then fast to show skill.

### **Advanced Level**

- Five or more techniques performed with a partner.
- Three minute time limit.
- Safe weapons (rubber, plastic, etc.) are permitted; No sharp blades, or metal guns are permitted.
- Techniques are to be performed first slow to show technique, then fast to demonstrate skill.

### Scoring Criteria

- Technical quality of the techniques
- Authenticity-are the techniques true to the style of the performer's art. (i.e: Wing Chun would not have Iron Broom sweeps, etc)
- Effectiveness of the self-defense techniques shown
- Performance/skill

### Disqualification

- A competitor will be disqualified if he/she:
  - Hurts or injures their partner
  - Uses sharp /live weapons
  - Fails to show authenticity/"Fantasy" techniques
- If their partner 'does all the work,' i.e. throws themselves

## Rules for Short Weapon Sparring

### General Rules

- Competitors are required to bring their own short weapon (similar to the weapon shown on the photo below).
- There is no age limit for Short Weapon Sparring competitors.
- Competitors are categorized by age, not by weight classes.
- Mandatory Safety Equipment: Head gear with face protector, groin protector for men, chest protector.

- No Contact Areas: Back of the head, neck, spine, and groin.
- Prohibited Techniques: punching, kicking, takedowns, or joint locks.
- Competitor should demonstrate power, accuracy, speed, and good defense.
- Referee stops and restarts the fight if one or both competitors fall on the ground, or one or both weapons fall on the ground.
- If there are less than 2 competitors in an age group, the judges reserve the right to combine age groups.

### **Duration of Bout**

- Each bout is 1 round of 2 minutes.

### **The Winner of the Bout is Determined By**

- Beginner Level:
  - Contact is not continuous.
  - The winner is the competitor with the most points at the end of the bout.
- Intermediate Level:
  - Contact is continuous.
  - The winner is determined by both competitors' effectiveness in executing their techniques during attacks and defenses.
- Advanced Level & Black Belt:
  - Contact is continuous.
  - The winner is determined by both competitors' effectiveness in executing their techniques during attacks and defenses.
- A competitor can also win the bout by taking over his/her opponent's weapon, through grabbing the handle of his/her opponent's weapon and takes over the weapon. The time limit for executing this technique is 2 seconds.

### **Warning**

- Attacking with excessive force.
- Attacking to the "No Contact" areas.

- Using “Prohibited Techniques” against the opponent.
- Using performance-enhancing drugs prior or during the bout.
- Disrespecting the referee, judges, or the opponent.
- Disregards the instructions of the referee and the judges.
- The referee has the right to disqualify a competitor from the bout or competition if:
  - The competitor receives 1 or more warnings from the referee.
  - The competitor engages in unsportsmanlike conducts.
  - The competitor injures his/her opponent using prohibited techniques or attacks to the no contact area, depending on the seriousness of the injury.
- The referee has the right to stop the contest if:
  - There is a big gap in the skill level between the 2 competitors. The competitor with the skill advantage wins the bout.
  - A competitor is injured as a result of a legal maneuver, depending on the seriousness of the injury. The opponent wins the bout.
- 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 Long Weapon Sparring

### General Rules

- Long weapon will be provided to the competitors at the competition.
- There is no age limit for Long Weapon Sparring competitors.
- Competitors are categorized by age, not by weight classes.
- Mandatory Safety Equipment: Head gear with face protector, neck protector, and groin protector for men.
- No Contact Areas: Back of the head, spine and groin.
- Prohibited Techniques: punching, kicking, takedowns, or joint locks.
- Fighters should demonstrate power, accuracy, speed, and good defense.



- Referee stops and restarts the fight if one or both competitors fall on the ground, or one or both weapons fall on the ground.
- If there are less than 2 competitors in an age group, the judges reserve the right to combine age groups.

### **Duration of Bout**

- Each bout is 1 round of 2 minutes.

### **Scoring Points**

- 2 points for strikes to the head or body and opponent cannot retaliate in short time.
- 1 point for strikes to the arm and/or hand or leg and opponent cannot retaliate in short time.
- No points scored if strikes are mutually exchanged i.e. “double kill”

### **The Winner of the Bout is Determined By**

- The winner is the competitor with the most points at the end of the bout.
- When points are scored the bout will be paused and competitors will return to their starting positions

### **Warning**

- Attacking with excessive force.
- Attacking to the “No Contact” areas.
- Using “Prohibited Techniques” against the opponent.
- Using performance-enhancing drugs prior or during the bout.
- Disrespecting the referee, judges, or the opponent.
- Disregards the instructions of the referee and the judges.
- The referee has the right to disqualify a competitor from the bout or competition if:
  - The competitor receives 1 or more warnings from the referee.
  - The competitor engages in unsportsmanlike conducts.

- The competitor injures his/her opponent using prohibited techniques or attacks to the no contact area, depending on the seriousness of the injury.
- The referee has the right to stop the contest if:
  - There is a big gap in the skill level between the 2 competitors. The competitor with the skill advantage wins the bout.
  - A competitor is injured as a result of a legal maneuver, depending on the seriousness of the injury. The opponent wins the bout.
- 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 Arnis Stick Fighting

### General Rules

- Competitors are required to bring their own stick.
- There is no age limit for Arnis Stick Fighting competitors.
- Competitors are categorized by age, not by weight classes.
- Mandatory Safety Equipment: helmet with face protector, gloves, chest padding, and groin protector for men.
- 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 permitted. No contact to the back.
- The format is continuous. Referee stops and restarts 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.
- If there are less than 2 competitors in an age group, the judges reserve the right to combine age groups.

## Duration of Bout

- Each bout is 3 rounds; each round is 60 seconds with 30 seconds break between each round.

## Point Scoring

- Scoring is a 10 points system.
- The winner of a round scores 10 points, while the loser of a round is scored 7-9 points.

## Warning

- If the competitor disregards the orders and instructions of the referee and the judges.
- Disrespecting the referee, judges, or the opponent.
- Attacking with excessive force.
- Using violent actions.
- Using the techniques of kicking, punching, and takedowns.
- If the competitor continues to attack his/her opponent after the opponent's weapon falls down on the ground.
- Using performance-enhancing drugs prior or during the bout.
- The referee has the right to disqualify a competitor from the bout or competition if:
  - The competitor receives 1 or more warnings from the referee.
  - The competitor engages in unsportsmanlike conducts.
  - The competitor injures his/her opponent using prohibited techniques or attacks to the no contact area, depending on the seriousness of the injury.
- The referee has the right to stop the contest if:
  - There is a big gap in the skill level between the 2 competitors. The competitor with the skill advantage wins the bout.
  - A competitor is injured as a result of a legal maneuver, depending on the seriousness of the injury. The opponent wins the bout.
- 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.