Dear CMAT 23 Coaches and Competitors,

It is with great pleasure that Cal Wushu and Cal Taiji of The University of California, Berkeley, write to invite you to the 23rd Annual Chinese Martial Arts Tournament (CMAT) held on Saturday, March 14, 2015.

CMAT is the largest Chinese martial arts competition on the western hemisphere, featuring contemporary wushu, traditional kung-fu, and taiji events. We have as many as 400 competitors of all ages and levels participate every year, and we hope you will attend as well. This tournament will be a wonderful opportunity for you to expose yourself to the different styles of wushu, as well as gain experience.

The tournament, which is kindly hosted and sponsored by the University of California Martial Arts Program and the Recreational Sports Department, will be held in the Kleeberger Fieldhouse within the Recreational Sports Facility. The opening ceremony will begin at 8 AM followed by competition events at 8:30 AM.

For general questions or concerns, you may reach us at cmat.director@ucmap.org. More detailed information concerning the tournament may be viewed through either our Facebook page at www.facebook.com/ChineseMartialArtsTournament, or website at www.cmat.calwushu.com.

We hope you are able to accept this invitation and we look forward to hearing from you.

Best regards,

Chrystina Yu
CMAT 23 Co-Director
UC Martial Arts Program

Wendy Zhang
CMAT 23 Co-Director
UC Martial Arts Program
LIABILITY WAIVER, ASSUMPTION OF RISK, RELEASE, AND INDEMNIFICATION AGREEMENT
23rd Annual Chinese Martial Arts Tournament
University of California Martial Arts Program
Kleeberger Fieldhouse, UC Berkeley
March 14, 2015

READ BEFORE SIGNING

IN CONSIDERATION OF being allowed to participate in the 23rd ANNUAL CHINESE MARTIAL ARTS TOURNAMENT (CMAT), Participant, or Minor Participant and his or her legal guardian, as well as Participant or Minor Participant’s heirs, assigns, personal representatives and next of kin, (collectively, Participant) EXPRESSLY AND FREELY AGREE as follows:

1. That participation in CMAT is a DANGEROUS ACTIVITY that involves known and unknown risks of serious personal injury, including permanent disability or death, and damage or loss of personal property. These risks are increased where Participant is a lower rank martial artist with less experience. Participant hereby agrees to ASSUME ALL RISK of serious personal injury, permanent disability, death, and/or damage to or loss of personal property resulting from/or in any way connected with preparation for or participation in CMAT activities.

2. To RELEASE, WAIVE AND FOREVER DISCHARGE THE UNIVERSITY OF CALIFORNIA, THE UNIVERSITY OF CALIFORNIA MARTIAL ARTS PROGRAM, its Regents, subsidiaries, related and affiliated companies, organizations, officers, employees and agents (the Released Parties) from any and all claims (other than gross negligence), loss, demands, damages, expenses, lawsuits, causes of action and judgments, whether foreseen or unforeseen, known or unknown, present or future, resulting from, arising out of, or in any way connected with Participant's preparation for or participation in CMAT activities, including, but not limited to, any claims for personal injuries, including death, and/or damage to or loss of personal property, whether caused in whole or in part by the ordinary NEGLIGENCE and/or FAULT of the Released Parties or otherwise (the Claims).

3. To AUTHORIZE RELEASED PARTIES TO PROVIDE PARTICIPANT WITH MEDICAL TREATMENT if Participant is injured, to accept financial responsibility for any costs related to that treatment, and to RELEASE, WAIVE AND FOREVER DISCHARGE Released Parties from any Claims in any way CONNECTED WITH SAID MEDICAL ASSISTANCE OR TREATMENT.

4. To INDEMNIFY, DEFEND, and HOLD HARMLESS the Released Parties from any and all Claims, whether caused in whole or in part by the NEGLIGENCE and/or FAULT of the Released Parties or otherwise that arise from participation in CMAT activities to the fullest extent authorized by law.

5. To CONFIRM THAT PARTICIPANT’S PHYSICIAN HAS EXAMINED PARTICIPANT, CERTIFIED THAT PARTICIPANT IS IN GOOD PHYSICAL CONDITION AND AUTHORIZES PARTICIPANT TO PARTICIPATE in CMAT. Participant’s signature on this Agreement is confirmation of this examination, certification and authorization. Any existing disease or injury that may affect Participant’s performance will require proof from Participant’s Physician authorizing participation.

6. To AUTHORIZE THE RIGHT AND UNRESTRICTED PERMISSION CONCERNING ANY PHOTOGRAPHS OR VIDEOS CMAT HAS TAKEN OF PARTICIPANT BEFORE, DURING, OR AFTER CMAT. The Participant agrees to give irrevocable, perpetual, and unrestricted right and permission to CMAT to take, use, reuse, publish, and republish media in whole or in part, individually, or in connection with other material, in any and all media now or hereafter known, including the Internet, and for any purpose whatsoever, specifically including illustration, promotion, art, editorial, advertising, and publicity, without restriction to alteration.
READ BEFORE SIGNING

7. That ANY DISPUTE OR CLAIM ARISING OUT OF OR IN ANY WAY RELATED TO THIS AGREEMENT SHALL BE SUBMITTED TO BINDING ARBITRATION in San Francisco, California, pursuant to the arbitration rules of the American Arbitration Association or similar arbitration tribunal. An arbitration award rendered pursuant to this provision may be submitted to any court of competent jurisdiction in the United States for entry of judgment on the award. The parties agree that any petition to confirm, correct, or vacate an arbitration award may be served by regular mail, and that personal service of any such petitions is waived. The prevailing party in any arbitration arising from any dispute or claim under this Agreement shall be entitled to recover its reasonable attorneys’ fees, costs and expenses. Participant understands that by executing this Agreement, Participant is waiving a constitutional right to a jury trial, and Participant waives that right freely and voluntarily.

8. That PARTICIPANT HAS READ THIS LIABILITY WAIVER, RELEASE, AND INDEMNIFICATION AGREEMENT, AND FULLY UNDERSTANDS ITS TERMS. Participant understands that by entering into this agreement participant is giving up substantial rights, including the right to sue. Participant also understands that entering into this agreement is a condition precedent to and is consideration for the privilege of participating in CMAT. Participant acknowledges that this is the final agreement regarding the issues raised herein and cannot be modified except in a writing signed by both parties. Participant acknowledges that Participant is signing this agreement freely and voluntarily, and intends by Participant’s signature to make a complete and unconditional release of all liability to the greatest extent allowed by the laws of the State of California. If any portion of this agreement is held invalid, Participant agrees that the balance of it shall nevertheless continue in full force and effect.

I HAVE READ THIS LIABILITY WAIVER, RELEASE, ASSUMPTION OF RISK AND INDEMNIFICATION AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL LEGAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT PURSUANT TO THE UNIFORM ELECTRONIC TRANSACTION ACT, CALIFORNIA CIVIL CODE §1633.1, ET SEQ.

PARTICIPANT

Date: ____________________________________ Date: __________________________

Participant Name Printed: ____________________ Parent/Guardian Name Printed: ____________________

Participant Signature: ________________________ Parent/Guardian Signature: ________________________

Phone Number: ______________________________ Phone Number: ______________________________

EMERGENCY CONTACT

Name: ____________________ Relationship: __________ Telephone: __________________________

Address: ____________________ City: ______________ State/Zip: __________________________
I. Venue

Kleeberger Fieldhouse is located within the Recreational Sports Facility (RSF) and is accessible through the Special Events entrance located to the left of the main RSF entrance.

Recreational Sports Facility
2301 Bancroft Way
Berkeley, CA 94720

II. Spectator Fees

General admission is $10; admission with a UC Berkeley Student ID is $5; and admission is free for volunteers and children under 7 years old.

III. Tentative Schedule

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Competitor Check-in Opens</td>
<td>7:00 AM PST</td>
</tr>
<tr>
<td>Opening Ceremony</td>
<td>8:00 AM PST</td>
</tr>
<tr>
<td>Competition Begins</td>
<td>8:30 AM PST</td>
</tr>
<tr>
<td>Competitor Check-in Closes</td>
<td>11:00 AM PST</td>
</tr>
</tbody>
</table>

IV. Registration

Please register at www.cmat.calwushu/register.

The cost to register is $50 for the first event and $15 for each additional event. Participants can register for a maximum of four individual events. Participants may register for push hands, one sparring set and one group set on top of the four individual events.

V. Late Registration

Due to the late release of registration this year, we will not be administering late registration. The deadline for registration is March 6, 2015.
VI. Tentative Events

101: Contemporary Long Fist
102: Contemporary Southern Fist
103: New Compulsory Long Fist
104: New Compulsory Southern Fist
105: Longfist 3 Special Division
121: Contemporary Straightsword
122: Contemporary Broadsword
123: Contemporary Southern Saber
141: Contemporary Spear
142: Contemporary Staff
143: Contemporary Southern Staff
161: Contemporary Other
162: Contemporary Other Weapon
201: Traditional Northern
202: Traditional Southern
203: Tan Tui
221: Traditional Short Weapon
242: Traditional Long Weapon
261: Traditional Other
262: Traditional Other Weapon
301: Internal 42 Taiji (compulsory)
311: Internal 24 Yang
312: Internal Open Yang
313: Internal 24 Chen
314: Internal Open Chen
315: Internal Sun Taiji
331: Internal Xingyi
332: Internal Bagua
333: Internal Baji
334: Internal Guang Ping
361: Internal Open Taiji Sword (Jian, Dao)
362: Internal 32 Taiji Straight sword
381: Internal Other
382: Internal Open Other Taiji Short Weapon
383: Internal Taiji Long Weapon
384: Internal Other Weapon (All non-Taiji weapons, including Jian and Dao)
901: Push Hands Female <135 lbs
902: Push Hands Female 135+ lbs
911: Push Hands Male <145 lbs
912: Push Hands Male 145-175 lbs
913: Push Hands Male 176-205 lbs
914: Push Hands Male 205+ lbs
951: Sparring Set
952: External Group Set
953: Internal Group Set
954: Guang Ping Group Set

VII. Event Updates

Nandu events have been replaced by the Third Set of International Wushu Competition Routines, or compulsory forms. This event will only have two different age groups: one event for 18 and older, and another for 17 and younger. Competitors of all levels will compete together.

“103: New Compulsory Long Fist” is for competitors 18 and older.

“105: Long Fist 3 Special Division” is for competitors 17 and younger.

We have also added a new event: Beginners will be required to perform at least 4 lines and Intermediate/Advanced will be required to perform at least 6 lines.

“203: Tan Tui”
VIII. Transportation to Kleeberger Fieldhouse

From Highway 101 and California State Route 13
1. Head north on US-101 N
2. Take the Interstate 80 exit towards Bay Bridge
3. Merge onto I-80 E
4. Take the Ashby Ave/CA-13 exit
5. Merge onto CA-13/Ashby Ave N
6. Continue for 2 miles then turn left onto Telegraph Ave
7. Turn left onto Bancroft Way
8. Destination will be on the right.

From I-880 and California State Route 24
1. Head north on I-880 N
2. Keep right to continue on I-980 E, follow sign for CA-24/Walnut Creek
3. Continue onto California State Route 24/Grove Shafter Fwy
4. Take the Claremont Avenue exit
5. Turn right onto Claremont Ave
6. Turn right onto Telegraph Ave
7. Continue for 2.1 miles, then turn left onto Bancroft Way
8. Destination will be on the right

From I-80
1. Head northeast on I-80E
2. Take the Ashby Ave/CA-13 exit
3. Merge onto CA-13 S/Ashby Ave N
4. Turn left onto Telegraph Ave
5. Turn left onto Bancroft Way
6. Destination will be on your right

From BART (Bay Area Rapid Transit): Take the Richmond Line and exit at the Downtown Berkeley Station on Shattuck Avenue. Head south 3 blocks to Bancroft Avenue. Then, head east on Bancroft Avenue for 3 blocks to the Recreational Sports Facility. For more information check www.bart.org.

From A/C Transit: The 1, 49, 51B, 52, and F buses stop in front of the main Recreational Sports Facility entrance at Bancroft Way and Dana Street. Call A/C Transit for direct information on travel from your location at (510) 817-1717 or check their website at www.actransit.org.
IX. Volunteering

Volunteers for CMAT 23 will receive free admission into the tournament, as well as a volunteer shirt and a complimentary lunch. The different positions for volunteers include, set up, security, timekeeping, scorekeeping, running, ring leading, and take down. Please refer to our website for more information at, www.cmat.calwushu.com/volunteer.

X. Judging

Judges for CMAT 23 will receive a Judge shirt, complimentary breakfast and lunch, and a parking pass. We are looking for Contemporary, Traditional, and Internal judges. Please contact Judging at cmat.judging@ucmap.org if you are interested in becoming a judge.

XI. Sponsorships

We publish a tournament booklet every year with advertisement opportunities for your school. We have full, half, and quarter pages available in our booklet. If you are interested in advertising with us, then please email Publicity at cmat.publicity@ucmap.org for rates and ad availability.
I. General Rules

UC Berkeley Chinese Martial Arts Tournament Rules will be implemented for all judging with the exception of New Compulsory Nanquan and Changquan, which will follow 2005 IwuF International Competition Rules.

Events may be combined at tournament director’s discretion (only under reasonable circumstances).

The maximum number of individual events a competitor may register for is 4. This excludes Push Hands, Sparring Set, and Group Set, of which each competitor may register in one event each. Thus the maximum total number of events a competitor may register for is 7, which includes 4 individual events, 1 push hands, 1 sparring set, and 1 group set.

Contemporary forms such as Long Fist (Chang Quan) and Southern Fist (Nan Quan) are not allowed in Traditional events. Ineligible forms will be determined by the head judge. Competitors who violate this rule will be disqualified from the event. After disqualification, competitors will be moved to the appropriate contemporary event as long as it has not yet occurred.

Weapons used for Traditional events must be able to stand under their own weight. If violated, the competitor will be disqualified.

A competitor may not compete with the same form twice. Competitors who violate this rule will be disqualified for all instances where the same form was used.

A competitor may only compete in either 24 Yang OR Open Yang, and similarly either in 24 Chen OR Open Chen.

Beginner Tan Tui competitors must perform at least 4 sections of the form. Intermediate and advanced competitors will be combined into one division, and must perform at least 6 sections of the form. Advanced competitors who compete in Tan Tui are not eligible for all-around champion.

No unauthorized personnel will be allowed on the competition floor. All offenders will be escorted off and their admissions revoked. If the offender is a parent, coach, or associate of a competitor, that competitor will be disqualified. Should the offender be associated with multiple competitors, one will be disqualified at the discretion of the staff. In all such cases there will be no refunds.
II. Skill Levels

a. Beginners (< 2 years)
   i. No more than two years of wushu training
   ii. No International Wushu Federation International Compulsory forms or anything closely resembling one. Forms must be linear.
   iii. NO butterflies, jumps landing in splits, or linking of multiple difficulty movements into combinations.
   iv. Permitted jumps include: jump front, jump inside, jump outside, cartwheels, or anything with 360 or fewer degrees of rotation.

b. Intermediate (< 4 years)
   i. No more than four years of wushu training
   ii. Advanced moves (jump kicks, acrobatics, balances, etc.) are limited to those found within the first two sets of International Wushu Federation International Compulsory forms.
   iii. NO aerial twists, jump inside/outside kicks with more than 360 degrees rotation, etc.

c. Advanced (> 4 years)
   i. To be eligible for the advanced all-around award, the competitor must compete in four advanced individual events (three for senior wushu). More details in the All-Around Champion section.

III. Age Groups

a. Young Child: < 7 years old
b. Child: 8-12 years old
c. Teen: 13-17 years old
d. Adult: 18-35 years old
e. Adult (internal events): 18-52 years old
f. Senior: 36+ years old
g. Senior (internal events): 53+ years old
IV. Weight Classes for Chi Sao, Push Hands, and Technical Fighting

a. Men
   i. Light Weight: Up to 144.9 pounds
   ii. Middle Weight: 145 to 174.9 pounds
   iii. Heavy Weight: 175 to 204.9 pounds

b. Women
   i. Lower Weight: Up to 134.9 pounds
   ii. Upper Weight: 135 pounds and up

V. Time Limits

a. Contemporary Wushu

<table>
<thead>
<tr>
<th>Experience Level</th>
<th>Time Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner (all age groups)</td>
<td>0:30 minimum</td>
</tr>
<tr>
<td>Intermediate (all age groups)</td>
<td>1:00 minimum</td>
</tr>
<tr>
<td>Advanced (all age groups)</td>
<td>1:20 minimum</td>
</tr>
<tr>
<td>Advanced Other Fist and Other Weapon</td>
<td>1:00 minimum</td>
</tr>
<tr>
<td>Events (all age groups)</td>
<td></td>
</tr>
</tbody>
</table>

b. Traditional Events

<table>
<thead>
<tr>
<th>Experience Level</th>
<th>Time Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>All levels (under 12)</td>
<td>0:30 – 2:00</td>
</tr>
<tr>
<td>Beginner and Intermediate (age 13+)</td>
<td>0:30 – 2:00</td>
</tr>
<tr>
<td>Advanced (age 13+)</td>
<td>0:45 – 2:00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Time Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>42 Taijiquan Form</td>
<td>5:00 – 6:00</td>
</tr>
<tr>
<td>42 Taijiquan Straightsword Form</td>
<td>3:00 – 4:00</td>
</tr>
<tr>
<td>24 Chen and Yang Style Form</td>
<td>4:00 – 5:00</td>
</tr>
<tr>
<td>Open Chen and Yang Style</td>
<td>3:00 – 3:30</td>
</tr>
<tr>
<td>Sun Taiji</td>
<td>3:00 – 3:30</td>
</tr>
<tr>
<td>XingYiQuan (形意拳), BaGuaZhang (八卦掌), and BaJiQuan (八極拳)</td>
<td>1:00 – 2:00</td>
</tr>
<tr>
<td>Guang Ping Form</td>
<td>3:00 – 3:30</td>
</tr>
<tr>
<td>Taiji Sword and 32 Taiji Sword</td>
<td>1:30 – 3:00</td>
</tr>
<tr>
<td>Other Fist</td>
<td>3:00 – 3:30</td>
</tr>
<tr>
<td>Other Taiji Short Weapon, Other Taiji</td>
<td></td>
</tr>
<tr>
<td>Long Weapon, Other Weapons</td>
<td>2:00 – 5:00</td>
</tr>
</tbody>
</table>
d. Group Sets (All Experience Levels and Age Groups)

<table>
<thead>
<tr>
<th>Experience Level</th>
<th>Time Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>All levels (under 12)</td>
<td>0:30 – 2:00</td>
</tr>
<tr>
<td>Beginner and Intermediate (age 13+)</td>
<td>0:30 – 2:00</td>
</tr>
<tr>
<td>Advanced (age 13+)</td>
<td>0:45 – 2:00</td>
</tr>
</tbody>
</table>

VI. All-Around Champion Sorting

Only advanced competitors may compete for the All-Around titles, which will be awarded for the following categories:

- Adult Contemporary Wushu (Female) 13-17 Year Old Contemporary Wushu (Male)
- Adult Contemporary Wushu (Male) 13-17 Year Old Traditional Wushu (Female)
- Adult Traditional Wushu (Female) 13-17 Year Old Traditional Wushu (Male)
- Adult Traditional Wushu (Male) 8-12 Year Old Contemporary Wushu (Combined Gender)
- Internal Wushu (Female) 8-12 Year Old Traditional Wushu (Combined Gender)
- Internal Wushu (Male) Senior Wushu (Combined Gender)
- 13-17 Year Old Contemporary Wushu (Female)
- 13-17 Year Old Traditional Wushu (Male)
- 8-12 Year Old Contemporary Wushu (Combined Gender)
- 8-12 Year Old Traditional Wushu (Combined Gender)
- Senior Wushu (Combined Gender)

VII. Group Sets

All group sets require a minimum of five competitors per group. External sets may have a maximum of six competitors per group. Sparring sets require exactly two or three competitors per group.

Music will not be allowed during any group or sparring set.

VIII. Uniforms

a. Specifications
   i. Acceptable tops:
      1. Tournament or event T-shirts, traditional Chinese jackets of any style and material
   ii. Dress code:
      1. Uniforms should be clean and wrinkle free.
      2. Shirts must be tucked into pants.
         a. Only exception is in internal-style events, where this is optional.
      3. Pants must be long and either gathered or open at the ankles.
4. A sash or belt must be worn. Karate belts are NOT acceptable.
   a. Only exception is in internal-style events, where this is optional.
5. Martial arts style athletic shoes must be worn for all forms. They must be stable and flexible at the ankle and toe, as well as have a low profile and good traction.
6. Uniforms bearing distinguishing school or organization logos may or may not be permitted at the discretion of the event staff.

b. Deductions for Non-Conforming Uniforms
   i. Cumulative deductions of 0.05 shall be made by the Head Judge for each non-conformity
   ii. Exceptions:
      1. The Head Judge will deduct 0.10 from the final score for all barefoot competitors
      2. The Head Judge will deduct 0.20 for a non-Chinese martial arts uniform.

IX. Weapons

All weapons will be inspected by the Head Judge prior to each weapon event. Make sure your weapons meet the necessary qualifications; unacceptable weapons may be replaced with an approved weapon before an event.

a. Standard Weapons
   i. Spear (Qiang)
      1. Must have a metal tip and horsehair-style tassel
      2. Spear length must reach competitor’s longest fingertip while competitor is standing upright with arms held straight overhead.
   ii. Staff and Southern Staff (Gun and Nangun)
      1. Can only have one end tapered.
      2. Staff length must be taller than competitor’s height
   iii. Straightsword (Jian)
      1. Must be a single-handed and double-edged blade
      2. Sword tip must reach ear tip when sword is held in left hand.
      3. Contemporary and internal events require a sword tassel.
      4. Traditional events require a sword that can support its own weight when rested point down on the ground. Tassels are optional.
   iv. Broadsword (Dao)
      1. Must be a single-edged blade with a convex curve on the cutting side.
      2. Sword tip must reach ear tip when sword is held correctly in left hand.
      3. Contemporary and internal events require a broadsword flag.
      4. Traditional events require a sword that can support its own weight when rested point down on the ground. Broadsword flags are optional.
   v. Southern Broadsword (Nandao)
1. Must be a single-edged blade with a convex curve on the cutting side.
2. Sword tip must be higher than lower jaw when sword is held correctly in left hand.
vi. Specifications of other standard weapons may be allowed, at the discretion of the head Judge.

b. Other Weapons
   i. Must be Chinese in origin.
   ii. Acceptable weapons include, but are not limited to:
       1. Double Weapons: Double Broadswords, Double Straightswords, Double Hooks
       2. Flexible Weapons: Three-Section Staff, Single Chain Whip, Rope Dart
       3. Open Weapons: Guan Dao, Pu Dao, Tiger Fork, Two-Handed Sword, Fan, Dagger
       4. Dual weapons, like the Miao Dao and Liang Jie Gun, are acceptable despite their similarities to Japanese weapons, if they are used with Wushu characteristics.
   iii. Unacceptable weapons include, but are not limited to:
       1. Naginata, Wakizashi, Manriki-Gusari, Tonfa, Kama, Sai

c. Weapon Deductions
   i. If the weapon used appears different from the weapon inspected, the Head Judge may re-inspect the weapon to determine if a deduction shall be made.
   ii. Non-Chinese weapons will receive a total of 0.30 deducted from the final score.
   iii. Unacceptable weapons will receive a deduction of 0.20.

X. Medical Attention

Every competitor participates at his/her own risk. Tournament medical personnel may be available to assist coaches and parents with injury assessment and treatment of injuries.