

UC Berkeley Chinese Martial Arts Tournament

Rules and Judging Guidelines

February 2020

Chapter 1 One — General Rules for Competition

I. General Rules

- Nandu will be allowed in contemporary advanced individual routines but will be scored under non-nandu rules.
- Individuals registered to compete cannot be judges on the same day of their division competition(s). Judges may not register to compete in a division they have volunteered to officiate in. Judges/school masters cannot compete in a group set that their students are registered in.
- The maximum number of individual events a competitor may register for in one day is 4. This excludes Push Hands, Sparring Set, and all Group Sets, of which each competitor may register in two of the three above events. Thus, the maximum total number of events a competitor may register for on day one is 6 (4 individual, and 2 group).
- 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.

- Traditional forms may include difficulty moves. No extra points will be awarded for doing them; likewise, the competitor's score can be adversely affected for poorly executed difficulty moves. These techniques must be based on the particular style in order to remain in lieu of the corresponding division and competition (e.g. Shaolin techniques, head flip, leg hold and fall, handspring, back flip, etc.).
- With the exception of Pudaos and Guandaos, 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.
- Beginner Tan Tui competitors must perform at least 4 sections of the form. Intermediate competitors must perform at least 6 sections of the form.
- 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.
- A competitor or his/her coach may appeal a score, but only for their own form. One may not appeal the score of another competitor's routine. Appeal process is subject to approval by CMAT arbitrators. More details in Chapter 4, Arbitration.
- Events can be combined and/or rescheduled at tournament director's discretion. It is the responsibility of the competitor (and any/all supporting members such as coach and family) to check the schedule of events. All changes will be announced ahead of time publicly.

- In the case of brackets, these will be treated as subsets of the same event and are governed by all the same rules and regulations of the original event. These brackets will be made into separate groupings for competitors as appropriate by the decision of the CMAT leadership and arbitration.
- Brackets may or may not receive separate medaling, based on the needs and circumstances of the bracket creation.
- It is the athlete's responsibility to contact CMAT leadership regarding any questions or uncertainties about which event their routine(s) belong to before event registration.
- Competitors and their coaches cannot request athletes to be moved into a bracket or request that a bracket be made on the day of the event, even if they have the same or similar routine. However, CMAT arbitration may pull competitor(s) into a bracket at their discretion.
- If there are less than optimal amounts of competitors to qualify for a bracket sub category in any given event, then no bracket separation may occur and a competitor may be regrouped from a bracket into the original event grouping. This decision is at the discretion of CMAT leadership and arbitration.
- For events that are qualifiers for All-Around Champion, Rule #3 of Section IV. All-Around Champion Scoring, All-Around Champion Scoring—Tie Breakers will apply to all brackets under one event as the same event, even if medaled separately. The highest points given between each gold medalist in each bracket shall determine which competitor is ranked higher towards All-Around Champion. See Section IV: All-Around Champion Scoring for more details.

II. Skill Levels

Skill levels will include three divisions, based on the number of years of Wushu training and experience:

Beginner (< 2 years)

- No more than two years of wushu training.
- No International Wushu Federation International Compulsory forms or anything closely resembling one. This distinction is up to the Head Judge's discretion.

- No jumps landing in the splits.
- No butterflies.
- The only jumps allowed are: jump front, jump inside, jump outside, anything with 360 or fewer degrees of rotation.
- Cartwheels are permitted.
- No linking of multiple difficulty moves (e.g. jump kicks, sweeps) into combos.
- Forms must be generally linear.

Intermediate (< 4 years)

- No more than four years of wushu training.
- Advanced moves (jump kicks, acrobatics, balances, etc.) are limited to those found in the first 2 sets of International Wushu Federation International Compulsory forms. This means no aerial twists, no jump inside/outside kicks with more than 360 degrees rotation, etc.

Advanced (> 4 years)

- Must have at least 4 years of wushu training
- To be eligible for the advanced all-around award, the competitor must compete in four advanced individual events (three for senior wushu). Details in the Section IV: All-Around Champion.

Requests for exceptions

- Requests for any exceptions to Skill Level or Age Category classifications may be submitted to CMAT Directors for review via e-mail at cmat.director@ucmap.org. Request must clearly detail what exception is being asked for as well as the reasons for the exception. Any other materials (e.g. a video) supporting the request should be attached in the email.

III. Age Groups

- Contemporary and Traditional events
 - Young Child — < 7-years-old
 - Child — 8-12-years-old
 - Teen — 13-17-years-old
 - Adult — 18-35-years-old

Senior — 36+ years-old

- Internal events

Child — <12-years-old

Teen — 13-17-years-old

Young Adult — 18-39-years-old

Adult — 40-65-years-old

Senior — 66+ years-old

IV. All-Around Champion Scoring

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

- Adult Contemporary Wushu (Female)
- Adult Contemporary Wushu (Male)
- Adult Traditional Wushu (Female)
- Adult Traditional Wushu (Male)
- 39-Year-Old and Under Internal Wushu (Female)
- 39-Year-Old and Under Internal Wushu (Male)
- 40-Year-Old and Above Internal Wushu (Female)
- 40-Year-Old and Above Internal Wushu (Male)
- 13-17-Year-Old Contemporary Wushu (Female)
- 13-17-Year-Old Contemporary Wushu (Male)
- 13-17-Year-Old Traditional 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)

To qualify for all-around championships, competitors must compete in the advanced divisions of the following sets of events:

Adult Contemporary Wushu: 4 events total

1. Hand Form (Long Fist, Southern Fist)
2. Short Weapon Form (Straight Sword, Broadsword, Southern Broadsword)
3. Long Weapon Form (Spear, Staff, Southern Staff)
4. Other Contemporary Form (Other Fist, Other Weapon, Double Weapon, or Flexible Weapon)

Adult Traditional Wushu: 4 events total

1. Hand Form (Northern, Southern)*
2. Traditional/Shaolin Short Weapon
3. Traditional/Shaolin Long Weapon
4. Other Traditional Form (Other Fist, Other Weapon, Double Weapon, or Flexible Weapon)*

**Note that Shaolin Tongbi Fist, Shaolin Dahong Fist, and Shaolin Luohan Fist can count for either Hand Form or Other Traditional Form, but not both.*

Internal Wushu: 4 events total

1. Internal 42 Taiji Fist AND Internal 42 Taiji Straight Sword as a set
 - a. Seniors and Adults (40-years-old and above) may substitute the 32 Taiji Straight Sword AND Internal 24 Yang as a set for this category. Note you cannot mix and match the two set options.
2. Other (non-Taiji) Internal Fist Form (Internal Xingyiquan Fist, Internal Bagua Zhang, or Internal Baji Fist)
3. Other Internal Weapon Form (Internal Taiji Broadsword, Internal Other Taiji Short Weapon, Internal Other Taiji Long Weapon, Internal Other Short Weapon, Internal Other Long Weapon)
 - a. Note you cannot do a second Internal Taiji Straight Sword event to qualify

13-17-Year-Old Contemporary Wushu: 4 events total

1. Hand Form (Long Fist, Southern Fist)
2. Short Weapon Form (Straight Sword, Broadsword, Southern Broadsword)
3. Long Weapon Form (Spear, Staff, Southern Staff)

4. Other Contemporary Form (Other Fist, Other Weapon, Double Weapon, or Flexible Weapon)

13-17-Year-Old Traditional Wushu: 4 events total

1. Hand Form (Northern, Southern)*
2. Traditional/ShaoLin Short Weapon
3. Traditional/ShaoLin Long Weapon
4. Other Traditional Form (Other Fist, Other Weapon, Double Weapon, or Flexible Weapon)*

**Note that Shaolin Tongbi Fist, Shaolin Dahong Fist, and Shaolin Luohan Fist can count for either Hand Form or Other Traditional Form, but not both.*

8-12-Year-Old Contemporary Wushu: 4 events total

1. Hand Form (Long Fist, Southern Fist)
2. Short Weapon Form (Straight Sword, Broadsword, Southern Broadsword)
3. Long Weapon Form (Spear, Staff, Southern Staff)
4. Other Contemporary Form (Other Fist, Other Weapon, Double Weapon, or Flexible Weapon)

8-12-Year-Old Traditional Wushu: 4 events total

1. Hand Form (Northern, Southern)*
2. Traditional/ShaoLin Short Weapon
3. Traditional/ShaoLin Long Weapon
4. Other Traditional Form (Other Fist, Other Weapon, Double Weapon, or Flexible Weapon)*

**Note that Shaolin Tongbi Fist, Shaolin Dahong Fist, and Shaolin Luohan Fist can count for either Hand Form or Other Traditional Form, but not both.*

Senior Wushu: 3 events total

1. Hand Form (Traditional or Contemporary External)
2. Short Weapon Form (Traditional or Contemporary External)
3. Long Weapon Form (Traditional or Contemporary External)

Competitors for the all-around championship earn points based on how they place in each of their four events (three for Senior Wushu). The competitor with the greatest sum of points will win the title.

Points are awarded as follows:

3 points for each 1st place finish

2 points for each 2nd place finish

1 point for each 3rd place finish

- **All-Around Champion Scoring—tie breakers**

If two or more competitors tie, the following criteria will be applied one at a time in the order listed until a winner is determined:

1. A competitor with 1st place finishes in all events (that count towards all-around point calculation) shall automatically be deemed All-around Champion. Note that this may result in multiple All-around Champions in certain categories.
2. The competitor who has more 1st place finishes shall be placed higher. Only the forms that make up the point score (as calculated above) will be considered for this criterion.
3. The competitor who received a higher score than an equally-ranked competitor in the same event shall be placed higher. All individual forms that the competitor competed in will be considered for this criterion.
4. The competitor with the smallest sum of differences between the two dropped (highest and lowest) scores of each of his or her events shall be placed higher. All individual forms that the competitor competed in will be considered for this criterion.

If after the fourth criterion, competitors are still tied, they will all be awarded the all-around title.

V. Group Sets

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

Judges/school masters cannot compete in a group set that their students are registered in. Music will not be allowed during any group or sparring set.

Contemporary Group Set Scoring

The maximum possible points for a team in the group set event is 10.0. The 10.0 possible points consist of three subscores: 4.0 points for technical execution, 3.0 points for Coordination of Movements/Formation of Group, and 3.0 points for Performance, Choreography, and Difficulty. Each subscore will be determined by a panel of three judges. The three judges in each panel will assign individual scores for their panel, which will be averaged into the subscore for their panel's category. Any additional deductions will be taken from the sum of the three subscores to arrive at the team's final score.

- A. Technical Execution of Techniques - (4 points)
 - a. This category applies to the stances, body positions, punching/striking techniques, footwork, body work, kicking and leg techniques, jumps, balances, and weapon techniques (as applicable) in the group set.
 - b. This includes the technical execution of movements performed during a fight set component, if the group set includes one.
 - c. Each style of movement included in the group set can incur separate deductions for deviations from correct technique.
 - d. The proper execution techniques by all of the members will be considered in aggregate when determining the appropriate level of deductions based on how they impact the overall quality of movement of the group set. For example, a slightly high stance by one member may be considered a slight deviation but a slightly high stance by multiple members may be an apparent or severe deviation, while a single member not in a proper stance at all may be an apparent or severe deviation.
 - e. The deductions for improper techniques are as follows
 - i. Each occurrence of a slight deviation from correctness in any of the above areas shall result in a 0.05 point deduction.
 - ii. Each occurrence of an apparent deviation from correctness shall result in a 0.10 point deduction.
 - iii. Each occurrence of a serious deviation from correctness shall result in a 0.20 point deduction.
 - iv. The overall deduction shall not exceed 0.20 point for more than one error in the same movement, nor for repeated occurrence of the same habitual error.

- f. This category also applies to the loss of balance or stumbles by the members of the group set
 - i. Each loss of balance, indicated by sway of the body or superfluous step or skip, shall result in a deduction of 0.1 point.
 - ii. Repeated occurrences of loss of balance shall result in cumulative deductions.
 - iii. A loss of balance accompanied by a competitor touching the ground to support himself shall result in a deduction of 0.2 points
 - iv. A loss of balance resulting in a fall to the ground shall result in a deduction of 0.3 points
 - g. This category also applies to the loss or breakage of weapons by the members of the group set
 - i. Each occurrence of a weapon inappropriately touching a competitor's body or the floor, a weapon coming loose from a competitor's hand shall result in a deduction of 0.1 point.
 - ii. Each occurrence of a weapon becoming obviously bent or deformed shall result in a deduction of 0.2 points.
 - iii. Each occurrence of a weapon breaking or falling to the ground shall result in a deduction of 0.3 points.
 - h. This category also applies to uniform malfunctions affecting members of the group set.
 - i. Each occurrence of a competitor's body getting caught or entangled by the flags of their broadsword or the tassel of their sword, so as to affect their movements, shall result in a deduction of 0.1 point.
 - ii. Each occurrence of a weapon or garment decoration falling off in the course of competition shall result in a deduction of 0.1 point.
 - iii. Each occurrence of a uniform tearing, sash falling off, top coming open, shoe falling off, etc. shall result in a deduction of 0.1 point.
 - i. The f, g, and h category deductions shall not apply to falls, loss of weapons, or uniform changes that are intentionally performed
- B. Coordination of Movements/Formation of Group - (3 points)
- a. Timing refers to multiple elements of coordination among group members
 - i. Members doing the same movements in unison
 - ii. Members doing complementary movements in unison
 - iii. Sequential individual movements (e.g. cascading movement) being done with a consistent or appropriate rhythm
 - iv. Attacks, defenses, and other movements must be coordinated during a fight set component if the group set includes one
 - b. Positioning refers to the spatial coordination of the members of group set
 - i. The group set formations should be well positioned and precise. Group set members should be evenly spaced and maintain good lines or curves in their formations as required.

- ii. There should not be an excessive amount of time where there are individual members separated from the group or otherwise not participating in the group set. This is determined by the extent to which the separation of members disrupts the overall structure and flow of the group set.
 - c. Deductions shall be assigned as follows:
 - i. Each occurrence of a slight deviation from correctness in any of the above areas shall result in a 0.05 point deduction.
 - ii. Each occurrence of a serious deviation from correctness shall result in a 0.1 point deduction.
 - iii. There is no limit for the number of deductions made for timing and positioning.
- C. Performance, Choreography, and Difficulty - (3 points)
 - a. Performance refers to stage presence and rhythm
 - i. Stage presence is the expression of martial intent through focus and intensity of the eyes as well as the ability of the group members to command attention during the routine. This includes the realistic execution of a fight set component if it is included.
 - ii. Rhythm is the control of the pace at which individual movements are performed. Each movement should be performed at the correct pace, whether slow or fast; pauses and accelerations should be distinctly displayed.
 - b. Choreography refers to content and structure
 - i. Content refers to the variety of techniques displayed within a routine. A routine should display a wide variety of techniques using all parts of the body.
 - ii. Structure is the the cohesive flow from one movement or technique to the next and the arrangement of the routine within the competition area. The routine should transition smoothly and logically from one movement to the next, and not seem forced or awkward. A routine should make use of the majority of the competition space. If the group set includes a fight set component, the fight should progress in a cohesive manner.
 - c. Difficulty accounts for the overall difficulty of performing the included techniques and coordinating the movements of the group. More points will be awarded for a more difficult routine. However, movements executed incorrectly shall not be considered when assigning points for difficulty and will not contribute to a group's difficulty score. Group sets should include techniques and choreography appropriate for the skill level of their members.
 - d. A subscore of 0.0 to 2.0 shall be awarded for the performance and choreography of the group set. The subscore shall be assigned as follows:
 - i. A slight or occasional lack in one or two of stage presence, rhythm, content, and structure should result in a subscore of 1.5 to 2.0.

- ii. An apparent or more frequent lack in one or two of the above elements, or a slight lack in three or more elements, should result in a subscore of 1.0 to 1.5.
- iii. A serious or repeated lack of one or two of the above elements elements, or an apparent lack in three or more elements should result in a subscore of 0.5 to 1.0.
- iv. A serious or repeated lack of three or more of the above elements should result in a subscore of 0.0 to 0.5.
- e. A subscore of 0.0 to 1.0 shall be awarded for the difficulty of the set. The subscore shall be assigned as follows:
 - i. A score of 0.0 to 0.4 is a beginner level group set
 - ii. A score of 0.4 to 0.7 is an intermediate level group set
 - iii. A score of 0.7 to 1.0 is an advanced level group set

D. Additional deductions

- a. Time limit: Going under or over time will result in a 0.1 deduction for every 5 seconds, rounding up, that the limit is breached (e.g. 2 seconds over time results in a 0.1 deduction, 10 seconds over time results in a 0.2 deduction, 11 seconds over time results in a 0.3 deduction).
- b. Team members: a 1 point deduction will be taken for each team member below the 5-person minimum or above the 8-person maximum requirement. Registered team members cannot be replaced with non-team members to avoid the deduction.

E. Tie Breaks

- a. In the event of a tie between groups, the following tie-break procedure will be used.
 - i. The group set with the higher technical execution subscore shall be placed higher
 - ii. If the tie remains, the group set with the higher coordination subscore shall be placed higher
 - iii. If the tie remains, the group set with the lowest variance between the individual judges' scores in the technical execution subscore shall be placed higher
 - iv. If the tie remains, the group set with the lowest variance between the individual judges' scores in the coordination subscore shall be placed higher
 - v. If the tie remains, the group set with the higher lowest technical execution individual judge score shall be placed higher
 - vi. If the tie remains, the group set with the higher lowest coordination individual judge score shall be placed higher
- b. If the tie cannot be broken by any of the above methods, the tied group sets shall share the place, with the next place left vacant. So if the tied group sets are tied for first place, the next place awarded to the next competitor down will be third.

Chapter Two — General Rules for Forms Events

I. General Format

A. Ring Officials

The following officials will be used in all forms rings:

1. The Ring Leader who shall

- a. Call competitors to the staging area and arrange them in the order of their performances.
- b. Calling the next three competitors in the order that they will compete, as “up”, “on-deck” and “prepare.”
- c. Ensure an orderly progression of competitors into the ring for performance.
- d. Direct the group of competitors to the ring-side waiting area.
- e. Reorder events as necessary.

2. The Head Judge whose duties shall include

- a. Overseeing the work of the Scoring Judges, Timekeeper and Scorekeeper, and generally ensuring smooth operation of his/her ring.
- b. Conduct the salute to competitors as they are presented prior to competition by the Ring Leader.
- c. Verification of the work of the Scorekeeper, Timekeeper and judges.
- d. The resolution of excessive score variances.
- e. The reading of the final score of competitors.
- f. Being responsible for deductions of certain errors specified below.
 - i. Note: The Head Judge in a ring does not score the competitor unless fewer than 5 Scoring Judges are available.

- g. Having the final determination of whether a competitor has violated the rules short of an appeal to the chief arbitrator or head official of the tournament.
- h. Conducting the salute to the competitors at the completion of the event.

3. The Scoring Judges who shall

- a. Apply the judging criteria to each competitor's performance in a fair and consistent manner to determine each competitor's score.
- b. Keep detailed written notes of each competitor's evaluation.

4. The Scorekeeper who shall

- a. Record the scores given by the five judges.
- b. Apply deductions as directed by the Head Judge.
- c. Calculate the competitor's final score.
- d. Determine final placing for competitors in each division, applying tie-break procedures if necessary.

5. The Timekeeper who shall

- a. Begin timing each competitor at the commencement of his routine and stopping the time when the form is finished.
- b. Report the duration of each competitor's routine to the Scorekeeper and the Head Judge.
- c. Check that the time of each routine falls within the time limit specified in the rules for the type of routine, and inform the Head Judge of any deviation.

B. Competition Area

1. Contemporary events shall be conducted in a competition area of 46 ft. by 26 ft.
2. Traditional events shall be conducted in a competition area of 36 ft. by 26 ft.
3. Internal events shall be conducted in a competition area of 31 ft by .21 ft.
4. Push Hands events shall be conducted in a competition area of 15 ft. by 15 ft.
5. Each competition area shall be clearly marked to indicate the center of each longer side.

C. Competition Protocol

1. Staging

- a. The Ring Leader shall assemble and check-in the competitors for the scheduled event. Should a competitor have an obligation in another ring, he/she or his/her representative must at this time tell the ring officials so they can readjust the competing order to accommodate his or her other competing obligations.

2. Marching In

- a. The Ring Leader shall lead the competitors into the ring and present them to the Head Judge for the salute, then immediately lead the competitors to the ring-side waiting area. Competitors who are not concurrently competing in other events shall remain at ringside throughout the competition.

3. Calling the Competitors

- a. The Ring Leader or Head Judge will then announce the name of the first competitor, the next competitor "on-deck" and the third competitor "to prepare."

4. Entering the Ring

- a. When the competitor's name is called, he/she will approach the ring and give a right fist and left palm salute (standing vertical with both feet together) to the Head Judge only. The competitor shall not bow to any other ring official or it shall be considered a violation of protocol and will be dealt the appropriate deduction.
- b. The competitor will hold his/her hand salute until permission from the Head Judge is given. Upon receiving the signal to enter the ring, the competitor will "march" or walk evenly and directly to his/her beginning position. No more than 5 seconds should be taken for this.
- c. At no point should the competitor speak to any officials or judges once his/her name is called.

5. Beginning the Form

- a. Once the beginning position is found, the competitor will stand perfectly still at attention, showing the judges and Timekeeper that the form is ready to begin.
- b. The time clock will begin at the first sign of movement from this attention position. This attention position should not be held for more than 5 seconds; however, it should be held for at least 2 seconds.

6. Completing the Form

- a. The time clock will stop after the final movement of the form and the competitor purposefully puts his or her feet together (standing vertical), clearly signaling the end of the routine.

7. Exiting the Ring

- a. Upon completion, the competitor will again "march" or walk evenly to the same place he/she entered and await his or her final score.
- b. After receiving his or her final score, the competitor will acknowledge the score by saluting only the Head Judge.

8. Closing of the Division

- a. At the conclusion of the final competitors' performance, the Scorekeeper and Head Judge shall determine the placing of the competitors for awards.
- b. The Ring Leader will again lead the competitors into the ring and present them to the Head Judge, who will, beginning with the lowest place, present the awards to the competitors.
- c. After the final award is presented, the competitors will all salute the Head Judge and will be lead from the ring by the Ring Leader.

II. Specifications for Competition

A. Costumes/Uniforms

1. Specifications

- a. Tops may be either tournament or event T shirts, or traditional jackets of any Chinese style and material.
- b. T shirts shall be tucked into the pants, except in internal-style events, where this is optional.
- c. Pants shall be long and either gathered or open at the ankles.
- d. A sash or belt must be worn (no karate-style belts), except in internal style events, where the sash is optional.
- e. Martial arts style athletic shoes must be worn by all forms competitors. These shoes should be stable and flexible at the ankle and toe, and should have a low profile and good traction.
- f. Uniforms should be clean and wrinkle free at the start of the competition.
- g. Uniforms bearing distinguishing school or organization logos may or may not be permitted at the discretion of the particular event staff.

2. Deductions for Non-Conformity of Costumes

- a. With the exception of the deductions set out in parts b. and c. below, cumulative deductions of 0.05 shall be made by the Head Judge for each nonconformity in costuming.
- b. Performers who are barefoot will have 0.10 subtracted from their final scores by the Head Judge.
- c. A performer whose costume is obviously not of a Chinese martial arts style, for example, wearing a karate-style gi, shall have a total of 0.20 subtracted from the final score by the Head Judge.

B. Weapons

Weapons must be performance grade by discretion of judges, head judges, and/or arbitrators (no practice weapons, PVC pipes, non-performance wooden training swords, etc). Initial inspection must be made by Head Judge prior to competitors and subsequently any time after for additional checks according to the rules and outlines below.

1. Specifications for Standard Weapons

- a. Spear (Qiang)
 - i. The spear shall have a metal tip and shall be fitted with a horsehair-style tassel.
 - ii. The length of a spear shall be no shorter than the distance from the floor up to the longest fingertip when he stands upright with his arm held straight overhead.
- b. Staff and Southern Staff (Gun and Nangun)
 - i. Staffs may only have one end tapered - staffs with both ends tapered (such as “bo” staffs) are not permitted.
 - ii. The length of a staff shall be no shorter than the performer's height.
- c. Sword (Jian)
 - i. The weapon shall be a single-handed, double-edged straight sword.
 - ii. When a sword is held in a competitor's left hand, its tip shall be no lower than his ear-top.
 - iii. For contemporary and internal events only: a tassel shall be attached to the pommel of the weapon.

- i. In the double weapons category: double broadswords, double straight swords, double hooks, etc.
- ii. In the flexible weapon category: three section staff, single chain whip, rope dart, etc.
- iii. In the open weapon category: guandao, pudao, tiger fork, two handed sword, fan, dagger, etc.

3. Deductions for Non-Conformity of Weapons

- a. The Head Judge shall inspect all weapons prior to each weapon event (with the assistance of Scoring Judges if necessary) to determine the weapon's safety and to enforce the regulations set above. Non-conforming weapons can be replaced for suitable ones prior to the start of the event. In the event the weapon used in the competition appears to be different from the inspection, the Head Judge may re-inspect at the conclusion of the routine prior to scoring to determine if a deduction shall be made.
- b. In the event that the weapon does not conform to the standards set out above, a deduction of 0.2 shall be made by the Head Judge.
- c. In the event that the weapon is obviously not of Chinese origin, the performer shall have a total of 0.3 subtracted from the final score by the Head Judge.

C. Time Limits

1. Contemporary Events

- a. Beginner (all age groups) — 0:30 minimum
- b. Intermediate (all age groups) — 1:00 minimum
- c. Advanced (all age groups) — 1:20 minimum (see exceptions below)
 - i. Other Fist, Flexible Weapon, Double Weapon, and Other Weapon events — 1:00 minimum
 - ii. Competitive Taiji and Competitive Taiji Sword — 3:00-4:00

2. Traditional Events

- a. Young Child and Child (all levels) — 0:30-2:00
- b. Teen, Adult, and Senior (beginner and intermediate) — 0:30-2:00
- c. Teen, Adult, and Senior (advanced) — 0:45-2:00

3. Internal Events

- a. 42 Form Taijiquan — 5:00-6:00
 - b. 42 Form Taiji Straight Sword — 3:00-4:00
 - c. 24 Form Yang — 4:00-5:00
 - d. Chen Pao Chui, Open Chen, Open Yang — 3:00-4:00
 - e. Sun Taiji — 3:00-4:00
 - f. Xingyiquan, Baguazhang, Baji — 1:00-2:00
 - g. Taiji Straight Sword — 2:30-5:00
 - h. Taiji Broadsword — 2:00-3:00
 - i. 32 Taiji Sword — 3:00-4:00
 - j. Other Fist — 3:00-4:00
 - k. Other Taiji Short Weapon, Other Taiji Long Weapon, Other Weapon — 2:00-5:00
- 4. Group Sets (all experience levels, all ages)**
- a. External Group Set, Internal Group Set — 0:45-6:00
 - b. Sparring Group Set — 0:45-2:00
- 5. Deductions for Over/Under Time Limits**
- a. In all cases, routines must violate the time limit by more than 0.09 seconds to be in violation, i.e. the time must be at least a tenth of a second off to be in violation, hundredths of a second don't count.
 - b. Contemporary — 0.10 points for each increment of 2.0 seconds over or under time limit.
 - c. Traditional — 0.10 points for each increment of 5.0 seconds over or under time limit.
 - d. Internal — 0.10 points for each increment of 5.0 seconds over or under time limit.
 - e. Group sets — 0.10 points for each increment of 5.0 seconds over or under time limit.

III. Criteria and Methods of Scoring

A. Skill Levels & Scoring Ranges

1. All competitors will be judged on a 6.0 - 10.0 scale.

B. General Method of Scoring

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

C. Maximum Score Spreads

1. The Scorekeeper will determine the high and low score out of the five raw scores and find the difference between them.
2. If the difference is more than 0.60, the scorekeeper will inform the Head Judge so that she/he can call for a re-score.
3. The Head Judge will then instruct the Scoring Judges that they must re-score in an attempt to bring the scores within the acceptable range for maximum score spread.
4. The Scoring Judges will then score the competitor again.
5. The second set of scores shall stand, and shall be recorded as the competitor's scores, even if the scores still do not meet the required maximum score spread.

D. Breaking Ties

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

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

E. Scoring Criteria for Individual Forms Events

1. **The maximum points for any event is 10.0.** The criteria for evaluation and deduction are as follows:
2. **Technical Specifications of Performance: 6 points**
 - a. This category applies to hand/fist forms, stances, body positions, punching/striking techniques, footwork, body work, kicking and leg techniques, jumps, balances and weapon techniques (for weapons forms).
 - b. Each occurrence of a slight deviation from correctness in any of the above areas shall result in a deduction of 0.05 point from the 6-point total.
 - c. Each apparent deviation from correctness shall result in a 0.10-point deduction.
 - d. Each serious deviation from correctness shall result in a 0.20-point deduction.
 - e. The overall deduction shall not exceed 0.20-point for more than one error in the same movement.
 - f. Deductions of points if the apparatus blade gets off handle, touches body or bent more than 45 degrees.
 - g. Deduction of points for improper use of a weapon, for example, handling a straight sword no differently than a broadsword, shall be made from this category.
3. **Demonstration of Power and Coordination of Movements: 2 points**
 - a. Definitions of elements of this category:

- i. The full 2.0 points shall be awarded to those competitors who throughout their performance correctly demonstrate full power while properly coordinating application of power with body motion.
 - ii. If a competitor displays unnecessary muscle tension while punching, for example, the full 2 points cannot be given in this category. Likewise, if the hips, waist, and torso do not work together the judge must take deductions in this category.
- b. Deductions in this category shall be assigned as follows:
- i. A slight or occasional lack of power or coordination should result in a deduction of 0.1-0.5.
 - ii. An apparent or more frequent lack of power or coordination should result in a deduction of 0.6-1.0 points.
 - iii. A serious or repeated lack of power or coordination should result in a deduction of 1.1-1.5 points.
 - iv. A serious lack of both power and coordination shall result in a deduction of 1.6 to 2.0 points.

4. Elements of spirit, rhythm, content, structure and choreography: 2 points

- a. Definitions of elements of this category:
- i. Spirit is the expression of martial intent through focus and intensity of the eyes.
 - ii. Rhythm is the control of the pace at which individual movements are performed. Each movement should be performed at the correct pace, whether slow or fast; pauses and accelerations should be distinctly displayed.
 - iii. Content refers to a variety of techniques displayed within a routine. Ideally a routine should display a wide variety of techniques using the characteristics of the style performed.
 - iv. Structure refers to the cohesive flow from one movement or technique to the next. The sections or parts of the routine should transition smoothly and logically from one to the next, and not seem forced or awkward.
 - v. Choreography is the arrangement or distribution of the routine within the competition area. A routine should make use of the majority of the

competition space, and should move in a variety of directions within the ring.

- b. Deductions in this category shall be assigned as follows:
 - i. A slight or occasional lack in one or two of the above elements should result in a deduction of 0.1-0.5 points.
 - ii. An apparent or more frequent lack in one or two elements, or a slight lack in three or more elements, should result in a deduction of 0.6-1.0 points.
 - iii. A serious or repeated lack of one or two elements, or an apparent lack in three or more elements should result in a deduction of 1.1-1.5 points.
 - iv. A serious or repeated lack of three or more elements should result in a deduction of 1.6-2.0 points.

5. Additional deductions applied by Scoring Judges

- a. Forgetfulness:
 - i. A pause affecting the harmony of movements shall result in a deduction of 0.2 point.
- b. Effects of costume/uniform or decorations on movements:
 - i. In the process of competition, 0.1 point shall be deducted for each incident in which any part of the performer's body gets caught or entangled by the flags of his broadsword or the tassel of his sword, so as to affect his movements.
 - ii. 0.1 point shall be deducted for any weapon or garment decoration that falls off in the course of competition.
 - iii. 0.1 point shall be deducted for a competitor whose uniform tears, sash falls off, top comes open, shoe falls off, etc.
- c. Loss or breakage of weapon:
 - i. Each occurrence of a weapon inappropriately touching a competitor's body or the floor, or coming loose from a competitor's hand, shall result in a deduction of 0.1 point.
 - ii. Each occurrence of a weapon becoming obviously bent or deformed (permanent bend in apparatus greater than 45 degrees) shall result in a deduction of 0.2 point.
 - iii. Each occurrence of a weapon breaking or falling to the ground shall result in a deduction of 0.5 point.

- d. Loss of balance:
 - i. Each loss of balance, indicated by sway of the body or superfluous step or skip, shall result in a deduction of 0.1 point.
 - ii. Repeated occurrences of loss of balance shall result in cumulative deductions.
 - iii. A loss of balance accompanied by a competitor touching the ground to support himself shall result in a deduction of 0.3 point.
 - iv. A loss of balance resulting in a fall to the ground shall result in a deduction of 0.5 point.
- e. Out of ring boundary will shall be enforced only when competition area is of the standard size for the particular event:
 - i. Any part of the body touching outside the carpet shall result in a deduction of 0.2 point.

6. Deductions applied by the Head Judge

- a. Improper vocalizations in a routine shall result in a deduction of 0.1 point for each occurrence.
- b. Deviation in commencing and closing routine shall result in a deduction of 0.1 point.
- c. Repetition of performance:
 - i. A competitor whose performance is interrupted by uncontrollable circumstances may repeat it with the Head Judge's approval without deduction of points.
 - ii. A competitor whose performance is interrupted by a lapse of memory or damage to his weapon or costume may repeat his performance, but with a deduction of 1.0 point.
 - iii. If a competitor is not able to continue his performance due to injuries, the Head Judge may stop the performance. The competitor, after receiving first aid and if he is able, shall be allowed to repeat his performance at the end of his group of competitors, but with a deduction of 1.0 point. If an injured competitor is unable to repeat his performance, he shall be considered to have forfeited for that division.

- d. Performance under and over the time limit specified for a particular division shall have such deductions applied as are given in Section II, Subsection C, Part 5: Deductions for Over/Under Time Limits .
- e. Deviation from the designated direction for a particular movement in a compulsory or standard routine shall result in a deduction of 0.1 point for each occurrence.
- f. Missing or additional movements in a compulsory or standard routine:
 - i. Each missing or additional movement shall result in a deduction of 0.2 point.
 - ii. Each missing or additional step in an approach to a jump or a sequence of steps shall result in a deduction of 0.1 point.
- g. Nonconformity with specifications for weapons and costumes shall be applied by the Head Judge as specified in Section II. Specifications for Competitions, Subsection A. Costumes/Uniforms and Subsection B. Weapons.

F. Scoring Criteria for Group Events

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

Chapter 3 — Application Events

I. General Format

A. Ring Officials

The following officials will be used in all forms rings:

1. The Ring Leader shall:

- a. Obtain a list of the competitors for each division
- b. Call competitors to the staging area and arrange them in the order of their matches.
- c. Lead the group of competitors into the ring for salute to the Head Judge.
- d. Direct the group of competitors to the ring-side waiting area.
- e. Ensure an orderly progression of pairs of competitors into the ring for matches.

The Ring Leader will call the name of each pair of competitors as they are scheduled to compete, and the names of the following pair of competitors. If the Ring Leader calls a competitor three times after the event has begun, and there is no response, and that competitor is not in a concurrent division, that competitor will forfeit his right to compete in the match. In this case, the Ring Leader shall inform the Referee of the absence, and the Referee shall award the match to the opponent.

- f. At the close of the division, present group of competitors to Head Judge for awards and salute.
- g. Lead competitors from the competition area.

2. The Head Judge/Referee whose duties shall include:

- a. Overseeing the work of the Scoring Judges, Timekeeper and Scorekeeper and generally ensuring smooth operation of his/her ring.
- b. Conducting the salute to competitors as they are presented prior to competition by the Ring Leader.
- c. Calling each pair of competitors into the ring as they are presented by the Ring Leader. If the Referee is informed by the Ring Leader that a competitor (who is not competing in another concurrent event) is not present, the Referee shall award the match to the opponent who is present.
- d. Assigning color designation to competitors: one competitor shall be designated as "red" and the other as either "white" or "black".

- e. Starting, stopping and generally controlling the match in accordance with the rules for the specific application event; ensuring that fighters use only legal techniques; and above all, ensuring the safety of the competitors.
 - f. Directing the Timekeeper to stop the time clock as necessary for judges' consultation, or when an infringement of the rules, an injury, an argument, or a withdrawal occurs.
 - g. Announcing the points or scoring for each round according to the votes or scores of the Scoring Judges.
 - h. Issuing penalties to fighters in the form of cautions or warnings, or even disqualifications should the offense merit it. Note that the Head Judge has the final determination of whether a competitor has violated the rules, short of an appeal to the chief arbitrator or chief official of the tournament.
 - i. Announcing in a loud and clear manner, the final result of each match.
 - j. Presenting awards to competitors at conclusion of the division.
 - k. Conducting the salute to the competitors at the completion of the event.
 - l. Interpreting and enforcing the rules.
 - m. Acting as the arbiter of disputes that may occur in the course of any match. Note: the Head Judge's decision will be final on any judgements not explicitly covered in these rules.
 - n. Reporting to the chief arbitrator or chief official when a judge departs from the rules or does not comply with his/her required duties.
- 3. The Scoring Judges (three or five) whose duties shall include:**
- a. Evaluating each competitor's performance independently according to the standards set out for the particular application event.
 - b. Awarding points to or keeping score for each competitor according to the scoring system for each application event.
 - c. Announcing votes for the winner of a round or match, or displaying scores for each competitor in each round or match when called upon to do so by the Head Judge/Referee.
 - d. Alerting the Referee when a violation of the rules occurs, and then identifying to the Referee what that foul is. In the event the Referee calls for confirmation, the judges should vote according to what they saw.

- e. If the particular application event calls for it, keeping detailed scoring notes for the evaluation of each competitor.

4. The Scorekeeper who shall:

- a. Record the names of all officials in his/her ring on each score sheet. The names of the Scoring Judges shall be recorded in the order that they sit around the ring starting with the judge to the head table's right and proceeding around the ring in a counterclockwise fashion.
- b. Inform the Head Judge/Referee of the names of the next two pairs of competitors in the order that they will compete, so that the Head Judge/Referee may call for them to prepare.
- c. Record the color designation of each competitor as assigned by the Head Judge/Referee: one competitor shall be designated as "red" and the other as either "white" or "black".
- d. Record each point announced by the Referee on the score sheet next to the name of the competitor, and announce to the Referee the total number of points for each competitor.
- e. Record on the score sheet next to the name of the competitor each warning or other penalty announced by the Referee, and announce to the Referee the total number of warnings for that competitor.
- f. Record the score or winner for each round on the score sheet, and announce to the Referee the total number of rounds won by each competitor, or the final score for each competitor.
- g. Record on the score sheet any disqualification and reason for disqualification announced by the Referee. Note that in case of disqualification, the opponent will be advanced to the next round.
- h. At the conclusion of each match, inform the Referee of the winner. Generally, the competitor who has either won the most rounds, received the highest score or accumulated the most points, or has the or earned the fewest warnings will be declared the winner of the match. The scorekeeper shall indicate the winner on the score sheet and shall advance the winner's name to the next round on the bracket sheet.
- i. When the final match of a division has concluded, the scorekeeper will record the names of the first through fourth place winners on the score sheet and give the

score sheet to the Head Judge so that he/she may present the awards to the competitors.

5. The Timekeeper who shall:

- a. Ensure that the stop watches are in working order and are set to the correct mode to record elapsed seconds.
- b. Ensure that the necessary awards for each division are on hand at the beginning of the division.
- c. Begin timing match when the Referee begins the action.
- d. Pause the timing when the Referee calls "Stop" or "Break", or while the Referee calls for a point and verification and announces his/her decision, or when there is any cessation in the action of a match that exceeds 5 seconds in duration.
- e. Resume the timing when the Referee restarts the action.
- f. Inform the Referee by loudly declaring "Time!" or by ringing a bell or gong when the time duration set for the round or match has been reached.
- g. Keep time for any designated rest period between rounds.
- h. Generally assist the Scorekeeper.

B. Competition Areas

1. Head Judge

- a. The Head Judge's table shall be placed along one side of the competition area. The Scorekeeper and Timekeeper shall be seated at the Head Judge's table.

2. Scoring Judges

- a. The Scoring Judges shall be arranged around the competition area, either seated or standing
- b. When five Scoring Judges are used, they shall be arranged around the competition area, with judge number 1 located in the corner immediately to the right of the Head Judge's table, judge 2 being in the next corner in a counterclockwise manner, judge 3 being directly opposite the Head Judge's table, etc.
- c. When three Scoring Judges are used, they shall be arranged around the competition area with judge number 1 being located on the side of the ring to the right of the Head Judge's table, judge number 2 being directly opposite the Head

Judge's table, and judge 3 being on the side of the ring to the left of the Head Judge's table.

C. Elimination/Advancement Methods

1. Round-Robin Match Method

- a. This method shall be used when only three competitors are entered for a particular weight class.
- b. Three matches will be conducted; each competitor will be matched against each other competitor once.
- c. At the end of the three matches, the places will be awarded according to the following method:
 - i. First, the three competitors will be ranked according to the number of matches won.
 - ii. Any ties will then be resolved by consideration of which competitor won the most rounds in all the matches.
 - iii. Any remaining ties will be resolved by consideration of which competitor scored the most points in all the matches.
 - iv. Any remaining ties will be resolved by consideration of which competitor received the fewest warnings in all the matches.

2. Single Elimination Bracket Method

- a. This method shall be used when four or more competitors are entered for a particular weight class.
- b. Setting up the Bracket
 - i. Competitors names will be entered into the bracket according to the seeding order determined by the drawing of lots or computer randomization
 - ii. The appropriate number of brackets shall be given in order to produce a multiple of two (16, 8, 4, or 2) matches in the second round.
- c. First Round: The first-round winners will be advanced by writing their names in the second-round column of the bracket.

- d. Second Round: The second and subsequent round winners will be advanced as above, until a round is reached in which only four fighters remain, the round with only four fighters remaining shall be known as the semi-final round.
- e. Semi-Final Round
 - i. The names of the losers of the two semi-final round matches will be written in the special third-place match section of the bracket sheet.
 - ii. The winners of the two semi-final round matches will be advanced by writing their names to the right in the final round column.
- f. Final Round: The third-place match should always be conducted prior to the first place match. The first-place match should be the final match conducted in the division.

D. Weighing In

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

E. Drawing Lots

1. Drawing of lots may be replaced with computer randomization at the discretion of the registration staff of the particular event.
2. The registration and recording staff shall be in charge of the drawing of the lots.
3. If drawing of lots is conducted, it shall take place at the time and place of the event staff's choosing, but in all cases at least one hour prior to the time set for the start of the competition events.
4. If, according to the drawing of lots or randomization, two members of the same team or school would meet in the first rounds of the fight, there will be another drawing of the lots or randomization for these two competitors. Note: separation of competitors from the

same school/team may not be possible if there are not a sufficient number of competitors from other schools/teams.

F. Competition Protocol

1. Staging

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

2. Marching In

- a.** The Head Judge/Referee, Scorekeeper, Timekeeper, Scoring Judges shall march into the ring and be seated or take their positions in the ring. The names of these officials may be announced at this time.
- b.** The Ring Leader shall lead the competitors into the ring and present them to the Head Judge for the salute, then immediately lead the competitors to the ring-side waiting area. Competitors who are not concurrently competing in other events shall remain at ringside throughout the competition.

3. Entering the Ring

- a.** The Ring Leader will then present the first pair of competitors for the first match, and instruct the next pair of competitors to prepare for the subsequent match.
- b.** The Head Judge will then call the pair of competitors into the competition area.
- c.** The competitors will enter the ring and salute the Head Judge/Referee and each other as directed by the Head Judge/Referee.

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

II. Specifications for Competition

A. Clothing & Protective Equipment

1. Clothing Guidelines

- a. Shirts: Competitors are required to wear a short-sleeved T-shirt. School insignia is permitted unless specifically prohibited by the tournament committee. No long-sleeved shirts will be permitted. Sanshou competitors may wear tank tops or may fight bare-chested (males).

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

2. Protective Equipment

- a. Competitors are responsible for their own protective equipment.
- b. Competitors who do not have the mandatory equipment at the time of their match will forfeit that match.
- c. Equipment for Push Hands
 - i. Recommended: Head gear and mouth-guard
 - ii. Optional: groin-cup (for males)

B. Weight Classes

1. Push Hands

- a. Men
 - i. Lightweight: up to 144.9 pounds
 - ii. Middle Weight: 145 to 174.9 pounds
 - iii. Heavy Weight: 175 to 204.9 pounds
 - iv. Super Weight: 205 pounds and up

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

III. Push Hands Rules & Methods of Scoring

A. General Format

1. Object

- a. The object of Push Hands competition is to display the application of taijiquan principles in order to unbalance the opponent.

2. Match

- a. Each match will consist of 2 rounds. The first round will be Restricted Step. The second round will be Moving Step.
- b. Time Limit: 90 second each round with 15 second rest period

3. Coin Flip

- a. Each match will begin with an initial coin flip to determine which hand is placed on top at the start of the first round.
- b. The first round shall begin with the determined hand on top. The second round shall begin with the other hand on top.

4. Competition Area

- a. The competition area will be a square space measuring approximately 15 feet by 15 feet.
- b. The area shall be clearly marked at the exact center with a "+" shaped tape line.

B. Restricted Step

1. Protocol

- a. Starting the Match
 - i. Opponents face each other and each place his/her foot on the center mark; opponents make contact with the back of the right or left wrist.

- ii. The Referee gives the command to begin, at which the competitors are required to perform a minimum of two revolutions before initiating any techniques.
- b. During the Match
 - i. The Referee directs the match with the verbal signals, "Begin" and "Stop."
 - ii. The Referee may instruct the competitors to restart under various circumstances such as awarding a point, moving too far from the center, to ensure the safety of a competitor, etc.
- c. Awarding Points
 - i. Upon seeing an infraction, the Referee commands "stop" to stop action and timing.
 - ii. The Referee states the violation and violator and the point recipient (e.g., "holding - Red, point - White", "off balance - White, point - Red", "striking - Red, point - White") and calls for the Scoring Judges to confirm the point.
 - iii. Note: The Referee does not wait until a competitor falls to stop action, but stops action and timing at the first sign of a competitor being off-balance.
- d. Confirmation of Point by Scoring Judges
 - i. The judges may confirm the point by holding up the flag color or not confirm the point by holding the flag stick horizontally (either disagreeing or unable to confirm because of not seeing the action).
 - ii. If two of the three judges confirm the point, the Referee awards it and instructs the recorder to record the point.
 - iii. A judge may also hold the opposite color flag up, if he or she saw something different. In that case, the judge will call out his or her reason.
 - iv. The Referee will not call for points other than what he or she saw. The judges score will be asked for only once.
 - v. The Referee restarts the action and timing immediately.
- e. Ending the Match
 - i. At the end of the match, the Referee will stand between the contestants and announce the winner of the match.
 - ii. Upon the announcement of the winner, preparations for the next match will begin.

2. Rules

- a. Legal Target Areas: Attacks may be made within restricted areas of the body, from below the base of the neck to above the tailbone or bladder area.
- b. Illegal Target Areas: Pushing the neck, head, bladder area, hip joint, or leg is illegal.
- c. Stepping
 - i. Competitors may take a step or steps forward or backward, with either the front or the back foot, but may not reverse the stance, i.e., the front foot must stay forward.
 - ii. Competitors must keep to the orientation of the center line; they may not step to the side to defend or to gain an advantage in pushing.
- d. Errors
 - i. Loss of balance
 - ii. Taking a step to prevent loss of balance that results in reversing the stance
 - iii. Endangering oneself
- e. Personal Violations
 - i. Using techniques excessive in strength
 - ii. Grabbing the opponent's clothes
 - iii. Double grabbing (gripping the opponent with both hands)
 - iv. Holding on (gripping the opponent with one or both hands or reaching around the opponent's side or back) to prevent loss of balance.
 - v. Attacking an illegal target area
 - vi. Reversing the stance to gain advantage
- f. Serious Personal Violations
 - i. Striking, hitting, punching
 - ii. Using the head to attack
 - iii. Using the legs, knees, or feet to attack
 - iv. Twisting the joints, grabbing, or qinna (chin na)
 - v. Using pressure points
 - vi. Pulling hair or beard
 - vii. Attacking the groin area
 - viii. Using any technique determined to cause injury to the opponent
 - ix. Unsportsmanlike conduct

- g. Technical Violations
 - i. Not following instructions of the Referee
 - ii. Not completing the mandatory number of revolutions
 - iii. Receiving coaching during the round
- h. Cautions: The Referee may issue a verbal "caution" at his/her discretion.
- i. Disqualification
 - i. Competitors may be disqualified for one Serious Violation and must be disqualified for two Serious Violations
 - ii. A competitor may be disqualified by the Referee in consultation with the judges.

3. Judging Guidelines

- a. One point is awarded to a competitor each time his/her opponent makes an error as defined above.
- b. One point is awarded to a competitor each time his/her opponent commits a personal or technical violation as defined above.
- c. Two points are awarded to a competitor each time his/her opponent commits a serious personal violation as listed above.

4. Determining the Winner

- a. The competitor who has the most points at the end of the match wins the match.
- b. Tie Breaker - In case of a tie, the match goes to the competitor with the least number of Serious Warnings, then the least number of Warnings. If the tie is not broken by Warnings, another complete single round is played.

D. Moving Step

1. Protocol

- a. As with restricted step regulations, the Referee shall stop the action immediately upon seeing any error or violation (such as loss of balance, struggling by either competitor, use of too much effort to push, etc.)

2. Rules

- a. Same as Restricted Step Push Hands with the following exceptions:
 - i. Stepping is allowed

- ii. Additional points are awarded for causing one's opponent to step on or beyond the boundaries of the ring.

3. Judging Guidelines

- a. Generally, points will be awarded in exactly the same manner as described for Restricted Step Push Hands.
- b. In addition, points are also awarded for the following:
 - i. Two points are awarded when the opponent steps on or outside the ring.
 - ii. Three points are awarded when any part of the body touches or falls on or outside of the ring.

4. Determining the Winner

- a. Same as Restricted Step Push Hands.

Chapter 4 — Arbitration

I. Definitions

A. Arbitration

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

B. Arbitrator

The arbitrator is an individual, impartial to the outcome of the proceedings, who is empowered to examine the facts and render a decision. At CMAT, such individuals may include but are not limited to the head judge of the ring at and during which the division was held, the CMAT directors, Sifu Bryant Fong, and Dr. Russell Ahn.

C. Who May Request Arbitration

A competitor who believes that there was an irregularity in applying the rules to his or her own performance may request arbitration. The competitor's coach or designated representative may make a request on behalf of the competitor.

D. What May be the Subject of Arbitration

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

E. Time Limit for Requesting Arbitration

1. Generally, the initial complaint must be presented to the Head Judge immediately after the occasion or incident for which arbitration will be requested.
2. Forms Events
 - a. The arbitration request must be made within half an hour following the individual's performance.
3. Application Events
 - a. Once all the matches in a weight division have been completed, no changes in the outcome shall be made.

II. Arbitration Procedure

A. Submitting a Request

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

B. Investigation

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

C. Decision

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