

## TIME LIMITS

Shall begin at the first move of the form.

### Traditional Kung Fu

- Beginning Level: 30 sec minimum, Intermediate Level: 45 sec minimum; Advanced level: 1 minute minimum.
- 2 min maximum.

### Modern Wushu Forms

- Beginning Level: 30 sec minimum, Intermediate Level: 45 sec minimum; Advanced level: 1:20 minute minimum .
- 2 min maximum.

### All Taiji forms

- 3 min minimum.
- 4 min maximum.

### Internal (non-Taiji) forms:

- 1 min minimum.
- 3 min maximum.

### Tai Chi Sword and Other Internal Weapons

- Taiji Straight sword - 3 min minimum, 4 min max.
- Other Internal Weapons - 1 min minimum, 3 min max.

### Group Events:

Internal: 2 min minimum, 5 min maximum.

External: 1 min minimum, 3 min maximum.

For Taiji, Internal forms, and group events, the competitor will be given an audible signal before the last 30 sec of the time limit. The competitor will then have the remaining 30 sec to complete the form.

**For all forms competition, point deductions of one-tenth point will be taken for each 5 sec interval outside the time limit.**

## GENERAL RULES

### Dress Code:

All competitors are required to dress appropriately. Competitors may wear traditional Chinese martial arts uniforms (preferred), or pants appropriate for the Chinese martial arts plus a school T-shirt or an event T-shirt. The competition committee reserves the right to make the final judgments on appropriate attire. Shoes are mandatory for all events. All shoes should be regular athletic type shoes. No regular street-type shoes are permitted.

### Procedures:

All competitors will be called to the ring at least 10 minutes before the beginning of the event. If a competitor should have an obligation in another ring, he or she must at this time tell ring official/chief judge so they can readjust the competing order to accommodate the competing obligations.

### Competing:

When the official sees that all is ready, he or she will call the first competitor and announce for the next 2 competitors to prepare. When the competitor's name is called to compete, he/she will approach the ring and salute to the main official and wait for permission/signal from the ring-official/chief judge to begin. Judges will be observing as soon as the competitor's name is called.

Upon receiving the signal to begin from the ring-official/chief judge, the competitor will

walk to the starting position within the ring. At no point should the competitor speak with any judge or official. This should be done before the event begins. Once the beginning position is found, the competitor will stand perfectly still at attention, showing judges and timekeepers that the form is ready to begin. The time clock will begin at the first sign of movement from this attention position. The time clock will stop when the form is finished and the competitor returns to a stationary and relaxed position. Upon completion, the competitor will again walk to the same place he/she entered the ring and face the judges and officials once again at attention. At this time, the score for the competitor will be given.

After receiving his/her final score, the competitor will acknowledge the score by saluting the ring official/chief judge. Only now is the competitor finished with his/her form and may leave the ring area.

#### **Scoring:**

Scoring will be based on performance & level by individual judges. The ranges for levels are as follows:

- beginner: 7.0 - 7.9
- intermediate: 8.0 - 8.9
- advanced: 9.0 - 9.9

Scoring should start from the top and deductions taken for mistakes. All scores count towards the final total unless there are 5 judges. With 5 judges the high & low scores are dropped. In the event of a tie, the low score is added back. If a tie still exists, the high score is added back. In the event that a tie still exists, all judges will be asked to point at the winner simultaneously and whoever receives the most judges will win.

#### **Each judge will be using the following guidelines in determining a competitor's score:**

1. Correctness of Form
2. Strength of Stance/Stability
3. Speed - Ultimately, the form must be of actual fighting speed (except Tai Chi/Internal)
4. Power - (Not Muscle Tightness)
5. Spirit - Martial Spirit with sense of opponent
6. Overall Impression

#### **Event definitions: Tai Chi/Internal Forms**

All judging of forms competitions is very subjective on the part of the judges, each judge is reminded that he must set any personal preferences regarding the martial arts aside and maintain an open mind and a fair and subjected spirit when scoring. The judging parameters will be based on several key principles such as rooting, body flow, body movement, relaxation, etc. Competitors should not simply "perform" their particular routine, but rather display their abilities in these key principles. Many competitors show most all of the correct postures and form but fail to display to the judges their ability to do their form "internally" rather than as a slower motion "external" form.

#### **Event definitions: Contemporary Wushu Forms**

Contemporary Wushu is an exhibition sport derived from traditional Chinese martial arts. Wushu forms are similar to gymnastics and involve martial art patterns and maneuvers for which competitors are judged and given points according to specific rules. The forms comprise basic movements (stances, kicks, punches, balances, jumps,

sweeps and throws) based on aggregate categories traditional Chinese martial art style and can be changed for competitions to highlight one's strengths.

All judging of forms competitions is very subjective on the part of the judges, each judge is reminded that he must set any personal preferences regarding the martial arts aside and maintain an open mind and a fair and subjected spirit when scoring.

### **Description: Traditional Kung Fu Forms**

The intent of a Traditional Division is to help perpetuate and preserve the original essence and strength of the art. Even though many individuals may study the same style, there may be minor differences in the way they perform a form/set due to different lineage or philosophy, but the majority will agree that each system has a core principle it follows (example: Hung Gar - Strong low stances, powerful connection to Earth, Wing Chun – Trapping hands, inside fighting). All traditional forms must descend from a specific lineage to distinguish them from modified Wushu changquan and animal styles (ie. Wudang changquan, Hung Gar Tiger, Seven Star Praying Mantis).

All competition in a Traditional Division will maintain and reinforce the core principles and signature move(s) that are recognized as the trademark of the system. Competitors with any movement in a form that breaks the core principle of the style it is intended to represent will be subject to reduction in their score and possible disqualification.

- No aerial movements beyond flying kicks. No flying kicks beyond 360 degrees.
- Only two steps are permitted before any flying kick.
- No movements that are strictly gymnastic.

### **Event definitions: Chinese Martial Arts Weapons**

Weapon Specifications

For the four standard Chinese weapons used in Wushu – staff (gun), broadsword (dao), spear (qiang) and straight sword (jian) – weapons specifications must adhere to the standard established by the IWuF (the International Wushu Federation) for contemporary wushu.

Traditional Kung Fu weapons adhere to the same characteristic description, with the additional stipulation that they must be **combat weight** not light weight, flexible wushu style weapons. For swords, Traditional Kung Fu weapons must be able to support their own weight when stood up on their own point.

Spear (Qiang)

- The spear shall have a metal tip and shall be fitted with a horsehair tassel.
- The whole length shall be no shorter than the height of the performer's wrist when he stands erect with his arm raised straight overhead.

Staff and Southern Staff (Gun and Nangun)

- Staffs may only have one end tapered - staffs with both ends tapered (such as "bo" staffs) are not permitted.
- The whole length of the staff/southern staff shall not be shorter than the performer's height.

Sword (Jian)

- The weapon shall be a single-hand, double-edged straight sword.
- The point of the sword shall not be shorter than the bottom of the performer's ear when the sword is held by the guard.

- For contemporary external and contemporary internal events only: a tassel shall be attached to the pommel of the weapon.

#### Broadsword and Southern Broadsword (Dao and Nandao)

- Both weapons shall be a singled-edged blade with slight convex curvature on the cutting edge.
- The point of the broadsword/southern broadsword shall not be lower than the top of the performer's shoulder when the broadsword is held, guard in hand. For contemporary external and contemporary internal events only: a flag shall be attached to the pommel of the broadsword.
- Standard weapons of other specifications may be allowed, at the discretion of the Chief Judge, if deemed appropriate to the style being performed.

#### Specifications for Other Weapons

All other Weapons must be Chinese in origin. Weapons not allowed include, but are not limited to nunchuku, katana, manriki-gusari, kama, sai, etc. Chinese variations of these classic kobudo weapons are permissible, ie. erjiegun, miaodao, liandao, bian, however these must adhere to the principles of traditional Chinese execution.

#### **Weapon sizes**

For Modern Wushu, Spear and Staff will be defined as Long Weapons, Sword and Broadsword will be defined as Short Weapons, All others will be defined as Other Weapons.

For Traditional Kung Fu, Long Weapons will be defined as weapons requiring two hands and flexible weapons like whips, Short Weapons will be defined as weapons requiring only one hand and twin weapons.

#### **Each judge will be using the following guidelines in determining a competitor's score:**

- Same guidelines as open hand events
- Body movement coordination with the weapon
- Correct application of the weapon
- Familiarity of the weapon

#### **Event definitions: Traditional Kung Fu/Wushu Weapons**

The same guidelines as the open hand events will apply here as well. In addition, the judges will be looking for the following:

- Body movement coordination with the weapon
- Correct application of the weapon
- Familiarity of the weapon

#### **Demonstration Team**

Demonstration may include but not limited to self-defense, and skits

Demonstration may include any and all approved weapons and movements.

Teams will be judged on originality, showmanship, and presentation, as well as martial arts skills.

Demonstration Team must consist of 4 to 12 member teams, all levels and all ages.

All rules mentioned above of safety, scoring, warning, point deduction, conduct, equipment, music selection and uniform applies.