

4th WORLD KUO SHU CHAMPIONSHIP TOURNAMENT

第四届世界国术锦标赛

RULES AND REGULATIONS

San Shou (light contact fighting) Rules

Equipment:

- *Required Equipment – Headgear, mouthpiece, groin cup, footgear and safety gloves.*
- *Optional Equipment – Chest protector, Shin Pads*

Acceptance of required equipment is at the sole discretion of the Center Referee and tournament staff.

Time:

Ring time: Running two minutes. Time stopped only at the request of Center Referee.

Scoring:

- *All Divisions: first competitor to score 3 points wins.*
- *Score areas: Side of head, forehead, chest, stomach, back, thigh and side areas.*
- *One point awarded for effective hand, foot, or sweep technique. The parts of the hand eligible for scoring are the palm, knife hand, back hand, and fist. The kicks eligible for scoring are front kick, heel kick, round kick, side kick, back kick, crescent kick, controlled kick to upper thigh, spinning kick, and hook kick.*
- *Clear sweeps below the knees allowed. If the sweep fails, the competitor is allowed two seconds to follow up with a technique.*
- *Technique must have power, speed, focus and control to be scored.*
- *If both feet are out of bounds, the point is given to the competitor remaining in-bounds.*

Penalties:

- *First personal foul: 1 point awarded to opponent.*
- *Second personal foul: disqualification.*
- *No contact allowed to head or back (technique must score without contact).*
- *No head butts.*
- *No kicks to the knee areas.*
- *No techniques allowed to the eyes or groin.*
- *No excessive contact or repeated blows once point has been called.*
- *No use of elbows or knees.*
- *No joint locks.*
- *No delayed counter strikes or kicks.*
- *No throws over the hip or shoulder (only sweeps).*
- *No trapping of the foot and sweeping.*
- *No thigh reaping takedowns.*
- *No choking.*
- *No abusive language.*
- *No coaching from sidelines.*

Judging Commands:

- *Face me: Bow*
- *Face each other: Bow (shake hands).*
- *Ready position.*
- *Kai-Si.*
- *Ready judge.*
- *Score.*

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Judging Signals:

- *Open extended hand towards competitor -- Point called.*
- *Cross extended arms -- Did not see or no point called.*
- *Pointing to boundary -- Out of bounds.*
- *Fist hitting open hand -- Excessive contact observed.*
- *Fist to ear and point to competitor -- Foul called (deduct point).*

*ANY SERIOUS VIOLATION WILL RESULT IN IMMEDIATE DISQUALIFICATION.
THE CENTER REFEREE POSSESSES FULL AND FINAL AUTHORITY.*

Weapon Fighting Rules

Time:

Ring time: Running two minutes. Time stopped only at the request of the Center Referee.

Scoring:

- *3 Points Scored for Strikes to the head and body (front and back) and/or disarming a weapon.*
- *2 Points Scored for Strikes to the arms and/or legs.*

OPTION 1 – Time Limited Competition

- *The winner is the competitor who obtains the highest score in the time allotted.*

OPTION 2 – Score Limited Competition

- *The match will be awarded to the competitor reaching full score first. Full score point total will be determined by the Tournament Director prior to the start of the competition.*

Push Hands Rules

General:

- *Push Hands events will be run for Limited Step Pushing Hands and Freestyle Pushing Hands*
- *The chief evaluator/referee has full authority.*

Minimum Requirements:

- *Competitors are required to attend the rules meeting prior to the competition in order to be eligible to compete.*

Time:

- *Matches consist of two 90-second rounds that are continuous unless a penalty is called.*

Equipment:

- *Competitors wear t-shirt, long pants, and shoes.*
- *No jewelry (except wedding ring), watches, or fingernails longer than a eighth of an inch are allowed.*

Competition Ring Space:

- *LIMITED STEP Events Format:*
 - o *The field is an alley 4 feet wide and 10 feet long.*
 - o *Competitors are limited to a single shuffle step at a time, and may not reverse stance or change direction.*
- *FREESTYLE Events Format:*
 - o *The field is a circle 12 feet in diameter.*
 - o *Scoring is the same as in limited step, except that individual judges award 2 marks to the competitor*

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whose opponent steps out-of-bounds if the judge feels the force used to effect the out-of-bounds was appropriate.

Scoring:

- *The judging staff consists of a referee and 3 judges.*
- *No points are awarded for specific interactions.*
- *Judges mark tallies during the match based on expert observation of significant exchanges.*
- *Judges score competitors after each round using a five-point must system.*

Penalties:

- *For every warning, scorekeepers deduct a point from a competitor's score for each round.*
- *Competitors will be disqualified for committing three personal or technical violations, or one serious violation.*
- *Coaching is not permitted during the rounds.*

Free-Style Taijiquan Pushing Hands Rules

1 Competition Site and Accompanying Facilities

- 1.1 A circle of between 12 and 15 feet diameter should demarcate the effective competition arena. The line of demarcation should be of thickness 5 cm.*
- 1.2 All matches are conducted on an elimination basis, if there are only 3 competitors in a division, the matches are conducted on a round robin basis.*

2 Competition Rules and Regulations

- 2.1 All participants are to adhere to the principles of 'sticking, connecting, adhering, following', 'overcoming force by yielding to it', and 'emphasizing technical finesse over force'. Thus, competitors are only permitted to employ the orthodox Taiji techniques such as 'wardoff', mentioned to unbalance their respective opponents. No wrestling, punching, kicking, or vicious sweeping is allowed.*
- 2.2 Each match is divided into 3 rounds. Each round spans a duration of 2 minutes, accompanied with a rest of 1 minute after each round. The winner of each round is decided by the total points scored. A contestant who wins 2 rounds out of the 3 is the winner of the match.*
- 2.3 If there is an inconclusive verdict after 3 rounds, the referee is to declare a draw. One (1) sudden-death, overtime round will be conducted for 1 minute. The winner of this round will be declared the winner of the match. If there is still no conclusive verdict after the overtime round, the competitor with the least amount of fouls will be declared the winner. If there is still no conclusive verdict, judges will counsel and deliberate with the Arbitrator, and the final verdict will be declared on the effective use of Taiji pushing hands techniques of the contestants. The Chief Judge's decision is final.*
- 2.4 Upon entering the arena center, both parties are to cling their left palm lightly onto the right elbows of the respective parties, and their right forearm against each other near the wrist. Maintaining contact between upper limbs of both opponents throughout each round is a prerequisite to attacking or counterattacking.*
- 2.5 The release of strength must only be executed while contact with the body of the respective opponent is established. It is strictly prohibited to release strength through the employment*

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of fists or the palm from a distance.

2.6 *If there is an injury to a competitor, up to a 5 minute injury time-out will be allowed. If the injured party cannot continue after the injury, then the other competitor will be declared the winner. Please note that a competitor will not be declared the winner if the injury was caused by an intentional foul (see Section 4.16c)*

2.7 *Free Style Pushing Hands event is for Advanced Taijiquan practitioners only.*

3 Scoring Criteria

3.1 *Points are awarded to the party who successfully renders the respective opponent unstable and staggered, semi unbalanced, and/or fully unbalanced either inside or outside the circular competition boundary. This unbalancing of the opponent must progress from a Taijiquan technique. Muscular pushing and shoving will not be counted towards a contestants score.*

The following points will be awarded:

1 point: Off balance from a Taiji technique

2 points: Discharge outside of the circle

2 points: Off Balance with hand/knee touching the floor inside the circle

3 points: Discharge outside of the circle with off-balance with hand/knee touching the floor

3.2 *When a foul is committed amidst unbalancing an opponent, no points will be awarded. Points may be deducted from the competitor committing the foul.*

3.3 *Scoring Notes:*

a) No point is awarded upon utter disregard for technique and blatant use of flagrant strength or employment of grappling, grasping to render an opponent out of bounds.

b) No point is awarded to the degeneration of the contest into a grappling or shoving match by both parties.

c) No point is awarded if a contestant pulls or drags an opponent to the ground while falling.

3.4 *Any competitors who do not use valid Taiji principles can be eliminated from the event.*

4 Fouls and Ensuing Penalties

4.1 *Surprise attacks or attacks launched without the establishment of prior contact with opponent.*

4.2 *No attacks above the shoulder or below the waist are allowed.*

4.3 *The employment of fingers or other similar extremities located on the upper arm to poke, jab or stab any body part of the opponent.*

4.4 *The employment of feet to tread or hook any body part of opponent.*

4.5 *The employment of palms to choke or to push the opponent's neck or chin region.*

4.6 *Hugging of the opponent's back, reaching under the opponent's armpit or over the side waist for more than 3 seconds.*

4.7 *Clutching, grabbing, or pulling of clothes.*

4.8 *Stirring up or lifting up the clothes of the opponent to induce bodily contact in a sweeping movement so as to provoke and aggravate the opponent.*

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- 4.9 *Clutching, or grabbing the feet and legs of the opponent.*
- 4.10 *Upon successful employment of the plucking technique, the participant must release the hold immediately after the technique is executed.*
- 4.11 *Spitting and biting are strictly prohibited.*
- 4.12 *No brutish employment of grappling, wrestling is condoned. Grappling or wrestling is deemed to have occurred when an arm or both arms are outstretched from the body rendering the contestant capable of hugging.*
- 4.13 *Whenever an arm of a contestant is located beneath the armpit of the opponent for more than 3 seconds, and is rendered incapable of executing a valid Taiji technique, the contestant would be issued a warning.*
- 4.14 *At the start of the competition, the palm/wrist of the contestant is only permitted to establish contact with region spanning from the elbow to the fingertips of the forearm of the opponent in order to ensure strict adherence to the principles of 'sticking, connecting, adhering, following'.*
- 4.15 *Do not lean the shoulders, head or neck against the opponent.*
- 4.16 *Flagrant disdain and disregard for techniques adhering to the principles, and employment of illegal techniques will result in immediate disqualification and a suspension from the tournament event.*
- 4.17 *The continuation of avoiding contact with the opponent for more than 10 seconds will result in a warning (1 point deduction after the 2nd warning).*

Foul Notes:

- a) *Verbal warning, no point will be deducted; 2nd warning, 1 point will be deducted;*
- b) *Foul, 1 point will be deducted. 3 fouls will lead to an automatic disqualification.*
- c) *Committing a serious foul act may result in immediate disqualification.*
- d) *In any match, the chief judge may declare the winner by prominent advantage when one party has outscored the other party by more than 15 points.*
- e) *In any match, the chief judge may declare the loser when 6 points have been deducted from a contestant due to warnings/fouls.*

5 By-laws

- 5.1 *In the event of any disagreement about the proceedings or verdict of the competition, the captain of the appealing team is to produce in writing an appeal document, and pay a deposit of US\$300 within 30 minutes of cessation of the respective match. For the final match, the time limit for appeal is reduced to 15 minutes. The appeal will be referred to the Arbitrator by the respective match referee. Should the appeal be deemed successful, the respective teams will be refunded US\$300. However, no refunds will be awarded for unsuccessful appeals. The Arbitrator's decision is final.*
- 5.2 *This statute has been vetted and deemed effective by the technical committee. Should there be additions, deletions, amendments, revisions; the effectiveness of the statute is still irrevocable.*
- 5.3 *The organizing committee will be indemnified for any injuries sustained due to unforeseeable*

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mishaps. Prior to being permitted to compete, each competitor must sign a letter of indemnity.

- 5.4 Competitors who maliciously hurt their opponents will be held liable for any damages or injuries. The Chief Referee has full authority to stop the fight at any time for safety or any other reasons.

Shuai-Jiao Rules

(Note: Competitors for Shuai Jiao must be a minimum of 18 years of age at the time of competition.)

Time:

- *Each match consists of two rounds lasting three minutes running time each (two minutes for women) of continuous sparring, with 30 seconds rest between each round. If the competitors are tied after two rounds, a third round (1.5 minutes) will be held.*
- *Time is stopped for uniform or equipment failure, or to seek medical advice.*

Scoring:

- *Winning two rounds determines the victor.*
- *The winner of the round is determined by who receives more points.*
- *If a competitor has six points more than the other competitor, he or she is declared winner of that round.*
- *If neither competitor has won two rounds, there will be a third round.*
- *The judge will determine the victor based on the competitor who scores the first point; there is no time limit.*
- *Points Scoring:*
 - o *1 point*
 - Opponent touches the mat with one hand;*
 - Opponent touches the mat with one knee;*
 - Opponent steps out of the area;*
 - Opponent touches the mat with one elbow;*
 - Contestant throws/sweeps/takes down and lands on top of the opponent.*
 - o *2 points*
 - Opponent touches the mat with both hands;*
 - Opponent touches the mat with both knees;*
 - Opponent touches the mat with both elbows;*
 - Opponent touches the mat with a hand and a knee;*
 - Contestant effectively throws/sweeps opponent and remains standing.*
 - o *3 points*
 - Opponent turns in the air, and contestant executing technique maintains balance.*
 - o *No points*
 - Both contestants simultaneously fall without the use of a technique.*

Competition Ring Space:

- *The matted Shuai Jiao fighting area is 8m x 8m, with a 2m perimeter to indicate out of bounds.*

Uniform and Equipment (all equipment must be supplied by the competitor):

- *Uniform:*
 - o *Shuai Jiao Jacket (Shuai Jiao Yi),*
 - o *Martial Arts Trousers (Shuai Jiao Kuzi),*
 - o *Soft shoes or Wrestling boots (Shuai Jiao Xie).*
- *Equipment:*
 - o *Groin shield;*

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o Mouth guard, guard shell, and a blue or red belt.

Weight Classes:

Male	Female
Under 57kg (125.4 lbs)	Under 50kg (110 lbs)
Under 62kg (136.4 lbs)	Under 55kg (121 lbs)
Under 67kg (147.4 lbs)	Under 60kg (132 lbs)
Under 72kg (158.4 lbs)	Under 65kg (143 lbs)
Under 77kg (169.4 lbs)	Under 70kg (154 lbs)
Under 82kg (180.4 lbs)	Under 75kg (165 lbs)
Under 87kg (191.4 lbs)	Under 80kg (176 lbs)
Under 92kg (202.4 lbs)	80kg (176 lbs) and Over
Under 97kg (213.4 lbs)	
97kg (213.4lbs) and Over	

Allowable Techniques:

- *Shuai Jiao (throwing, wrestling and standing grappling);*
- *Kuai Chiao (fast throwing - shoot techniques);*
- *Da Shuai (open hand techniques to throw/sweep/take down);*
- *Na Shuai (joint manipulation to throw/sweep/take down);*
- *Dien Shuai (pressure point manipulation to throw/sweep/take down);*
- *Contestants may use their opponent's jacket, belt or limbs to execute a technique.*

Illegal Techniques:

- *Use of the following techniques are illegal: striking the opponent with the head, fingers, palm, fist, forearm, elbow, knee, shin or foot; biting, spitting or gouging; and attempting to dislocate joints or break bones.*
- *Hair pulling*
- *Grabbing the opponent's pants;*
- *Grabbing the opponent to prevent falling down;*
- *Grabbing with both hands and holding still for more than 5 seconds.*

Warnings and Penalties:

- *The Referee may give a private or public warning, or disqualify a contestant depending on the seriousness of a foul or offense.*
- *First Warning: no point penalty*
- *Second Warning: one point penalty*
- *Third Warning: disqualification*

Fouls:

- *Verbal Warning: no point deduction*
 - o Beginning the fight before the Referee gives the signal;*
 - o Continuing after the Referee gives the signal;*
 - o Grabbing the opponent's pants;*
 - o Wearing jewelry.*
- *Minor Penalty: opponent receives one point*
 - o Touching opponent's face between eyebrows and mouth;*
 - o Pulling hair;*
 - o Pulling down the opponent after being thrown;*

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- o Stepping on the opponent's foot;*
- o Stopping the fight before the Referee;*
- o Grabbing with both hands and holding still for more than 5 seconds.*
- *Serious Penalty: opponent receives two points*
 - o Intentionally striking with a hit, kick, elbow, knee and hand;*
 - o Striking the opponent while down;*
 - o Coaching from sidelines with an obvious intention of disturbing or influencing the match.*

Referees:

- *Chief Referee*
 - o Responsible for the fighting area;*
 - o May stop the fight to consult the Center Referee.*
- *Center Referee*
 - o Manages the fight on the mat;*
 - o Nominates the winner at the end of the fight;*
 - o Has authority to stop the fight for safety or any other reason.*

Chi Sao Competition Rules

General:

- *The minimum competition area will be 24' x 24' (6 square meters)*
- *Competitor will wear colored sashes (white & red) to assist with scoring*

Skill Divisions:

- *If enough competitors are present, the events will be separated by skill levels. Otherwise, divisions will be combined by the tournament staff.*
 - o Intermediate (INT) – less than three and a half (3.5) years experience*
 - o Advanced (ADV) – over three and a half (3.5) years experience*

Time:

- *Three rounds of 1 minute (running time) with 30-second breaks between rounds.*
- *Winner must win two (2) rounds.*
- *If one competitor wins first two (2) rounds, the match is over.*

Required Equipment:

- *All competitors must provide their own headgear (facemask optional)*
- *All competitors are required to provide their own mouthguard and groin protector*

Optional Equipment:

- *All competitors may provide their own chest protector*

Weight Classes:

- *Weights are divided into male and female categories*

Category	Male	Female
Light	Under 65 Kg (145.2 lbs)	Under 55 Kg (121.3 lbs)
Welter	Under 75 Kg (165.3 lbs)	Under 64 Kg (141.1 lbs)
Middle	Under 85 Kg (187.4 lbs)	Under 73 Kg (160.9 lbs)
Heavy	85 Kg (187.5 lbs) and Over	73 Kg (161 lbs) and Over

Permitted Techniques and Scoring:

- *Only clear techniques will score*

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- *Competitors can withdraw their hands to attack or neutralize an attack for no more than one (1) second. After one(1) second, the competitors will be restarted from the spot where they separated.*
- *Strikes are permitted throughout the area between the shoulders and the hips (front and back), but strikes to the spine are NOT permitted.*
- *Attacking the head is limited to the use of the front section of the palm to strike the forehead and both cheeks, it is prohibited to use the fist, root of the palm, and finger tips.*
- *Head Contact MUST be light contact. Excessive force is not a Chi Sao characteristic.*
- *Competitors are allowed to catch or sweep with the legs as long as they do not hit with them.*
- *Elbow techniques can be used in defense, but not for attacking.*
- *Scoring:*
 - o *Strike to Torso – 1 to 2 points*
 - o *Sweep of Legs – 3 points*
 - o *Palm Strike to Head (ADV only) – 3 points*
 - o *Trapping (Loop-Sao) of Hands – 4 points*

Prohibited Techniques and Fouls:

- *The referee may warn competitors before issuing a penalty.*
- *Excessive force in head contact*
- *Strikes to the spine are strictly prohibited and may result in immediate disqualification.*
- *Trapping with any part of the body other than the hands*
- *Strikes using the heel of the palm or fingertips*
- *Strikes with the knee or foot*
- *Elbow techniques can be used in defense, but not for attacking.*
- *It is forbidden to strike both eyes, both ears, mouth, nose, temples, back of the head, throat and neck. It is forbidden to strike in areas of the neck and below the hip (genitals, legs, etc.).*
- *Use of a damaging action intended to hurt the opponent*
- *Any competitors who receives six (6) penalty points is immediately disqualified*
- *Referee may issue immediate disqualification to any competitor if he/she feels the competitor is intentionally attacking with the intent on causing injury, or a rules infraction is deemed serious.*
- *The center referee has full authority*
- *Each formal penalty (publically issued by referee) carries a point penalty based on the schedule below:*
 - o *Fists, elbows or grabbing the Face*
 - 1st offense – 1 point penalty
 - 2nd offense – 2 point penalty
 - 3rd offense – disqualification
 - o *Elbows or grappling to the Torso*
 - 1st offense – 1 point penalty
 - 2nd offense – 2 point penalty
 - 3rd offense – disqualification
 - o *Kicks to any area*
 - 1st offense – 1 point penalty
 - 2nd offense – 2 point penalty
 - 3rd offense – disqualification
- *Competitors cannot advance by causing an injury from which the injured cannot continue. Injured competitors must have approval from the medical staff and tournament staff to continue in competition.*

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Leitai Competition Rules

Weight Classes

Male

Light: under 55kg (121.3 lbs)
Middle C: 55.1 – 60kg (upper limit: 132.3 lbs)
Middle B: 60.1 – 65kg (upper limit: 143.3 lbs)
Middle A: 65.1 – 70kg (upper limit: 154.3 lbs)
Heavy C: 70.1 – 76kg (upper limit: 167.6 lbs)
Heavy B: 76.1 – 82kg (upper limit: 180.8 lbs)
Heavy A: 82.1 – 88kg (upper limit: 194.0 lbs)
Super Heavy: 88.1 – 94kg (upper limit: 207.2 lbs)
Infinite: over 94.1kg

Female

Light: under 50kg (110.2 lbs)
Middle B: 50.1 – 55kg (upper limit: 121.3 lbs)
Middle A: 55.1 – 60kg (upper limit: 132.3 lbs)
Heavy B: 60.1 – 65kg (upper limit: 143.3 lbs)
Heavy A: 65.1 – 70kg (upper limit: 154.3 lbs)
Infinite: over 70.1kg

**Tournament organizers reserve the right to combine weight classes.*

Kuo Shu Lei Tai (full contact fighting) Rules

- 1 *Contestants will fight on a 24 square foot, two and one half foot high Lei Tai.*
- 2 *Competitors must use headgear, gloves, mouthpiece, and groin cup.
Female competitors must also wear a chest protector.*
- 3 *Elimination rounds will be 1 1/2 minutes each. The final fight in each division will have 2 minute rounds.
The victor must win two out of three rounds.*
4. *Scoring:*
 - ◆ *Contestant executes clear punch or kick - 1 point.*
 - ◆ *Contestant executes clear punch or kick that knocks opponent down - 2 points.*
 - ◆ *Without falling, contestant successfully throws opponent to the ground - 2 points.*
 - ◆ *Both falling during throw, contestant who lands on top - 1 point*
 - ◆ *Contestant forces or throws opponent off Lei Tai - 3 points.*
 - ◆ *Through own error, contestant loses balance - 1 point deduction*
 - ◆ *Contestant executes clear elbow/knee technique without holding - 1 point*
5. *Penalties:*
 - ◆ *Contact to the eyes, throat, back of the head, or groin is illegal.
For female competitors, contact to the chest is also illegal.*
 - ◆ *Techniques using the head are illegal.*
 - ◆ *Fouls:*
 - ◆ *First violation: 1 point deduction*
 - ◆ *Second violation: 3 point deduction*
 - ◆ *Third violation: disqualification*
 - ◆ *Technical Fouls:*
 - ◆ *First violation: warning*

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- ◆ *Second violation: 1 point deduction*
- ◆ *Third violation: disqualification*
- ◆ *Any serious foul will be grounds for immediate disqualification.*

Kuo Shu Lei Tai (full contact fighting) Rules

- 6 *Competitors who maliciously hurt their opponents will be held liable for any damages or injuries. The executive referee has full authority to stop the fight at any time for safety or any other reason.*
- 7 *All rules are in accordance with The World Kuoshu Federation Rules.*
- 8 *Any coach disputing the results of a match and wishing to have arbitration of a match for any reason must notify the chief referee verbally within 15 minutes of the match. The team coach must then file a written request for arbitration along with a \$300 arbitration fee to the tournament director within 30 minutes. If the arbitration is settled in favor of the arbitrating team, the fighter shall receive a refund of the arbitration fee; otherwise, no refund will be given.*

Please note: ALL Lei Tai fighters must check in before 1:30 PM Monday, October 15, 2012, and must attend the rules meeting. We will not have time to explain them during the tournament.

Board of Organising Committee

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MALAYSIA**

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