

RULES FOR CHINESE MARTIAL ARTS

1ST TIME POINT SPARRING (Age: 7 and under, 8 to 10, 11 to 13, and 14-17)

POINT SPARRING (Age: 7 and under, 8 to 10, and 11 to 13)

Point Sparring is a light contact sparring that allows competitors to demonstrate proficiency in punching, kicking, attacking, or defensive techniques and strategies in a safe and managed environment. This is NOT a full-contact, “knock the opponent out” type of sparring. Punches and kicks must not be executed with heavy impact force that would “strike through” or “push through” a target; rather should be executed with 50% moderation and intensity. A POINT is called when a clean and controlled technique scores on an allowable target.

MANDATORY SPARRING GEARS

1. Head Gear with a Plastic Face Shield (provided by the competitor or by the Tournament Operator)



2. Chest Gear (provided by the competitor or by the Tournament Operator)



3. Close-finger or Open-finger Gloves with thick padding over knuckle area (min. 4 oz.)
Close-finger Sparring Gloves (provided by the competitor)



Open-finger Sparring Gloves (provided by the competitor or by the Tournament Operator)



4. Mouth Guard (provided by the competitor)
5. Groin Cup (mandatory for male / provided by the competitor)
6. Shin Guards (provided by the competitor)

MATCH AND WINNING

- Each match is 2 minutes or when one competitor scores 5 points, whichever comes first
- A clean, controlled strike (punch or kick) scores 1 point
- Time will be stopped when a competitor scores a point so the point will be announced
- Time will be stopped for injuries or equipment adjustment
- Winner is the competitor with most points at the end of a 2-minute match or scores 5 points first
- In case of a tie at the end of the 2-minute match, there will be a “sudden death” point
- If a competitor is injured, he/she will have one minute to recover and will be determined by the Chief Judge if he/she can continue

ALLOWABLE TECHNIQUES AND TARGETS

Techniques must be executed with good control. A clean, controlled strike (punch or kick) scores 1 point.

Allowable Techniques and Targets:

- Sharp, clean, controlled, light contact punches and kicks to:
 - Front and sides of head gear
 - Front and sides of torso
- Momentarily grabbing the opponent’s wrist/arm to execute a technique
- Spinning backfist is allowed only when executed in a control manner, and NO “strike through”

Prohibited Moves:

- Strike with elbows, knees, head, thumbs, and shoulder
- Strike any area of the opponent’s backside, throat, groin, joints, shins, inside leg, or instep foot
- Grabbing, throwing, tripping, or sweeping
- Turning one’s back to the opponent, running away, or falling down to avoid contact

Infractions result in a warning or disqualification (if the infraction is severe):

- Willingly run out of the ring
- Apply heavy impact force
- Apply prohibited moves
- Disobey the Chief Judge’s instructions
- Display disrespectful or unsportsmanlike behavior

JUDGING

- Each match should be judged by (4) four Corner Judges.
- Chief Judge:
 - Referees the match ensuring that the competitors adhere to the guidelines and rules; calls out warning when needed; separates the competitors as clashes occur; stops the match should an issue or concern; determines if an injured competitor can continue; announces the scores of the judges; and declares the winner for each point scored and the match.
 - Has the final call relative to resolving any differences of opinion among the Corner Judges.
 - Serves a dual role as Referee and Judge in situations when there is shortage of Corner Judges.