

Rules for Chinese Martial Arts

1ST Time Point Sparring (Age: 7 and under, 8 to 10, 11 to 13, and 14-17)

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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. Only one warning will be given for a full contact strike.

MANDATORY SPARRING GEAR (All competitors must bring their own gear)

1. Head Gear with a Plastic Face Shield



2. Chest Gear (Optional)



3. Open finger Sparring Gloves



4. Mouth Guard
5. Groin Cup (mandatory for males)
6. Shin Guards
7. Foam padded Foot Guards

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 torso (**No strikes to the head**)
- 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 to the head
- Strike with elbows, knees, head, thumbs, and shoulder
- Strike any area of the opponent’s backside, throat, groin, joints, shins, inside leg, or instep
- 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.