

RULES FOR SPARRING COMPETITION

1. Safety Gear Must Be Worn- head gear, hand gear (No Finger Nails exposed), foot gear, mouth Piece, and groin cup (usually for males)
2. Legal striking areas are front and sides of the body, abdomen and the padded areas of the Headgear; NO Knockouts allowed.
3. NO CONTACT to front of face, spine, back of head, knees, groin, neck or throat
4. No body slams.
5. When opponent is standing on one leg, no kicking or sweeping is allowed to the standing leg.
6. Contact is continuous and delivered with LIGHT to MEDIUM force.
7. Each round will be timed 30 seconds; the best 2 out of three rounds will determine the winner
8. Any of the judges or ring managers will call "BREAK" when competitors go out of the ring, when an interval of 8 continuous strikes have been exchanged between the 2 competitors or for any reason that requires this action.
9. No crying, pouting, or complaining if the judges do not score in your favor; this is not a carnival or a sports bar; ***this is a not a sports event*** this is a competition of art, one's character and self expression. The Kung Fu person's actions/reactions indicate how they were taught by their instructors and raised by their parents. *Please do not embarrass your school and yourself by displaying bad character.*

RULES FOR FORMS AND WEAPONS

1. All styles whether from family lineage, institutional or made at home will be subjected to the same criteria. (Does the martial art form show enough martial elements and is the integrity of the art being maintained or marred?)
2. Upon entering the competition ring salute to judges. Then announce your name, school, style and name of form.
3. Forms will be judged based on good stances, balance, the correct power, the focus of power/technique.
4. Elements, characteristics and history of the style that is represented may be considered.
5. Adjusting your form to staying in the ring is part of the competition. A request must be made to the judges if more space is needed.
6. A competitor is allowed to start a form over again if a mishap occurs (2 times max)
7. Gymnastics and dance moves will not be graded they will be treated as filler or transitional moves. Only the martial movements will be graded.

RULES FOR TAI CHI AND INTERNAL STYLES FORM

1. Maximum time of performance will be 2.5 minutes.
2. Judges will grade performance on basic principles and proper execution of movement.
3. Rules are subject to change at anytime, so be ready for anything.

RULES FOR PUSH HANDS(moving and restricted step)

1. There will be three categories Men, Women and Children.
2. Each match will be timed for one minute.
3. Competitors will begin facing off with right foot forward.
4. Winner will be determined by the best usage of Tai Chi principles and technique rather than just the brute force of pushing and shoving.