

2005 WONG FEI HUNG ALL KUNG FU CHAMPIONSHIPS OFFICIAL RULES

Saturday, October 1, 2005 Stevens Institute of Technology

All competitors will first join their division in the prep area before entering the competition ring.

Forms Competition

Competitors will be judged on:

1. Presentation & Self expression
2. Balance
3. Speed & power (as per style)
4. Transition from one move to another
5. Proper execution of techniques
6. Concentration & focus

Time Limitation:

1. Traditional Kung Fu – 2 Minutes Max.
2. Internal – 4 minutes max.
3. Wushu – 1 minute 20 seconds/2 min. .max.
4. Open Division – 2 minutes max.

Regarding Ties: Beginner – repeat same form. Intermediate/Advanced: 1st tie same form, 2nd tie different form

Open Division: (Self Conceived form, Musical supported forms, Exotic weapons)

All Weapons Divisions: 0.5 points deduction for dropping your weapon.

Traditional Self Defense Division: Traditional techniques indicative of your style performed against modern street fighting situations. Must be performed in fast motion followed by slow motion thereby demonstrating the techniques used

Skill Levels: Beginner-under 1 yr.

Intermediate 1 yr - 3 yr

Advanced- over 3 yr

Sparring Competition

Mandatory Sparring Equipment: 1. Headgear 2. Gloves: (foam type / vinyl) 3. Boots :(foam type) 4. Groin Cup
5. Mouth Guard 6. Chest Protector (optional but suggested for female competitors) and shin guards (optional)

Duration: One round of 1 ½ minute

***** All Sparring Matches***** are based on a series of continuous controlled techniques & counter techniques. Sparring matches are **not Full-Contact matches. Matches will not break for scoring** and will only break after the following:

1. 3 consecutive effective techniques to legal contact area.
2. Legal effective sweep technique.
3. Discretion of referee.

Legal Contact Target Areas

1. Light contact to headgear (no face contact)
2. Sweeps to front leg only
3. Front of body (below neck/above waist)
4. Legs (Thigh area only)

Illegal Techniques

1. Knee strikes
2. Groin strikes
3. Face contact
4. Finger Strikes
5. Throwing
6. Neck contact
7. Floor/ground fighting
8. Head butts
9. Elbow strikes
10. Joint Locks/breaks

1st time-warning ** 2nd time – Disqualification * Excessive or deliberate fouls-Disqualification**

Weight divisions

Women: Light – 129 lbs & under Middle/Heavy – 130 lbs & above

Men: Light – 149 lbs & under Middle – 150 – 179 lbs Heavy – 180-210 lbs S. Heavy- Over 210 lbs