

2026 USA WING CHUN



WING CHUN FORMS REGULATIONS

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Chapter 1 OFFICIALS AND DUTIES

ARTICLE 1 Competition Committee

1.1 Competition Committee is the highest authority supervising the whole operation of the competition. It consists of one (1) competition Director, one (1) floor manager and one (1) deputy floor manager. (3)

1.2 Duties

- 1) To supervise the works of the Referee Team.
- 2) To supervise and monitor the behavior of the competitors and participating teams.
- 3) It has the authority to impose penalties on officials or competitors who breach the rules.
- 4) Competition officials are not directly involved with the referees who perform their work without prejudice.

ARTICLE 2 Arbitration Committee

2.1 Arbitration Committee consists of one (1) chairperson, and two (2) vice chairpersons. (3)

2.2 Duties

- 1) To handle complaints and impose binding solutions.
- 2) Decisions made by the Arbitration Committee are valid only if there are more than half of the committee members attending the conference and more than half of the members are in the same stance. If the voting is equal, the chairperson of the committee has the authority to make the final decision. Members of the Arbitration Committee should not express any opinion on topics related to their personal interest.
- 3) The Arbitration Committee has the authority to make the final decision.

ARTICLE 3 Referee Team

3.1 Organization of Referee Team consists of one (1) Head Referee, one (1) Deputy Head Referee, five to ten (3-10) scoring referees, one (1) chief recorder and one (1) registrar. (7-14)

3.2 Supporting Staff

- 1) Recorders 1-2 persons
- 2) Registrars 2-3 persons
- 3) Announcers 1-2 persons

- 4) Sound effect personnel 1-2 persons
- 5) Photographers 1-2 persons

ARTICLE 4 Duties of Referee Team

4.1 Head Referee

- 1) Organizing and leading the referee team to ensure that the competition rules are strictly followed; make sure all preparation work is duly done.
- 2) Interpret the rules but have no authority to change.
- 3) During the competition, he may rearrange the work of the referees and, in case of serious errors made by the referee, handle the situation.
- 4) Marks will be deducted under any of the following conditions:
- 5) Unable to finish in the stated time, finish after the stated time, repetition of action, adding action which is not required, leaving out required action, unable to meet the requirement of the number of people in group competition or unable to meet the requirement of background music.
- 6) Examine and announce the contest result, review and summaries referee work.

4.2 Deputy Head Referee

- 1) The Deputy Head Referee is to assist the Head Referee and temporarily act as the Head Referee when he/she is absent.

4.3 Referee

- 1) Obey the leadership of the head referee; attend study seminars and do preparation work.
- 2) Execute duties independently and prepare detailed records.
- 3) Responsible for awarding scores for the competitors.

4.4 Chief Schedule Recorder

- 1) Handle all records, examine registration and prepare schedules.
- 2) Prepare all registration forms, examine contest results and rankings.

4.5 Chief Registrar

- 1) Supervise the registrar team and report to the head referee in case of any incident.

ARTICLE 5 Supporting Staff

5.1 Schedule recorder

Perform the duties assigned by the Chief Schedule Recorder.

5.2 Registrar

Handle all registration work according to the schedule and guide the competitors to the competition platform, submit the completed registration form to the head referee.

5.3 Announcer

To announce the result, introduce the competition rules and related knowledge.

5.4 Sound effect personnel

- 1) Check the music provided by the competitor and broadcast according to schedule.
- 2) Music will start broadcasting 3 seconds after the competitor stands on the platform.
- 3) Not allow anyone to make a CD copy in the competition. Return CDs to competitors after the competition is finished.

5.5 Photographer

- 1) Record videos of all contests.
- 2) At the request of the Competition Committee, broadcast the related video.
- 3) All the videos taken will be kept for record purposes.

Chapter 2 COMPETITION RULES

ARTICLE 6 Types of Competitions

6.1 Classification

- 1) Individual contest

6.2 Age Groups

- 1) Youth Contest (Aged 7-11)
- 2) Junior Contest (Aged 12-14)
- 3) Youth (Teen) Contest (Aged 15-17)

- 4) Senior (Adult) Contest (Aged 18-40)
- 5) Senior + Contest (Aged 41 and above)

ARTICLE 7 Competition Programs

7.1 Wing Chun Taolu (Empty Hand Forms)

- 1) Beginner Form: Siu Nim Tau
- 2) Intermediate Form: Chum Kiu
- 3) Advance Form: Biu Ji

7.2 Wing Chun Apparatus (Non-empty Hand Forms)

- 1) Baat Jaam Dao (Double Knives)
- 2) Luk Dim Boon Gun (Six & Half Point Long Pole)
- 3) Muk Yan Jong (Wooden Dummy)

*** Weapons Regulations Baat Jaam Dao (knives) must be made of steel and cannot be made of wood or light aluminum; Luk Dim Boon Gun (pole) poles cannot be made of rattan and must be at least 7- 8 feet long. (according to the age)

ARTICLE 8 Age and Sex Group

According to the actual needs, the Competition Committee may classify the competitors into different groups by age or gender.

ARTICLE 9 Appeal

The Competition Committee will only accept appeals relating to the referee's final judgment.

All appeals must be made to the Competition Committee within 15 minutes presented by the team coach or leader in writing together with an Appeal Fee of \$100 USD. Each appeal can be made against only one allegation.

The Competition Committee will review and make its decision. If it is found that the appeal is correct, the Competition Committee will take appropriate action against the related referee and refund the appeal fee to the applicant but **the result will not be changed.** However, if it is found that no error is committed by the referee, no refund will be made. The Competition Committee will notify the result to the related parties.

ARTICLE 10 Competition Orders and Schedule

Under the supervision of the Competition Committee and Head Referee, and the schedule recorders will post and announce the competition schedule and order for the competitors.

ARTICLE 11 Registration

All competitors must arrive at the registration counter for the 1st check-in and the checking of weapons and dress 30 minutes before the start. The 2nd check-in will be 10 minutes before the contest and the 3rd check-in will be 5 minutes before the contest.

** If applicant's check-in late at any one time, he/she will be disqualified.*

ARTICLE 12 Competition Protocol

Competitors should pay salute to the Referee table before and after their performance.

ARTICLE 13 Timing

Time will be counted from the first move of the competitor's action and stopped at the time the competitor finishes his or her whole performance.

ARTICLE 14 Show of Result

For justice sake, all results will be shown publicly.

ARTICLE 15 Default

The competitor who is unable to register and check-in on time will be deemed as defaulting.

ARTICLE 16 Doping Test

According to the Olympic Game's rules, doping is strictly prohibited and the Competition Committee and the Head Referee will take doping checks.

ARTICLE 17 Placing

17.1 Individual Ranking

According to the total scores of the competitors, the result will be classified into First Grade Prize (a gold medal and certificate will be issued), 2nd Grade Prize (a silver medal and certificate will be issued), 3rd Grade Prize (a bronze medal and certificate will be issued) and Excellent Performance Award (only a certificate will be issued).

17.2 Regulations on the placing of individual items

The number of awards (gold, silver and bronze medal) is set on a pro-rata basis according to the number of participants. (Specific terms and conditions are decided in accordance with the Rules and Regulations of the tournament)

17.3 Placing of individual championships

The winner will be the person who gets the highest scores in total of individual contests participated in. The player with the second highest scores is the first runner-up, and so on.

17.4 Placing of group competitions

The winner will be the team which gets the highest group score in the contest. The team with the second highest group score is the first runner-up, and so on.

17.5 Placing of Equal Score

- 1) Handling of equal scoring in individual events:
 - a) The average of the highest and lowest scores will be compared with the average of the other three. The one with the lowest difference will be the winner.
 - b) If the average score after deducting the highest and the lowest score of the competitor is higher, he is the winner.
 - c) If it is still tied, the referee will compare the lowest score of the competitors and the higher one is the winner.
 - d) If the score is still also the same, there will be equal placing.
- 2) The placing method of group contest is the same as the individual item above.

ARTICLE 18 Time Limit

18.1 Siu Nim Tau performance cannot exceed 3 minutes but cannot be less than 1 minute 30 seconds. The Head Referee will signal when the competitor is doing his performance at 2 minutes 50 seconds to remind him.

18.2 The total allowed time for other set forms is between 30 seconds and 2 minutes. The Head Referee will signal to remind the competitor when the competitor is doing his performance at 1 minute 50 seconds.

(If the original set form is too long, the competitor should shorten it in order to fulfill the requirement of the competition. The referee team will provide us with two sets of timing equipment and the time announced by the referee is conclusive.)

18.3 Participants are required to finish the Taolu within the above limit.

18.4 Time limit for team performance must not exceed 3 minutes.

18.5 Time in the competition is kept by two stopwatches used by the referee team. The time counted by the referee team is deemed to be accurate. When the participants fail to meet the required time limit, the stopwatch recording the nearest required time limit in the competition will be counted.

ARTICLE 19 Unfinished performances

No score will be given for unfinished Taolu performances.

ARTICLE 20 Background Music

It must follow the regulations and guidelines of the Competition Committee set from time to time.

ARTICLE 21 Clothing

21.1 Referees must wear designated uniforms.

21.2 Taolu competitors must wear a formal kungfu uniform following the regulations given by the Competition Committee. Short pants, vest, or transparent material or too casual wear are NOT permitted in any circumstance.

21.3 Chi Sau & Mai San Jong competitors must wear a formal kungfu uniform or plain t-shirt (preferably 1 red and 1 blue) with black kungfu pants. Short pants, vest, or transparent material or too casual wear are NOT permitted in any circumstance.

ARTICLE 22 Contest Platform

22.1 Single competition will be held in an area of 12 M x 8 M with 5cm white color side surround.

22.2 Group competition will be held on a platform of 14 M x 12 M, with 5cm white color side surround.

22.3 Taking into account the actual circumstances, the organizing committee reserves the right to increase or decrease the size of the performing area.

ARTICLE 23 Weapons

Metal knives and wooden sticks may be used.

**Score may be impacted based on choice of weapon*

ARTICLE 24 Other Equipment

The Competition Committee will prepare suitable equipment such as TV, cameras, camcorders and audio equipment according to the size and needs of the competition.

Chapter 3 SCORING METHOD & CRITERIA

ARTICLE 25 Methods and Standard of Scoring

25.1 Total full score of any individual item is 10.

The result of the competitor will be classified into 9 tiers in 3 grades:

- 1) Beginner: 6.0 - 8.0
- 2) Intermediate: 7.0 - 9.0
- 3) Advanced: 8.0 - 10.0

The calculation is on deduction basis.

25.2 Score Awarding Criteria

- 1) Referee will, according to the total performance of the competitor, judge the overall grade of the competitor as specified in 25.1 above. Based on the total score the referee will further deduct “deduction due to other errors as specified in the schedule of the rules”. The referee may make deductions up to 2 decimal points ranging from 0.01 to 0.09.
- 2) Confirmation of score
 - a) When there are 3 judges, the average score will be the final score of the athlete.
 - b) When there are 5 judges, the highest and the lowest mark will not be taken into calculation. Then, the average score of the other 3 judges will be the final score of the competitor. All scores will be counted up to 2 decimal points.
- 3) Head Referee’s Adjustment
 - a) While it appears that there is an obviously unreasonable situation in calculating the score, the Head Referee has the authority to make adjustments on the score either by increment or reduction within the range from 0.01 to 0.05.
- 4) Final Score
 - a) The ultimate score after the Head Referee’s adjustment is the final score of the competitor.

25.3 Criteria for Awarding Score

Grades will be given according to the following scores:

- 1) Adult
 - a) Beginner: 6.0 - 8.0
 - b) Intermediate: 7.0 - 9.0
 - c) Advanced: 8.0 - 10.0
- 2) Youth
 - a) Beginner: 5.50 to 7.50
 - b) Intermediate: 6.50 to 8.50
 - c) Advance: 7.50 to 9.50

Overall requirements (for reference)

- A. The competitor, during his performance, should be able to express the unique features and main techniques of Wing Chun “correctly” and in “standard motion”. 35% of the total scores.
- B. Smoothness of movement and body coordination (with or without weapon) and mastering of correct power. The total score of this part is 35%.
- C. Proper rhythm which can correctly express the character of that set form.
- D. Appropriate schedule and arrangement for the whole set. It should be consistent and structured with emphasis on the technical style.
- E. In group performance, matching within the team and coordination
- F. The total score from (3) to (5) will be 30%.
- G. Competitors should finish the performance within the time limit.

Score Deduction for other error (see table 2) (after giving overall score, deduction will be further made according to error)

Penalties & Deductions

- A. Over or Under the Time Limit
 - a. Under the minimum time requirement for less than 2 seconds, 0.2 points will be deducted from the total score.
 - b. Under the minimum time requirement for more than 2 seconds but within 4 seconds, 0.4 point will be deducted from the total score
 - c. Under the minimum time requirement for more than 4 seconds, 0.6 point will be deducted from the total score. The maximum deduction is. 0.6 point.
 - d. Exceed the maximum time limit for not over 5 seconds, 0.2 point will be deducted from the total score.
 - e. Exceed the maximum time limit for more than 5 seconds; 0.4 points will be deducted from the total score.
 - f. Exceed the maximum time limit for more than 10 seconds; 0.6 points will be deducted from the total score.
 - g. The Head Referee will ask the competitor to stop performance if 0.6 point has already been deducted.
- B. 0.1 point will be deducted for any single error
- C. If the competitor is unable to complete the set form for a subjective reason, the competitor may restart on the approval of the Head Referee. However, 0.1 point will be deducted from the total score.
 - a. If the competitor is unable to complete the set form for an objective reason, the competitor may do his performance again and no deduction will be made. This competitor may re-do his performance at the end of the contest.
- D. If the number of participants of a group competition does not achieve the requirement of the competition, 0.5 points will be deducted for every person short of the requirement.
- E. If the athlete does not give a salute before starting and after finishing, 0.1 will be deducted.

ARTICLE 26 Competition Criteria

26.1 Criteria

The full score of the performance is a score of 10. Participants will be given scores according to the “Criteria and general requirement of Taolu performance”, along with the comparison of participants’ other performance in competition. Referee can give marks to the second decimal place.

ARTICLE 27 Show of the Final Score

27.1 Referee will show the score awarded to the competitor publicly and the Head Referee will show the final score.

27.2 Alternatively, the referee may submit their assessment to the Head Referee and the Head Referee will show the final score.

ARTICLE 28 Others

The Competition Committee may from time to time adjust or amend the rules depending on the needs of the actual situation.

The Competition Committee reserves the right to terminate or postpone the competition due to the unexpected situation without the prior notification, no refund or compensation will be available.

2026 USA WING CHUN



CHI SAU REGULATIONS

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Chapter 1 OFFICIALS AND DUTIES

ARTICLE 1 Competition Committee

1.1 Competition Committee is the highest authority supervising the whole operation of the competition. It consists of one (1) competition Director, one (1) floor manager and one (1) deputy floor manager. (3)

1.2 Duties

- 1) To supervise the works of the Referee Team.
- 2) To supervise and monitor the behavior of the competitors and participating teams.
- 3) It has the authority to impose penalties on officials or competitors who breach the rules.
- 4) Competition officials are not directly involved with the referees who perform their work without prejudice.

ARTICLE 2 Arbitration Committee

2.1 Arbitration Committee consists of one (1) chairperson, and two (2) vice chairpersons. (3)

2.2 Duties

- 1) To handle complaints and impose binding solutions.
- 2) Decisions made by the Arbitration Committee are valid only if there are more than half of the committee members attending the conference and more than half of the members are in the same stance. If the voting is equal, the chairperson of the committee has the authority to make the final decision. Members of the Arbitration Committee should not express any opinion on topics related to their personal interest.
- 3) The Arbitration Committee has the authority to make the final decision.

ARTICLE 3 Referee Team

3.1 Organization of Referee Team consists of one (1) Head Referee, one (1) Deputy Head Referee, one (1) Platform Referee, and five to ten (3-5) Sideline Judges. (6-8)

3.2 Supporting Staff

- 1) Recorders 1-2 persons
- 2) Registrars 2-3 persons
- 3) Announcers 1-2 persons
- 4) Photographers 1-2 persons

ARTICLE 4 Duties of Referee Team

4.1 Head Referee

- 1) Organizing and leading the referee team to ensure that the competition rules are strictly followed; make sure all preparation work is duly done.
- 2) Interpret the rules but have no authority to change.
- 3) During the competition, he may rearrange the work of the referees and, in case of serious errors made by the referee, handle the situation.
- 4) Examine and announce the contest result, review and summaries referee work.

4.2 Deputy Head Referee

- 1) The Deputy Head Referee is to assist the Head Referee and temporarily act as the Head Referee when he/she is absent.

4.3 Center Referee

- 1) Obey the leadership of the head referee; attend study seminars and do preparation work.
- 2) Execute duties independently and prepare detailed records.
- 3) The Center Referee shall have control over the match
- 4) The Center Referee shall declare "Start", "Stop", "Halt", "Attention", "Bow", "Ready", "Wait", "Time", "Continue", "Break", winner and loser, deduction of points, warnings and retiring. All the Referee's declarations shall be made when the results are confirmed.
- 5) The Center Referee shall have the right to make decisions independently in accordance with the prescribed rules.
- 6) The Center Referee shall not award points.
 - a) In case of a tied or scoreless match, the Referee shall make the decision of superiority after the end of the third round for intermediate divisions and the end of the fourth round for advanced divisions.

4.3 Corner Judges

- 1) The Judges shall mark the valid points immediately.
- 2) The Judges shall state their opinions forthrightly when requested by the Referee.
- 3) Responsibility for judgment
 - a) Decisions made by the Referee and Judges shall be conclusive and they shall be responsible to the Board of Arbitration for those decisions.

4.4 Chief Schedule Recorder

- 1) Handle all records, examine registration and prepare schedules.
- 2) Prepare all registration forms, examine contest results and rankings.
- 3) Time the contest and periods of time-out suspension and also shall record and publicize the awarded points and/or deduction of points.

4.5 Chief Registrar

- 1) Supervise the registrar team and report to the head referee in case of any incident.

ARTICLE 5 Supporting Staff

5.1 Schedule recorder

Perform the duties assigned by the Chief Schedule Recorder.

5.2 Registrar

Handle all registration work according to the schedule and guide the competitors to the competition platform, submit the completed registration form to the head referee.

5.3 Announcer

To announce the result, introduce the competition rules and related knowledge.

5.4 Photographer

- 1) Record videos of all contests.
- 2) At the request of the Competition Committee, broadcast the related video.
- 3) All the videos taken will be kept for record purposes.

Chapter 2 COMPETITION RULES

ARTICLE 6 Methods of Competition & Classification

6.1 Method of Competition

- 1) Single elimination tournament style
- 2) Round robin system

6.2 Classification

- 1) Individual contest (shall normally be between contestants in the same weight class).

When necessary, adjoining weight classes may be combined to create a single classification).

- 2) Male and Female divisions (shall exist only when 3 or more competitors are present for any one weight division)

All international-level competitions recognized by the VTMSC shall be formed with the participation of at least 3 countries with no less than 3 contestants in each weight class, and any weight class with less than 3 contestants cannot be recognized in the official results.

ARTICLE 7 Age Group

- 1) Junior (Teen) Contest (Aged 15-17)
- 2) Senior (Adult) Contest (Aged 18-49)
- 3) Senior + Contest (Aged 50 and above)

ARTICLE 8 Weight Class

8.1 Junior (Age 15-17)

Boys	Girls	
48kg (105.8lbs & under)	48kg (105.8lbs & under)	If less than 3 in a weight class these will two weight classes will be combined
52kg (105.9 to 114.6lbs)	52kg (105.9 to 114.6lbs)	
56kg (114.7 to 123.4lbs)	56kg (114.7 to 123.4lbs)	
60kg (132.2lbs & under)	60kg (123.5 to 132.2lbs)	
65kg (132.3 to 143.3lbs)	65kg (132.3 to 143.3lbs)	
70kg (143.4 to 154.3lbs)	70kg (143.4 to 154.3lbs)	
75kg (154.4 to 165.3lbs)	75kg (154.4 to 165.3lbs)	
80kg (165.4 to 176.3lbs)	80kg (165.4 to 176.3lbs)	

8.2 Senior (18 and up)

Men	Women	
60kg (132.2lbs & under)	48kg (105.8lbs & under)	If less than 3 in a weight class these will two weight classes will be combined
65kg (132.3 to 143.3lbs)	52kg (105.9 to 114.6lbs)	
70kg (143.4 to 154.3lbs)	56kg (114.7 to 123.4lbs)	
75kg (154.4 to 165.3lbs)	60kg (123.5 to 132.2lbs)	
80kg (165.4 to 176.3lbs)	65kg (132.3 to 143.3lbs)	
85kg (176.4 to 187.3lbs)	70kg (143.4 to 154.3lbs)	

90kg (187.4 to 198.4lbs)	75kg (154.4 to 165.3lbs)	If less than 3 in a weight class these will two weight classes will be combined
90+kg (above 198.4lbs)	75+kg (above 165.4 lbs)	

According to the actual needs, the Competition Committee has all rights and is subject to change and/or combine weight classes.

ARTICLE 9 Skill Division

9.1 Intermediate Division shall be those competitors that train at the Chum Kiu level and below (1 to 3 years of Wing Chun experience).

9.2 Advanced Division shall be those competitors that train at the Biu Jee level and above (3 or more years of Wing Chun experience).

Depending on the number of participants, divisions may be combined at the tournament committee's discretion.

ARTICLE 10 Appeal

The Competition Committee will only accept appeals relating to the referee's final judgment. All appeals must be made to the Competition Committee within 15 minutes presented by the team coach or leader in writing together with an Appeal Fee of \$100 USD. Each appeal can be made against only one allegation.

The Competition Committee will review and make its decision. If it is found that the appeal is correct, the Competition Committee will take appropriate action against the related referee and refund the appeal fee to the applicant but **the result will not be changed.** However, if it is found that no error is committed by the referee, no refund will be made. The Competition Committee will notify the result to the related parties.

ARTICLE 11 Registration

All competitors must arrive at the registration counter for the 1st check-in and the checking of equipment and uniform 30 minutes before the start. The 2nd check-in will be 10 minutes before the contest and the 3rd check-in will be 5 minutes before the contest.

** If applicant's check-in late at any one time, he/she will be disqualified.*

ARTICLE 12 Competition Protocol

Competitors should pay salute to the Referee table, Ring referee, competitor and opposing coach before and after their performance.

ARTICLE 13 Duration of Contest

- 1) The duration of the contest shall be three (3) rounds with a fourth round reserved for use in the result of a tie in the previous three rounds.
- 2) The first two rounds shall be 45 seconds in length.

- 3) The third round shall be 60 seconds in length for intermediate divisions and 120 seconds for advanced divisions.
- 4) A 30 second break/rest will follow every round.
- 5) If necessary, the fourth round shall be 60 seconds in length. The fourth round shall consist of 30 seconds of Daan Chi Sau. Then the players shall switch hands and continue for 30 more seconds. Rest between sides shall be 15 seconds in the fourth round.

ARTICLE 14 Drawing Lots

- 1) The drawing of lots shall be conducted one day prior to the first competition in the presence of the IWCSC officials and representatives of the participating nations, and the drawing of lots shall be done from the Light weight up in the English alphabetical order of the official names of the participating nations.
- 2) Officials shall be designated to draw lots on behalf of officials of participating nations not present at the drawing.
- 3) The order of the draw may be changed according to the decision of the Head-of-Team meeting.

ARTICLE 15 Weight-In

- 1) Weight-in of the contestants on the day of competition shall be completed one hour prior to the competition.
- 2) Weigh-in shall be wearing undergarments only, shorts for Males and shorts/sports bra for Females.
- 3) Weigh-in shall be made once, however, one more weigh-in is granted within the time limits for official weight-in to the contestants who did not qualify the first time.
- 4) So as not to be disqualified during the official weigh-in, a scale, the same as the official one, shall be provided at the contestants place of accommodation or at the arena for pre-weight-in.

Article 16 Equipment and Appearance

16.1 Clothing

- 1) Pants shall be of one solid color, either black or white. A school emblem may also be present.
- 2) The shirt shall be short sleeved and tucked into the pants. A school emblem may also be present. The shirt shall be free from buttons, zippers, snaps and the like.
- 3) Shoes shall be of an athletic, indoor nature with good traction.
- 4) All items of clothing shall be in a state of good condition with no loose thread.

16.2 Safety Equipment

- 1) An athletic groin protector shall be worn by all male competitors.
- 2) A suitable mouthpiece shall be worn at all times during competition.
- 3) In the Advanced divisions, the head protector shall be worn. The head protector shall feature a faceplate covering the front of the face. The front of the face must be completely covered. The head protector should be free of cracks or any other signs of wear and tear.
- 4) In all female divisions, the competitors shall be free to decide their own use of a chest protector.

16.3 Physical Appearance

- 1) The fingernails shall be trimmed and clipped as short as possible. Overall bodily cleanliness shall also be required.
- 2) The body shall be free of all jewelry, rings, necklaces, earrings, and etc.

All clothing and safety equipment shall be examined before the start of competition.

Article 17 Procedures of the Contest

17.1 Call for contestants

- 1) The name of the contestants shall be announced three times beginning three minutes prior to the scheduled start of the contest.
- 2) The contestant who fails to appear in the contest area within one minute after the scheduled start of the competition shall be regarded as withdrawn.

17.2 Physical and Costume Inspection

After being called, the contestant shall undergo physical and costume inspection at the designated inspection desk, and the contestant shall not show any signs of aversion, and also shall not bear any materials that could cause harm to the other contestants.

17.3 Entering the competition area

After inspection, the contestants shall enter into the waiting position with one coach.

17.4 Start and End of the Contest

The contest in each round shall start with the declaration of “Start” by the Referee and shall end with the declaration of “Stop” by the Referee.

17.5 Procedures

Before the beginning the Contest

- 1) The contestants shall turn to the Head of Court and make a standing bow at the Referee's command of "Attention" and "Bow". A Standing bow shall be made from the natural standing posture of "Attention", by inclining forward at the waist to an angle of more than thirty degrees with the head inclined to more than forty-five degrees and the fists clenched at the sides of the legs.
- 2) The contestants shall face each other and exchange standing bow at the Referee's command of "Face each other", "Bow".
- 3) The Referee shall start the contest by commanding "Ready". At this point, the contestants will approach each other and engage in the "Syeung Chi Sau" (Double Sticking Hand) position. Both contestants shall have one hand protecting the inner door (Fuk Sau) and one hand protecting the outer door (Tan Sau or Bong Sau). At the command of "Start" by the Referee, the contestants shall proceed to roll their hands through three complete rolls before throwing any techniques.
- 4) Any time the action is stopped and the contestants are returned to the Syeung Chi Sau position, the Referee shall command the contestants to return to the Syeung Chi Sau position with the command "Ready." At the command of "Start" by the Referee, the contestants shall roll their hands through three complete rolls before throwing any techniques.

During the Contest

- 1) For both skill divisions
 - a) Round One – Red will attack and Blue will defend only, with the head disallowed as a target.
 - b) Round Two – Blue will attack and Red will defend only, with the head disallowed as a target.
 - c) Round Three – Red and Blue are free to attack and counter-attack, with the head allowed as a target.
- 2) For Advanced Division only
 - a) If the score is tied after the third round, the advanced division will proceed into a fourth round.
 - b) Red and Blue shall be free to attack and counter-attack.
 - c) If Red and Blue become separated, each competitor shall be free to resume Chi Sau distance without interference from the Referee. The Referee shall stop the contest and reset to Syeung Chi Sau position only if one or both competitors are forced past the Boundary Line.

After the Contest

- 1) After the end of the last round, the contestants shall stand at their respective positions facing each other and exchange standing bow at the Referee's command of "Face each other", "Bow", and then shall turn to the Head of Court and make a standing bow at the Referee's command of "Face the Center", "Bow" and wait the Referee's declaration of the decision in the standing position.
- 2) The Referee shall declare the winner by raising the winner's hand according to the result of the contest. However, when the winner is unable to stand at his/her position due to injury, the Referee shall declare the winner by raising his/her own hand on the

winner's side.

- 3) Retirement of the contestants

Article 18 Scoring the Contest

18.1 Permitted Techniques

- striking with the fist, palm, or elbow
- sweeping
- a single fluid-motion take-down

Daan Da (Single Strikes) - Any strike performed without changing both hand positions. Examples:

- Chung Choi (Thrusting Punch)
- Jou Sau (Running Hand)
- Lat Sau Jik Chung (Off Hand, Forward Thrust)
- Ding Jeang (Straight or Side Palm)
- Go/Dai Wang Jeang (High/Low Side Palm)

Seung Da (Double Strikes) - Any strike performed by changing both hand positions simultaneously. Examples:

- Ngoy/Noi Tan Da (Outside/Inside Disperse Strike)
- Ngoy/Noi Pak Da (Outside/Inside Slap Strike)
- Ngoy/Noi Lop Da (Outside/Inside Grab Strike)
- Po Jung (Break Center)
- Huen Da (Circle Strike)
- Jau Sau (Running Hand)
- Laan Da (Obstruct Strike)
- Gum Da (Press Strike)
- Po Pai Jeang (Carry Sign Palm)

18.2 Permitted Areas

Trunk - Within the limits of the area from the horizontal line at the base of the throat down the horizontal line of the waistband above the hips. However, no attacks shall be made to the back.

IMPORTANT NOTE – Applying any of the prohibited methods or attacking any of the prohibited areas may receive a serious warning and cause immediate disqualification.

18.3 Valid Points

Legal scoring area

- 1) Midsection of the trunk: the abdomen and both sides of the flank

Awarding of Points

- 1) Points shall be awarded when the permitted techniques are delivered accurately and

powerfully to the legal scoring areas of the body.

Invalidation of points

- 1) When the following are committed, the delivered technique will not be scored:
 - a) Intentionally falling, immediately after delivery of the legitimate technique.
 - b) Committing an illegal act after delivery of the legitimate technique.
 - c) Use of any of the prohibited actions.

18.4 Scoring and Publication

In each round, points will be awarded based on the following criteria:

- 1 point – a single punch on valid area successfully
- 2 points – two-handed techniques e.g., Lap Da, Tan Da or Pak Da
- 3 points – falls on the platform or out of the platform

The competitor with the highest score at the end of three rounds will be the winner of the bout. If a competitor is technically pushed out three (3) times in one round, the remaining competitor will win the round.

- If the challenger successfully lands a hit on a valid target area on the defender during a challenge, the challenger will be awarded 1 point and the defender will be awarded none. If the defender successfully defends the attacks of the challenger without being hit during a challenge, the defender will be awarded 1 point and the challenger will be awarded none.
- If the challenger attacks successfully with Wing Chun technique, and there is no defense from the defender, points will be awarded to the challenger according to each sideline judge's assessment.
- If the challenger attacks and there is successful defense with Wing Chun technique from the defender, points will be awarded to the defender according to each sideline judge's assessment.

Valid points shall be immediately recorded.

18.5 Prohibited Acts

Prohibited target areas are:

- Absolutely no attack to the face/head
- the throat
- the neck
- the knees
- the groin area

Prohibited methods:

- Attacking with the head, the fingers, or by putting pressure on the joints of the opponent in an adverse direction
- Clinching or Wrestling (a hold or grab lasting more than 1/2 second or a failed takedown followed by a second takedown attempt)
- Attacking the face/head
- Elbowing to the head
- Foot stomping or any kicking to the trunk
- Stomping or kicking to the joints (knee)
- Spinning kick or uncontrolled techniques
- Attacking a downed opponent by any means

The Referee shall declare penalties on any prohibited acts:

- a) In the case of multiple penalties being committed simultaneously, the heavier penalty shall be declared
- b) Penalties are divided into **Warning Penalties** and **Deduction Penalties**.
- c) Two warning penalties shall be counted as deduction of one (1) point. However, the last odd warning point shall not be counted in the grand total.
- d) A deduction point shall be counted as minus one (-1) point.

The referee will call “Ting” to stop the competition in order to issue a warning.

A warning will be given:

- The referee calls “Kaishi”, after 5 seconds of Chi Sau rolling and there is no immediate attack action, the challenger receives a warning and 1 point will be deducted.
- If the defender initiates an attack first, a warning will be given to the defender and 1 point will be deducted.
- A competitor uses Poi Pai Chang or Lan Sau for the 2nd time in one round, there will be NO score but the competitor will receive a warning and 1 point will be deducted.
- When using the Po Pai Jeung, no matter whether it is successful or not, can only be used once per round. The movement must be clear, and it is strictly forbidden to push the opponent. Otherwise, I will receive a warning and 1 point will be deducted.
- A competitor who hits the opponent in the prohibited area or uses the prohibited method.
- A competitor who receives 3 warnings will lose the bout automatically.

18.6 Warning Penalties

- 1) Grabbing the opponent with both arms (longer than 1 second)
- 2) Pushing the opponent with the shoulder, body, hands, or arms
- 3) Manhandling - the use of strength/muscle to overbear the opponent
- 4) Clinching - holding the opponent with the hands or arms
- 5) Intentionally crossing the Boundary Line
- 6) Evading by turning the back to the opponent
- 7) Intentionally falling down
- 8) Pretending injury
- 9) Attacking with the knee
- 10) Attacking the groin intentionally
- 11) Stomping or kicking
- 12) Hitting the front of the opponent's face with hands or fist (Advanced division only)
- 13) Gesturing to indicate scoring or deduction by raising the hand, etc
- 14) Uttering undesirable remarks or any misconduct on the part of the contestant or the coach

18.7 Deduction Penalties

- 1) Attacking a fallen opponent
- 2) Intentional attack after the Referee's declaration of "Stop"
- 3) Attacking the back and the back of the head intentionally
- 4) Attacking the opponent's face severely with the hands or fist
- 5) Butting
- 6) Throwing the opponent
- 7) Violent or extreme remarks or behavior on the part of the contestant or the coach

When a contestant refuses to comply with the Competition Rules or the Referee's order intentionally the Referee may declare the contestant loser by penalties.

When the contestant receives minus three points (-3) the Referee shall declare him/her the loser by penalties.

Warning and Deduction shall be counted in the total score of three rounds.

18.8 Decision of Superiority

- 1) In the case of a tie score by deduction of points, the contest shall go into a fourth round.
- 2) In the case of a tie score in the fourth round, the winner shall be the contestant awarded more points through the four rounds.
- 3) Decision of superiority shall be based on the initiative shown during the contest.

Article 19 Decision of Bout

- 1) Win by Referee stopping the contest
- 2) Win by score or superiority
- 3) Win by withdraw
- 4) Win by disqualification
- 5) Win by Referee's punitive declaration

Article 20 Knock Down/Out

- 1) When any part of the body other than the sole of the foot touches the floor due to the force of the opponent's delivered technique.
- 2) When a contestant is staggered showing no intention or ability to pursue the match.
- 3) When the Referee judges that the contest cannot continue as the result of any powerful technique having been delivered.

Article 21 Procedures in the Event of a Knock Down/Out

- 1) When a contestant is knocked down as the result of the opponent's legitimate attack, the Referee shall take the following measures:
 - a) The Referee shall keep the attacker away from the downed contestant by the declaration of "Break"
 - b) The Referee shall count aloud from "One" to "Ten" at one-second intervals towards the downed contestant, making hand signals indicating the passage of time.
 - c) In case the downed contestant stands up during the Referee's count and desires to continue, the Referee shall continue the count up to "Eight" for recovery of the downed contestant. The Referee shall then determine if the contestant is recovered and, if so, continue the contest by declaration of "Continue".
 - d) When a contestant who has been knocked down cannot demonstrate the will to resume the bout by the count of "Ten", the Referee shall announce the other contestant winner by K.O.
 - e) The count shall be continued even after the end of the round or the expiration of the match time
 - f) In case both of the contestants are knocked down, the Referee shall continue counting as long as one of the contestants has not sufficiently recovered.
 - g) When both contestants fail to recover by the count of "Ten", the winner shall be decided upon the match score before the occurrence of the knock down.
 - h) When the Referee judges that a contestant is unable to continue, the Referee may decide the winner either without counting or during the counting.

Article 22 Procedure for Suspending the Match

- 1) When a contest is to be stopped due to injury of one or both of the contestants, the Referee shall take the following measures;
 - a) The Referee shall suspend the contest by declaration of "Halt" and order the Time Keeper to suspend the timekeeping by announcing "Time"
 - b) The Referee shall allow the contestant to receive first aid within one minute.
 - c) The Referee shall declare the contestant who does not demonstrate the will to continue the contest after one minute, even in the case of slight injury, the loser.
 - d) In case the resumption of the contest is impossible after one minute, the contestant causing the injury by a prohibited act will be penalized by Deduction Penalty and shall be declared the loser.
 - e) In case both contestants are knocked down and are unable to continue the contest

after one minute, the winner shall be decided upon points scored before the injuries occurred.

f) When it is judged that a contestant's health is at risk due to losing consciousness or falling in an apparently dangerous condition, the Referee shall suspend the contest immediately and order first aid to be administered. The Referee shall declare as loser, the contestant causing the injury if it is deemed to have resulted from a prohibited attack to be penalized by Deduction Penalty. Otherwise the Referee shall decide the winner on the basis of the score of the match before the suspension of the time.

ARTICLE 23 Default

The competitor who is unable to register and check-in on time will be deemed as defaulting.

ARTICLE 24 Doping Test

According to the Olympic Game's rules, doping is strictly prohibited and the Competition Committee and the Head Referee will take doping checks.

ARTICLE 25 Placing

25.1 Individual Ranking

Each Division bracket results will be classified into First place prize (a gold medal and certificate will be issued), 2nd place prize (a silver medal and certificate will be issued), two 3rd place prizes (2 bronze medals and certificates will be issued) and Excellent Performance Award (only a certificate will be issued).

ARTICLE 26 Contest Platform

26.1 The ring will be held in an area of 8 M x 8 M with 5cm white color side surround.

26.2 Taking into account the actual circumstances, the organizing committee reserves the right to increase or decrease the size of the performing area.

2026 USA WING CHUN



MAI SAN JONG REGULATIONS

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Chapter 1 OFFICIALS AND DUTIES

ARTICLE 1 Competition Committee

1.1 Competition Committee is the highest authority supervising the whole operation of the competition. It consists of one (1) competition Director, one (1) floor manager and one (1) deputy floor manager. (3)

1.2 Duties

- 1) To supervise the works of the Referee Team.
- 2) To supervise and monitor the behavior of the competitors and participating teams.
- 3) It has the authority to impose penalties on officials or competitors who breach the rules.
- 4) Competition officials are not directly involved with the referees who perform their work without prejudice.

ARTICLE 2 Arbitration Committee

2.1 Arbitration Committee consists of one (1) chairperson, and two (2) vice chairpersons. (3)

2.2 Duties

- 1) To handle complaints and impose binding solutions.
- 2) Decisions made by the Arbitration Committee are valid only if there are more than half of the committee members attending the conference and more than half of the members are in the same stance. If the voting is equal, the chairperson of the committee has the authority to make the final decision. Members of the Arbitration Committee should not express any opinion on topics related to their personal interest.
- 3) The Arbitration Committee has the authority to make the final decision.

ARTICLE 3 Referee Team

3.1 Organization of Referee Team consists of one (1) Head Referee, one (1) Deputy Head Referee, one (1) Platform Referee, and three to five (3-5) Sideline Judges. (6-8)

3.2 Supporting Staff

- 1) Recorders 1-2 persons
- 2) Registrars 2-3 persons
- 3) Announcers 1-2 persons
- 4) Photographers 1-2 persons

ARTICLE 4 Duties of Referee Team

4.1 Head Referee

- 1) Organizing and leading the referee team to ensure that the competition rules are strictly followed; make sure all preparation work is duly done.
- 2) Interpret the rules but have no authority to change.
- 3) During the competition, he may rearrange the work of the referees and, in case of serious errors made by the referee, handle the situation.
- 4) Examine and announce the contest result, review and summaries referee work.

4.2 Deputy Head Referee

- 1) The Deputy Head Referee is to assist the Head Referee and temporarily act as the Head Referee when he/she is absent.

4.3 Platform Referee

- 1) Obey the leadership of the head referee; attend study seminars and do preparation work.
- 2) Execute duties independently and prepare detailed records.
- 3) The Center Referee shall have control over the match
- 4) The Center Referee shall declare "Start", "Stop", "Halt", "Attention", "Bow", "Ready", "Wait", "Time", "Continue", "Break", winner and loser, deduction of points, warnings and retiring. All the Referee's declarations shall be made when the results are confirmed.
- 5) The Center Referee shall have the right to make decisions independently in accordance with the prescribed rules.
- 6) The Center Referee shall not award points.
 - a) In case of a tied or scoreless match, the Referee shall make the decision of superiority after the end of the third round for intermediate divisions and the end of the fourth round for advanced divisions.

4.3 Sideline Judges

- 1) The Judges shall mark the valid points immediately.
- 2) The Judges shall state their opinions forthrightly when requested by the Referee.
- 3) Responsibility for judgment
 - a) Decisions made by the Referee and Judges shall be conclusive and they shall be responsible to the Board of Arbitration for those decisions.

4.4 Chief Schedule Recorder

- 1) Handle all records, examine registration and prepare schedules.
- 2) Prepare all registration forms, examine contest results and rankings.
- 3) Time the contest and periods of time-out suspension and also shall record and publicize the awarded points and/or deduction of points.

4.5 Chief Registrar

- 1) Supervise the registrar team and report to the head referee in case of any incident.

ARTICLE 5 Supporting Staff

5.1 Schedule recorder

Perform the duties assigned by the Chief Schedule Recorder.

5.2 Registrar

Handle all registration work according to the schedule and guide the competitors to the competition platform, submit the completed registration form to the head referee.

5.3 Announcer

To announce the result, introduce the competition rules and related knowledge.

5.4 Photographer

- 1) Record videos of all contests.
- 2) At the request of the Competition Committee, broadcast the related video.
- 3) All the videos taken will be kept for record purposes.

Chapter 2 COMPETITION RULES

ARTICLE 6 Methods of Competition & Classification

6.1 Method of Competition

- 1) Single elimination tournament style
- 2) Round robin system

6.2 Classification

- 1) Individual contest (shall normally be between contestants in the same weight class).

When necessary, adjoining weight classes may be combined to create a single classification).

- 2) Male and Female divisions (shall exist only when 3 or more competitors are present for any one weight division)

All international-level competitions recognized by the VTMSC shall be formed with the participation of at least 3 countries with no less than 3 contestants in each weight class, and any weight class with less than 3 contestants cannot be recognized in the official results.

ARTICLE 7 Age Group

- 1) Children Contest (7-11)
- 2) Junior Contest (Aged 12-14)
- 3) Youth (Teen) Contest (Aged 15-17)
- 4) Senior (Adult) Contest (Aged 18-49)
- 5) Senior + Contest (Aged 50 and above)

ARTICLE 8 Weight Class

8.1 Children (Age 7-11)

Boys	Girls	
27kg (59.5lbs & under)	27kg (59.5lbs & under)	
30kg (59.6 to 66.1lbs)	30kg (59.6 to 66.1lbs)	If less than 3 in a weight class these will two weight classes will be combined
33kg (66.2 to 72.7lbs)	33kg (66.2 to 72.7lbs)	
36kg (72.8 to 79.3lbs)	36kg (72.8 to 79.3lbs)	If less than 3 in a weight class these will two weight classes will be combined
39kg (79.4 to 85.9lbs)	39kg (79.4 to 85.9lbs)	
42kg (86.0 to 92.5lbs)	42kg (86.0 to 92.5lbs)	If less than 3 in a weight class these will two weight classes will be combined
45kg (92.6 to 99.2lbs)	45kg (92.6 to 99.2lbs)	
45+kg (above 99.2lbs)	45+kg (above 99.2lbs)	If less than 3 in a weight class these will two weight classes will be combined

8.2 Junior (Age 12-14)

Boys	Girls	
42kg (86.0 to 92.5lbs)	39kg (79.4 to 85.9lbs)	
45kg (92.6 to 99.2lbs)	42kg (86.0 to 92.5lbs)	If less than 3 in a weight class these will two weight classes will be combined
48kg (99.3 to 105.8lbs)	45kg (92.6 to 99.2lbs)	
52kg (105.9 to 114.6lbs)	48kg (99.3 to 105.8lbs)	If less than 3 in a weight class these will two weight classes will be combined

56kg (114.7 to 123.4lbs)	52kg (105.9 to 114.6lbs)	If less than 3 in a weight class these will two weight classes will be combined
60kg (123.5 to 132.2lbs)	56kg (114.7 to 123.4lbs)	
65kg (132.3 to 143.3lbs)	60kg (123.5 to 132.2lbs)	If less than 3 in a weight class these will two weight classes will be combined
65+kg (above 143.3lbs)	60+kg (above 132.2lbs)	

8.3 Youth (Age 15-17)

Boys	Girls	
52kg (114.6lbs & under)	48kg (105.8lbs & under)	If less than 3 in a weight class these will two weight classes will be combined
56kg (114.7 to 123.4lbs)	52kg (105.9 to 114.6lbs)	
60kg (123.5 to 132.2lbs)	56kg (114.7 to 123.4lbs)	If less than 3 in a weight class these will two weight classes will be combined
65kg (132.3 to 143.3lbs)	60kg (123.5 to 132.2lbs)	
70kg (143.4 to 154.3lbs)	65kg (132.3 to 143.3lbs)	If less than 3 in a weight class these will two weight classes will be combined
75kg (154.4 to 165.3lbs)	70kg (143.4 to 154.3lbs)	
80kg (165.4 to 176.3lbs)	75kg (154.4 to 165.3lbs)	If less than 3 in a weight class these will two weight classes will be combined
80+kg (above 176.3lbs)	75+kg (above 165.3lbs)	

8.4 Senior (18 and up)

Men	Women	
56kg (114.7 to 123.4lbs)	48kg (105.8lbs & under)	If less than 3 in a weight class these will two weight classes will be combined
60kg (132.2lbs & under)	52kg (105.9 to 114.6lbs)	
65kg (132.3 to 143.3lbs)	56kg (114.7 to 123.4lbs)	If less than 3 in a weight class these will two weight classes will be combined
70kg (143.4 to 154.3lbs)	60kg (123.5 to 132.2lbs)	
75kg (154.4 to 165.3lbs)	65kg (132.3 to 143.3lbs)	If less than 3 in a weight class these will two weight classes will be combined
80kg (165.4 to 176.3lbs)	70kg (143.4 to 154.3lbs)	
85kg (176.4 to 187.3lbs)	75kg (154.4 to 165.3lbs)	If less than 3 in a weight class these will two weight classes will be combined
90kg (187.4 to 198.4lbs)	80kg (165.4 to 176.3lbs)	
100kg (198.4 to 220.5lbs)	85kg (176.4 to 187.3lbs)	If less than 3 in a weight class these will two weight classes will be combined
100+kg (above 220.5lbs)	85+kg (above 187.3lbs)	

According to the actual needs, the Competition Committee has all rights and is subject to change and/or combine weight classes.

ARTICLE 9 Skill Division

9.1 Intermediate Division shall be those competitors that train at the Chum Kiu level and below (1 to 3 years of Wing Chun experience).

9.2 Advanced Division shall be those competitors that train at the Biu Ji level and above (3 or more years of Wing Chun experience).

ARTICLE 10 Appeal

The Competition Committee will only accept appeals relating to the referee's final judgment. All appeals must be made to the Competition Committee within 15 minutes presented by the team coach or leader in writing together with an Appeal Fee of \$100 USD. Each appeal can be made against only one allegation.

The Competition Committee will review and make its decision. If it is found that the appeal is correct, the Competition Committee will take appropriate action against the related referee and refund the appeal fee to the applicant but the result will not be changed. However, if it is found that no error is committed by the referee, no refund will be made. The Competition Committee will notify the result to the related parties.

ARTICLE 11 Registration

All competitors must arrive at the registration counter for the 1st check-in and the checking of equipment and uniform 30 minutes before the start. The 2nd check-in will be 10 minutes before the contest and the 3rd check-in will be 5 minutes before the contest.

** If applicant's check-in late at any one time, he/she will be disqualified.*

ARTICLE 12 Competition Protocol

Competitors should pay salute to the Referee table, Ring referee, competitor and opposing coach before and after their performance.

ARTICLE 13 Event Structure

A bout will consist of 3 rounds, A bout would follow the format:

1) Round 1

- a) Set Red: Athlete Red Challenge (One-minute continuously fight)
- b) Any side who falls loses 3 points, and anyone who falls twice (one hand touches the floor) loses the round
- c) Anyone stepping two feet out of the platform losses three points (One-time policy to push your opponent out of the platform)

2) Round 2

- a) Set Blue: Athlete Blue Challenge
- b) Any side who falls loses 3 points, and anyone who falls twice (one hand touches the floor) loses the round
- c) Anyone stepping two feet out of the platform losses three points (One-time policy

to push your opponent out of the platform)

3) Round 3

- a) FREE Challenge: When Platform Referee says [Fight] Both sides are able to challenge each other

Each side has offensive opportunities (challenges). An athlete will be the challenger during a round. Then the opponent will be the defender. For example, Athlete Red will attack, and Athlete Blue will defend.

During the 2nd round, the two athletes will switch roles. The second set will have Athlete Blue act as the challenger and Athlete Red will be the defender.

ARTICLE 14 Platform

The competition will take place on a raised 12' x 12' platform or mat in bare feet (no shoes permitted). There will be a visible “centreline” dividing the platform in half. Athletes will stand at each half of the platform.

ARTICLE 15 Challenge Format

Both athletes will start using Wing Chun Jong Sau for a maximum of 6 seconds. The challenger must initiate an attack within 5 seconds. The defender is not allowed to initiate an attack. Upon attack, the defender can move, disengage, or otherwise defend and counter-attack, including stepping across the centreline. If the challenger attacks but does not step across the centreline, this is still considered an attack, and the defender can counter-attack, including stepping across the centreline toward the attacker. The challenge will end when the referee stops it, at which points will be awarded per the point structure. Athletes will then return to their starting positions for the beginning of the next challenge.

ARTICLE 16 Time & Stoppages

There will be one (1) minute limit for each challenge. When the platform referee says “kaishi” to signal the start of a challenge, the challenger will be allowed to initiate an attack within 5 seconds. After the 6th second, the platform referee will call “ting” at any time to stop the challenge. Also, a challenge will end when the platform referee calls “ting” to signal the end of that challenge.

- when there is a pause in the activity
- to issue a warning
- in the event of a medical emergency, a competitor is unable to compete after an on-site doctor’s assessment.
- if a competitor has fallen on or off the platform

ARTICLE 17 Deductions & Warnings

Warnings

- 1) If the defender crosses over the centerline before the challenger.
- 2) If the defender is first to initiate an attack, a warning will be given to the defender.

- 3) A competitor's second use of Poi Pai Chang or Lan Sau in one round, will receive NO score but will receive a warning instead.
- 4) A competitor who hits the opponent on the prohibited area or uses a prohibited method.
- 5) A competitor who receives 3 warnings will lose the bout automatically.

Note: The referee will call "Ting" to stop the challenge in order to issue a warning.

ARTICLE 18 Points Structure

The competitor with the most points at the end of a bout will be the winner. If a competitor is knocked out or chooses not to continue, the remaining competitor will be the winner.

In each challenge, 1-5 technical points per competitor can be awarded by each of the 5 sideline judges based on how the competitor displays the Wing Chun style in each challenge. At the end of each challenge, points will be awarded based on the following criteria:

- 2 points will be awarded for each successfully landed combination of techniques. (e.g., Lap Da - Tan Da or Pak Da - Takedown)
- 3 points will be awarded if the competitor falls down because of his own loss of balance or steps both feet off of mat while retreating
- 1 point will be awarded for a single punch or kick lands successfully

ARTICLE 19 Target Areas & Techniques

19.1 Permitted Techniques

- striking with the fist, palm, or elbow
- kicking
- a single fluid-motion take-down

19.2 Valid Target Areas

- Both sides of the head (controlled light contact is allowed, but warning will be given immediately for heavy and uncontrolled strikes)
- the torso
- the legs (above the knee only, anything below the knee will not be counted)

19.3 Prohibited Target Areas

- the back of head
- the throat
- the neck
- the knees
- the groin area

19.4 Prohibited Methods

(Which may issue a serious warning and cause an immediate disqualification)

- Attacking with the head, the fingers, or by putting pressure on the joints of the opponent in an adverse direction
- Clinching or Wrestling (a hold or grab lasting more than 1/2 second or a failed takedown followed by a second takedown attempt)
- More than 2 consecutive strikes to the head
- Elbowing to the head
- Foot stomping or kicking above the shoulder
- Stomping or kicking to the joints (knee)
- Spinning or uncontrolled techniques
- Attacking a downed opponent by any means

ARTICLE 20 Equipment and Appearance

20.1 Clothing

- 1) Pants shall be of one solid color, either black or white. A school emblem may also be present.
- 2) The shirt shall be short sleeved (1 red and 1 blue) and tucked into the pants. A school emblem may also be present. The shirt shall be free from buttons, zippers, snaps and the like.
- 3) Shoes shall be of an athletic, indoor nature with good traction.
- 4) All items of clothing shall be in a state of good condition with no loose thread.

20.2 Safety Equipment

- 1) An athletic support shall be worn by all male competitors.
- 2) A suitable mouthpiece shall be worn at all times during competition.
- 3) The head protector shall feature a faceplate covering the front of the face. The front of the face must be completely covered. The head protector should be free of cracks or any other signs of wear and tear.
- 4) Elastic Hand Pads will be used instead of 8 oz gloves
- 5) In all female divisions, the competitors shall be free to decide their own use of a chest protector.

ARTICLE 21 Miscellaneous Rules

After 5 seconds of inactivity, the referee will say Start (Kaishi). If there is no immediate attack action, the challenger will lose the challenge.

A competitor will be declared the winner if he wins two rounds.

If there is a 1-1 tie, the third round will choose a winner. If there is a tie at the third round, a new 1 min challenge will be performed with both competitors starting in jong sau position. The referee will count to 5, at which time either competitor can attack. After the 1 minute sideline judges will point to who they believe was the superior competitor in which will determine the winner.