

# 2008-2009

# AAU Chinese Martial Arts

# Handbook



**Amateur Athletic Union**  
*Sports For All, Forever*

## AAU ANNOUNCEMENTS

### Membership Year

September 1<sup>st</sup> - August 31<sup>st</sup> is the fiscal year and the membership year for the Amateur Athletic Union.

### AAU Definitions

The following definitions will be applied to all athletes, coaches, and member clubs:

**PRACTICE:** For the purpose of AAU sanctioning, "practice is organized and/or regularly scheduled sessions supervised at all times by a registered AAU coach or instructor and conducted for the purpose of preparing, training, instructing, and conditioning only AAU registered athletes for AAU competitions." Tryouts and scrimmages are included as long as they meet all the requirements of the above definition.

**SUPERVISION:** Supervision requires that an AAU registered coach/instructor be physically present at all times at the practice premises or site during each practice session.

**SCRIMMAGE:** A practice of an AAU club with another AAU club or with AAU athletes or another AAU club. A scrimmage does not qualify as practice if it is open to the public, an admission fee is charged, or the officials are paid. Scrimmage results must not affect the club's standing or rankings.

### AAU MISSION

To offer amateur sports programs through a volunteer base for all people to have the physical, mental, and moral development of amateur athletes and to promote good sportsmanship and good citizenship.

### AAU VISION

To offer amateur athletes and volunteers opportunities to develop to their highest level through a national and local network of sporting events. Through participation in AAU, we achieve our dreams as athletes and as valued citizens of our communities.

Check out the AAU Web Site

[www.aausports.org](http://www.aausports.org)

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# INTRODUCTION

The AAU rules emphasize safety with special consideration given to regulations for the young athlete.

**Coaches and athletes are responsible  
for proper warm-up  
prior to practice of competition**

## PART I

# NATIONAL AAU CHINESE MARTIAL ARTS RULES COMMITTEE

### **UPDATED ARTICLE I: RULES COMMITTEE**

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- Section 1: There shall be a standing Rules Committee. Its charter is to maintain and improve the standards, rules, and policies for Chinese Martial Arts Competitions in the AAU.*
- Section 2: The National Chinese Martial Arts Executive Committee will appoint the Chair of Rules Committee. The Rules Committee Chair will as part of his/her duties serve as a voting member of the National Chinese Martial Arts Executive Committee.*

### **UPDATED ARTICLE II: PURPOSE AND FUNCTION**

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- Section 1: The National Rules Committee shall review, recommend, and maintain uniform, non-discriminatory standards, rules, policies, and procedures governing Chinese Martial Arts sports competition. They shall include but not be limited to: aspects of the sport relative to the sport competition, sport rules, judging, managing, coaching, and competitive rules and regulations and the structure of the National Committee and its by-laws.*
- Section 2: The National Rules committee will perform its functions as outlined above and deliver recommendations to the National Chinese Martial Arts Executive Committee.*
- Section 3: Recommendations from the National Rules Committee will be discussed and finalized by the Executive Committee. Wording of votes will always assume acceptance of the recommendations. Votes should be held by exception.*

### **UPDATED ARTICLE III: REPRESENTATION**

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- Section 1: The National Chinese Martial Arts Executive Committee shall select not more than nine (9) persons to serve on the National Rules Committee, each of which must be registered AAU members.*
- Section 2: The National Chinese Martial Arts Executive Committee shall call upon the Regional and District Chairs for nominations to the National Rules Committee with an announced cutoff date.*
- Section 3: Members of the National Rules Committee shall serve a three year term with the National Chinese Martial Arts Executive Committee replacing three (3) members of the National Rules Committee per year.*

### **UPDATED ARTICLE IV: VOTING**

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- Section 1: Each representative shall have one vote.*
- Section 2: If a meeting of the National Rules Committee has been called, only members present at the meeting may vote.*
- Section 3: Discussion, debate and voting of the National Rules Committee may occur upon agreement of the committee members through closed internet discussion and email.*
- Section 4: If a Committee member is unable to vote, he/she shall notify the National Rules Committee Chair and the National Executive Committee and step down.*

### **UPDATED ARTICLE V: CREDENTIALS**

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- Section 1: Each voting member of the National Rules Committee shall be a registered AAU member and may be required to present an AAU membership card. The Chinese Martial Arts Chairman shall have the responsibility for checking these and other credentials.*

**UPDATED ARTICLE VI: PETITIONING AMENDMENTS**

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- Section 1: All AAU CMA members are eligible to submit petitions for rules changes. The National Executive Committee will provide a suggestion box placed in plain sight at all National Championships, petitions for rules changes from eligible members submitted through email will also be accepted by the National Chair. All petitions for rules changes must be forwarded to the National Rules Committee. All petitions for rules changes must be recorded and the dispensation also noted.*
- Section 2: Amendments to these rules must first be accepted by a two-thirds vote of the National Rules Committee before presentation to the National Committee for final acceptance. A two-thirds majority vote of the National Executive Committee is then required for the amendments to be rejected.*

**UPDATED ARTICLE VII: QUORUM**

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- Section 1: A quorum shall consist of members present at any duly constituted Rules Committee meeting subject that at least sixty percent (60%) of its members are present.*
- Section 2: Discussion, debate and voting of the National Rules Committee may occur upon agreement of the committee members through closed internet discussion and email.*

**ARTICLE VIII: AMENDMENTS TO RULES**

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Amendments to AAU Chinese Martial Arts Rules can be made only by the AAU Chinese Martial Arts National Rules Committee or the AAU Chinese Martial Arts Executive Committee, and then that all such amendments must then be accepted by the AAU Chinese Martial Arts Executive Committee and the AAU Chinese Martial Arts Regional Chairs, then ratified a majority of the AAU Chinese Martial Arts District Chairpersons.

## **PART II**

# **USE OF OFFICIAL AAU CHINESE MARTIAL ARTS RULES & REGULATIONS**

**ARTICLE I: PURPOSE**

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To define the Chinese Martial Arts Rules and to promote continuity and impartiality of all competitions in the Chinese Martial Arts program under the guidance of the AAU.

**ARTICLE II: REQUIREMENTS FOR USE**

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- Section 1: These rules must be used at the following AAU Chinese Martial Arts competitions:*
- A. District Tournaments / Championship*
  - B. Regional Tournaments / Championship*
  - C. Zone Tournaments / Championship*
  - D. National Championship*
- Section 2: These rules may be used by non-AAU organizations. No liability for use of these rules will be assumed by the Amateur Athletic Union, Inc., or the National AAU Chinese Martial Arts Committee.*
- Section 3: These rules may be modified by the tournament promoter for the good of the tournament. All modifications to these rules for a National Championship must be submitted and approved by the National Executive Committee no later than 90 days before the event.*

**UPDATED**

- Section 4: In the event a competition or a subsection of a competition is explicitly for the purpose of selecting an AAU CMA team for regional, national, or international competition, the rules for the competition or subsection of the competition dealing with this team selection will, where possible, be modified to adhere to the regional, national, or international competition standards.*

# PART III

## AAU CHINESE MARTIAL ARTS COMPETITION RULES & REGULATIONS

### ARTICLE I: COMPETITION CATEGORIES

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Section 1: The types of competition shall be:

- A. Continuous Sparring
- B. Push Hands
- C. Open Hand Forms
- D. Weapons Forms
- E. Shuai Chiao
- F. Weapon Sparring
- G. Chi Sau
- H. San Shou

Section 2: All divisions shall be divided by these levels of experience:

- A. Novice: Less than one (1) year of total Martial Arts training.
- B. Beginner: More than one (1) year but less than two (2) years of total Martial Arts training.
- C. Intermediate: More than two (2) years but less than four (4) years of total Martial Arts training.
- D. Advanced: Four (4) years or more of total Martial Arts training.

Athletes age 35 or older have the option of competing in either the Adult or Executive Division but they cannot compete in both during the same fiscal year.

Athletes age 18 have the option of competing in either the Youth or Adult division, but they cannot compete in both during the same fiscal year.

Section 3: All training in any style of martial arts (Chinese or Non-Chinese) is recognized as accumulative martial arts training time and shall count towards level of experience.

#### UPDATED

Section 4: Age divisions for external open hand forms and sparring:

- A. 5-7 yrs. old
- B. 8-10 yrs. old
- C. 11-13 yrs. old
- D. 14-16 yrs. old
- E. 17-39 yrs. old
- F. 40-54 yrs. Old
- G. 55+

Other than the National Championship, tournament directors may, at their discretion, combine age divisions if they so desire to insure good competition.

Section 5: Male and female competitors, starting at age 11, will compete in separate divisions in Continuous Sparring, Shuai Chiao, Push Hands, and Weapon Sparring.

Section 6: All matters regarding correct classification of athletes shall be referred to their local Association Chinese Martial Arts Committee. Appeals will be heard by the AAU National Chinese Martial Arts Executive Committee.

### ARTICLE II: SAFETY PRECAUTIONS

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Section 1: A doctor or certified medical person must be present at all sanctioned competitions.

Section 2: The suggested medical equipment available at all events will be recommended by the Medical Advisory Committee of the AAU National Chinese Martial Arts Committee.

#### UPDATED

Section 3: Each competitor must have the following equipment for continuous sparring competitions:

- A. Properly fitted Mouth guard (may not borrow used mouth guard from other competitor)
- B. Groin Protector (males only)
- C. Hand Pads (vinyl-dipped foam)
- D. Foot Pads (vinyl-dipped foam)
- E. Head Protector (vinyl-dipped foam) without face guard or mask

The padding over the knuckles must meet or exceed one and one-half inch in thickness and the padding over the top of the instep must meet or exceed one-half inch in thickness. Shin pads are optional, but must be vinyl-dipped foam or cloth.

Section 4: Only a doctor or certified medical person is allowed to check for or treat injuries. Said person will decide if the athlete is able to continue competition.

Section 5: Any injury requiring treatment must be reported on a medical committee injury report form since AAU membership provides excess medical insurance for member athletes competing in sanctioned events or practices.

### **ARTICLE III: PRELIMINARY CONSIDERATIONS**

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Section 1: Eligibility:

**UPDATED**

- A. All competitors must be registered AAU amateur athletes.
- B. All competitors must be able to present a current AAU registration card or proof of such registration to the tournament director or registration person(s), or must register as an AAU member at the site of the tournament prior to competition.
- C. All competitors will register under their legal names. Nicknames are prohibited.
- D. All competitors must be certified as physically fit.
- E. All competitors who are minors must have the written consent of a parent or guardian.
- F. All competitors (or guardian) will sign release stating that they have read and understand the competition rules.
- G. All competitors must conform to the eligibility requirements of the official AAU Code and meet requirements for amateur standing as outlined therein.

Section 2: Athlete Representation: May come from club or unattached status.

Section 3: Personal Requirements and Conduct for Competitors:

- A. Both competitor and uniform will be clean and sanitary with toenails and fingernails cut short.
- B. No jewelry or decorations may be worn.
- C. All bandages, wraps, and other such materials must be approved by the Chief Referee.
- D. No competitor may argue or contest a point of judgment made by any official.
- E. All uniforms will be in good taste, subject to approval of the Chief Referee.
- F. Competitors will wear uniforms as indicated in relative sections.

Section 4: Officials' Requirements:

- A. Will present a clean and neat image and wear the uniform described in the relative sections.
- B. All certified officials will present themselves to and register with the Chief Referee prior to the start of competition.
- C. Every effort shall be made to ensure that no two officials during any match will be from the same school, gym, club, or association of a Chinese Martial Art.

Section 5: Coaches' Requirements:

- A. Each competitor may, prior to competition, declare one coach for any given competition.
- B. The coach will stay in the designated area at ringside except when filing a protest.
- C. A competitor in the same competition as another cannot be that competitor's coach.
- D. Coaches will wear the proper uniform as indicated in relative sections.
- E. A competitor cannot register himself as his own coach.
- F. Coaches will not argue with or harass officials or speak to them during competition.
- G. Coaches will speak in a normal voice so as not to disturb competition in progress.
- H. Coaches must be certified through their Association Head Coach.

### **ARTICLE IV: CHIEF REFEREE**

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Section 1: The Chief Referee shall ensure that all preparations for the tournament are impeccable and that the rules are followed properly. He shall:

- A. Ensure correct preparation for the tournament in consultation with the director and organizing committee, with regard to competition area arrangement and provision and deployment of all equipment and necessary facilities, match operation and supervision, safety precautions, etc.
- B. Make sure the timekeeper and scorekeeper are secure in their tasks, understand their duties, and have the needed utensils.
- C. Review all charting prior to competition to ensure fairness.
- D. Render an opinion when asked by the Referee.
- E. Ensure that awards are properly presented.
- F. Pass final judgment on matters of a technical nature which may arise during a given competition for which there are no stipulations in these rules.
- G. Nominate substitute officials where such is required (the composition of a panel of officials cannot be changed according to the sole discretion of a Referee or Judge).
- H. Decide in advance the allocation and appointment of Referees and Judges, and to arrange for the operation of a Referees' Council to oversee the performance of all Referees.

### **ARTICLE V: REFEREE**

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Section 1: The Referee's powers and duties are to:

- A. Review the uniform dress of athletes prior to contest to ensure they qualify within the rules.
- B. Review all doctors' prescriptions and other requests for safety devices and rule on their acceptability before competition. He can only rule on safety and suitability of such devices; he cannot deny a competitor the use of any acceptable device during a match. He can rule a device unsafe or unsuitable and deny competition on the grounds that either the device does not provide the necessary medical protection or provides additional and unnecessary hazard to other competitors. In this instance, the competitor is barred from competition unless ruled fit without the use of such device by the tournament doctor and any written doctor's orders are countered by written permission of the tournament doctor and re-filing of the tournament waiver.
- C. Start and conclude all competitions and any suspensions therein.

- D. Render and declare all decisions which shall include but not be limited to:
  - 1. Explaining, if necessary, the basis for a given judgment.
  - 2. Imposing penalties and issuing warnings before, during, and after the contest
  - 3. Obtaining the opinions of Judges when required.
  - 4. Announcing extensions.
  - 5. Issuing all contest commands.
  - 6. Calling for scores in continuous sparring competition.
  - 7. Acting as a judge when necessary.
- E. Supervise all timing, scoring, and charting for the ring(s).
- F. Announce winner and presents awards.
- G. Approve and initial the score sheet when competition ends to verify its accuracy.
- H. Ensure that all competitors have the required equipment.
- I. Observe the competition, tally sparring scores and ensure that his score perfectly matches that of the scorekeeper.
- J. Act as the final authority in each match insofar as rules are concerned. If a question should arise about the rules, the Chief Referee will determine the correct procedure and determine what action(s) are to be taken.
- K. Call all competition to the ring and then call each competitor to the ring when it is time to compete.
- L. Orally relay scores to the Scorekeeper and then announce the final score to the competitor.

Section 2: The Referee may impose warnings and penalties against a competitor.

Section 3: In the case of Weapon Forms - inspects the weapon and deem it fit or unfit for competition.

#### **ARTICLE VI: JUDGES**

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Section 1: The Judge's powers and duties include:

- A. Assisting the Referee on request.
- B. Participating in consultation with the Referee and other judges on request.
- C. Exercising the right to vote on any decision to be made.
- D. Providing scores when requested by the Referee.
- E. Calling the attention of the Referee to situations when deemed necessary.

Section 2: The Judge shall observe the actions of each competitor and signal to the Referee an opinion in the following cases:

- A. When a competitor is about to commit or has committed a prohibited act, or when a foul has been committed.
- B. When he notices illness or injury in a competitor.
- C. When the competitor has moved out of the ring in continuous sparring or push-hands competition.
- D. Whenever he deems it necessary.

#### **ARTICLE VII: OTHER OFFICIALS**

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Section 1: The Scorekeeper shall:

- A. Record all scores relayed by the Referee, compute them, and give them to the Referee.
- B. Double-check all scores prior to issuance of awards.
- C. Keep the match record, noting each incident/foul, and scoring, and if required, the time of each occurrence.

Section 2: The Timekeeper shall:

- A. Keep the match time and announce to referee when match ends.
- B. Suspend the time during investigation of injury, illness, or whenever the Referee so states.

Section 3: The Expediter is an optional official, but recommended. He shall:

- A. Summon the tournament medical person when needed or requested by the Referee.
- B. Ensure that each competitor is properly identified.
- C. Ensure that competitors are fitted with the correct safety gear prior to competition.
- D. Ensure that matches run with a minimum of delay.

#### **ARTICLE VIII: FOUL, DISQUALIFICATION, REINSTATEMENT**

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Section 1: Foul: If, in the opinion of the officials, a competitor commits a prohibited act of a nature sufficiently burdensome as to merit penalty, the Referee may, after consultation with the Judges, declare a foul. The commission of a foul shall cause the competitor who committed it to forfeit the match. If otherwise qualified to do so, the competitor may continue in other competition. The Scorekeeper will record the reason for the foul in the match record.

Section 2: Disqualification: If, in the judgment of the officials, the offense committed is sufficiently serious to warrant heavy penalty, the Referee may declare the offender disqualified from further competition that day. This applies not only to the current division in which the competitor is competing, but to other events as well. Procedures to be followed are...

- A. Referee prepares a written record in triplicate for the disqualification and all officials involved will sign it.
- B. The Chief Referee or Referee Council will consult with the panel of Judges and announce the verdict as regards whether the competitor is barred from further competition.
- C. A written record of all proceedings will be provided to the competitor as soon as possible and it will explain the right of appeal and protest.

Section 3: If the offense is viewed as serious enough to consider further disciplinary action, the charges should be documented as above and forwarded to the athlete's local Association. The Association Registration Committee as detailed in AAU Code will then take up the matter.

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**ARTICLE IX: PROTEST**

Section 1: No one may personally protest to any official.

Section 2: If any procedure or judgment appears to contravene these rules, the official representative for the athlete (usually the coach) is the only one who may protest. This takes the form of a written report submitted immediately after the match in which the protest was caused. The sole exception to this is when a protest involves administrative functions. The Referee should then be notified immediately.

Section 3: The protest must be submitted to the Referees' Council along with a \$50 filing fee. In due course, the Council will review said complaint, produce a report, and take appropriate action.

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**ARTICLE X: CHARTING**

Section 1: At all sanctioned competitions, every effort will be made to ensure those members of the same club or association are charted so as to avoid chances of first-round competition in Continuous Sparring, Weapon Sparring, Push-Hands, and Shuai Chiao.

**UPDATED**

Section 2: *In Continuous Sparring, Weapon Sparring, Push-Hands, San Shou and Shuai Chiao, for divisions with 3 persons the competitor who draws a by does not automatically get second place if he/she loses to the first place winner. Second and Third place will be decided by another match between the two individuals who lost to the first place winner.*

## PART IV

# AAU CHINESE MARTIAL ARTS RULES FOR CONTINUOUS SPARRING

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**ARTICLE I: COMPETITION AREA**

The competition area will be flat, devoid of hazards, and will be a square as set forth in Appendix IV.

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**ARTICLE II: OFFICIAL DRESS**

Competitors, coaches, judges, referees and all other officials will wear the uniform defined in Appendix I. The Chief Referee may disqualify any competitor or official who fails to comply.

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**ARTICLE III: ORGANIZATION OF COMPETITIONS**

Section 1: The term "bout" will describe the individual match between two competitors.

Section 2: Individuals who do not arrive at the competition venue before the tournament is declared open may be disallowed competition.

Section 3: Should athletes fail to attend a match without good reason or without notifying the authorities in advance, quit the match, or leave, a disciplinary action will be decided upon by the Referees' Council after a recommendation from the Chief Referee.

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**ARTICLE IV: REFEREE, JUDGES, & OFFICIALS**

Section 1: The Referee and Judges Panel for each match consists of one Referee and three Judges.

Section 2: In addition, a Timekeeper and Scorekeeper will be present.

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**ARTICLE V: DURATION OF BOUT**

Section 1: The normal duration of a bout is up to three (3) forty-five (:45) second rounds for adults (or up to three (3) thirty (:30) second rounds for youth) with a fifteen (:15) second break in between rounds.

Section 2: The timing of the bout begins when the Referee gives the signal and will stop each time he so indicates verbally.

Section 3: The Timekeeper shall give clearly audible signals and throw a bean bag or similar item into the ring when time expires.

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**ARTICLE VI: SCORING**

Section 1: The result of a bout is determined by one competitor obtaining a higher percentage of clean techniques landed than the other, disqualification of the opponent, or a foul being imposed on the opponent.

It is noted that disqualification and fouls are two separate entities.

- Section 2: A valid technique is one which displays:
- A. **Good Form:** Correct posture and stable positioning such that balance and body control are strong and the technique is performed with technical correctness and proper body mechanics.
  - B. **Good Power:** The technique is properly controlled so as not to make excessive contact or cause injury, but enough extension is left in the technique to make such contact if desired.
  - C. **Good Attitude:** Competitor must NOT display an attitude indicating that he intends to harm his opponent. Anger must be controlled.
- Section 3: An effective technique delivered at the same time that the end of the bout is signaled is considered valid. An attack delivered after an order to stop the bout cannot be scored and may result in a penalty being imposed upon the offender.
- Section 4: An "exchange" shall consist of no more than five (5) techniques being executed by one competitor.
- Section 5: Following an exchange of up to five (5) techniques each, the Referee will separate the competitors unless they do so by themselves.
- Section 6: No technique may be valid for a competitor who has at least one foot outside of the competition area. However, if one competitor is inside the area and scores on his opponent who is outside of the area before the Referee stops the match verbally, the technique will be valid.
- Section 7: The Referee will control the match so as to allow a safe environment for competition. The Referee will determine penalties or fouls and award points or warnings as needed.
- Section 8: Three (3) corner Judges will signal the winner by use of a flag or hand motion.
- The Judges will also indicate and award fouls or penalties as instructed by the Referee.

#### ARTICLE VII: LEGAL TARGETS

---

- Section 1: Legal targets are:
- |                      |                              |
|----------------------|------------------------------|
| A. Head              | E. Chest                     |
| B. Groin             | F. Sides of Torso            |
| C. Abdomen           | G. Backs of Ribs and Kidneys |
| D. Face (no contact) |                              |
- Section 2: The spine is not a target.

#### ARTICLE VIII: VALID TECHNIQUES

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- Section 1: The following types of techniques shall be considered valid:
- A. Punches with the fore-fist (punches are made in a thrusting motion)
  - B. Strikes with the fore-fist (strikes are made following an arc)
  - C. Back-fist strikes
  - D. Strikes using the ulnar side of the hand
  - E. Strikes using the radial side of the hand
  - F. Strikes using the top of a bent wrist
  - G. Thrusts with the palm heel
  - H. Kicks with the top of the instep
  - I. Kicks with the ball of the foot
  - J. Kicks with the bottom of the heel
  - K. Kicks with the inner edge of the foot
  - L. Kicks with the outer edge of the foot
- Section 2: A competitor may grab any part of the opponent's uniform, or a limb, but must make an immediate attempt to score. After such attempt, he must release his grip. Only one blow per grab is allowed. This prevents wrestling and excessive contact due to loss of control.
- Section 3: Age divisions 15 yrs and older with a minimum of intermediate level may use sweeping techniques limited to the backs and sides of the front lower leg, below the knee. They cannot be made against the front of the leg, the knee joint proper, or thigh. The Referee and Judges must be careful to ensure that an attempt to sweep is not actually an attack made to the opponent's leg. Sweeps must be followed by an immediate attempt to score.
- Section 4: Sweeps in and of themselves are not scored.

#### ARTICLE IX: PROHIBITED BEHAVIOR

---

- Section 1: The following are forbidden:
- A. Techniques which make contact to any part of the neck, throat, or the facial area.
  - B. **UPDATED** *Techniques that make excessive contact resulting in immediate swelling, bruising, or bleeding, or which, in the eyes of the Referee, are excessive. Control to scoring areas must be reasonable and light. Techniques, which are judged excessive, will be grounds for disqualification.*
  - C. Attacking the limbs or joints.
  - D. Open-palm or fingertip attacks directed to the face.
  - E. Techniques which, by their nature, cannot be controlled for safety of the opponent.
  - F. Repeated exits from the competition area.
  - G. Grabbing or sweeping without immediately attempting to score.
  - H. Pushing; wrestling.

- I. Displaying lack of regard for one's own safety.
- J. Feigning injury to gain advantage.
- K. Speaking to the opponent during the bout or speaking to any official during the bout without the Referee requesting that the competitor speak.
- L. **UPDATED** Any competitor who executes a technique with malicious or injurious intent must be immediately disqualified.
- M. Any discourteous or unsportsmanlike conduct. Any competitor or coach who behaves in such manner towards any official or other competitor can earn immediate disqualification of the offender, the coach, club, or any part thereof, from the tournament. The Referee makes such determination and disqualification.

Section 2: Any commission of any of the forbidden acts will result in a penalty.

#### **ARTICLE X: PENALTIES**

---

Section 1: The Referee, who may wish to consult first with the judging panel, announces the nature of a penalty.

Section 2: Warnings may be imposed for minor infractions or for the first instance of a minor infraction. A second infraction requires a heavier penalty. A third infraction requires a heavier penalty than the second, and so on.

#### **UPDATED**

Section 3: The following scale of penalties shall operate:

- A. Warning Without Penalty: Does not alter the offender's score. It is given for very minor infractions and may be given only once to each competitor in a bout.
- B. Warning With Half-Point Penalty: A half-point is awarded to the opponent's score. It is imposed for minor infractions for which #A has already been given to the offender in that bout, or for infractions too serious for #A, but not serious enough to warrant #C
- C. Warning With Full-Point Penalty: A point is added to the opponent's score. This is given for an infraction for which #B has already been given to the offender in that bout, or for the first instance of a very serious infraction.
- D. Foul: This is imposed for an infraction for which #C has already been given to the offender in that bout, or for a very serious infraction. It ends the bout with the opponent named as victor.
- E. Disqualification: This is disqualification from the actual event, contest, match or the whole event. It is invoked for the following:
  - 1. When a competitor commits an act which harms the prestige and honor of Chinese Martial Arts.
  - 2. When a competitor refuses to obey orders of an official.
  - 3. When a competitor becomes so excited that he jeopardizes smooth operation of the bout.
  - 4. When competitor's action(s) are considered by the Referee to be too dangerous and in deliberate violation of the rules.
  - 5. When competitor's action(s) are considered by the Referee to be performed with malicious or injurious intent.
  - 6. When a competitor insists upon returning to competition against the recommendation of the tournament medical person.
  - 7. When other action(s) are considered by the Referee to violate tournament rules.

Section 4: It is noted that the scale of escalating penalties operates regardless of the physical nature of the infraction(s); it operates according to the severity of the infraction(s).

#### **ARTICLE XI: INJURIES AND ACCIDENTS**

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Section 1: Forfeiture is a decision given when a competitor refuses to continue, abandons the bout, or is withdrawn by order of the Referee. Grounds for such abandonment may include injury not attributed to the opponent's actions.

Section 2: If two competitors injure each other at the same time or are suffering from the effects of previously incurred injuries and are declared by the tournament medical person to be unable to continue, the bout is given to the fighter who has the most points at the time. If there is no score superiority, a decision is taken.

Section 3: An injured competitor declared unfit to continue by the tournament medical person cannot compete again in that division on the same day.

Section 4: An injured competitor who wins a bout through disqualification of the opponent, but who cannot fight again, must be withdrawn.

Section 5: When a competitor is injured, the Referee will stop the bout and aid him while calling for the tournament medical person. Only the medical person is authorized to diagnose and treat injuries and make recommendations for the competitor's safety.

#### **ARTICLE XII: OPERATION OF MATCHES**

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Section 1: Terms and gestures used by officials shall be as specified in Appendix III.

Section 2: The Referee and the three (3) judges take their prescribed positions. Competitors enter the area, exchange bows upon the Referee's command after bowing to the Referee as per his command. The Referee announces the start of the bout.

Section 3: Competitors engage, attack, and counter-attack continuously until the Referee stops the match verbally and by gesture.

Section 4: When the Referee stops the bout, competitors go back to their original starting positions. Judges remain in their positions. The Referee stops the bout when:

- A. A penalty should be imposed.
- B. An item of equipment or uniform becomes loose and interferes with the bout.
- C. One competitor is defenseless or deliberately exposing illegal targets.
- D. A competitor steps one foot out of bounds (the LINE of the competition area is considered out of bounds).
- E. There is an injury.
- F. The bout has ended.
- G. He deems it necessary for any other reason.

- Section 5: At the end of the bout, the Referee, Judges, and competitors take their original positions. The Referee calls for the Judges' decisions based upon the total score each of the two competitors received from each Judge. Upon the verbal command of "score!" all three Judges will indicate by flag or hand motion which of the two competitors is the winner of the bout. The Referee then indicates who the winner is (by a majority of the Judges) with a verbal and hand signal.
- Section 6: Competitors bow to each other on the command of the Referee, and then bow to the Referee on his command. They will then exit the area.
- Section 7: If any situations arise which are not covered in these rules or if there is any doubt concerning their applications in a given case, the Referee will immediately stop the bout and consult with the Judges and Chief Referee to obtain a consensus.

## **APPENDIX I: CONTINUOUS SPARRING UNIFORM**

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### **A. REFEREES**

1. Referees will wear the official uniform designated by the Referees' Council. This will be worn at all tournaments.
2. The referees official uniform is:
  - a. White dress shirt
  - b. Tie (males)
  - c. Dark dress slacks or skirt (jeans not acceptable)
  - d. Dark socks with non-marking soled brown or black shoes
  - e. Blue blazer or sports coat

### **B. JUDGES**

1. Judges will wear the official uniform designated by the Referees' Council. This will be worn at all tournaments.
2. The judges official uniform is:
  - a. AAU Chinese Martial Arts blue polo style shirts
  - b. Dark dress slacks or skirt (jeans not acceptable)
  - c. Dark socks with non-marking soled brown or black shoes

### **C. OTHER OFFICIALS**

1. All other officials (Timekeepers, Scorekeepers, etc.) will wear the following uniform:
  - a. White polo style shirt or National Tournament shirt

\* It is noted that the use of these uniforms is in the interest of professionalism and also to clearly identify the officials to all competitors and spectators.

### **D. COMPETITORS**

1. Tai Chi, Kung Fu, and Wushu competitors must wear a clean Chinese Martial Arts uniform of the type with cloth buttons, or fold-over type. Kenpo/Kajukenbo competitors must wear a clean Kung Fu or appropriate gi. Indonesian competitors must wear a clean traditional uniform. Trousers will come to at least within two (2) inches of the ankles. Any uniform bearing wood, metal, plastic, or other hazardous materials or devices such as buttons, zippers, and the like, will be prohibited. No printing or patches may be worn. All uniforms will be subject to approval by the Chief Referee.
2. AAU T-shirts may be worn in lieu of a jacket for all divisions except forms and shuai chiao.
3. Competitors will have short fingernails and toenails and they must be clean.
4. Jewelry is prohibited.
5. The Referee Council, on the advice of the tournament medical person, must approve the wearing of injury protective bandages or braces.
6. Non-marking soled shoes of any kind must be worn for all traditional Chinese forms. Kenpo/Kajukenbo and Indonesian competitors may elect to be barefoot.

### **E. COACHES**

1. The coach will wear a uniform consisting of a polo style shirt as provided by the Chinese Martial Arts Coaching Council, and black martial arts training trousers.

## **APPENDIX II: CONTINUOUS SPARRING TERMINOLOGY**

---

### **A. The terms for use by the Referee are:**

1. Begin
2. Stop
3. Winner
4. No Score
5. Draw or Tie
6. Warning Without Penalty
7. Half-Point Penalty
8. Full-Point Penalty
9. Foul
10. Disqualification
11. Exit From Ring
12. Resume the Match Or Continue
13. Decision
14. Overtime

- B. It is noted that in the case of warnings and fouls, the referee will stop the bout, order competitors back to their starting positions, and announce the warning or foul. He will then advise the offender as to the nature of the warning or foul.

### APPENDIX III: CONTINUOUS SPARRING GESTURES OF REFEREE AND JUDGES

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1. **BEGIN THE MATCH:** Referee steps between competitors with hands outstretched. He then brings his hands in towards each other with a verbal command.
2. **STOP:** Referee steps between competitors and chops down with one hand as he verbalizes command to stop. If so ordered by him, Timekeeper will stop the clock.
3. **RESUME THE MATCH:** Referee steps between competitors with hands outstretched. He then brings his hands in towards each other with a verbal command.
4. **EXIT FROM RING:** Referee or Judge points to line of competition area.
5. **WARNING WITHOUT PENALTY:** The Referee points his index finger towards offending competitor, places his fist in the palm of his other hand, and turns toward the offender as he advises him of the offense.
6. **WARNING: HALF-POINT PENALTY:** Referee points his index finger at the feet of offender.
7. **WARNING: FULL-POINT PENALTY:** Referee points index finger at abdomen of offender.
8. **FOUL:** Referee points at face of offender.
9. **DISQUALIFICATION:** Referee points his index finger at the face of offender and then obliquely behind himself.
10. **WINNER:** Referee raises his hand on the side of the winner.
11. **WINNER OF EACH ROUND CONFIRMED BY JUDGES:** Referee will verbally call for judges opinion of the winner of the round. Judges will signal by flag or hand motion.

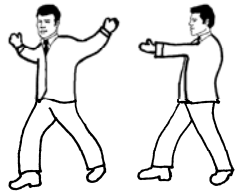
\*It is noted that Judges do not speak unless requested by the Referee, and will use hand signals or flags to draw the Referee's attention to the call, and or to reflect their opinion of a competitors status.

### AAU OFFICIALS AND REFEREE GESTURES

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#### START THE MATCH / RESUME THE MATCH

The referee stands on his line, steps back in bow and arrow stance and brings the palms towards each other.



#### WARNING, HALF-POINT PENALTY

The referee points with his index finger to the feet of the offender.



#### WARNING, FULL-POINT PENALTY

The referee points with his index finger to the abdomen of the offender.



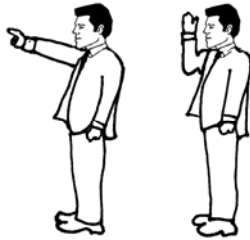
**FOUL**

The referee points with his index finger to the face of the offender.



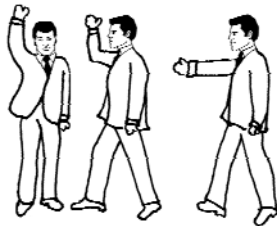
**JUDGE CALLED**

The referee beckons with one arm to the judge.



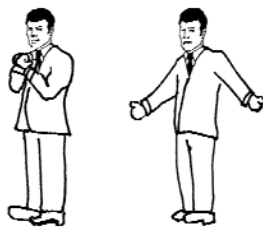
**STOP!**

Interruption or end of match. The referee chops downward with his hand. The timekeeper stops his watch.



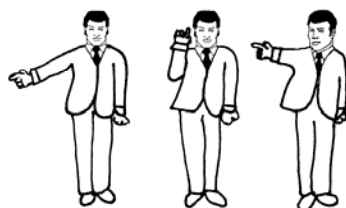
**DRAW**

The referee crosses arms over chest, then uncrosses and nods arms out from body with the palms showing upwards.



**BOUNDARY WARNING (With or Without Penalty)**

The referee first points index finger to boundary line on the side of the offender, then to the offender, then to the offender and announces appropriate penalty. Then, if required, announces award for the other competitor.



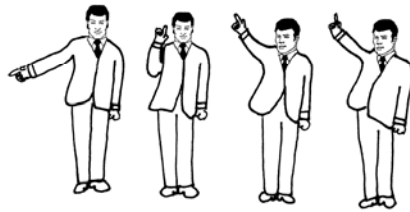
**OUTSIDE MATCH AREA**

The referee points with his index finger to the match boundary.



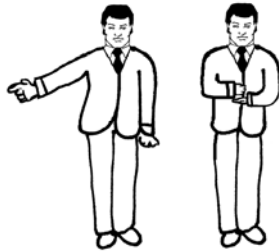
**DISQUALIFIED**

The referee points index finger at offender, then to offender's face, and finally obliquely behind him and announces the disqualification.



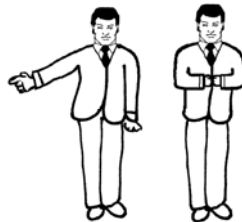
**WARNING, NO PENALTY**

The referee points with an open hand toward the offending competitor, then places his other fist into the cupped open hand at waist level.



**EXCESSIVE FORCE**

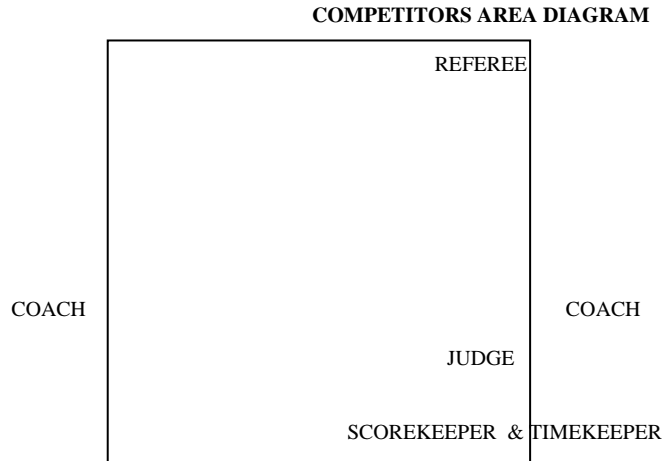
The referee points with an open hand toward the offending competitor, then places his fists together.



**APPENDIX IV: CONTINUOUS SPARRING COMPETITION AREA**

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- A. The area will be a square with sides of twenty (20) feet or eight (8) meters (measured from the outside).
- B. Two parallel lines, each one (1) meter long, and at right angles to the referee's line, must be drawn at a distance of one and one-half (1.5) meters from the center of the competition area for positioning competitors.
- C. The timekeeper and scorekeeper will sit behind a table.



**APPENDIX V: CONTINUOUS SPARRING SYMBOLS TO BE USED BY OFFICIALS**

---

- 1. The symbols designated herein shall be used by the scorekeeper in keeping a running account of the match:

Draw; Tie	X
Warning without Penalty	NP
Warning; half point penalty	1/2P
Warning; full point penalty	1P
Foul	F
Winner	□
Disqualified	DQ

# PART V

## AAU CHINESE MARTIAL ARTS RULES FOR SAN SHOU

### UPDATED ARTICLE I: COMPETITION AREA

---

The competition area (Lei Tai Area) will be flat, devoid of hazards, and will be a 24' square 1.5' thick floor mat. An additional meter of mats will surround contest area.

### UPDATED ARTICLE II: SAFETY PRECAUTIONS

---

Section 1: Safety precautions specified in Part III, Article II will be observed, with the exception of sparring equipment specified in Section 2 & 3 below.

Section 2: Each competitor must have the following equipment for San Shou competitions:

- A. Mouth guard
- B. Groin Protector (males only)
- C. 14oz Gloves
- D. Foot and Shin Pads (vinyl-dipped foam)
- E. Chest Protector
- F. Leather Headgear with high density foam padding

Section 3: Age divisions for San Shou are restricted to 18-35 yrs. old only.

Section 4: All situations which are not specifically addressed in the San Rules the rules specified in Part III will apply.

### UPDATED ARTICLE III: OFFICIAL DRESS

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Competitors, coaches, judges, referees and all other officials will wear the uniform defined in Appendix I. The Chief Referee may disqualify any competitor or official who fails to comply.

### UPDATED ARTICLE IV: REFEREE, JUDGES, & OFFICIALS

---

Section 1: The Referee and Judges Panel for each match consists of one Referee and three Judges.

Section 2: In addition, a Timekeeper, Scorekeeper and a Staging Official will be present.

### UPDATED ARTICLE V: DURATION OF BOUT

---

Section 1: The normal duration of a bout is up to three (3) two (2:) minute rounds for adults with a one (1:) minute break in between rounds. The victor must win two out of three rounds

Section 2: The timing of the bout begins when the Referee gives the signal and will stop each time he so indicates verbally.

Section 3: The Timekeeper shall give clearly audible signals and blow a whistle or similar item when time expires.

### UPDATED ARTICLE VI: SCORING

---

Section 1: Points are awarded as follows:

- A. Contestant executes clear punch or kick - 1 point.
- B. Both contestants falling during throw, contestant who lands on top - 1 point
- C. Contestant executes clear punch or kick that knocks opponent down - 2 points.
- D. Without falling, contestant successfully throws opponent to the ground - 2 points.
- E. Contestant forces or throws opponent outside of the Lei Tai Area - 3 points.
- F. Contestant forces or throws opponent outside of the Lei Tai Area 3 times in one round wins the Match.

Section 2: An effective technique delivered at the same time that the end of the bout is signaled is considered valid. An attack delivered after the Referee's order to stop the bout cannot be scored and may result in a penalty being imposed upon the offender.

Section 3: No technique may be valid for a competitor who has at least one foot outside of the Lei Tai Area.

Section 4: The Referee will control the match so as to allow a safe environment for competition. The Referee will determine penalties or fouls and award points or warnings as needed.

Section 5: Three (3) corner Judges will signal the winner of each round by use of a flag or hand motion.

**UPDATED ARTICLE VII: LEGAL TARGETS**

---

Section 1: *Legal targets are:*

- A. *Chest*
- B. *Sides of Torso*
- C. *Abdomen*
- D. *Legs*
- E. *Backs of Ribs and Kidneys*

Section 2: *The Head and Spine are not legal targets.*

**UPDATED ARTICLE VIII: PENALTIES**

---

Section 1: *Illegal techniques are:*

- A. *Contact to the face, throat, head, or groin is illegal.*
- B. *Techniques using the head are illegal.*
- C. *Striking with knee or elbow is illegal.*
- D. *Attacking the joints and joint locks are illegal.*

Section 2: *Fouls*

*The Judges will indicate and award fouls or penalties as instructed by the Referee.*

- A. *First violation: 1 point deduction*
- B. *Second violation: 3 point deduction*
- C. *Third violation: disqualification*

Section 3: *Technical Fouls:*

- A. *First violation: 1 point deduction*
- B. *Second violation: 3 point deduction*
- C. *Third violation: disqualification*

Section 4:

- A. *Any serious foul will be grounds for immediate disqualification.*
- B. *Competitors who maliciously hurt their opponents will be immediately disqualified. The arbitrator has full authority to stop the fight at any time for safety or any other reason.*

## PART VI

# AAU CHINESE MARTIAL ARTS RULES FOR FORMS

**ARTICLE I: COMPETITION AREA**

---

- Section 1: *The competition area will be flat and devoid of hazards. There is no fixed size for this area so it must be large enough to accommodate correct and complete execution of forms.*
- Section 2: *Competition areas will be set far enough away from each other so that competitors will not interfere with each other when performing in the separate areas.*
- Section 3: *Referee and other officials will be seated at a table in front of the area in the center. Judges will be seated at the corners of the ring. If there are only two (2) judges, they will sit at the corners opposite of the Referee.*

**ARTICLE II: OFFICIAL DRESS**

---

- Section 1: *Referees, Judges, and other officials will wear the uniform designated in Appendix I of Continuous Sparring.*
- Section 2: *Competitors will wear the uniform designated in Appendix I of Continuous Sparring.*

**ARTICLE III: ORGANIZATION OF COMPETITION**

Section 1: *Form competition will be divided into categories as follow:*

External Styles: Traditional Southern Wushu, Traditional Northern Wushu, Island Arts,  
Modern Chuan Fa (Kenpo/Kajukenbo), Open Asian  
Internal Styles: Yang, Wu, Chen, Other Taiji, Xing Yi, Bagua, Other Internal  
Contemporary Wushu: Changquan, Nanquan, 42-Form Taijiquan

Section 4: A. Age divisions for weapons forms:

- 5-7 yrs. old
- B. 8-10 yrs. old
- C. 11-13 yrs. old
- D. 14-16 yrs. old
- E. 17-39 yrs. old
- F. 40-54 yrs. Old
- G. 55+

Skill level is further divided as follows:

- A. Novice: Less than one (1) year of total Martial Arts training.
  - B. Beginner: More than one (1) year but less than two (2) years of total Martial Arts training.
  - C. Intermediate: More than two (2) years but less than four (4) years of total Martial Arts training.
  - D. Advanced: Four (4) years or more of total Martial Arts training.
- Other than the National Championships, Tournament Directors may, at their discretion, combine experience levels within any division to insure a good competition.

Section 4:

A. Weapons Forms will be divided as follows:

- A. 5-7 yrs. old
- B. 8-10 yrs. old
- C. 11-13 yrs. old
- D. 14-16 yrs. old
- E. 17-39 yrs. old
- F. 40-54 yrs. Old
- G. 55+

B. Skill level is further divided as follows:

- A. Novice: Less than one (1) year of total Martial Arts training.
- B. Beginner: More than one (1) year but less than two (2) years of total Martial Arts training.
- C. Intermediate: More than two (2) years but less than four (4) years of total Martial Arts training.
- D. Advanced: Four (4) years or more of total Martial Arts training.

Section 5: It is noted that in all forms categories, males and females may compete together, or compete in separate categories, according to the discretion of the tournament director.

Section 6: At the National Championship, Weapon Forms will be categorized according to weapon type. These are:

<u>Traditional</u>	<u>Contemporary Wushu</u>
Staff	
Spear	
Broadsword	
<u>Traditional Chinese Open</u>	<u>Non-Traditional Chinese Open</u>
Chinese Types -	All Chinese-Based
All double,	other than
flexible, etc.	Traditional and Contemporary Wushu

\* It is noted that these may be further subdivided according to the discretion of the tournament director.

Section 7: In the case of paired weapons, even though one of the pair falls into one of the above listed single-weapon categories, the competitor shall compete in the Traditional Chinese Open Division.

#### ARTICLE IV: JUDGING PANEL

Section 1: The Referees' Council will designate a panel of four (4) Judges and one (1) Referee for each ring prior to competition. If there are not enough judges, panel will consist of two (2) judges and one (1) referee.

Section 2: In addition, Scorekeeper and Timekeeper will be appointed.

Section 3: Judges and referees will score each form performed.

#### ARTICLE V: SCORING

**UPDATED** Section 1: The result of a forms match is determined by the summation of points accumulated during the match. Scoring will be as follows:

<i>Novice and Beginner:</i>	<i>6.0 – 7.5 (6.8 Average)</i>
<i>Intermediate:</i>	<i>7.0 – 8.5 (7.8 Average)</i>
<i>Advanced:</i>	<i>8.0 – 9.5 (8.8 Average)</i>
<i>A score above 9.0 would indicate that the competitor is extremely advanced.</i>	

\* First three (3) competitors perform and are judged after the third competitor is finished. This will help to determine the average.

- Section 2: When the Scorekeeper adds the scores for each competitor, the maximum and minimum scores are eliminated and the middle three scores are added to provide a final score.
- Section 3: If there is a tie, the Scorekeeper adds in the minimum scores. If a tie persists, the maximum scores are added back in for the total score.
- \* If there are only 3 judges, omit the previous section 2 and 3.
- Section 4: If a tie persists in open hand forms, competitors will perform a different form of their choice consistent with the category of form competition in which they are competing. Beginners may repeat the same form.
- Section 5: If a tie persists in weapon forms, competitors will repeat the same form.
- Section 6: In the case of a second tie by the same two competitors as described in Section 4 and 5, a point-off is executed by the judges.
- Section 7: If there is a difference between the high score and the low score of .50 or more the referee will call a judges meeting and instruct the judges to re-score in order to bring the scores to within the suitable maximum range. The judges will return to their seats and re-score the competitor. The judges' second score will stand.

#### **ARTICLE VI: CRITERIA FOR DECISION**

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- Section 1: In assessing the performance of a competitor the following criteria are adopted:
- A. The form must be performed with competence and must demonstrate a clear understanding of the principle(s) it contains, according to the style from which it is derived.
- B. The competitor must demonstrate:
1. Focus of attention
  2. Use of power/complete control of weapon in weapon forms
  3. Balance and root
  4. Breathing
  5. Coordination of body parts between upper and lower body
  6. Synchronization of timing, and rhythm of form.
  7. Spirit.

\* It is important that the Judges consider the style from which the form is derived and evaluate it with a view to discerning other points relative to that style of form.

- Section 2: A competitor may be fouled and disallowed further competition in that respective form category if he unintentionally interrupts the form or performs a form which does not belong in that category of competition according to the decision of the Referee. Beginners who unintentionally interrupt their form will receive the lowest possible score.
- Section 3: A competitor who drops his weapon will receive the lowest possible score. A competitor who wishes to place his weapon on the ground during his form must notify the judges before he starts or he will be penalized as having dropped the weapon.

#### **ARTICLE VII: SAFETY PRECAUTIONS AND DISALLOWED WEAPONS**

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- Section 1: In weapon competitions, the Referee inspects all weapons to ensure their structural safety. If he deems a weapon unsafe, the Referee will foul out the competitor on the advice of the Chief Referee.
- Section 2: If a referee believes that a weapon is so lengthy as to present a hazard to officials or competitors, he must confer with the Chief Referee who may decide to disallow the weapon and may also foul out the competitor. Measurements do not include flags or tassels.
- Section 3: Weapons measuring up to 84 inches are acceptable. Weapons exceeding this length may be deemed hazardous.
- Section 4: As a general guideline, broadswords and swords should be at least 1.25 lbs or more for traditional divisions. Long weapons such as staffs or spears should be 1.5 lbs or more for traditional divisions. Large-bladed weapons such as Kwan-Dao or monk's spade should be at least 4 lbs in traditional divisions.
- Section 5: Contemporary Wushu weapons will be used only in that category of weapons competition.
- Section 6: Bladed weapons made of wood are prohibited. Bladed weapons made of aluminum are prohibited, except in Island Art forms.

#### **UPDATED**

- Section 7: *Swords must have a tassel in the Contemporary and Taijiquan Divisions and is given extra consideration in the Traditional Divisions.*

#### **ARTICLE VIII: OPERATION OF MATCHES**

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- Section 1: The competitor will respond to the calling of his name by going directly into the competition area and bow to the judging panel and begin. Upon completion of the form, he returns to the starting position to await scoring.
- Section 2: Competitors should NOT give their names, nor the name of the school, club, or association from which they belong, or the name(s) of their teacher(s), as this may influence the judges.
- Section 3: The referee calls for scoring with a verbal command, at which time the Referee and the judges raise their score cards in unison so as to be visible to the Scorekeeper.

- Section 4: The Referee calls out each score and the Scorekeeper records them. The Referee calls for the score cards to be turned towards the spectators. On the third verbal command, the score cards are lowered.
- Section 5: The Scorekeeper tallies the score and the Referee announces it. The competitors bow to the panel and return to his position outside the competition area.
- UPDATED**
- Section 6: *Except for Tai Chi forms, no form will exceed a limit of three (3) minutes from the beginning of body movement to completion. Any competitor exceeding this limit will have 0.25 point deducted from the score for every fifteen seconds (:15) seconds or any portion thereof, beyond the time limit. A competitor going sixty (:60) seconds over the time limit will be fouled out.*
- a. *If a competitors' Traditional Wushu form is normally performed in less than 60 seconds, the competitor should advise the Head Judge in advance prior to performing his/her form. The Head Judge should advise the corner judges of the shorter time, that no Head Judge deduction for under time will be applied, and that the judges should consider the duration of the routine when determining the competitor's score.*
- Section 7: Tai Chi competitors will be given a warning by the timekeeper at the following times:  
 Novice and Beginner: 1½ minutes. Competitor must complete their form within the next 30 seconds.  
 Intermediate: 2 minutes. Competitor must complete their form within the next 30 seconds.  
 Advanced: 3 minutes. Competitor must complete their form within the next 30 seconds.
- Section 8: A minimum of thirty (:30) seconds will be necessary for an intermediate or advanced form.
- Section 9: Except for Tai Chi Weapons forms, no weapon form will exceed a limit of three (3) minutes. Tai Chi Weapons Forms are limited to four (4) minutes. Restrictions and penalties of Section 6 apply.

## PART VII

# AAU CHINESE MARTIAL ARTS

## RULES FOR PUSH-HANDS

### **Article I: COMPETITION AREA**

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Section 1: The competition area will be flat and devoid of hazards

Section 2: In Fixed Step Push-Hands, no specifically marked ring is necessary.

Section 3: In Restricted Step Push-Hands the area will be a square space measuring approximately ten (10) feet by ten (10) feet (or more) and there will be a clearly marked tape center line.

Section 4: In Moving Step Push-Hands the area will be a clearly marked with an inner circle of fifteen (15) feet in diameter and an outer ring of twenty-one (21) feet in diameter.

### **Article II: ORGANIZATION OF COMPETITION**

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Section 1: Push-Hands shall be divided into Novice/Beginner, Intermediate and Advanced divisions.

Section 2: Men and women will compete separately.

Section 3: Divisions will be further separated by weight.

<b>Men</b>	<b>Women</b>
<= 155	<= 130
156 – 190	131 – 160
191 +	161 +

Section 4: Push-Hands competition will be divided into the following categories:

- A: Fixed Step
- B: Restricted Step
- C: Moving Step

Section 5: Novice/Beginner Division competitors may only compete in Fixed Step Push-Hands.

### **Article III: REFEREE AND JUDGES PANEL**

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Section 1: One (1) Referee and three (3) Judges will be appointed by the tournament director to be officials for each ring of Push-Hands competition.

Section 2: The Referee will stand in the ring and move about with the two competitors. The Referee will NOT score, but will control the match with the verbal commands “Begin” and “Stop”. The Referee is responsible for preventing injury to the competitor and will award points for errors and fouls. A majority decision of the Judges must be rendered to assess all points, fouls or penalties awarded by the Referee.

Section 3: The three (3) Judges will stand outside the ring and be allowed to move to their best vantage so as to maintain a clear view of the matches for scoring.

Section 4: Timekeeper and Scorekeeper will also be appointed by the tournament director.

#### **Article IV: DURATION OF BOUT**

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Section 1: Matches will consist of two (2) one-minute (1) rounds with a fifteen (15) second rest period in between. In the event of a tie after the two (2) rounds one additional one-minute (1) round will be allowed to break the tie. In the event of a tie after this round the judges will choose a match winner by majority vote. The timekeeper will indicate the beginning and end of each round with an audible and or visual signal (IE: bean bag).

Section 2: The first round is started with each competitor's left foot forward and left wrists touching. The second round will begin with the competitor's right foot forward and right wrists touching. This section shall apply to all categories of Push-Hands.

Section 3: In Fixed Step Push-Hands, the foot which is forward at the start of the round must remain forward through that section of the bout. No foot movement is allowed during Fixed Step Push-Hands.

Section 4: In Restricted Step Push-Hands the foot that is forward at the start of the round must remain forward through that section of the bout. However, competitors may take a short step or steps forward or backward with either the front or the back foot but they may not reverse their stance or step to the side.

Section 5: In Moving Step Push-Hands competitors may move their feet freely after the beginning of the match.

Section 6: The Referee will give a verbal command which will serve as a signal to the timekeeper to start and stop time for the match.

#### **Article V: MATCH PROCEDURE**

---

Section 1: Competitors enter the competition area and will perform a salutation to the Referee and then to each other on the command of the Referee.

Section 2: Competitors will face each other with their front foot on the center line and make contact with the back of the leading wrist and the other hand resting lightly on the opponent's elbow.

Section 3: The competitors will execute three (3) repetitions of Ward-Off (Peng), Press (Ji), Roll Back (Lu) and Push (An) sequence and will wait for the referee's signal before initiating any offensive techniques. The Referee guides the competitor's hands through the first three (3) repetitions.

Section 4: Upon seeing a competitor off balance or a foul, the referee will stop the action. He will report the incident and the point recipient and ask the judges to confirm the point. Upon the judges confirmation a point is awarded.

Section 5: The Referee may instruct the competitors to stop and restart under a variety of circumstances including, but not limited to, to ensure the safety of a competitor, to award a point(s) or to reorient the competitors back to the center line.

Section 6: Following any suspension, the bout resumes with one repetition of Ward-Off (Peng), Press (Ji), Roll Back (Lu) and Push (An) sequence.

Section 7: The competitor who has accumulated the most points wins the match.

Section 8: After the winner is announced, competitors will perform a salutation to each other and to the Referee on his command and then exit the area.

Section 9: Only the Referee may suspend the bout and only the Referee or tournament medical person may enter the rings.

#### **Article VI: SCORING**

---

Section 1: Points are awarded on the basis of execution of a legal technique that causes the opponent to become visibly unbalanced or because of an opponent's violation. Note: The Referee should not wait until a competitor actually falls to call "stop", but should call "stop" at the first sign of the competitor's loss of balance

Section 2: Scoring in Fixed Step Push-Hands will be as follows:

- A. Causing opponent to visibly lose balance 1 point
- B. Opponent is in a vulnerable or indefensible posture 1 point
- C. Causing opponent to take one step or to move feet 1 point
- D. Referee awards a point due to an opponent violation 1 point

It should be noted that in Fixed Step Push-Hands neither of the competitors' feet may move. If this is done a penalty point must be awarded.

Section 3: Scoring in Restricted Step Push-Hands will be as follows:

- A. Causing opponent to visibly lose balance 1 point
- B. Opponent is in a vulnerable or indefensible posture 1 point
- C. Causing opponent to take a step or steps due to loss of balance 1 point
- D. Opponent reverses stance or takes one (1) or more steps to the side 1 point
- E. Referee awards a point due to an opponent violation 1 point

\*It should be noted that in Restricted Step Push-Hands neither of the competitors may reverse their stance or step to the side to gain advantage. If this is done a penalty point must be awarded.

Section 4: Scoring in Moving Step Push-Hands will be as follows:

- A. Causing opponent to visibly lose balance 1 point
- B. Opponent is in a vulnerable or indefensible posture 1 point
- C. Causing opponent to take two (2) or more steps due to loss of balance. 1 point
- D. Opponent steps outside the inner circle with at least one (1) foot 1 point
- E. Any part of an opponents body touches on or outside the outer circle 1 point
- F. Referee awards a point due to an opponent violation 1 point

Section 5: A valid target area shall include the torso area (defined as an area running from shoulder to shoulder from below the base of the neck to the top of the pelvis) and the arms. Illegal target areas shall include all other areas of the body.

## **Article VII: VALID TECHNIQUES**

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Section 1: Valid techniques include:

- A. Pushing
- B. Pulling with one hand
- C. Trapping techniques
- D. Non-impact techniques which cause opponent to lose balance
- E. Single-hand grabbing techniques which cause opponent to lose balance

A competitor may only pull or grab with one hand for no more than three (3) seconds to execute a technique. Otherwise it is considered holding and is a personal violation

## **Article VIII: VIOLATIONS AND WARNINGS**

---

Section 1: The Referee may issue cautions and/or warnings to competitors during the match for committing personal violations, technical violations or serious violations. A caution does not require a confirmation from the judges. If a warning is called the referee will stop the match, point out the violation and call for the judge's confirmation. Upon confirmation from the judges a point is awarded to the opponent. A competitor receiving five (5) warnings or two (2) serious violations is disqualified or after one (1) serious violation if the referee determines that the violation is severe enough. Violations and warnings are continuous from the beginning of the match to the end of the match.

Section 2: Personal Violations are as follows:

- A. Inappropriate use of force or "wrestling"
- B. Two-handed grabs
- C. Grabbing the opponent's clothing
- D. Holding or gripping the opponent with one or both hands to prevent attack or loss of balance
- E. Reversing stance in Restricted Step Push-Hands
- F. Attacking an illegal target area
- G. Attacking the leg(s) or pelvic region
- H. Speaking during the bout

Section 3: Technical Violations are as follows:

- A. Failing to follow the referee's instructions
- B. Being coached while a round is in progress
- C. Failing to complete the required number of repetitions

Section 4: Serious Violations are as follows:

- A. Punching or striking
- B. Head Butting
- C. Attacking with the legs, knees or feet
- D. Elbow or shoulder strikes
- E. Using joint locks or chin na
- F. Using pressure point attacks
- G. Attacking the groin
- H. Techniques resulting in an injury to the opponent
- I. Throws of any kind
- J. Attacking a fallen opponent
- K. Unsportsmanlike conduct by the competitor coach or their associates

Section 5: Other Violations are as follows:

Any other violation not listed deemed by the Referee to be a safety or misconduct factor

## **APPENDIX I: UNIFORMS**

A. Uniforms shall be defined as follows:

Officials Uniforms as designated in the Continuous Sparring section must be worn.

Competitors Uniforms as designated in the Continuous Sparring section must be worn and shoes must have a cloth or non-marking rubber sole.

Coaches Uniforms as designated in the Continuous Sparring section must be worn.

# PART VIII

## AAU CHINESE MARTIAL ARTS RULES FOR SHUAI CHIAO

### ARTICLE I: COMPETITION AREA

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- Section 1: The competition area will be a minimal twenty (20) foot square, but not more than twenty-five (25) feet on a side.
- Section 2: The competition area and safety area will be covered by a judo-style or wrestling mat, affixed such that sections will not separate, and considered by the Chief Referee to be suitable and safe for competition.
- Section 3: The safety area will extend minimally three (3) feet on each side of the area.
- Section 4: The competition area will be clearly marked as being separate from the safety area.
- Section 5: The competition and safety areas will be flat and devoid of hazards.

### ARTICLE II: OFFICIAL DRESS

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- Section 1: Officials will wear the uniform defined in Appendix I.
- Section 2: Competitors will wear the uniform described in Appendix I.

### ARTICLE III: REFEREE AND JUDGES PANEL

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- Section 1: This panel consists of one (1) Referee and at least two (2) judges (and no more than four (4) judges).
- Section 2: A Timekeeper and Scorekeeper will be appointed.

### ARTICLE IV: DURATION OF BOUT

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- Section 1: Each bout shall consist of a maximum of three (3) rounds.  
A. Adults - each of which shall last three (3) minutes with a thirty (:30) second rest between  
B. Youth - each of which shall last one (1) minute with a thirty (:30) second rest between
- Section 2: The bout starts when the Referee gives the signal and stops each time he so indicates verbally and with the proper signal.
- Section 3: The Timekeeper will give an audible signal when time expires in each round.

### ARTICLE V: SCORING

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- Section 1: The result of a round is determined by one competitor scoring a throw on his opponent, by decision, by disqualification, or by a foul imposed upon one competitor.
- Section 2: A throw is awarded on the basis of the following criteria:  
A. When the opponent's torso touches the mat.  
B. When four (4) parts of his body touch the mat (i.e. 2 hands and 2 feet, both knees and hands, both knees and both feet, etc.)
- Section 3: An effective technique which is in the process of execution such that it cannot be stopped, and which is executed at the same time that the end of the bout is signaled is considered valid and must be scored.
- Section 4: When a Judge sees what he believes is a throw, he will give an audible signal.
- Section 5: Scoring will be done as in Continuous Sparring.

### ARTICLE VI: WEIGHT DIVISIONS

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- Section 1: Weight divisions will be:

#### MEN (Adult & Senior):

Flyweight: up to 140 lbs.  
Lightweight: 141 to 155 lbs.  
Light Middleweight: 156 to 170 lbs.  
Middleweight: 171 to 185 lbs.  
Light Heavyweight: 186 to 200 lbs.  
Heavyweight: 201 to 220 lbs.  
Super Open Weight: 221 lbs. and over

#### WOMEN (Adult & Senior)

Lightweight: Up to 130 lbs.  
Middleweight: 131-150 lbs.  
Heavyweight: 151 lbs. and over

#### YOUTH:

To be determined at tournament site.

\* It is noted that these divisions may be modified according to the discretion of the tournament director.

Section 2: Weigh-in is conducted up to two (2) hours prior to competition and a brief check is made by the Chief Referee to determine proper hygiene such as length of fingernails and toenails (which must be cut short), cleanliness of body, hair, uniform, etc.

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**ARTICLE VII: PROHIBITED BEHAVIOR**

Section 1: The following shall constitute prohibited behavior and may result in a penalty or foul being imposed upon the offender:

- A. Evading or stalling.
- B. Executing any kind of impact blow, or attempting to do the same.
- C. Gouging to any part of the body.
- D. Twisting of joints or locking of joints.
- E. Hair-grabbing.
- F. Use of chokes.
- G. Speaking during the bout.
- H. Arguing with any official.
- I. Refusing to obey the directions of any official.
- J. Showing disregard for one's own safety.
- K. Showing disregard for opponent's safety.
- L. Continuing the bout once out of the competition area.
- M. Any other condition for which the Referee believes a penalty should be imposed.

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**ARTICLE VIII: PENALTIES**

Section 1: The scale of penalties shall be the same as that used in Continuous Sparring.

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**ARTICLE IX: OPERATION OF MATCHES**

Section 1: Terms and gestures used by officials shall be as specified.

Section 2: Two competitors are called to the ring. They bow first to the Referee, then to each other on the Referee's command.

Section 3: Competitors take up beginning positions and begin to grapple upon Referee's signal.

Section 4: At the start and end of each round, competitors bow to each other, and to the Referee on command.

Section 5: When the Referee stops the bout, competitors go back to their starting positions to await the call.

Section 6: At the end of the bout, the Referee holds up the hand of the victor as the Scorekeeper calls his name.

Section 7: Upon leaving the mat at the end of the bout, competitors bow to each other and to the Referee.

Section 8: The Timekeeper stops the clock every time the Referee so commands by signal or verbally and resumes timing when Referee verbally indicates.

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**ARTICLE X: SAFETY PRECAUTIONS**

Section 1: All males are required to wear a protective groin cup. Mouth guards are recommended for all competitor, but are not required.

Section 2: Glasses and contact lenses are not allowed.

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**ARTICLE XI: INJURIES AND ACCIDENTS**

Section 1: Will be the same as those used in Continuous Sparring.

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**APPENDIX I: UNIFORMS**

**A. REFEREES AND JUDGES**

- 1. Shall be the same as used in Continuous Sparring.

**B. OTHER OFFICIALS**

- 1. Shall be the same as used in Continuous Sparring.

**C. COACHES**

- 1. Shall be the same as used in Continuous Sparring.

**D. COMPETITORS**

- 1. Must wear a traditional Shuai Chiao uniform jacket and trousers without any kind of footwear. Females may wear a T-shirt under the jacket. Any items bearing wood, metal, plastic, or other hazardous materials or devices such as buttons, zippers, and the like, will be prohibited. No printing or patches may be worn. All uniforms will be subject to approval by the Chief Referee.
- 2. Each competitor will keep hair cut to a length that does not obstruct smooth bout operation. Headbands are not allowed. Hair slides, grips, or decorations of any kind are not allowed. If the Referee considers a competitor's hair, body, uniform, fingernails, or toenails unclean or inappropriate, he may disallow the competitor from competition.
- 3. No jewelry of any kind is allowed.
- 4. The wearing of bandages due to injury must be approved by the Referees' Council on the advice of the tournament medical person. Braces for injuries are hazardous and competitors wearing these cannot compete.
- 5. A judo style jacket may be worn in lieu of a Shuai Chiao jacket.

# PART IX

## AAU CHINESE MARTIAL ARTS RULES FOR CHI SAU

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### ARTICLE I: COMPETITION AREA

The competition area will be flat, devoid of hazards, and will be a square as set forth in Appendix IV.

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### ARTICLE II: OFFICIAL DRESS

Competitors, coaches, judges, referees and all other officials will wear the uniform defined in Appendix I. The Chief Referee may disqualify any competitor or official who fails to comply.

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### ARTICLE III: ORGANIZATION OF COMPETITIONS

Section 1: The term "bout" will describe the individual match between two competitors.

Section 2: Individuals who do not arrive at the competition venue before the tournament is declared open may be disallowed competition.

Section 3: Should athletes fail to attend a match without good reason or without notifying the authorities in advance, quit the match, or leave, a disciplinary action will be decided upon by the Referees' Council after a recommendation from the Chief Referee.

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### ARTICLE IV: REFEREE, JUDGES, & OFFICIALS

Section 1: The Referee and Judges Panel for each match consists of one Referee and three Judges.

Section 2: In addition, a Timekeeper and Scorekeeper will be present.

---

### ARTICLE V: DURATION OF BOUT

Section 1: The duration of a match is the length of time it takes for each competitor to engage in three (3) offensive attacks and three (3) defensive attacks. There is a possibility of a third round of three (3) simultaneous offensive/defensive attacks from each competitor if each wins one round.

---

### ARTICLE VI: SCORING

Section 1: The result of a bout is determined by one competitor landing an effective technique on the other.  
The result of a round is determined by one competitor winning two (2) out of three (3) bouts.  
The result of a match is determined by one competitor winning two (2) out of three (3) rounds.

Section 2: A valid offensive technique is one which displays:

- A. Good Form: Correct posture and stable positioning such that balance and body control are strong and the technique is performed with technical correctness and proper body mechanics.
- B. Good Power: The technique is properly controlled so as not to make excessive contact or cause injury, but enough extension is left in the technique to make such contact if desired.
- C. Good Attitude: Competitor must NOT display an attitude indicating that he intends to harm his opponent. Anger must be controlled.

Section 3: A valid defensive technique is one which displays:

- A. Good Form: Correct posture and stable positioning such that balance and body control are strong and the technique is performed with technical correctness and proper body mechanics.
- B. Good Power: The technique is properly controlled so as not to make excessive contact or cause injury, but enough extension is left in the technique to make such contact if desired.
- C. Good Attitude: Competitor must NOT display an attitude indicating that he intends to harm his opponent. Anger must be controlled.
- D. Good Defensive: Competitor uses simultaneous redirection, trapping, or control of opponent's technique.

Section 4: The Referee will control the match so as to allow a safe environment for competition. The Referee will determine penalties or fouls and award points or warnings as needed.

Section 5: Three (3) corner Judges will signal the winner by use of a flag or hand motion.

The Judges will also indicate and award fouls or penalties as instructed by the Referee.

## ARTICLE VII: LEGAL TARGETS

---

Section 1: Legal targets are:

- |                      |                              |
|----------------------|------------------------------|
| A. Head              | E. Chest                     |
| B. Sides of Neck     | F. Sides of Torso            |
| C. Abdomen           | G. Backs of Ribs and Kidneys |
| D. Face (no contact) |                              |

Section 2: The spine is not a target.

## ARTICLE VIII: VALID TECHNIQUES

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Section 1: The following types of techniques shall be considered valid:

- A. Punches with the fore-fist (punches are made in a thrusting motion)
- B. Strikes with the fore-fist (strikes are made following an arc)
- C. Back-fist strikes
- D. Strikes using the ulnar side of the hand
- E. Strikes using the radial side of the hand
- F. Strikes using the top of a bent wrist
- G. Thrusts with the palm heel.

## ARTICLE IX: PROHIBITED BEHAVIOR

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Section 1: The following are forbidden:

- A. Techniques which make contact to any part of the neck, throat, or the facial area.
- B. Techniques that make excessive contact resulting in immediate swelling, bruising, or bleeding, or which, in the eyes of the Referee, are excessive. Control to scoring areas must be reasonable and light. Techniques, which are judged excessive, will be penalized.
- C. Attacking the limbs, joints, or groin.
- D. Spear or fingertip attacks to the face.
- E. Techniques which, by their nature, cannot be controlled for safety of the opponent.
- F. Repeated exits from the competition area.
- G. Grabbing or sweeping without immediately attempting to score.
- H. Pushing; wrestling.
- I. Displaying lack of regard for one's own safety.
- J. Feigning injury to gain advantage.
- K. Speaking to the opponent during the bout or speaking to any official during the bout without the Referee requesting that the competitor speak.
- L. Any discourteous or unsportsmanlike conduct. Any competitor or coach who behaves in such manner towards any official or other competitor can earn immediate disqualification of the offender, the coach, club, or any part thereof, from the tournament. The Referee makes such determination and disqualification.

Section 2: Any commission of any of the forbidden acts will result in a penalty.

## ARTICLE X: PENALTIES

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Section 1: The Referee, who may wish to consult first with the judging panel, announces the nature of a penalty.

Section 2: Warnings may be imposed for minor infractions or for the first instance of a minor infraction. A second infraction requires a heavier penalty. A third infraction requires a heavier penalty than the second, and so on.

Section 3: The following scale of penalties shall operate:

- A. Warning Without Penalty: Does not alter the offender's score. It is given for very minor infractions and may be given only once to each competitor in a bout.
- B. Warning With Half-Point Penalty: A half-point is awarded to the opponent's score. It is imposed for minor infractions for which #A has already been given to the offender in that bout, or for infractions too serious for #A, but not serious enough to warrant #C
- C. Warning With Full-Point Penalty: A point is added to the opponent's score. This is given for an infraction for which #B has already been given to the offender in that bout, or for the first instance of a very serious infraction.
- D. Foul: This is imposed for an infraction for which #C has already been given to the offender in that bout, or for a very serious infraction. It ends the bout with the opponent named as victor.
- E. Disqualification: This is disqualification from the actual event, contest, match or the whole event. It is invoked for the following:
  - 1. When a competitor commits an act which harms the prestige and honor of Chinese Martial Arts.
  - 2. When a competitor refuses to obey orders of an official.
  - 3. When a competitor becomes so excited that he jeopardizes smooth operation of the bout.
  - 4. When competitor's action(s) are considered by the Referee to be too dangerous and in deliberate violation of the rules.
  - 5. When a competitor insists upon returning to competition against the recommendation of the tournament medical person.
  - 6. When other action(s) are considered by the Referee to violate tournament rules.

Section 4: It is noted that the scale of escalating penalties operates regardless of the physical nature of the infraction(s); it operates according to the severity of the infraction(s).

**ARTICLE XI: INJURIES AND ACCIDENTS**

---

- Section 1: Forfeiture is a decision given when a competitor refuses to continue, abandons the bout, or is withdrawn by order of the Referee. Grounds for such abandonment may include injury not attributed to the opponent's actions.
- Section 2: If two competitors injure each other at the same time or are suffering from the effects of previously incurred injuries and are declared by the tournament medical person to be unable to continue, the bout is given to the fighter who has the most points at the time. If there is no score superiority, a decision is taken.
- Section 3: An injured competitor declared unfit to continue by the tournament medical person cannot compete again in that division on the same day.
- Section 4: An injured competitor who wins a bout through disqualification of the opponent, but who cannot fight again, must be withdrawn.
- Section 5: When a competitor is injured, the Referee will stop the bout and aid him while calling for the tournament medical person. *Only* the medical person is authorized to diagnose and treat injuries and make recommendations for the competitor's safety.

**ARTICLE XII: OPERATION OF MATCHES**

---

- Section 1: Terms and gestures used by officials shall be as specified in Appendix III.
- Section 2: The Referee and the three (3) judges take their prescribed positions. Competitors enter the area, exchange bows upon the Referee's command after bowing to the Referee as per his command. The Referee announces the start of the bout.
- Section 3: Competitors engage, attack, and counter-attack continuously until the Referee stops the match verbally and by gesture.
- Section 4: When the Referee stops the bout, competitors go back to their original starting positions. Judges remain in their positions. The Referee stops the bout when:
  - A. A penalty should be imposed.
  - B. An item of equipment or uniform becomes loose and interferes with the bout.
  - C. One competitor is defenseless or deliberately exposing illegal targets.
  - D. A competitor steps one foot out of bounds (the LINE of the competition area is considered out of bounds).
  - E. There is an injury.
  - F. The bout has ended.
  - G. He deems it necessary for any other reason.
- Section 5: At the end of the bout, the Referee, Judges, and competitors take their original positions. The Referee calls for the Judges' decisions based upon the total score each of the two competitors received from each Judge. Upon the verbal command of "score!" all three Judges will indicate which of the two competitors is the winner of the bout. The Referee then indicates who the winner is (by a majority of the Judges) with a verbal and hand signal.
- Section 6: Competitors bow to each other on the command of the Referee, and then bow to the Referee on his command. They will then exit the area.
- Section 7: If any situations arise which are not covered in these rules or if there is any doubt concerning their applications in a given case, the Referee will immediately stop the bout and consult with the Judges and Chief Referee to obtain a consensus.

**APPENDIX I: UNIFORMS**

---

- A. REFEREES
  - 1. Referees will wear the official uniform designated by the Referees' Council. This will be worn at all tournaments.
  - 2. The referees official uniform is:
    - a. White dress shirt
    - b. Tie (males)
    - c. Dark dress slacks or skirt (jeans not acceptable)
    - d. Dark socks with non-marking soled brown or black shoes
    - e. Blue blazer or sports coat
- B. JUDGES
  - 1. Judges will wear the official uniform designated by the Referees' Council. This will be worn at all tournaments.
  - 2. The judges official uniform is:
    - a. AAU Chinese Martial Arts blue polo style shirts
    - b. Dark dress slacks or skirt (jeans not acceptable)
    - c. Dark socks with non-marking soled brown or black shoes
- C. OTHER OFFICIALS
  - 1. All other officials (Timekeepers, Scorekeepers, etc.) will wear the following uniform:
    - a. White polo style shirt or National Tournament shirt

\* It is noted that the use of these uniforms is in the interest of professionalism and also to clearly identify the officials to all competitors and spectators.

- D. COMPETITORS
  - 1. Competitors must wear a clean Chinese Martial Arts uniform of the type with cloth buttons, or fold-over type. Trousers will come to at least within two (2) inches of the ankles. Any uniform bearing wood, metal, plastic, or other hazardous materials or devices such as buttons, zippers, and the like, will be prohibited. No printing or patches may be worn. All uniforms will be subject to approval by the Chief Referee.
  - 2. AAU T-shirts may be worn in lieu of a jacket.
  - 3. Competitors will have short fingernails and toenails and they must be clean.
  - 4. Jewelry is prohibited.
  - 5. The Referee Council, on the advice of the tournament medical person, must approve the wearing of injury protective bandages or braces.
- E. COACHES
  - 1. The coach will wear a uniform consisting of a polo style shirt as provided by the Chinese Martial Arts Coaching Council, and black martial arts training trousers.

# PART X

## AAU CHINESE MARTIAL ARTS RULES FOR CONTACT SPORT WEAPONS

### I: SWORD & STAFF

#### ARTICLE I: COMPETITION AREA

---

Section 1: Shall be the same as Continuous Sparring.

#### ARTICLE II: OFFICIAL DRESS

---

Section 1: Shall be the same as Continuous Sparring, except competitors may wear non-marking rubber soled shoes.

#### ARTICLE III: ORGANIZATION OF COMPETITIONS

---

Section 1: Shall be the same as Continuous Sparring.

#### ARTICLE IV: REFEREE AND JUDGES PANEL

---

Section 1: Shall be the same as Continuous Sparring.

#### ARTICLE V: DURATION OF BOUT

---

Section 1: Shall be a maximum of three (3) thirty (:30) second rounds with a fifteen (:15) second break in between rounds.

#### ARTICLE VI: SCORING

---

Section 1: The result of a bout is determined by (a) one competitor reaching 5 points or (b) one competitor obtaining a higher score than the other, through decision, disqualification of the opponent, or a foul being imposed on the opponent within the designated time.

Section 2: A point is awarded on the basis of the following criteria for a legal technique executed to a valid target area:

- A. One (1) point is given for any technique initiated against the extremities of an opponent.
- B. Two (2) points are awarded to any technique initiated against the head, neck, or torso of the opponent.

Section 3: An effective technique delivered at the same time that the end of the bout is signaled is considered valid. An attack delivered after an order to stop the bout cannot be scored and may result in a penalty being imposed upon the offender.

Section 4: Following each score the Referee will break the competitors and restart the action.

Section 5: No technique may be scored for a competitor who has at least one foot outside of the competition area. However, if one competitor is inside the area and scores on his opponent who is outside of it before the Referee stops the match verbally, the technique will be scored.

Section 6: Simultaneous scoring techniques delivered by both competitors are not scored.

#### ARTICLE VII: CRITERIA FOR DECISION

---

Section 1: To win the round, the competitor

- A. Must have the most points within thirty (:30) seconds
- B. Must be the first to score five (5) points within thirty (:30) seconds
- C. shall win by default from opponent's fouls, penalties, or disqualification.

Section 2: To win the match, the competitor must win two (2) out of three (3) rounds.

#### ARTICLE VIII: LEGAL TARGETS

---

Section 1: Attacks will be limited to:

- A. Head
- B. Torso
- C. Extremities

#### ARTICLE IX: VALID TECHNIQUES

---

Section 1: The intrinsic nature of the weapon should be shown so as to demonstrate the practitioner's knowledge of the handling of the particular weapon being used.

**ARTICLE X: PROHIBITED BEHAVIOR**

---

Section 1: The following are forbidden:

- A. Techniques which make contact to any part of the face or throat.
- B. Techniques which make excessive contact resulting in immediate swelling, bruising, or bleeding, or which, in the eyes of the Referee, are excessive.
- C. Techniques which, by their nature, cannot be controlled for the safety of the opponent.
- D. Repeated exits from the competition area.
- E. Pushing or wrestling.
- F. Feigning injury to gain advantage.
- G. Speaking to the opponent during the bout or speaking to any officials during the bout without the Referee requesting that the competitor speak.
- H. Placing oneself endangerment, such as turning one's back to his opponent while the match is still in action or placing one's head down and swinging the weapon blindly.
- I. Any discourteous or unsportsmanlike conduct. Any competitor, or coach who behaves in such a manner towards any official or other competitor may be immediately disqualified from the tournament. The Referee will make such determination and disqualification.

**ARTICLE XI: PENALTIES**

---

Section 1: Shall be the same as Continuous Sparring.

Section 2: A strike which makes contact to the face or throat will result in loss of bout.

**ARTICLE XII: INJURIES AND ACCIDENTS**

---

Section 1: Shall be the same as Continuous Sparring.

**ARTICLE XIII: SAFETY EQUIPMENT**

---

Section 1:

- A. Fencer's mask or padded headgear with caged facemask must be worn
- B. Male competitors must wear groin protection

**ARTICLE XIV: OPERATION OF MATCHES**

---

Section 1: Referee oversees competitors and awards points while judges watch for safety of competitors and confirm points.

**APPENDIX I: CONTACT SPORT WEAPON TERMINOLOGY**

---

Shall be the same as Continuous Sparring.

**APPENDIX II: CONTACT SPORT WEAPON GESTURES OF REFEREE AND JUDGES**

---

Shall be the same as Continuous Sparring.

**APPENDIX III: CONTACT SPORT WEAPON COMPETITION AREA**

---

Shall be the same as Continuous Sparring.

**APPENDIX IV: CONTACT SPORT WEAPON SYMBOLS TO BE USED BY OFFICIALS**

---

Shall be the same as Continuous Sparring.

**APPENDIX V: TYPES OF CONTACT SPORT WEAPONS ALLOWED**

---

Contact the National Chairman for specifications of the contact sport weapons allowed for competition or for any other inquiries.

**II: SINGLE STICK SPARRING**

**ARTICLE I: COMPETITION AREA**

---

Section 1: Shall be the same as Continuous Sparring.

**ARTICLE II: OFFICIAL DRESS**

---

Section 1: Shall be the same as Continuous Sparring, except competitors may wear non-marking rubber soled shoes.

**ARTICLE III: ORGANIZATION OF COMPETITIONS**

---

Section 1: Shall be the same as Continuous Sparring.

**ARTICLE IV: REFEREE AND JUDGES PANEL**

---

Section 1: Shall be the same as Continuous Sparring.

**ARTICLE V: DURATION OF BOUT**

---

Section 1: Shall be a maximum of three (3) forty-five (:45) second rounds with a fifteen (:15) second rest between.

---

**ARTICLE VI: SCORING**

---

- Section 1: An effective technique delivered at the same time that the end of the bout is signaled is considered valid. An attack delivered after an order to stop the bout cannot be scored and may result in a penalty being imposed upon the offender.
- Section 2: No technique may be scored for a competitor who has at least one foot outside of the competition area. However, if one competitor is inside the area and scores on his opponent who is outside of it before the Referee stops the match verbally, the technique will be scored.
- Section 3: If a competitor is disarmed by a technique or blow two (2) times within one (1) round, his opponent will win that round.
- Section 4: Controlled striking, grappling, sweeping, checking or allowed but are expected to support the use of the weapon. As this is weapon sparring, striking is expected to occur immediately before or after use of the weapon. During grappling, the competitor is expected to have possession of his or his opponent's weapon. Grappling which exceeds three (3) seconds with no progress of either competitor will result in a break of the engagement and restart of the action as directed by the referee.

---

**ARTICLE VII: CRITERIA FOR DECISION**

---

- Section 1: The result of a bout is determined by one competitor obtaining a higher percentage of clean techniques landed than the other, disqualification of the opponent, or a foul being imposed on the opponent.
- Section 2: To win the match, the competitor must win two (2) out of three (3) rounds.

---

**ARTICLE VIII: LEGAL TARGETS**

---

- Section 1: All body parts, with the exception of the throat, are legal targets.

---

**ARTICLE IX: VALID TECHNIQUES**

---

- Section 1: The intrinsic nature of the weapon should be shown so as to demonstrate the practitioner's knowledge of the handling of the particular weapon being used.

---

**ARTICLE X: PROHIBITED BEHAVIOR**

---

- Section 1: The following are forbidden:
- A. Techniques which make contact to any part of the throat.
  - B. Techniques which make excessive contact resulting in immediate swelling, bruising, or bleeding, or which, in the eyes of the Referee, are excessive. Control to scoring areas must be reasonable and controlled. Techniques which are judged excessive will be penalized.
  - C. Techniques which, by their nature, cannot be controlled for the safety of the opponent.
  - D. Repeated exits from the competition area.
  - E. Feigning injury to gain advantage.
  - F. Speaking to the opponent during the bout or speaking to any officials during the bout without the Referee requesting that the competitor speak.
  - G. Placing oneself in detriment, such as turning one's back to his opponent while the match is still in action or placing one's head down and swinging the weapon blindly.
  - H. Any discourteous or unsportsmanlike conduct. Any competitor, or coach who behaves in such a manner towards any official or other competitor may be immediately disqualified from the tournament. The Referee will make such determination and disqualification.

---

**ARTICLE XI: PENALTIES**

---

- Section 1: Shall be the same as Continuous Sparring.

---

**ARTICLE XII: INJURIES AND ACCIDENTS**

---

- Section 1: Shall be the same as Continuous Sparring.

---

**ARTICLE XIII: SAFETY EQUIPMENT**

---

- Section 1:
- A. Fencer's mask must be worn
  - B. Male competitors must wear groin protection
  - C. Heavy weight sweat shirts will be worn
  - D. Light hand and forearm cloth gear will be worn
  - E. Hard Shin Guard for lead leg will be worn

---

**ARTICLE XIV: OPERATION OF MATCHES**

---

- Section 1: Referee oversees competitors and awards points while judges watch for safety of competitors and confirm points.
- Section 2: Match will start with competitors at opposite corners of the ring. The Referee will direct the competitors to advance and engage with strategy and tactics reflecting the weapon as a representative of an edged weapon (i.e. bolo, sword). In the case of single stick, if the competitors stand toe to toe and proceed to batter each other with the sticks, without regard to the edged weapon concept, the referee will break and restart the competitors in their respective corners with appropriate warning or foul.

---

**APPENDIX I: CONTACT SPORT WEAPON TERMINOLOGY**

---

Shall be the same as Continuous Sparring.

---

**APPENDIX II: CONTACT SPORT WEAPON GESTURES OF REFEREE AND JUDGES**

---

Shall be the same as Continuous Sparring.

**APPENDIX III: CONTACT SPORT WEAPON COMPETITION AREA**

Shall be the same as Continuous Sparring.

**APPENDIX IV: TYPES OF CONTACT SPORT WEAPONS ALLOWED**

A. Single Stick

1. Thin green rattan sticks which allow enough flexibility for slashing, thrusting, and checking.

**III: KNIFE SPARRING (*adults only*)**

**ARTICLE I: COMPETITION AREA**

Section 1: Shall be the same as Continuous Sparring.

**ARTICLE II: OFFICIAL DRESS**

Section 1: Shall be the same as Continuous Sparring, except competitors may wear non-marking rubber soled shoes.

**ARTICLE III: ORGANIZATION OF COMPETITIONS**

Section 1: Shall be the same as Continuous Sparring.

**ARTICLE IV: REFEREE AND JUDGES PANEL**

Section 1: Shall be the same as Continuous Sparring.

**ARTICLE V: DURATION OF BOUT**

Section 1: Shall be a maximum of three (3) thirty (:30) second rounds with a fifteen (:15) second break in between rounds.

**ARTICLE VI: SCORING**

Section 1: The result of a bout is determined by (a) one competitor reaching 5 points or (b) one competitor obtaining a higher score than the other, through decision, disqualification of the opponent, or a foul being imposed on the opponent within the designated time.

Section 2: A point is awarded on the basis of the following criteria for a legal technique executed to a valid target area:

- A. One (1) point is given for any striking technique to head, torso, or outside leg of the opponent.
- B. One (1) point is awarded for an outside cut of the extremities of the opponent.
- C. Two (2) points are given for an inside cut of the extremities or a body slice to the opponent.
- D. Five (5) points (end of match) for a cut to the throat, cut to the side of the neck, or stab to the torso of the opponent.

Section 3: If a competitor is disarmed by a technique or blow two (2) times within one (1) round, his opponent will win that round.

Section 4: When the referee determines one competitor has a score of 5 points, he will break the competitors, call for points, and restart the action is needed.

Section 5: No technique may be scored for a competitor who has at least one foot outside of the competition area. However, if one competitor is inside the area and scores on his opponent who is outside of it before the Referee stops the match verbally, the technique will be scored.

Section 6: Simultaneous scoring techniques delivered by both competitors are not scored.

**ARTICLE VII: CRITERIA FOR DECISION**

Section 1: To win the round, the competitor

- A. Must have the most points within thirty (:30) seconds
- B. Must be the first to score five (5) points within thirty (:30) seconds
- C. shall win by default from opponent's fouls, penalties, or disqualification.

Section 2: To win the match, the competitor must win two (2) out of three (3) rounds.

**ARTICLE VIII: LEGAL TARGETS**

Section 1: Attacks will be limited to:

- A. Head
- B. Torso
- C. Extremities

**ARTICLE IX: VALID TECHNIQUES**

Section 1: The intrinsic nature of the weapon should be shown so as to demonstrate the practitioner's knowledge of the handling of the particular weapon being used.

**ARTICLE X: PROHIBITED BEHAVIOR**

---

Section 1: The following are forbidden:

- A. Techniques which make excessive contact resulting in immediate swelling, bruising, or bleeding, or which, in the eyes of the Referee, are excessive.
- B. Techniques which, by their nature, cannot be controlled for the safety of the opponent.
- C. Repeated exits from the competition area.
- D. Feigning injury to gain advantage.
- E. Speaking to the opponent during the bout or speaking to any officials during the bout without the Referee requesting that the competitor speak.
- F. Placing oneself endangerment, such as turning one's back to his opponent while the match is still in action or placing one's head down and swinging the weapon blindly.
- G. Any discourteous or unsportsmanlike conduct. Any competitor, or coach who behaves in such a manner towards any official or other competitor may be immediately disqualified from the tournament. The Referee will make such determination and disqualification.

**ARTICLE XI: PENALTIES**

---

Section 1: Shall be the same as Continuous Sparring.

**ARTICLE XII: INJURIES AND ACCIDENTS**

---

Section 1: Shall be the same as Continuous Sparring.

**ARTICLE XIII: SAFETY EQUIPMENT**

---

Section 1:

- A. Fencer's mask must be worn
- B. Male competitors must wear groin protection

**ARTICLE XIV: OPERATION OF MATCHES**

---

Section 1: Referee oversees competitors and awards points while judges watch for safety of competitors and confirm points.

**APPENDIX I: CONTACT SPORT WEAPON TERMINOLOGY**

---

Shall be the same as Continuous Sparring.

**APPENDIX II: CONTACT SPORT WEAPON GESTURES OF REFEREE AND JUDGES**

---

Shall be the same as Continuous Sparring.

**APPENDIX III: CONTACT SPORT WEAPON COMPETITION AREA**

---

Shall be the same as Continuous Sparring.

**APPENDIX VI: TYPES OF CONTACT SPORT WEAPONS ALLOWED**

---

A. Knife Sparring

- 1. Rubber Applegate Fairbairn training knives

# PART XI

## AAU CHINESE MARTIAL ARTS RULES FOR SELF DEFENSE

---

### ARTICLE I: COMPETITION AREA

Section 1: Shall be the same as Continuous Sparring.

---

### ARTICLE II: OFFICIAL DRESS

Section 1: Shall be the same as Continuous Sparring, except competitors may wear non-marking rubber soled shoes.

---

### ARTICLE III: ORGANIZATION OF COMPETITIONS

Section 1: Shall be the same as Continuous Sparring.

---

### ARTICLE IV: REFEREE AND JUDGES PANEL

Section 1: Shall be the same as Continuous Sparring.

---

### ARTICLE V: DURATION OF BOUT

Section 1: Shall be a maximum of one (1) minute.

---

### ARTICLE VI: SCORING

Section 1: Scoring of technique shall be divided into two (2) equal parts.

- A. Practicality
  - 1. Effectiveness of technique for street application
- B. Execution
  - 1. Delivery of technique at combat speed
    - A. Accuracy of strikes
    - B. Balance
    - C. Speed
    - D. Spirit

Section 2: Technique shall be assessed within a scoring range of 0.0 to 5.0 per each part, equaling a maximum of ten (10).

---

### ARTICLE VII: CRITERIA FOR EXECUTION

Section 1: Competitor will demonstrate three (3) individual self defense techniques

- A. Against a strike (kick or punch)
- B. Against a weapon
- C. Against a grab

Section 2: Competitor will demonstrate each technique

- A. Slowly (A verbal description of technique strikes and targets is recommended, but not required).
- B. Combat speed

---

### ARTICLE VIII: PROHIBITED BEHAVIOR

Section 1: The following are forbidden:

- A. Techniques which make contact to any part of the throat during combat speed.
- B. Techniques which make excessive contact resulting in immediate swelling, bruising, or bleeding.
- C. Techniques which, by their nature, cannot be controlled for the safety of the opponent.
- D. Speaking to the opponent during the bout or speaking to any officials during the bout without the Referee requesting that the competitor speak.
- E. Any discourteous or unsportsmanlike conduct. Any competitor or coach who behaves in such a manner towards any official or other competitor may be immediately disqualified from the tournament. The Referee will make such determination and disqualification.

## PART XII

# AAU CMA DUTIES OF OFFICIALS AND COACHES

### APPENDIX I: ASSOCIATION CHIEF OFFICIAL

---

- A. The Association Chief Official is appointed annually by the Association Chinese Martial Arts Chairperson.
- B. Duties include:
  - 1. Assisting clubs in organizing competitions and the Association Championship.
  - 2. Developing and conducting local seminars to license officials.
  - 3. Acting as Chief Referee at the Association Championships if the Regional Chief Official is not present.
  - 4. Acting as Chairperson of the Association Officials' Council which consist of all licensed Association officials.
  - 5. Ensuring that all officials acting at AAU Chinese Martial Arts events are licensed.

### APPENDIX II: REGIONAL CHIEF OFFICIAL

---

- A. The Regional Chief Official is appointed annually by the AAU Chinese Martial Arts Executive Committee.
- B. Duties include:
  - 1. Assisting Associations of the region in organizing and conducting licensing seminars for officials.
  - 2. Licensing officials at Regional Levels A through C.
  - 3. Acting as Chief Referee at the Regional Championships.
  - 4. Acting as Chief Referee at Association Championships in the region.
  - 5. Representing the region as a member of the National Officials' Council.
  - 6. Acting as Chairperson of the Regional Officials' Council which consists of all Association Chief Officials in the region.
  - 7. Ensuring that all officials acting at AAU Chinese Martial Arts events are licensed.

### UPDATED APPENDIX III: NATIONAL CHIEF OFFICIAL

---

- A. *The National Chief Official is appointed annually by the AAU National Chinese Martial Arts Executive Committee no less than ninety (90) days before the National Championship and the term will end not less than thirty (30) days after the National Championship.*
- B. Duties include:
  - 1. *Representing the Chinese Martial Arts Executive Committee at the National Championships insofar as officiating is concerned.*
  - 2. *Being responsible for ensuring that all officials are properly licensed and trained, and are registered AAU members.*
  - 3. *Ensuring that AAU Code and rules of competition for Chinese Martial Arts are adhered to.*
  - 4. *Conducting competitor and judges meetings at the National Championships to ensure that all competitors and judges understand the AAU Code and rules of competition for Chinese Martial Arts.*
  - 5. *Striving to maintain the highest possible level of excellence in the AAU CMA officiating program.*
  - 6. *Report to the National Rules Committee any difficulties that occurred during competitions with recommendations*

### UPDATED APPENDIX IV: NATIONAL CHIEF ARBITRATOR

---

- A. *The National Chief Arbitrator is appointed annually by the AAU National Chinese Martial Arts Executive Committee no less than ninety (90) days before the National Championship and the term will end not less than thirty (30) days after the National Championship.*
- B. Duties include:
  - 1. *Representing the Chinese Martial Arts Executive Committee at the National Championships to ensure that all officiating is fair and unbiased.*
  - 2. *Rendering final judgment when a competitor's coach challenges the decision of the officials of a specific event or division.*
  - 3. *Ensuring that AAU Code and rules of competition for Chinese Martial Arts are adhered to.*
  - 4. *Remaining available to make any decisions and judgment regarding the rules of competition necessary.*
  - 5. *Striving to maintain the highest possible level of excellence and fairness in the AAU CMA National Championships.*
  - 6. *Report to the National Rules Committee any difficulties that occurred during competitions with recommendations*

### UPDATED APPENDIX V: NATIONAL HEAD COACH

---

- A. *The National Head Coach is appointed annually by the AAU National Chinese Martial Arts Executive Committee no less than ninety (90) days before the National Championship and the term will end not less than thirty (30) days after the National Championship.*
- B. Duties include:
  - 1. *Representing the Chinese Martial Arts Executive Committee at the National Championships to ensure that all coaches and competitors know how to compete at national and international competitions.*
  - 2. *Developing and conducting free workshops at the National Championships for all Chinese Martial Arts practitioners, competitors and non-competitors alike, for purposes of upgrading the quality of Chinese Martial Arts within the AAU CMA.*
  - 3. *Remaining available to offer advise to all competitors and coaches at the National Championships.*
  - 4. *Striving to maintain the highest possible level of competitor excellence at the AAU CMA National Championships.*
  - 5. *Report to the National Executive Committee any difficulties that occurred during competitions with recommendations.*

## APPENDIX VI: ASSOCIATION HEAD COACH

---

- A. The Association Head Coach is appointed annually by the Association Chinese Martial Arts Chairperson.
- B. Duties include:
  - 1. Acting as Association representative on the Regional Coaching Council.
  - 2. Conducting regular seminars to train and license coaches.
  - 3. Acting as Head Coach at Association Championships when Regional Head Coach is not present.
  - 4. Developing and conducting workshops for AAU Chinese Martial Arts practitioners, competitors and non-competitors alike, for purposes of upgrading the quality of Chinese Martial Arts in the Association.
  - 5. Ensuring that all coaches acting at AAU events are licensed.
  - 6. Chairing the Association Coaching Council which consists of all licensed coaches in the Association.

## APPENDIX VII: REGIONAL HEAD COACH

---

- A. The Regional Head Coach is appointed annually by the National Chinese Martial Arts Executive Committee.
- B. Duties include:
  - 1. Acting as Regional representative on the National Coaching Council.
  - 2. Overseeing training and certification of Association Head Coaches.
  - 3. Acting as Head Coach at Regional Championships and may act as Head Coach at Association Championships.
  - 4. Chairing the Regional Coaching Council, which consists of all Association Head Coaches.
  - 5. Ensuring that coaches at all AAU events are licensed.

## UPDATED APPENDIX VIII: JUDGES AND OFFICIALS TRAINING AND CERTIFICATION

---

- Section 1. New Judges training will consist of a Mentorship Program. The candidate judge or official will be assigned as an assistant to a senior level judge who will act as the candidate's mentor and trainer for the duration of a tournament or championship. If at the end of this period the candidate judge satisfies the mentor-trainer that they have the appropriate judging skills, the mentor-trainer will certify to the National Executive Committee that the candidate judge is qualified to serve a corner judge. The National Executive Committee will then certify the candidate as a Corner Judge.*
- Section 2. To be eligible as a Certified Head Judge or Referee, the official must have served for three (3) years as a Certified Corner Judge and must also have served as a Scorekeeper and Timekeeper.*
- Section 3. Officials experience and certifications from other Chinese Martial Arts organizations will be recognized upon approval of the National Executive Committee who will then issue equivalent certification to the candidate.*

## APPENDIX IX: RECOMMENDED COACHES STUDY

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There are a great many areas which can and should be studied by all coaches to help improve the competitive quality of athletes. We hope that these few items will give some ideas of this enormous subject.

- A. Recommended items for study for coaching training:
  - 1. ACEP program
  - 2. First-Aid & Sports Medicine
  - 3. Psychology of learning
  - 4. Psychology of development of confidence and attitude and spirit.
  - 5. Stress reduction before and during competition
  - 6. Physiology
  - 7. Most effective methods of developing:
    - A. strength
    - B. speed
    - C. timing
      - 1. Theory of Competition
      - 2. Thorough knowledge of AAU Chinese Martial Arts rules
      - 3. Effective aerobic and anaerobic training for Chinese Martial Arts athletes.

# PART XIII

## AAU DUTIES OF CHAIRMEN AND NATIONAL EXECUTIVE COMMITTEE

### UPDATED APPENDIX I: NATIONAL CHAIRMAN

---

- A. *The National Chair is appointed by the National AAU Executive Committee.*
1. *AAU/CMA National Executive Committee will recommend a new National Chair for consideration by the National AAU Executive Committee*
- B. *Duties include:*
1. *Forming National Executive Committee consisting of...*
    - A. *Vice Chair*
    - B. *Secretary*
    - C. *Six General Committee Members*
      - CI. *Appointments must be agreed to by a majority of National Executive Committee members.*
  2. *Ensuring National Championships occur annually.*
  3. *Overseeing National Championships*
  4. *Holding Semi-Annual Executive Committee Meetings*
  5. *Holding Annual National Rules Committee during the National Championship*
    - 5a. *National Executive Committee, Regional Chairs vote on rules changes to be presented for approval by the Association Chairs at the National Convention*
  6. *Contacting Regional Chairmen quarterly*
  7. *Maintaining records of growth in the Nation*
  8. *Setting-up training for officials and coaches*
  9. *Act as Liaison and report to AAU Sports Manager and National Executive Committee*
  10. *Maintaining contact with other Chinese Martial Arts Organizations.*
  11. *Appointing and/or overseeing election of Regional Chairman*
  12. *Recommending and advising to Associating Presidents for Association Chairs*
  13. *Seeking Sponsorship*

### UPDATED APPENDIX II: NATIONAL EXECUTIVE COMMITTEE

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- A. *The National Executive Committee members are appointed by the National Chair.*
1. *All National Executive Committee appointments by the National Chair must be ratified by a majority vote of the CMA National Executive and the Regional Chairmen.*
  2. *Failure to ratify a Executive Committee member will result in a call for Executive Committee nominations from the sitting Executive Committee and the Regional Chairs.*
  3. *The alternate nominations will then be reviewed and the National Chair will select the Executive Committee member(s) from these approved nominations.*
- B. *Duties include:*
1. *Vote on appointments by the National Chair.*
  2. *Vote on proposed rules changes*
  3. *Vote on recommending to the appropriate AAU officials the removal and/or replacement of an unethical or non-performing AAU/CMA official(s) .*
    - 3a. *Vote for recommending removal will initiate upon receipt of a petition from 10% of the AAU/CMA members in the area that the official in question is representing.*
  4. *Assist in the promotion and execution of National Championships.*
  5. *Assist in the nomination and election process of Regional Chairs.*
  6. *Assist National Chair in execution of his/her duties.*
  7. *Assist in outreach and promotion of the AAU/CMA.*
  8. *Other duties as agreed to in Executive Committee meetings.*

### **UPDATED APPENDIX III: REGIONAL CHAIRMAN**

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- A. *The Regional Chair is nominated and voted and into office bi-annually by general AAU/CMA membership.*
  - 1. *National Chair and National Executive Committee will oversee the nomination and election process of the Regional Chairs.*
  - 1. *If election of Regional Chair isn't possible then the National Chair will appoint Regional Chair with National Executive Committee approval.*
  - 2. *Regional Chair must be an AAU/CMA member in good standing and reside in the Region that he/she is representing.*
  - 3.
- B. *Duties include:*
  - 1. *Forming Regional committee consisting of...*
    - A. *Vice Chairman*
    - B. *Secretary*
    - C. *Four General Committee Members*
  - 2. *Promote the AAU/CMA National Championships within his/her region*
  - 3. *Promote the AAU/CMA and the Chinese Martial Arts within his/her region*
  - 4. *Holding Regional Meetings*
  - 5. *Contacting Association Chairmen quarterly*
  - 6. *Maintaining records of growth in the Region*
  - 7. *Holding Regional events to promote the Chinese Martial Arts*
  - 8. *Setting-up training for officials and coaches*
  - 9. *Reporting to National Chairman*
  - 10. *Participating and voting in annual National Rules Committee meeting.*
  - 11. *Ratifying National Executive Committee member appointments.*
  - 12. *Nominating National Executive Committee members in the occasion of a failed vote to ratify.*

### **UPDATED APPENDIX IV: DISTRICT CHAIRMAN**

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- A. *The Association Chairman is appointed by the local Association President with advisement from the Regional and National Chairmen.*
- B. *Duties include:*
  - 1. *Forming committee within association consisting of...*
    - A. *Vice Chairman*
    - B. *Secretary*
    - C. *Treasurer*
    - D. *Chief Official*
    - E. *Association Head Coach*
    - F. *Public Relations*
  - 2. *Holding Association Tournament*
  - 3. *Training judges and officials*
  - 3. *Organizing events throughout year*
  - 4. *Holding quarterly meetings*
  - 5. *Developing membership*
  - 6. *Maintaining records of growth in the Association*
  - 7. *Reporting Association events to National Chairman and Regional Chairman*
  - 8. *Giving input to the Regional Chairman pertaining to rules.*

### **UPDATED APPENDIX V: VOTE OF NO CONFIDENCE**

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- A. *In the event of an alleged unethical or non-performing Chair, Executive Committee member or other official, the methods provided by this appendix for a vote of no confidence will be in position. In the event that all of the requirements listed in this appendix for a vote of no confidence are satisfied then the National Executive Committee will recommend the removal and/or replacement of said AAU/CMA official to the appropriate AAU officials.*
- B. *Methods for initiating a vote of no confidence:*
  - 1. *Vote for recommending removal will initiate upon receipt of a petition from 10% of the AAU CMA members in the area that the official in question is representing.*
  - 2. *In the case of a National Official, a simple majority of votes from the Regional Chairs for a call of no-confidence on any National Executive Committee member, including the Chair, makes a vote of no-confidence for by the National Executive Committee mandatory.*
  - 3. *In the case of a Regional Official, a simple majority of votes from the Association Chairs in the area that the official is representing for a call of no-confidence makes a vote of no-confidence for the National Executive Committee mandatory.*
- C. *The official who is the subject of the vote of no confidence will be notified of the allegations and provided an opportunity present arguments, evidence and/or witnesses in their own defense and to confront his/her accuser(s).*
- D. *A simple majority vote of no-confidence the Executive Committee on any official is sufficient to recommend the removal and/or replacement of said AAU/CMA official to the appropriate AAU officials.*
  - 1. *In such a vote, the affected Board Member will NOT vote and the majority is calculated from the remaining board members.*
- E. *A 2/3 majority vote of no-confidence from the Regional Chairs is required to override the National Executive Committee's vote of confidence.*
- F. *A vote of no Confidence on any board member -including the Chair, will be followed by an opportunity for the affected member to resign. Should the member choose to not resign, a meeting on removal will be held. The affected member will then present justifications to remain in office. The Committee will also offer up the reasons for a no-confidence vote.*
- G. *Once this is done, the board will again vote on action. The actions are to cancel the no-confidence, censure the member, or to recommend to the appropriate AAU authority the removal the official from his/her position.*
- H. *All successful votes of no-confidence will be reported to the AAU National Executive Board.*

## PART XIV

# AAU CMA NATIONAL ADVISORY COUNCIL

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### UPDATED ARTICLE I: ADVISORY COUNCIL

- Section 1: *There shall be a standing Advisory Council. Its charter is to advise the National Executive Committee, National Rules Committee and all National Officials for purposes of improving the quality of Chinese Martial Arts and organizational practices within the AAU CMA and its activities.*
- Section 2: *The National Chinese Martial Arts Executive Committee will nominate and appoint the members of the Advisory Council.*
- Section 3: *The Advisory Council will consist of three (3) separate bodies.*
1. *Advisory Council Members at large.*
  2. *Senior Advisory Council Members*
  3. *Honorary Advisory Council Members*
- Section 4: *Advisory Council members are encouraged, but not required, to attend meetings of the National Executive Committee and the National Rules Committee to offer insight and advice to members of these committees.*

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### UPDATED ARTICLE II: ADVISORY COUNCIL MEMBERS AT LARGE

- Section 1: *Advisory Council Members at Large will consist of Martial Artists as well as other individuals who are respected in their perspective communities for their accomplishments in their areas of expertise. These other individuals may include people, but are not limited to, people with expertise in public relations, law, administration and technology.*
- Section 2: *Former members of the National Executive Committee and Former National Chairs may also serve as Advisory Council Members at Large. Respected officials, coaches and former competitors from the Chinese Martial Arts community may also serve as Advisory Council Members at Large.*
- Section 3: *Advisory Council Members at Large will make recommendations and report findings on a set of supplied topics to the National Executive Committee upon the request of the National Executive Committee. They may also make impromptu recommendations or at regular intervals if they choose to do so.*

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### UPDATED ARTICLE III: SENIOR ADVISORY COUNCIL MEMBERS

- Section 1: *Senior Advisory Council Members will consist of Martial Artists who have made significant contributions to the development and preservation of the Martial Arts over a period of many years. Senior Advisory Council Members should be at least 50 years old and have practiced Martial Arts for at least 30 years.*
- Section 2: *Membership in the Senior Advisory Council is a lifetime appointment in recognition and respect for their lifetime of accomplishments.*
- Section 3: *Senior Advisory Council Members are encouraged, but not required, to attend meetings of the National Executive Committee and the National Rules Committee to offer insight, advise and make recommendations to members of these committees.*
- Section 4: *Senior Advisory Council Members will be seated in a place of honor anytime that they choose to attend an AAU CMA event.*

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### UPDATED ARTICLE IV: HONORARY ADVISORY COUNCIL MEMBERS

- Section 1: *Honorary Advisory Council Members will consist of Presidents or Chairs of other prominent Chinese Martial Arts Organizations that represent a significant constituency of Chinese Martial Artists and promote major CMA tournaments or their appointee.*
- Section 2: *Membership in the Honorary Advisory Council expires when the organization they represent chooses to replace them or the AAU CMA National Executive Committee votes terminate their membership.*
- Section 3: *Honorary Advisory Council Members are encouraged, but not required, to attend meetings of the National Executive Committee and the National Rules Committee to offer insight, advise and make recommendations to members of these committees.*
- Section 4: *Honorary Advisory Council Members will be seated in a place of honor anytime that they choose to attend an AAU CMA event.*

# PART XV

## SANCTIONING AAU TOURNAMENTS

### APPENDIX I: GUIDELINES

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#### Section 1: Purpose

Act as general guidelines to ensure proper conduct of AAU Chinese Martial Arts events.

To host an AAU event, you and your club must be registered with the AAU.

#### Section 2: General Explanation

- A. To hold an open AAU Chinese Martial Arts Tournament, contact your local AAU Association for a sanction application and name of your local AAU Chinese Martial Arts Sports Chairperson.
- B. Complete the sanction application and obtain the approval and signature of the local Chinese Martial Arts Sports Chairperson.
- C. Forward the sanction application to your local AAU Association along with the required fees. The sanction is then issued by the local association and a copy will be mailed back to you.
- D. If your event is "closed" or limited to just a few clubs, then notify them. If it is an "open" event, contact your Association Chinese Martial Arts Chairperson to obtain a list of all AAU Chinese Martial Arts clubs in your area. NOTE: All Championships events must be open events.
- E. On your flyers, be sure to note that all participants must be registered AAU members. You may let them register at the door if you wish. If so, be sure to have an adequate number of AAU membership applications on hand.
- F. Send a copy of your flyer to your Association Registration Chairperson, Association Chinese Martial Arts Chairperson, and National Chinese Martial Arts Chairman to ensure that it is correct. NOTE: For Championship events, a copy must also be sent to AAU National Headquarters.
- G. Contact the Association or Regional Chief Official or Chairman and ask him to help you enlist enough certified officials and conduct a licensing seminar for those who are not licensed. ALL OFFICIALS must be AAU members and must be certified. Timekeepers and Score keepers need not be members, but it is suggested that you hold a special training workshop for them. This also includes Expeditors and the tournament medical person.
- H. You are now on your way to conducting an AAU sanctioned event! All you need to do is to put your knowledge and understanding of AAU procedures into the efforts required to ensure your success.
- I. Within 30 days after the event, you must file a financial statement, copy of the sanction, and send appropriate fees to the National AAU. A copy of your financial statement should also go to your Association President. Mail a copy of the approved sanction, financial statement, and competitor fees to:

AAU NATIONAL HEADQUARTERS  
c/o AAU Chinese Martial Arts Committee  
P. O. Box 22409  
Lake Buena Vista, FL 32830-1000

- J. If you conduct an Association Championship, you are required to send a competitor fee of \$2.00 per entrant to the National Liaison of the AAU Chinese Martial Arts Committee c/o AAU National Headquarters. If you host a Regional Championship, the competitor fee is \$5.00 per entrant.

#### Section 3: Entry Forms, Flyers, and Advertising

- A. Entry forms, flyers, etc. must be approved by the appropriate Chinese Martial Arts Chairperson before publication.
- B. All tournament entry forms shall include the following information.
  1. Date, Time, and Location.
  2. "All Participants Must be AAU Members"
  3. Registration and Spectator Fees
  4. Registration fee payment address
  5. Liability Waiver
  6. Competition Events and Divisions
  7. Participant Experience Level
  8. Uniform and Equipment Requirements
  9. Registration Application including:
    - A. AAU Membership Number
    - B. Name, address, and phone number of competitor
    - C. Club Name of competitor
    - D. Competitor Birthdate
  10. AAU Logo
- C. All tournament flyers shall include the following information.
  1. Date, Time, and Location.
  2. "All Participants Must be AAU Members"
  3. Registration and Spectator Fees
  4. Competition Events
  5. AAU Logo
- D. Tournament flyers may not contain the words "JUNIOR OLYMPIC" or "OLYMPIC".

- Section 4: Assistance  
A. Contact Association Chairman for complete tournament packet or any additional assistance.

- Section 5: Note  
A. Appropriate AAU membership form and fee must be collected prior to the opening ceremonies of each AAU sanctioned event.

## PART XVI

# GENERAL CONSIDERATIONS

### APPENDIX I: REQUIREMENTS

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Section 1: Eligibility

- A. All competitors must be registered AAU Amateur Athletes.
- B. All competitors must present a current AAU registration card, or proof of registration to the designated tournament registration committee member.
- C. Registration deadlines shall be set by the Tournament Director.
- D. All competitors must enter and compete under their own legal name. Nicknames are prohibited and will result in disqualification.
- E. All competitors must be certified as physically fit. In case of doubt, the tournament physician must certify physical fitness.
- F. All competitors that are minors must have written parent or guardian consent.
- G. All competitors must conform to eligibility requirements of the official AAU Code and meet the requirements for amateur standing as outlined. Regional Directors and Association Chairperson may check for proof that eligibility requirements are met.

Section 2: Athlete Representation:

- A. Athletes representatives may come from club membership or through unattached memberships.

Section 3: Personal Requirements and Conduct of the Competitor:

- A. Both competitor and uniform must be sanitary.
- B. Fingernails and toenails must be cut short.
- C. No rings, bracelets, hair beads, hair clips or other potentially harmful jewelry may be worn.
- D. No hats or sweatbands in any form, shape or color may be worn by a competitor or official.
- E. There shall be no conversation between competitors during a match.
- F. The competitor has no say in arguing or contesting a point of judgment.

Section 4: Officials' Requirements:

- A. Must be a current AAU member and present a neat and clean image.
- B. The referees and judges shall wear the uniform designated by the AAU.
- C. The scorekeeper shall wear presentable attire and shall be equipped with elimination charts and a pencil with eraser.
- D. The timekeeper shall wear presentable attire and shall be equipped with a stopwatch and a bean bag which will be used to indicate that time has expired.
- E. All certified officials at an AAU competition must present themselves to and register with the Chief Official prior to the start of competition. They must present their AAU card and license for identification and validation.
- F. Senior officials present at the National Championships must officiate unless competing.
- G. Every effort shall be made to ensure that no more than one official during any match shall be from the same system, school, or club.
- H. All officials shall address each other as Mr., Mrs., Miss, Sifu, or Sigung and shall always be respectful, polite and courteous to all volunteers.
- I. All officials shall remain at their assigned posts and shall not leave without the approval of the Referee or Chief Official

Section 5: Coaches' and Instructors' Requirements and Conduct:

- A. Each competitor prior to the start of competition may declare one coach for any given competition. The designated coach must be an AAU member and must have attended an AAU National coaches seminar.
- B. The coach must stay in his designated area at the side of the ring except when filing a protest.
- C. A competitor in the same competition as another cannot be that competitor's coach.
- D. A competitor cannot register himself as his own coach.
- E. A coach cannot enter the match area under any circumstances.
- F. A coach may not speak to or harass the referees or judges.
- G. A coach must lodge all protests with the proper protest procedure. Protests shall be in writing, unless correction specifies administrative oversight.
- H. All protest fees will be refunded if the protest is found to be valid.
- I. A coach, when coaching, must only speak in a normal tone of voice and not disturb the match progress.
- J. All coaches shall address each other as Mr., Mrs., Miss, Sifu, or Sigung and shall always be respectful, polite and courteous to all officials and volunteers.

# PART XVII

## AAU CHINESE MARTIAL ARTS CODE OF HONOR

### Section 1: Athletes

- A. I promise upon my word of honor that I will not take an unfair advantage of an opponent, that I will be courteous in word and demeanor to opponents, officials and spectators, that I will observe the rules of the game in spirit as well as in letter, and that I will constantly strive to uphold the ethics of amateur sports.

### Section 2: Coach

- A. I promise upon my word of honor to help to create an environment in which primary emphasis is placed upon the emotional and physical well being of all AAU athletes rather than winning. I will lead by example, and will demonstrate the value of fair play and sportsmanship to all participants. Lastly, by becoming an AAU member I agree to be bound by the AAU code as well as all AAU operating procedures and policies.

### Section 3: Volunteer

- A. I promise upon my word of honor to help to create an environment in which primary emphasis is placed upon the emotional and physical well being of all AAU athletes rather than winning. I will lead by example, and will demonstrate the value of fair play and sportsmanship to all participants. I agree to be bound by the AAU code as well as all AAU operating procedures and policies.

### Section 4: Referee/Judge/Official.

- A. Will remain absolutely impartial and professional at all events.

### UPDATED

### Section 5: *National Executive Board and Officers:*

- A. *I promise upon my word of honor to that I will not use my position for personal gain. I will work for the benefit of all AAU/CMA members upholding the needs of the Athletes and Volunteers above my own ambitions and goals. I will lead by example, and will demonstrate the value of fair play and sportsmanship to all participants. Lastly, by becoming an AAU/CMA Officer I agree to be bound by the AAU code; and that I will constantly strive to uphold the ethics of amateur sports and the principles of the Wu Te.*