

- 1) Display skill in 3 areas:
 - a) Wing Chun Hands
 - i) Techniques
 - (1) Striking
 - (2) Trapping/Controlling
 - (3) Uprooting
 - ii) Attributes
 - (1) Sensitivity
 - (2) Reaction
 - (3) Coordination
 - b) Wing Chun Body
 - i) Techniques
 - (1) Demonstration of Proper Body Structure
 - ii) Attributes
 - (1) Relaxation
 - c) Wing Chun Footwork
 - i) Techniques
 - (1) Stepping
 - (2) Bracing
 - (3) Uprooting
 - ii) Attributes
 - (1) Balance
 - (2) Mobility
 - (3) Stability
- 2) Display Good Sportsmanship
- 3) Promote Wing Chun through competition

The competition area shall measure 3m x 3m in the metric system and have a flat surface without any obstruction projections.

The clothing worn shall be appropriate as judged by the attending school or team.

Skill Divisions

Level I & II

Level III & IV

Weight

Men < 160 lb

Men 160 - 185 lb

Men > 185 lb

Women < 135 lb

Women > 135 lb

- 1) The duration of the contest shall be three rounds.
- 2) The first two rounds shall be 45 seconds in length.

- 3) The third round shall be 60 seconds in length for intermediate divisions and 120 seconds for advanced divisions.
- 4) A 30 seconds rest will follow all rounds.

Safety Equipment

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

Permitted techniques and Areas

- 1) Permitted techniques
 - a) Daan Da (Single Strikes) - Any strike performed without changing both hand positions
 - i) Examples:
 - (1) Chung Choi (Thrusting Punch)
 - (2) Jou Sau (Running Hand)
 - (3) Lat Sau Jik Chung (Off Hand, Forward Thrust)
 - (4) Ding Jeang (Straight or Side Palm)
 - (5) Go/Dai Wang Jeang (High/Low Side Palm)
 - b) Seung Da (Double Strikes) - Any strike performed by changing both hand positions simultaneously
 - i) Examples:
 - (1) Ngoy/Noi Tan Da (Outside/Inside Disperse Strike)
 - (2) Ngoy/Noi Pak Da (Outside/Inside Slap Strike)
 - (3) Ngoy/Noi Lop Da (Outside/Inside Grab Strike)
 - (4) Po Jung (Break Center)
 - (5) Huen Da (Circle Strike)
 - (6) Jau Sau (Running Hand)
 - (7) Laan Da (Obstruct Strike)
 - (8) Gum Da (Press Strike)
 - (9) Po Pai Jeang (Carry Sign Palm)
- 2) 2. Permitted Areas
 - a) Trunk
 - i) Within the limits of the area from the horizontal line at the base of the throat down the horizontal line of the waistband above the hips. However, no attacks shall be made to the back.

- b) Head
 - i) The sides and front of the head covered by the head protector shall be open to moderate contact for the Advanced Division only. In the Intermediate Division the face may be aimed at, but no contact is allowed. The back of the head and neck shall not be attacked nor aimed at. During the first and second round, the head shall not be considered a valid target, regardless of experience level.

Valid Points

- 1) Legal scoring area
 - a) Midsection of the trunk: the abdomen and both sides of the flank
 - b) Head: the permitted areas of the head
- 2) Awarding of Points
 - a) Points shall be awarded when the permitted techniques are delivered accurately and powerfully to the legal scoring areas of the body.
 - b) Each scoring technique shall earn plus one (+1) point.
 - c) Match score shall be the sum of points of three rounds
- 3) Invalidation of points
 - a) When the following are committed, the delivered technique will not be scored:
 - i) Intentionally falling, immediately after delivery of the legitimate technique.
 - ii) Committing an illegal act after delivery of the legitimate technique.
 - iii) Use of any of the prohibited actions.

Scoring and Publication

- 1) Valid points shall be immediately recorded.
- 2) The points shall be totaled at the end of the match and the winner shall be announced.

Prohibited Acts

- 1) The Referee shall declare penalties on any prohibited acts
 - a) In the case of multiple penalties being committed simultaneously, the heavier penalty shall be declared
 - b) Penalties are divided into **Warning Penalties** and **Deduction Penalties**.
 - c) Two warning penalties shall be counted as deduction of one (1) point. However, the last odd warning point shall not be counted in the grand total.
 - d) A deduction point shall be counted as minus one (-1) point.
 - i) **Prohibited Acts: Warning penalties**
 - (1) Grabbing the opponent with both arms (longer than 1 second)
 - (2) Pushing the opponent with the shoulder, body, hands, or arms
 - (3) Manhandling - the use of strength/muscle to overbear the opponent
 - (4) Clinching - holding the opponent with the hands or arms
 - (5) Intentionally crossing the Boundary Line
 - (6) Evading by turning the back to the opponent
 - (7) Intentionally falling down
 - (8) Pretending injury
 - (9) Attacking with the knee
 - (10) Attacking the groin intentionally
 - (11) Stomping or kicking

- (12) Hitting the front of the opponent's face with hands or fist (Advanced division only)
- (13) Gesturing to indicate scoring or deduction by raising the hand, etc
- (14) Uttering undesirable remarks or any misconduct on the part of the contestant or the coach

ii) Prohibited acts: Deduction Penalty

- (1) Attacking a fallen opponent
 - (2) Intentional attack after the Referee's declaration of "Stop"
 - (3) Attacking the back and the back of the head intentionally
 - (4) Attacking the opponent's face severely with the hands or fist
 - (5) Butting
 - (6) Throwing the opponent
 - (7) Violent or extreme remarks or behavior on the part of the contestant or the coach
- 2) When a contestant refuses to comply with the Competition Rules or the Referee's order intentionally the Referee may declare the contestant loser by penalties.
 - 3) When the contestant receives minus three points (-3) the Referee shall declare him/her the loser by penalties.
 - 4) Warning and Deduction shall be counted in the total score of three rounds.