

# **CACMA© Form Competition Rules 2010**

## **General Rules**

**Rules Responsibilities – CACMA will present these rules to the competitors via the CACMA website and at the competitors meeting following the opening ceremonies. At the point the competitor enters the ring; competitors should know the rules and be ready for competition when called to do so. If there is still a question, it is the responsibility of the competitor to get clarification before the particular event entered has started.**

**Single Event Times – The order, time, and ring location of events are fluid at tournaments and therefore, subject to change at any moment during the day. Therefore, it is imperative that all competitors listen to announcements and be aware of what events are going on at the moment and what are being announced on deck.**

**Tardiness – All competitors must be at ringside prior to when their event starts. Each event will be called three times by the head table at the end of which time all competitors will be expected to be at the ring. At that time, when instructed, you must give the Head Judge and/or Scorekeeper your name and competition level (beginner, intermediate, advanced.) No one will be allowed to enter a ring event once the competition for that event has started. If the competitor is competing in concurrent events they must report to one ring and inform the head judge of the situation. They must also listen up for the other event announcements in order to hear their name called to compete.**

**Competitor Presentation – Once in the ring, each competitor must present himself/herself to the head judge and judges and be suitably attired with proper uniform and equipment and ready to compete. Understanding that not all schools have uniforms, wear something that is conducive to doing your style of martial arts. Street clothes will not be accepted. Keep in mind that neatness counts in whatever you wear. No vulgar words or pictures will be allowed nor will neither writings nor pictures on your uniform that is not related to your school or style, will not be allowed. The Competitor must salute when entering and exiting the ring. He/She must salute the Judges; state their name, style of Kung Fu and then request permission to begin. Once the Scorekeeper has confirmed the Competitor's Name on the competition list, he will be instructed to begin.**

**Awards – Medals will be presented to the top three, highest scoring competitors in each event. All event competitors are expected to be present during the award presentation at the end of each ring event. If there is a conflict with another event the competitor must inform the ring's head judge.**

**Registration – Competitors must register and compete in a division appropriate to their level. Competitors must compete at the same skill level in all categories. If a competitor competes in advanced empty hand forms then they must**

compete in advanced sparring. If competitors in two-person forms are of different levels, they will compete at the level of the one of the two with the most experience.

**Competition Levels – Beginner: 0-1 year; Intermediate: 1-3 years; Advanced: 3 years and up.**

**The Grey Area – It is also important that the competitor and his/her Sifu register in the proper level of competition. There is always some grey area in various styles of Chinese Martial Arts, as well as, when one transfers from another Chinese art or from a non-Chinese art. Example: If a competitor has 10 years experience in Choy Li Fut and switches to Northern Mantis, that competitor overall is not a beginner in martial arts. Likewise, if one comes from a non-Chinese art, say Karate, with an intermediate ranking and enters at that level, but only has a few months of Chinese style experience, the level of competitiveness may be higher than that person. (Most Chinese styles beginner forms may be long and more complex in the beginning than non-Chinese styles) Yet that person's sparring ability may be superior to a beginner Chinese stylist and therefore, would need to be in the higher level. Ultimately, Judges will reserve the right to disqualify or move up a competitor which appears to be in too low a competition level. This is especially important at sparring levels. If you or your Sifu have a question on your placement in the competition, get it clear before the competition starts!**

**Conduct Representative of a Martial Artist – Competitors, their Sifu, fellow school members and their guests are expected to conduct themselves in a manner that reflects the high level of discipline and respect associated with the martial arts. No disrespect towards any CACMA officials, volunteers or fellow competitors of the tournament will be tolerated. Any person who acts in a disrespectful manner toward any official will be expelled from the CACMA Tournament and may be banned from any future CACMA events. If there is any questions or concerns by a competitor or their Sifu, it must be formally presented in written form to the CACMA Arbitrator within three days of the end of the event. Issues can be address with the Arbitrator at the event and possibly resolved, otherwise, formal complaints or concerns must be filed as stated above.**

**Divisions of Competition – There must be a minimum of three competitors per division. If not, Tournament Officials may combine divisions to satisfy this requirement.**

**Scoring – Scoring will be based on a 6.00-9.99 point system where beginners are 6.00-7.50, intermediates are 7.51-9.00, Advanced are 8.50-9.99. Ties will be broken by having the medal winning tied competitors compete again. Competitors may choose to perform the same form or another.**

**Scoring Criteria – Each competitor will be expected to demonstrate a form based on the style/styles in which he/she has been trained in. Judges will score forms based on the following proper execution:**

- Stances; strong and correct
- Eyes; follows the form or movements (doesn't stare at the floor for example)
- Chi; displayed based on the level of the competitor
- Spirit; is the form alive and believable
- Movements of the form; did competitor forget, leave out moves or stop the form prior to its ending
- Strength or Power; is this demonstrated for the level of the competitor
- Command of the weapon, if weapon form
- Teamwork and choreography, if 2 man set

## **Specific Rules**

**Restarts -** From time to time, a competitor must restart their form due to some distraction or forgetfulness. If a competitor stops their form for whatever reason, they will be allowed to start over. This will only be allowed once and will result in a mandatory 1-point reduction from their score.

**Time of Performance –** Competitors do not have a time limit placed on them during form competition. The Judges have requested, however, that the Competitors try to limit their forms to 3 minutes max. If you need more time, please inform the Head Judge in your ring.

**Exceeding Ring Space –** Occasionally, Competitors need more space than is allowed to perform a particular form. If this is the case, the Head Judge must be notified so that space can be allowed for without interfering with another ring or possibly encroaching on spectators, etc.

**Weapon Drops -** If a competitor drops their weapon, continues to move in a martial way toward their weapon, retrieves it, and then continues the form without interruption, then there will be no mandatory point deduction.

**Weapon Inspection -** All weapons must be of good quality with no broken parts. If a weapon breaks during a form, the competitor may begin again with no point deduction if the Judges feel the breakage was beyond the competitor's control. Judges may refuse to allow use of a weapon deemed to be unsafe or fragile. No Wushu weapons will be allowed except in the Wushu Divisions.

**Ring's Order Of Competition -** Competitors order of competition will be randomly listed by the administrative desk for said ring on the Judges Competitors List. The first three competitors will compete before any scores are awarded. After the third competitor has finished, the Judges will confer with each other and then the first competitor will be called back for scoring followed by the second and then the third. All remaining competitors in the division will then be judged in comparison to the first three.

# **CACMA® Light Contact, Continuous Sparring Rules 2010**

**Equipment** – Padded headgear (with full-face guard for advanced levels), footpads, mouthpiece, cup for men, tournament or Kenpo style gloves. Nails must be trimmed to less than 1/8" for open fingered gloves or bare feet. Chest protectors are recommended for women. Footwear can be wrestling or kung fu slippers. Bare feet or socks are permitted. Contestants must wear a uniform.

**Time** – Novice, beginner and intermediate rounds are of 1-minute length. The ring judges will determine a winner for each round. The first contestant to win 2 rounds will be declared the winner of that match. Advanced level rounds will last 1½ minutes.

**General** – Winners are evaluated based on the execution of clean martial technique. Power in a strike is not considered, though the possibility of applying it is. Only contenders that have been registered made known at check-in and to the ring scorekeeper before the match may participate. Participants must be free of communicable disease, open bleeding or sores. If another competitor causes the wound during sparring competition, the responsible competitor will be disqualified, and the injured competitor will seek medical attention as provided. If the injured competitor cannot return because of medical advice, the competitor will automatically receive a "win" for the last match, but will not be allowed to return to competition. Any competitor that has been knocked out, has lost consciousness, or has received a head injury that appears to have markedly affected his balance or orientation, will not be allowed to continue. No exceptions. During the match, the contestants shall not receive coaching by any in the audience. Repeated or severe breaches of civility or politeness, at the center judges discretion, may cause the offender to be penalized or withdrawn from the match.

A round may be stopped by any of the ring judges, the timekeeper at end of round, or the tournament director.

A competitor must not attempt to cause actual harm to their opponent.

These rules have been designed to limit possible harm to participants. Competitors must not attempt to circumvent the spirit of the tournament rules. Any clarification should be sought prior to the match from the tournament director or a center judge.

## **Procedure**

The center judge will ascertain the readiness of judges, timekeeper & fighters.  
The 2 competitors will bow to the center judge  
The 2 competitors will bow to each other.  
The center judge will tell the competitors to begin.

**The competitors will continue sparring in the approved fashion until: –**

- 1. time is called by the timekeeper**
- 2. a ring judge calls break due to**
  - a competitor having being outside of the ring**
  - an incomplete grapple/sweep**
  - a foul being observed**
  - a potential hazard is observed**

**In this case, the competitors will separate immediately & return to their starting positions if instructed.**

**The center judge continues the match. Competitors are cautioned that this restart does not require verification of readiness.**

## **Contact Power definitions**

**Light Contact – the fist or foot only makes contact due to the added width of the glove**

**Medium Contact – The attack will displace the opponent no more than 3 inches, not considering stumbling, slipping or withdrawing by the opponent.**

## **Novice, beginner & intermediate levels striking targets**

**All targets must be visible to the attacker. Particular caution is given to assuring eye contact with spinning techniques.**

**The eyes are not legitimate targets**

**Head, joints, neck, groin, spine are not legal targets**

**There will be no contact to these areas. The judges will consider techniques aimed at, but not making contact with them due to control. The technique must have potential effectiveness as determined by the judges.**

**Torso, arms, legs, not including the above areas, are legitimate targets, though controlled, light contact must be used.**

**Controlled leg sweeps must be applied below the knee. Accompanying upper body unbalancing must not force an opponent to become twisted and must allow a clean fall.**

**Sweeps & close grappling must be performed within 5 seconds after which the round will be stopped.**

## **Advanced level striking targets**

**As above except –**

**Light contact is allowed to the head.**

**Moderate contact is allowed to other legitimate target areas.**

## **Foul techniques**

**Any technique making contact to a non-contact area, excessive contact to legitimate targets as listed above, or aimed at eyes.**

**Any technique, including all joint locks, that causes the opponent to be twisted in such a way as to cause potential damage.**

**Elbow or knee strikes in beginner & novice levels. In intermediate & advanced levels, these can be demonstrated but not make contact to any area or come within 6 inches of head, joints, neck, groin or spine.**

**Throws lifting the opponent above the waist.**

**Any technique considered excessive or dangerous to the participants.**

**Foul techniques will not be used to evaluate the merits of competitors' performance.**

**During each round a competitor may be given one warning for an apparent accidental foul technique. A second occurrence will lead to the loss of that round.**

**A competitor that performs a premeditated foul will be disqualified without warning.**

**Any coach or competitor disputing the results of a match and wishing to have arbitration of a match for any reason must notify the chief referee or tournament director within 15 minutes of the end of the match. They must provide a written request & \$300.00 arbitration fee to the tournament director within 30 minutes of the end of the match. If the arbitration is settled in favor of the arbitrating team, a full refund of the arbitration fee will be given; otherwise no refund will be given.**

# Weapons Sparring Rules

## Equipment:

- Padded headgear with full facemask/guard, mouth piece, cups (males), and chest protectors (females).
- Competitors must wear school uniform or competition uniform.
- Footwear is optional.
- No sparring gloves.

**Time:** Three (3) one minute rounds.

## Rules:

- Ring judges will determine a winner for each round. The first competitor to win two (2) rounds wins the match.
- Winners are evaluated based on the execution of clean martial technique, and are to use Chinese broadsword techniques (slash, cut, stab, chop) and blocks with the weapon. **DO NOT** grab the opponents weapon.
- If a competitor disarms their opponent and follows up immediately with a lethal strike (judges' discretion) they win the round. If a competitor is disarmed and retrieves the weapon the round will continue.
- **NO** punches or kicks are permitted.
- Stick fighting or 'clubbing' techniques are not permitted. Excessive use of these techniques will be halted by the judges and a warning given to the violator.
- **NO** direct hits to the top of the head are permitted. This will halt sparring and the violator warned.
- Warnings are treated the same as for hand sparring.
- Competitors must be free of communicable disease, open bleeding, or sores. If another competitor causes the wound during sparring competition, the responsible competitor will be disqualified, and the injured competitor will seek medical attention as provided. If the injured competitor cannot return because of medical advice, the competitor will automatically receive a 'win' for the last match, but will not be allowed to return to competition. Any competitor that has been knocked out, has lost consciousness, or has received a head injury that appears markedly affects their balance or orientation will not be allowed to continue. **NO EXCEPTIONS!**
- During the match, the competitor shall not receive coaching by any in the audience. Repeated or severe breaches of civility or politeness, at the center judge's discretion, may cause the offender to be penalized or withdrawn from the match.
- A round may be stopped by any of the ring judges, the timekeeper at the end of the round, or the tournament director.
- A competitor must not attempt to cause actual harm to other competitors. Competitors must not attempt to circumvent the spirit of the tournament rules. Any clarification should be sought prior to the match from the tournament director or center judge.

## **Chi Sao/Luk Sao**

These rules will be explained at the ring. Since several styles may participate, these may be adjusted to accommodate all styles present. Safety equipment may be required at the discretion of the judges.

## **Lei Tai (Full Contact Demonstration) Rules 2010**

Lei Tai fighting is designed to challenge the upright or vertical aspect of a fighters skills to include free-movement punching and kicking as well as the clinch takedown/throwing skills; this is not mixed martial arts or grappling and therefore no ground-fighting is allowed.

- 1. Contestants will fight on a 24 square foot [24' x 24'], 16" high Lei Tai. Lei Tai platform is generally carpeted without padding, no ring stations or ropes surrounding platform. Some padding on floor along platform with volunteer spotters. Only person on the platform besides fighters is the Referee. Judges sit off and away from the platform.**
- 2. Competitors must use headgear, gloves, mouthpiece, and groin cup. Female competitors must also wear a chest protector. [Headgear is ProForce caged gear; if both fighters agree, laceless shoes or taped laced shoes or martial shoes may be utilized - otherwise fighters are barefoot. No cup, no fight. No mouthpiece, no fight. Shirts may be provided/available. No taping or wraps of hands or fingers allowed. No forearm or shin guards allowed. No more than 2 corner men allowed, with spit bucket, water, and towel suggested.**
- 3. Elimination rounds will be 1 1/2 minutes each. The final fight in each division will have 2-minute rounds. The victor must win two out of three rounds. [Demo fights go three rounds unless one fighter is clearly overwhelmed, withdraws, or is injured. For demo fights there will not be any tiered fights - one pre-scheduled fight for each fighter. Center Referee may call time-outs for equipment malfunctions or injury that require medical evaluation.]**
- 4. Scoring:**
  - Contestant executes clear [power] punch or kick - 1 point.**
  - Contestant executes clear punch or kick that knocks opponent down – 2 Points**
  - Without falling, contestant successfully throws opponent to the ground - 2 points. □ [If throw results in both contestants falling, and initiating fighter lands on top with control- 1 point**
  - Contestant forces or throws opponent off Lei Tai - 3 points.**
  - Through own error, contestant loses balance - 1 point deduction**
  - Contestant executes clear elbow/knee technique without holding - 1 point [Contestant executing clear elbow/knee to legal areas while holding are allowed but no points scored]**

#### **Points:**

- **Competitor with most points at end of each round wins round; 3rd round may be optional if opponents are clearly mismatched**
- **[There are no points for attempted throws, or attempted takedowns, but in case of close decision, fighters aggressiveness and forward pressure (ABC's Always Be Closing) is taken into account]**
- **[No scoring for clinches, and Center Referee will stop unproductive clinches after 3-5 seconds; Referee can also give warning and even disqualification for excessive clinches that are used to stall or regain strength]**
- **[There is no points given to ground-fighting and once one or both contestants touch the ground with any part of the body besides the feet, the Center Referee will stop the action and then restart in the same area or move both contestants back to the center.]**

#### **5. Penalties:**

- **Contact to the eyes, throat, back of the head, [spine and kidney area] or groin is illegal. For female competitors, contact to the chest is also illegal.**
- **[contact to the outside or front of the knee is illegal]**
- **[inside thigh contact is illegal]**
- **outside thigh contact is legal**
- **[kicks to shin and calf are legal but score no points]**
- **Techniques using the head are illegal.**
- **Joint locking to knees, elbows, etc. of any kind is illegal will not be tolerated]**
- **Fouls:**
  - **First violation: 1 point deduction**
  - **Second violation: 3 point deduction**
  - **Third violation: disqualification**
- **Technical Fouls:**
  - **First violation: warning**
  - **Second violation: 1 point deduction**
  - **Third violation: disqualification**

**Competitors who maliciously hurt their opponents will be held liable for any damages or injuries. The executive referee has full authority to stop the fight at any time for safety or any other reason.**

**6. All rules are in accordance with the international Chinese Kuoshu Federation Rules.**

**7. Any coach disputing the results of a match and wishing to have arbitration of a match for any reason must notify the chief referee verbally within 15 minutes of the match. The team coach must then file a written request for arbitration along with a \$300 arbitration fee to the tournament director within 30 minutes. If the arbitration is settled in favor of the arbitrating team, the fighter shall receive a refund of the arbitration fee; otherwise, no refund will be given.**