

2011 Amateur Athletics Union

Chinese Martial Arts Handbook



Sports for all, forever!

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AAU Chinese Martial Arts Rule Book and Regulations 2011

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AAU Chinese Martial Arts Rule Book and Regulations

PREAMBLE

The AAU Chinese Martial Arts National Committee has been established in order to promote the benefits of participation in athletics and hereby adopts these rules and regulations for the advancement of that purpose.

I. NATIONAL SPORT COMMITTEE GOVERNANCE AND ADMINISTRATION

A. National Committee Structure and Procedures

- 1. National Chair:** The President of the AAU appoints the Chair from the recommendations of the National Sport Committee after approval of a majority of the National Officers.
- 2. Executive Committee Composition**
- 3. National Sport Committee Composition:** The Committee will consist of the National Sports Chair, the elected or appointed officers or committee chairs as defined by the sport's operating rules, the elected or appointed Sport Director of each District, or a representative designated by the District Governor and one appointed representative from each affiliated member that registers members in the sport. The President may appoint up to five (5) members-at-large.
- 4. Other Committee Positions**
- 5. Voting:** Persons eligible to vote shall be the National Sport Chair, elected or appointed officers, chairs of Committees as defined by the sport's operating rules, the elected or appointed District sports director or a representative from each Affiliated member that registers members in the sport, and any members-at-large. Only representatives from Districts which registered a minimum of .5% (a half percent) of the total number of athletes in that sport in the previous year, shall be allowed to vote in the National Sport Committee meeting.

B. Sport Committee Meetings

- 1. National Sport Committee Regular Meetings:** Regular Meetings of the National Sport Committee shall be in conjunction with the AAU Convention.
- 2. Non - Regular Sport Committee Meetings:** National Sport Committee may hold a Non-Regular National Sport Committee meeting in odd years subject to the following provisions:
 - a.** The meeting is called by the Chair following approval of the National Office.
 - b.** The National Office has the right to coordinate the meeting and pick the site for the meeting.
- 3. National Sport Committee Special Meetings:** Special meetings of a Committee are scheduled at the request of the Chair or upon written request of at least one half (1/2) of the Committee members. The purpose of the Special meeting must be stated in the Notice for the meeting.
- 4. National Sport Executive Committee Meetings:** The National Chair shall determine the date and location of Executive Committee Meetings.
- 5. Agenda Additions**
 - a. Sport Committee Meeting Order (Agendas):** The Regular National Sport Committee meetings, the Non-Regular National Sport Committee meetings, and National Sport Committee Special meetings shall follow meeting order (agenda format) as established by Code (Bylaw 9.5)

II. SPORT POLICIES AND PROCEDURES

III. SPORT OPERATIONS

A. Current Year Rule Changes 2010-2011

1. San Shou will be stricken from the sparring divisions.
2. Policy of wearing school patches and school uniforms for any division of competition will be stricken, they will now be allowed in competition. The remaining policy of uniforms and gear will remain the same.
3. Ages will be reorganized to this format for external divisions: 4-5yrs/ 6-7yrs / 8-10yrs old / 11-13 yrs old / 14-17 yrs old / 18-34 yrs old / 35 + Executive. Tai Chi: 8-10yrs old/ 11-13 yrs old / 14-17 yrs old/ 18-34yrs old/ 35-54yrs old/ 55+ yrs old
4. External Forms divisions shall be renamed to: Traditional Long: Staff- Spear / Traditional Long -Other / Traditional Single / Traditional Double-Flexible. / Wushu: Staff - Spear/Wushu Long - Other / Wushu Single / Wushu Double - flexible. Non-Traditional Open.
5. The use of 100's will now be used and the scoring with 10's will now be stricken. Forms Scoring will change to this format: Novice -Beginner: 6.00-7.50 (6.80 average)/ Intermediate: 7.00-8.50 (7.80 average) / Advanced - Senior Advanced: 8.50-10.00 (9.25 average). The results of a form match is determined by the summation of points accumulated during the match. Scoring will be followed as: In case of a tie, the judges shall throw out the low score. If a tie still persists, then the competitor with highest low score will be determined the winner. If after both avenues have been exhausted, then the competitors will perform the forms again. *If there are five or more competitors in a division, the first three (3) competitors will perform and are judged after the third competitor is finished, this will help determine the average.
6. Advanced divisions will now have a cap on years trained. It will now read as; Advanced - 4 or more years experience and no more than 10 years experience. A "Senior Advanced" division will be added for competitors with more than 10 total years of experience.

B. Event Operating Rules: *(These rules are what people follow to actually run the event)* These rules shall apply to all AAU Sanctioned events unless modified.

1. **Facilities/Competition Area**

- a. The competition area shall be devoid of hazards and will be a square of 25'X 25'
- 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 1 and 1 ½ meters from the center of the competition area for positioning competitors.
- c. The timekeeper and scorekeeper will sit behind a table.

2. **Equipment**

- a. The tournament Director will be required to have these items for any and all competition: Stop Watches, Score Cards, Competitors division sheets, red and blue flags for sparring and push hands competition, 20 x 20 area of mats for Shuai Chiao competition.

3. **Judges/Officials/Referees/Umpire Requirements:** *(qualifications, attire)*

- a. Will present a clean and neat image and wear the appropriate uniform. The appropriate uniform shall be determined by the Tournament Director.

4. **Coaching Requirements**

- a. Must be an AAU member and must be a certified coach and judge through the AAU-CMA National Coaching Committee.
- b. The coach will present a clean and neat image and wear the appropriate uniform. The appropriate uniform will be determined by the Tournament Director.

5. Awards

- a. Awards will be First place (Gold), Second Place (Silver), Third Place (Bronze), in all division categories.

6. Protest Procedures

- a. No one may personally protest to any official
- b. If any procedure or judgment appears to contravene these rules, the official representative for the athletes (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 administration functions. The Referee should be notified immediately.
- c. 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.

7. Format/Scheduling: (*seeding, tie breakers*)

- a. Please follow the appropriate age and experience levels for all divisions.
- b. Tie Breakers: Please refer to the scoring section.

8. Entry Procedures: (*Must be a current member of AAU*)

C. Competition Rules

1. **Competition Area:** Continuous Sparring and Shaio Chiao- The area shall be a square of twenty five (25) feet or Nine (9) meters (measured from the outside). The areas for Empty Hand and Weapon forms will have no fixed size, so that it may be large enough to accommodate for the correct and complete execution of forms.
2. **Scoring:** The result of a form match is determined by the summation of points accumulated during the match. Scoring will be followed as:
 - a. Novice - Beginner: 6.00 - 7.50 (6.80 average)
 - b. Intermediate: 7.00 - 8.50 (7.80 average)
 - c. Advanced: 8.50 - 10.00 (9.25 average)

If there are more than five (5) competitors, then the first three competitors will perform and are judged after the third competitor has finished. This will help determine the average. In case of a tie, the judges shall throw out the low score. If a tie still persists, then the competitor with highest low score will be determined the winner. If after both avenues have been exhausted, then the competitors will perform their forms again.

D. Empty Hand and Weapon Forms

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:
 - c. Focus
 - d. Use of power/ complete control of weapon in weapon forms
 - e. Balance and root
 - f. Breathing
 - g. Coordination of body parts between upper and lower body
 - h. Synchronization of timing and rhythm of form
 - i. Spirit
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.

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 begins or will be penalized as having dropped the weapon.
4. All weapons will be inspected by the Head Judge before each performance to ensure their structural safety. If the weapon is deemed unsafe, the Head Judge will foul out the competitor.
 - a. Weapons measuring up to 84 inches are acceptable. Weapons exceeding this length may be deemed hazardous.
 - b. 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 Kwan Dao or Monk's Spade should be at least 4 lbs in traditional divisions.
 - c. Contemporary Wushu weapons will be used in that category of weapons competition.
5. For external empty hand and external weapon divisions; A minimum of thirty seconds (:30) will be necessary for an intermediate or advanced form, no form will exceed a limit of three (3) minutes from the beginning of body movement to completion.
 - a. Tai Chi competitors will be given a warning by the timekeeper at the following times:
 - i. Novice-Beginner: 1 ½ minutes. Competitor must complete their form within the next 30 seconds.
 - ii. Intermediate: 2 minutes. Competitor must complete their form within the next 30 seconds.
 - iii. Advanced: 3 minutes. Competitor must complete their form within the next 30 seconds.
 - o *Any competitor exceeding this limit will have a 0.5 deduction from the score for every thirty (30) seconds or any portion thereof, beyond this time limit. A competitor going sixty (60) seconds over the time limit will be fouled out.*
6. 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 5 apply.
7. 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.
8. The referee calls for scoring with a verbal command, at which time the referee and judges raise their score cards in unison so as to be visible to the scorekeeper. Then the referee calls out each score and the scorekeeper records them. Then the scores are turned for the spectators viewing.
 - a. The scorekeeper tallies the score and the referee announces it. The competitors bow to the panel of judges and return to their position outside the competition ring area.

E. Continuous Sparring

1. Duration of Bout

- a. The duration of a bout is the best of three (3) forty-five second (45) rounds for adults and teens, For youth ages 12 and under; best of three (3) thirty (30) second rounds with a fifteen (15) second rest between rounds for all ages.

2. Scoring

- a. 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.
 - i. It is noted that disqualification and fouls are two separate entities.
- b. **Legal Targets:** *Using controlled light contact only*
 - i. Front and Side of the head
 - ii. Abdomen
 - iii. Chest
 - iv. Sides of Torso
 - v. Back of Ribs
- c. **Valid Techniques:** *The following types of techniques are considered valid*
 - i. Punches with the fore-fist (punches are made in a thrusting or arching motion)
 - ii. Back-fist strikes
 - iii. Hand Knife and Ridge hand techniques
 - iv. Strikes using the top of a bent wrist
 - v. Thrusts using the palm heel
 - vi. Kicks with the top of the instep
 - vii. Kicks with the ball of the foot
 - viii. Kicks with the bottom of the heel
 - ix. Kicks with the inner edge of the foot (instep)
 - x. Kicks with the outer edge of the foot
 - xi. A competitor may grab any of the opponent's uniform, or a limb, but must make an immediate attempt to score. After such attempt, he must release grip. Only one blow per grab is allowed. This prevents wrestling and excessive contact due to loss of control.
 - xii. Age divisions 14 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 an actual attack made to the opponent's leg. Sweeps must be followed by an immediate attempt to score in a controlling manner.
- d. **Illegal Targets:**
 - i. Face (Mask area)
 - ii. Throat
 - iii. Neck
 - iv. Groin
 - v. Spine
 - vi. Kidneys
 - vii. Knees and ankle joints
- e. **Prohibited Behavior:**
 - i. Techniques which make contact to any part of the neck, throat, or the facial area.
 - ii. Techniques that make excessive contact resulting in immediate swelling, bruising, or bleeding, in which in the eyes of the Referee are excessive.

- iii. Control to scoring areas must be reasonable and light. Techniques, which are judged excessive, will be penalized.
 - iv. Attacking the joints and limbs.
 - v. Open palm or fingertip attacks directed to the face.
 - vi. Techniques which, by their nature, cannot be controlled for safety of the opponent.
 - vii. Repeated exits from the competition ring.
 - viii. Grabbing or sweeping without immediately attempting to score.
 - ix. Pushing, or wrestling.
 - x. Displaying lack of regard for one's safety.
 - xi. Feigning injury to gain advantage.
 - xii. Speaking to the opponent during the bout, or speaking to any official during the bout without the Referee requesting that the competitors speak.
 - xiii. Any discourteous or unsportsmanlike conduct. Any competitor or coach who behaves in such a 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 a determination and disqualification.
- f. Penalties:** *Any commission of prohibited behavior will result in a penalty and may result in loss of rounds and or disqualification.*
- i. The following scale of penalties shall operate:
 - ii. Warning without penalty: Does not alter the offender's score. It is given for a minor infraction and may be only given once to each competitor in a bout.
 - iii. Warning with full point penalty: A point is deducted to the competitor after one to two warnings for minor infractions or for a serious infraction foul. Continuance of warnings will result in loss of bout.
- g. Disqualification:** *This is disqualification from the actual event, contest, match or the whole event. It is invoked for the following:*
- i. When a competitor commits an act which harms the prestige and honor of Chinese Martial Arts.
 - ii. When a competitor refuses to obey orders from any official.
 - iii. When competitor's action(s) are considered by the Referee to be too dangerous and in deliberate violation of the rules.
 - iv. When a competitor becomes so excited that he jeopardizes smooth operation of the bout.
 - v. When a competitor insists upon returning to competition against the recommendation of the tournament medical staff.
 - vi. When other action(s) are considered by the referee to violate tournament rules.
 - o *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).*

F. Push Hands

1. Push Hands shall be divided into Novice/Beginner, Intermediate, Advanced and Senior Advanced.
2. Men and Women shall compete separately.
3. Divisions will be separated by weight.

<u>Men</u>	<u>Women</u>
<= 155	<= 130
156-190	131-160
191+	161+

4. Push Hands competition shall be divided into the following categories:
 - a. Fixed Step
 - b. Restricted Step
 - c. Moving Step
 - d. Novice/Beginner Divisions may only compete in the Fixed Step Push Hands.

G. Duration of Bout

1. Matches will consist of two (2) one minute (1) rounds with a fifteen second rest period between rounds. In the event of a tie after the two rounds, a additional one minute round will be allowed to break the tie. If a tie still persists after the additional round, then the judges will choose a match winner by majority vote.
2. **This section shall apply to all categories of Push Hands**
 - a. The first round is started with each competitor left foot forward and left wrist touching.
 - b. The second round will begin with the competitors right foot forward and right wrist touching.
3. **Fixed Step Push Hands:** The foot which is forward at the start of the round must remain forward through the duration of the bout. No foot movement is allowed during Fixed Step Push Hands.
4. **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 short step(s) forward or backwards with either the front or the back foot, but they may not reverse their stance or step to the side.
5. **Moving Step Push Hands:** Competitors may move their feet freely after the beginning of the bout.
6. **Push Hands Match Procedures**
 - a. Competitors will face each other with their front foot on the center line and make contact on the back of the leading wrist and the other hand resting lightly on the opponents elbow.
 - b. The competitors will execute three (3) repetitions of Ward Off (Peng), Press (Ji), Roll Back (Liu), Push (An) sequence and will wait for the referee signal before initiating any offensive techniques. The referee guides the competitor's hands through the first three (3) repetitions.
 - c. Upon seeing a competitor off balance, or a foul, the referee will stop the action. He will report the incident, ask the judges to confirm the point. Upon conformation from the judges the point will be awarded accordingly.
 - d. The Referee may instruct the competitors to stop and restart under a variety of circumstances. Including, but not limited to; to insure the safety of a competitor, to award point (s), or to reorient the competitors back to the center line.
 - e. Following any suspension, the bout resumes the repetition of Ward off, Press, Roll Back, Push Sequence.
 - i. Only the Referee may suspend the bout and only the Referee, or Tournament Medical person may enter the ring.
 - f. The Competitor that has accumulated the most points wins the match.

- i. Valid Techniques:**
 - Pushing
 - Pulling with one hand
 - Trapping techniques
 - Non-Impact techniques which cause opponent to lose balance
 - Single hand grabbing techniques
 - A competitor may only pull or grab with one hand for no more than three seconds to execute a technique. Otherwise, it is considered holding and is a violation.
- 7. Scoring:** Points are awarded on the basis of execution of a legal technique that causes the opponent to become visibly off balance, or because of an opponents violation.
- 8. Fixed Stepped Push Hands:** In Fixed Step Push Hands neither of the competitors' feet may move. If this is done a penalty point must be awarded.
 - a. Causing opponent to visibly lose balance - 1pt.
 - b. Opponent is in a vulnerable posture - 1pt.
 - c. Causing opponent to take one step or to move feet - 1pt.
 - d. Referee awards a point due to an opponent violation.
- 9. Restricted Step Push Hands:** In Restricted Step Push Hands neither of the competitors may reverse their stance or step to the side to gain an advantage. If this is done, a penalty point must be awarded.
 - a. Causing opponent to visibly lose balance - 1pt.
 - b. Opponent is in a vulnerable posture - 1pt
 - c. Causing opponent to take a step or steps due to loss of balance - 1pt.
 - d. Opponent reverses stance or takes one or more steps to the side - 1pt.
 - e. Referee awards a point due to an opponent violation
- 10. Moving Step Push Hands**
 - a. Causing opponent to visibly lose balance - 1pt.
 - b. Opponent is in a vulnerable posture - 1pt.
 - c. Causing opponent to take two or more steps due to lose of balance - 1pt.
 - d. Opponent steps outside the inner circle with at least one foot - 1pt.
 - e. Any part of the body touches on or outside the outer circle - 1pt.
 - f. Referee awards one point due to an opponent violation - 1pt.
- 11. Valid Techniques:** 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. A competitor may only pull or grab with one hand for no more than three seconds to execute a technique. Otherwise it is considered holding and is a violation.
 - a. Pushing
 - b. Pulling with one hand
 - c. Trapping techniques
 - d. Non-Impact techniques which cause the opponent to lose balance
 - e. Single hand grabbing techniques which cause opponent to lose balance
- 12. Violations and Warnings:** 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 confirmation from the side Judges. If a warning is called the Referee will stop the match, point out the violation and call for the judge's confirmation. Upon conformation from the judges a point will be 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. Warnings and violations are continuous from the beginning of the match to the end of the match.

- a. Personal Violations:
 - i. Inappropriate use of force or wrestling
 - ii. Two handed grabs
 - iii. Grabbing the opponent's clothing
 - iv. Holding or gripping the opponent with one or both hands to prevent attack or loss of balance
 - v. Reversing stance in Restricted Push Hands
 - vi. Attacking an illegal target area
 - vii. Attacking the leg(s) or pelvic region
 - viii. Speaking during the bout
- b. Technical Violations:
 - i. Failing to follow the referee's instructions
 - ii. Being coached while a round is in progress
 - iii. Failing to complete the required repetitions
- c. Serious Violations:
 - i. Punching or striking
 - ii. Head butting
 - iii. Attacking the legs, knees or feet
 - iv. Elbow or shoulder strikes
 - v. Using joint locks or chin na
 - vi. Using pressure point attacks
 - vii. Attacking the groin
 - viii. Techniques resulting in an injury to the opponent
 - ix. Throws of any kind
 - x. Attacking a fallen opponent
 - xi. Unsportsmanlike conduct by the competitor, coach or associates
 - xii. Any other violation not listed deemed by the referee to be a safety or misconduct factor

H. Shuai Chiao

- 1. **Duration of Bout:** Each bout shall consist of a maximum of three (3) rounds
 - a. Adults: Each round will be three (3) minutes with a thirty (30) second break between rounds
 - b. Youth: Each round will be one (1) minute with a thirty (30) second break between rounds
- 2. **Weight Divisions**
 - a. Weight divisions will be established at the tournament director's discretion.
 - b. Weigh-in is conducted up to two 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 (must be short), cleanliness of body, hair, uniform, etc..
- 3. **Uniform**
 - a. A proper Shuai Chiao uniform must be worn. A Judo jacket may be worn in place of Shuai Chiao Jacket. Females may wear a t-shirt under their jacket.
 - b. Any items bearing wood, plastic, zippers, buttons, or any other hazardous materials will be prohibited. Jewelry of any kind is prohibited.
 - c. The wearing of any bandage due to an injury must be approved the Referee's council on the advice of the medical staff. Braces for injuries are hazardous and competitors wearing these cannot compete.

4. Scoring

- a. 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.
 - b. A throw is awarded on the basis of the following criteria:
 - i. When the opponent's torso touches the mat
 - ii. When four (4) parts of the body touch the mat (I.E. 2 hands and 2 feet, both knees and hands, etc.)
 - c. 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.
5. **Penalties:** The scale of penalties shall be the same as that is used in Continuous Sparring
6. **Prohibited Behavior:** The following shall constitute prohibited behavior and may result in a penalty, foul, or disqualification upon the offender.
- a. Evading or stalling
 - b. Execution 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 outside the competition area.
 - m. Any other condition for which the Referee believes a penalty should be imposed.
7. **Safety Precautions:** All males are required to wear a protective groin cup. Mouth guards are recommended for all competitors, but not required.
- a. Glasses and contact lenses are not allowed.

I. Chi Sau

1. **Duration of Bout:** The duration of a match will consist of two (2) one (1) minute rounds with a fifteen (15) second rest between rounds.
2. **Legal Targets**
 - a. The result of a bout is determined by one competitor landing more effective techniques than the other.
 - b. The result of the match is determined by one competitor winning two (2) out of three (3) rounds.
 - i. Head
 - ii. Sides of neck
 - iii. Abdomen
 - iv. Chest
 - v. Sides of torso
 - vi. Backs of ribs and kidneys
 - vii. *The spine and face are not a valid target.*
3. **Valid Techniques**
 - a. Punches with fore-fist (punches are made in a thrusting motion)
 - b. Strikes with the fore-fist (punches 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

4. Prohibited Behavior

- 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.
- c. Attacking the limbs, joints, or groin.
- d. Spear or fingertip attacks to the face.
- e. Repeated exits from the competition area.
- f. Grabbing or sweeping without immediately attempting to score.
- g. Pushing or wrestling.
- h. Displaying lack of regard for one's safety.
- i. Feigning injury to gain advantage.
- j. Speaking to the opponent during the bout, or any official without the referee requesting that the competitor speak.
- k. In the eyes of the referee, if any techniques are excessive, opponents will be penalized.
- l. Any discourteous or unsportsmanlike conduct. Any competitor or coach that 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.

5. Penalties

- a. 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.
- b. Penalties, Fouls, Disqualifications and Forfeiture shall incur as in Continuous Sparring.

J. Weapon Sparring: Sword, Staff, Single Stick, Knife

1. **Duration of Bout:** All Weapon sparring shall be a maximum of thirty (30) second rounds with a fifteen break in between rounds.

2. Scoring

- a. 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.
- b. A point is awarded on the basis of the following criteria for a legal technique executed to a valid area:
 - i. One (1) point is given for any technique initiated against the extremities of an opponent.
 - ii. Two (2) points are awarded to any technique initiated against the head, neck, or torso of the opponent.
 - o Knife only: Five points for a cut to the throat, cut to the side of the neck, or stab to the torso of the opponent. If a competitor is disarmed by a technique or blow two (2) times within one (1) round, his opponent will win that round.

- iii. 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.
- iv. Simultaneous scoring techniques delivered by both competitors will not be scored.

3. Legal Targets

- a. Head
- b. Torso
- c. Extremities
- d. Knife Only: Throat

4. Valid Techniques: 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.

5. Criteria for Decision: 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.

6. Prohibited Behavior

- a. Techniques which make any contact to the face or throat. Except for the throat in knife fighting.
- 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 the officials during the bout without the referee requesting the competitors 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.

7. Penalties: Shall be the same as Continuous Sparring.

8. Safety Equipment

- a. Fencers mask or padded head gear with caged facemask must be worn.
- b. Male competitors must wear groin protection.

9. Required Equipment:

- a. Padded 72" staff
- b. Padded 32"-36" swords only. Must have padded hilt as well.
- c. Padded or thin green rattan single sticks which allow enough flexibility for slashing, thrusting and checking. Must not exceed 32" in length.
- d. Rubber Applegate Fairbairn training knives, or of similar quality.

K. Competition/AAU Rules: Unless otherwise stated in this handbook the rules of competition shall be those of Amateur Athletic Union - Chinese Martial Arts. Only those rules contained in this handbook shall supersede the general rules of the national governing body.

1. Qualification Procedure

- a. Must be an AAU member in good standing. Beginning age shall start at 4 years old.
- b. Any Chinese Martial Art style may participate.

2. Eligibility: (*age divisions, roster requirements, weight classes*)

- a. Age divisions: 4-5 yrs old / 6-7 yrs old / 8-10 yrs old / 11-13 yrs old / 14-17 yrs old / 18-34 yrs old / 35 + Executive. Tai Chi: 8-10 yrs old / 11-13 yrs old / 14-17 yrs old / 18 -34 yrs old / 35-54 yrs old / 55 + Executive.
- b. Competition Categories
 - i. Open Hand Forms
 - ii. Weapon Forms
 - iii. Continuous Sparring
 - iv. Push Hands (Fixed, Restricted and Moving Step)
 - v. Shuai Chiao
 - vi. Chi Sau
 - vii. Weapon Sparring
- c. Weight Classes for Push Hands, Continuous Sparring, Chi Sau and Shuai Chiao:
 - i. Men: < 155 / 156-190 / 191+
 - ii. Women: < 130/ 131-160/ 161 +
 - iii. Tournament Director at his or her discretion, may combine or eliminate weight classes to ensure good competition.
- d. Competition Categories: External Empty Hand Forms / Tai Chi Empty Hand Forms / Continuous Sparring / Push Hands (Fixed, Restricted and Moving step divisions) / Chi Sau / Shuai Chiao / External Weapon Forms / Tai Chi Weapon Forms / Weapon Sparring.
 - i. All divisions shall be divided by these levels of experience:
 - o Novice: less than one year.
 - o Beginner: More than one year, but less than 2 years of total Martial Arts Training.
 - o Intermediate: More than 2 years, but less than 4 years total training.
 - o Advanced: 4 years or more, but not exceeding 10 years total training.
 - o Senior Advanced: 10 years or more years total training.
- e. External forms divisions: Northern / Southern / Contemporary Wushu / Non - Traditional Open/ Kenpo / Island Arts
- f. Internal (Tai Chi Divisions): Yang/Chen/Wu/Wu Hao/Other/Ba Gua/Hsing I
- g. Other than the National Championship, the Tournament Director may at their discretion, combine experience levels within any division to insure a good competition.
- h. Athletes aged 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.
 - i. Age eligibility is determined by the age of competitor at the time of the tournament.

a violation of this policy and may subject the member/entity to penalties set out in the AAU Code.

2. Only chartered Districts, District Sport Committees and National Sport Committees may use the AAU marks in their name.
3. There are three (3) levels of AAU club membership. Level 1 AAU Clubs acquire no rights to use the AAU's intellectual property. Level 2 and Level 3 Clubs may use AAU's intellectual property for the promotion of its organization and/or sanctioned AAU events only. Member clubs may not use the name AAU in their legal name.
4. In the event of a dispute or conflict as to a member's/entity's claim(s) to use any of the intellectual property of the AAU.

D. Event Sanctions

1. No event shall be conducted under the auspices of the AAU unless a sanction has been issued for the activity. A sanction is the written approval of the AAU for the conduct of the activity.
2. Only AAU members may participate in sanctioned events unless otherwise provided in the Bylaws.
3. Sanctions may be issued to any club in good standing. Any sanction may be reviewed within 15 days of submission by the District Sport Committee Director. If the sanction is reviewed and rejected, the Registrar shall notify the organization submitting the sanction.
4. No sanction shall take effect until the 15-day review period has expired, or until the Registrar processes the sanction following approval of the District Sport Committee Director. Beginning with the 2009 Membership year, all applications for sanction must be completed and submitted through the on-line process or the AAU National Office.
5. The National Registration Executive Committee has the authority to issue sanctions as follows:
 - a. For events in locations where there is no active District member.
 - b. For events in Districts where there is no current active participation. (No District Championship in the prior membership year).
 - c. For events directly sponsored by the National AAU or National Sports Committee.
 - d. For inter-District league play.
 - e. Review and approve any sanction rejected by the District.
 - f. Sanctions issued to one organization cannot be transferred to another organization.
 - g. No sanction will be issued for any event where the word "Olympic" or any derivative thereof is used in any advertisements or notice in connection with the event except upon the specific written approval of the Board of Directors.
 - h. Sanctions must be reviewed and processed by the District Registrar and reported to the National Headquarters. A record shall be kept by each District of all sanctions issued.

E. District Sport Committee Annual Meeting

1. **District Sport Committee Annual Meeting:** It is the duty of the District Sport Committee to hold an annual meeting, the date of which shall be approved by the District Executive Committee. [Not the Sport Committee Executive Committee]
2. **Notice of District Sport Meetings:** Notice of the annual or special meetings of the District Sport Committee shall be issued (or issue approved) by the District Secretary, to clubs eligible to vote as of 30 days prior to the scheduled annual meeting.

- a. **Quorum:** Five (5) member clubs must be present to constitute a quorum of the Annual Sport Committee meeting.
- b. **Voting:** Each member of a Committee shall have one vote unless the operating rules of the Committee provide for weighted voting. There shall be no voting by proxy. [A club may designate another representative for the club.]

F. Functions of District Sport Committees

- 1. **District Sport Committees:** In each approved AAU sport in which the District has athletes actively participating, there may be a Committee to manage competition within the District.
- 2. **Composition:** The District Sport Committee shall include the following:
 - a. Each club member which registers at least five individual members in the sport shall have one representative on the District Sport Committee;
 - b. District Sport Committee Officers and Chairmen of Committees as defined by that sport's operating rules. [Added 10/07].
 - c. The Governor may appoint five (5) at-large members.
- 3. **Duties:** The duties of the District Sport Committee are to:
 - a. In even years, hold a Bi-Annual meeting, the date, time and location of which shall be approved by the District Executive Committee. [Added 10/08]
 - b. Adopt at the Bi-Annual Meeting, rules of operation of the Committee to be submitted to the Executive Committee for approval and which shall not conflict with the provisions of the AAU Constitution, Bylaws, National Policies or National Sport Committee rules.
 - c. Determine whether to establish a Committee operating account and if so to comply with all relevant AAU procedures and policies.
 - d. Conduct of the District championships.

G. Functions of the District Sport Director

- 1. **District Sport Director:** In each sport in which five or more club members have designated the sport as its primary sport, the Director shall be elected by the Committee at its Bi-Annual Meeting. When there are fewer than five clubs registered to the Sport, the Chair may be appointed by the Governor with the approval of the National Sport Committee Chair. The District Sport Director takes office upon election or upon appointment.
 - a. **Term:** The term of office for an elected District Sport Director shall be four (4) years to run concurrently with the District Officers. The term of office for an appointed District Sport Director shall be one year or until such time as the Sport Committee meets the criteria to elect a Chair.
 - b. **Vacancies:** A vacancy occurring in an elected District Sport Director position shall be filled in accordance with the Sport Committee operating rules. A vacancy occurring in an appointed District Sport Director position shall be filled by the Governor with the approval of the National Sport Committee Chair.
- 2. **Duties:** The Sport Committee Director shall:
 - a. Develop a budget for the Sport Committee to file with the District Executive Committee
 - b. Perform the duties set forth in the Committee Rules of Operation
 - c. Approve event sanctions in the sport
 - d. Preside at Sport Committee meetings

3. **Removal:** District Sport Directors may be removed as follows:
 - a. **By District Sport Committee:** An elected Sport Committee Director may be removed by a two-thirds (2/3) vote of the Sport Committee at the Bi-Annual meeting provided that the Notice of the meeting specifies that a motion to remove is on the agenda. [Rev. 10/07]
 - b. **By National Sport Chair:** Each National Sport Chair shall annually review the number of events held in their sport. If the number of sanctioned events, excluding practice sanctions, are below five (5), the National Sport Chair may remove the District Director. If the District Governor does not agree with the removal, the President shall appoint an arbiter who will make the final decision. [Rev. 10/07]
 - c. **By National Board of Review:** An elected Sport Director may be removed by order of the National Board of Review following the filing of a complaint and the Board's proceedings. [Added 10/07]

H. Membership and Residency

1. Adult members will not be bound by residence requirements.
2. Youth members must register in the District of their bona fide residency, except as follows:
 - a. A youth member who resides in the county of one District that adjoins a county of another District and who attends a school located in the adjoining county will have the option of registering in either District.
 - b. A youth member subject to a written joint legal custody arrangement whose custodians reside in different Districts shall have the option of registering in either District.
 - c. A bona fide student at an educational institution may be considered a resident of the District in which the institution is located.
3. Persons living outside the U.S. may register in the closest District or with the District where the competition they are first participating in will take place. The respective National Sports Committee rules shall govern their participation in AAU competitions.

I. Eligibility

1. A youth member may elect to participate in his or her District of bona fide residence or a District that geographically adjoins that District. Exception: In team sports a maximum of three (3) members may participate with a team in an adjoining District. [Team sports include baseball, basketball, field hockey, hockey, soccer softball and volleyball.]
2. **Club Attachment:** A youth member becomes attached to a club member when he/she competes with that club in any AAU sanctioned event (practice not included). An athlete may attach to additional clubs if he/she participates in additional sports.
 - a. For team/club sports only. If an athlete participates in an AAU sanctioned league for one group member (club), that athlete may elect to affiliate immediately with a second group member (club) for the purpose of qualifying for an AAU National Championship. Participation may be simultaneous. A league is made up of teams/clubs that compete only among themselves for a defined period of time.
3. **Transfers:** An attached youth member may transfer to another club in the same sport under the following conditions:
 - a. If the youth member has not competed in any AAU sanctioned events in that Sport for a period of sixty (60) days.

- b. If the representative of the club to which an athlete is attached signs a release form permitting an immediate transfer. (Athletes released under this provision are subject to National Championship eligibility restrictions as adopted by National Sport Committees.) [Added 10/07]
- c. When the transfer is for the purpose of competing with a team which has qualified for a National Championship as provided by National Sport Committee rules.
- d. If the Registrar determines that the transfer is due to events outside the control of the athlete or that the transfer serves the best interest of the AAU.

V. APPENDIX

A. District Director Contacts

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8. Missouri Valley: Greg Butler - 573-489-9150 - shifugregbl@gmail.com
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B. Executive Committee Directory

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