

INTRODUCTION

In the AAU Chinese Martial Arts Rules for Competition, divisions have been expanded to include all ages and both genders, and to allow for dramatic differences as to all styles in the forms competition. The use of the terms him/his/he in this handbook are for explanation purposes only and intended to be non-gender specific.

Uniform requirements are liberalized to allow and encourage developmental programs. The duties of the tournament officials have been structured to provide better-organized competition.

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**