

# International Wing Chun Sports Committee

## Chi Sau Competition Rules

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## Purpose

The purpose of this event is to

- 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 purpose of the Wing Chun Chi Sau Competition Rules is to manage smoothly and fairly all matters pertaining to competition on all levels to be promoted and/or organized by the International Wing Chun Sports Committee (IWCS), ensuring the application of standardized rules.

## Application

The Wing Chun Chi Sau Competition Rules shall apply to all competitions to be promoted and/or organized by the IWCS. Any member of the IWCS wishing to modify any part of the Competition Rules must first gain the approval of the IWCS.

## Competition Area

- a) The competition area shall measure 3m x 3m in the metric system and have a flat surface without any obstruction projections. The outside edge of the competition area shall be known as the Boundary Line.
- b) However, the competition area may be installed on a platform 10cm high from the base for advanced divisions only, and the outer part of the boundary line shall be surrounded with a 5cm-10cm thick pad 50cm in length.

## Indications of Positions

- 1) Position of the Referee
  - a) The position of the Referee shall be marked at a point 150cm back from the center point of the Competition Area to the opposite side of the Head of Court's seat and designated as the Referee's mark.
- 2) Position of the Judges
  - a) The Position of the Judges shall be marked at a point 50cm outward from each corner of the Boundary Line facing toward the center point of the Competition Area.
- 3) Position of the Head of Court
  - a) The Position of the Head of Court shall be marked at least 100cm away from the center of the Boundary Line facing the Referee's mark
- 4) Position of the Recorder
  - a) The Position of the Recorder shall be marked at a point 300cm to the right and 100cm back from the position of the Head of Court.
- 5) Position of the Commission Doctor
  - a) The Position of the Commission Doctor shall be marked at a point 600cm to the side of the position of the Recorder when a Commission Doctor shall be present.
- 6) Position of the Contestants (Starting Point for Salutation and Competition)
  - a) The Position of the contestants shall be marked at a point 100cm to the left and right side of the center point of the Contest Area facing towards the position of the Head of Court. The left side, relative to the Head of Court, shall be the Red Contestant's mark and the right side shall be the Blue Contestant's mark.
- 7) Position of the Coaches
  - a) The position of the coaches shall be marked at a point at least 100cm away from the Boundary Line on each contestant's side.
- 8) Position of the Inspection Desk
  - a) The Position of the Inspection Desk shall be set up near the entrance of the Competition Area for inspection of the contestants' protective equipment.

## Contestants

- 1) Qualification of contestants
  - a) Holder of the member of the participating school or team
- 2) The Uniform for Contestants
  - a) The clothing worn shall be appropriate as judged by the attending school or team.
- 3) Medical Control
  - a) The use or administration of drugs or chemical substances is prohibited.
  - b) The IWCSC may carry out any medical testing to ascertain if a contestant has committed a breach of this rule, and any winner who refuses to undergo this testing or who proves to have committed such a breach shall be removed from the final standings

## Weight Divisions

- 1) Weights are divided into Male and Female Divisions

2) Weight divisions are divided as follows:

<b>Division</b>	<b>Men's</b>	<b>Women's</b>
Lightweight	< 140 lbs	< 125 lbs
Light Middleweight	140-155 lbs	
Middleweight	156-175 lbs	125-144 lbs
Light Heavyweight	176-195 lbs	
Heavyweight	196-220 lbs	> 145 lbs
Super Heavyweight	> 220 lbs	

- 3) In the event that divisions must be combined (for smaller tournaments, for example) the following rules shall apply:
- Divisions shall NOT be combined across ability levels.
  - Women's divisions shall not be combined since there are so few weight classes.
  - Light and Light Middle for men may be combined to form a new lightweight division.
  - Middle and Light Heavy for men may be combined to form a new middleweight division.
  - Heavy and Super Heavy for men may be combined to form a new heavyweight division.
- 4) In the event that three divisions must be split up, they shall be split according to the chart above. No further splitting shall occur since this will interfere with future seeding.

Gold, Silver and Bronze medal will be awarded to the top 3 fighters in each weight division.

## Skill Divisions

- Intermediate Division**  
Intermediate Division shall be those competitors that train at the Chum Kiu level and below (1 to 3 years of Wing Chun experience).
- Advanced Division**  
Advanced Division shall be those competitors that train at the Biu Je level and above (3 or more years of Wing Chun experience).

## Classification and Methods of Competition

- Competitions are divided as follows:
  - Individual competition shall normally be between contestants in the same weight class. When necessary, adjoining weight classes may be combined to create a single classification.
  - Male and Female Divisions shall exist only when 3 or more competitors are present for any one weight division
- Systems of competition are divided as follows:
  - Single elimination tournament style
  - Round robin system
- All international-level competitions recognized by the IWCSA shall be formed with the participation of at least 3 countries with no less than 3 contestants in each weight class, and any weight class with less than 3 contestants cannot be recognized in the official results.

## Duration of Contest

- 1) The duration of the contest shall be three rounds with a fourth round reserved for use in the result of a tie in the previous 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 rest will follow all rounds.
- 5) If necessary, the fourth round shall be 60 seconds in length. The fourth round shall consist of 30 seconds of Daan Chi Sau. Then the players shall switch hands and continue for 30 more seconds. Rest between sides shall be 15 seconds in the fourth round.

## Drawing Lots

- 1) The drawing of lots shall be conducted one day prior to the first competition in the presence of the IWCSO officials and representatives of the participating nations, and the drawing of lots shall be done from the Light weight up in the English alphabetical order of the official names of the participation nations.
- 2) Officials shall be designated to draw lots of behalf of officials of participating nations not present at the drawing.
- 3) The order of the draw may be changed according to the decision of the Head-of-Team meeting.

## Weight-In

- 1) Weight-in of the contestants on the day of competition shall be completed one hour prior to the competition.
- 2) Weigh-in shall be wearing undergarments only, shorts for Males and shorts/sports bra for Females.
- 3) Weigh-in shall be made once, however, one more weigh-in is granted within the time limits for official weight-in to the contestants who did not qualify the first time.
- 4) So as not to be disqualified during the official weigh-in, a scale, the same as the official one shall be provided at the contestants place of accommodation or at the arena for pre-weight-in.

## Equipment and Appearance

- 1) Clothing
  - a) Pants shall be of one solid color, either black or white. A school emblem may also be present.
  - b) The shirt shall be short sleeved and tucked into the pants. A school emblem may also be present. The shirt shall be free from buttons, zippers, snaps and the like.
  - c) Shoes shall be of an athletic, indoor nature with good traction.
  - d) All items of clothing shall be in a state of good condition with no loose threads or etc.
- 2) 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.
- 3) Physical Appearance
  - a) The fingernails shall be trimmed and clipped as short as possible. Overall bodily cleanliness shall also be required.
- 4) The body shall be free of all jewelry, rings, necklaces, earrings, and etc.

- a) All clothing and safety equipment shall be examined before the start of competition.

## Procedures of the Contest

- 1) Call for contestants
  - a) The name of the contestants shall be announced three times beginning three minutes prior to the scheduled start of the contest.
  - b) The contestant who fails to appear in the contest area within one minute after the scheduled start of the competition shall be regarded as withdrawn.
- 2) Physical and Costume Inspection
  - a) After being called, the contestant shall undergo physical and costume inspection at the designated inspection desk, and the contestant shall not show any signs of aversion, and also shall not bear any materials that could cause harm to the other contestants.
- 3) Entering the competition area
  - a) After inspection, the contestants shall enter into the waiting position with one coach.
- 4) Start and End of the Contest
  - a) The contest in each round shall start with the declaration of “Start” by the Referee and shall end with the declaration of “Stop” by the Referee.
- 5) Procedures
  - a) Before the beginning the Contest
    - i) The contestants shall turn to the Head of Court and make standing bow at the Referee’s command of “Attention” and “Bow”. A Standing bow shall be made from the natural standing posture of “Attention”, by inclining forward at the waist to an angle of more than thirty degrees with the head inclined to more than forty-five degrees and the fists clenched at the sides of the legs.
    - ii) The contestants shall face each other and exchange standing bow at the Referee’s command of “Face each other”, “Bow”.
    - iii) The Referee shall start the contest by commanding “Ready”. At this point, the contestants will approach each other and engage in the “Syeung Chi Sau” (Double Sticking Hand) position. Both contestants shall have one hand protecting the inner door (Fuk Sau) and one hand protecting the outer door (Tan Sau or Bong Sau). At the command of “Start” by the Referee, the contestants shall proceed to roll their hands through three complete rolls before throwing any techniques.
    - iv) Any time the action is stopped and the contestants are returned to the Syeung Chi Sau position, the Referee shall command the contestants to return to the Syeung Chi Sau position with the command “Ready.” At the command of “Start” by the Referee, the contestants shall roll their hands through three complete rolls before throwing any techniques.
  - b) During the Contest
    - i) For both skill divisions
      - (1) Round One – Red will attack and Blue will defend only, with the head disallowed as a target.
      - (2) Round Two – Blue will attack and Red will defend only, with the head disallowed as a target.
      - (3) Round Three – Red and Blue are free to attack and counter-attack, with the head allowed as a target.

- ii) For Advanced Division only
  - (1) If the score is tied after the third round, the advanced division will proceed into a fourth round.
  - (2) Red and Blue shall be free to attack and counter-attack.
  - (3) If Red and Blue become separated, each competitor shall be free to resume Chi Sau distance without interference from the Referee. The Referee shall stop the contest and reset to Syeung Chi Sau position only if one or both competitors are forced past the Boundary Line.
- c) After the Contest
  - i) After the end of the last round, the contestants shall stand at their respective positions facing each other and exchange standing bow at the Referee's command of "Face each other", "Bow", and then shall turn to the Head of Court and make a standing bow at the Referee's command of "Face the Center", "Bow" and wait the Referee's declaration of the decision in the standing position.
  - ii) The Referee shall declare the winner by raising the winner's hand according to the result of the contest. However, when the winner is unable to stand at his/her position due to injury, the Referee shall declare the winner by raising his/her own hand on the winner's side.
  - iii) Retirement of the contestants

## 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.

**Decision of Superiority**

- 1) In the case of a tie score by deduction of points, the contest shall go into a fourth round.
- 2) In the case of a tie score in the fourth round, the winner shall be the contestant awarded more points through the four rounds.
- 3) Decision of superiority shall be based on the initiative shown during the contest.

**Decisions**

- 1) Win by Referee stopping the contest
- 2) Win by score or superiority
- 3) Win by withdraw
- 4) Win by disqualification
- 5) Win by Referee's punitive declaration

**Knock Down/Out**

- 1) When any part of the body other than the sole of the foot touches the floor due to the force of the opponent's delivered technique.
- 2) When a contestant is staggered showing no intention or ability to pursue the match.
- 3) When the Referee judges that the contest cannot continue as the result of any powerful technique having been delivered.

**Procedures in the Event of a Knock Down/Out**

- 1) When a contestant is knocked down as the result of the opponent's legitimate attack, the Referee shall take the following measures;
  - a) The Referee shall keep the attacker away from the downed contestant by the declaration of "Break"
  - b) The Referee shall count aloud from "One" to "Ten" at one-second intervals towards the downed contestant, making hand signals indicating the passage of time.
  - c) In case the downed contestant stands up during the Referee's count and desires to continue the fight, the Referee shall continue the count up to "Eight" for recovery of the downed contestant.

The Referee shall then determine if the contestant is recovered and, if so, continue the contest by declaration of "Continue".

- d) When a contestant who has been knocked down cannot demonstrate the will to resume the fight by the count of "Ten", the Referee shall announce the other contestant winner by K.O.
  - e) The count shall be continued even after the end of the round or the expiration of the match time
  - f) In case both of the contestants are knocked down, the Referee shall continue counting as long as one of the contestants has not sufficiently recovered.
  - g) When both contestants fail to recover by the count of "Ten", the winner shall be decided upon the match score before the occurrence of the knock down.
  - h) When the Referee judges that a contestant is unable to continue, the Referee may decide the winner either without counting or during the counting.
- 2) Procedures to be followed after the contestant
    - a) Any contestant suffering a knockout as the result of a blow to the head will not allowed to compete for the next 30 days. Before entering a new contest after 30 days, the contestant must be examined by a medical doctor designated by the IWCS, who must certify that the contestant is recovered and able to compete.

## Procedure for Suspending the Match

- 1) When a contest is to be stopped due to injury of one or both of the contestants, the Referee shall take the following measures;
  - a) The Referee shall suspend the contest by declaration of "Halt" and order the Time Keeper to suspend the time keeping by announcing "Time"
  - b) The Referee shall allow the contestant to receive first aid within one minute.
  - c) The Referee shall declare the contestant who does not demonstrate the will to continue the contest after one minute, even in the case of slight injury, the loser.
  - d) In case resumption of the contest is impossible after one minute, the contestant causing the injury by a prohibited act to be penalized by Deduction Penalty and shall be declared the loser.
  - e) In case both contestants are knocked down and are unable to continue the contest after one minute, the winner shall be decided upon points scored before the injuries occurred.
  - f) When it is judged that a contestant's health is at risk due to losing consciousness or falling in an apparently dangerous condition, the Referee shall suspend the contest immediately and order first aid to be administered. The Referee shall declare as loser, the contestant causing the injury if it is deemed to have resulted from a prohibited attack to be penalized by Deduction Penalty. Otherwise the Referee shall decide the winner on the basis of the score of the match before the suspension of the time.

## Referees and Judges

- 1) Qualifications
  - a) Holders of International Referee Certificate registered by the IWCS.
- 2) Duties
  - a) Referee
    - i) The Referee shall have control over the match
    - ii) The Referee shall declare "Start", "Stop", "Halt", "Attention", "Bow", "Ready", "Wait", "Time", "Continue", "Break", winner and loser, deduction of points, warnings and retiring. All the Referee's declarations shall be made when the results are confirmed.

- iii) The Referee shall have the right to make decisions independently in accordance with the prescribed rules.
  - iv) The Referee shall not award points.
    - (1) In case of a tied or scoreless match, the Referee shall make the decision of superiority after the end of the third round for intermediate divisions and the end of the fourth round for advanced divisions.
- b) Judges
- i) The Judges shall mark the valid points immediately
  - ii) The Judges shall state their opinions forthrightly when requested by the Referee.
  - iii) Responsibility for judgement
    - (1) Decisions made by the Referee and Judges shall be conclusive and they shall be responsible to the Board of Arbitration for those decisions.
  - iv) Uniform of the Referee and Judges
    - (1) The Referee and Judges shall wear the uniform designated by the IWCS.
    - (2) The Referee and Judges shall not carry or take any materials to the Arena that might interfere with the contest.
- c) Head of Court
- i) Qualification
    - (1) Holder of International Referee certificate with years of experience in competition management.
  - ii) Duties
    - (1) Overall control and supervision of the pertinent competition area
    - (2) Confirmation of the decision
    - (3) Evaluation of the Referee's and Judges' performance
    - (4) Giving a report at any meeting of the Board of Arbitration
- d) Recorder
- i) The recorder shall time the contest and periods of time-out suspension and also shall record and publicize the awarded points and/or deduction of points. Other duties should follow those outlined in Chapter 1 for scorekeepers and timekeepers.

## Assignment of Officials

- 1) Composition of officials
  - a) The officials are composed of one Head of Court, one Referee, and four Judges.
- 2) Assignment of Officials
  - a) The assignment of the Head of Court, the Referees and Judges shall be made after the contest schedule is fixed.
  - b) Referees and Judges with the same nationality as that of either contestant shall not be assigned to such a contest. However, an exception shall be made for the Judges when the absolute number of Referees and Judges is wholly insufficient.

## Other matters not specified in the Rules

In the case that any matters not specified in the Rules occur they shall be dealt with as follows:

- 1) The Head of Court and the Refereeing officials of the pertinent contest shall decide matters related to the competition through consensus.
- 2) The tournament arbitration committee or its proxy shall decide matters that are not related to a specific contest. In matters where this is not appropriate, the IWCS technical committee shall decide matters. Due consideration shall be given to IWCS decisions in such matters.

## **Arbitration**

Arbitration procedures shall follow the protocol of USAWKF tournaments.

## **Supplementary Provision**

These Competition Rules shall come into force from January, 1, 2018.