

# Rules for Contemporary Wushu Forms (Openhand & Weapon)

Completed 9/5/06 (approved by the Whipping Willow Association)

## Competitor's Responsibility:

- ◆ Must familiarize themselves with the schedule of events and location (ring) of competition. It is the responsibility of the competitor to be at his or her event on time to compete.
- ◆ Must check in at the ring with the scorekeeper or ring coordinator a minimum of 15 min. before the beginning of the competition for the division he or she is competing in.
- ◆ Any competitor that has obligation in any other ring(s) must inform the scorekeeper or ring coordinator of possible conflicts at the time he or she checks in at the ring.
- ◆ All competitors are required to be in their uniform and have any equipment needed (weapons) and be ready to perform when he or she is called to compete.
- ◆ Any competitor that may have issue with the judging panel or any member of the panel must make this known and ask for arbitration before competition begins in the division he or she is competing in.
- ◆ Once a competitor has competed, if he or she wishes to ask for clarification or an arbitration regarding scoring it must be done in a respectful manner to the head official directly at the end of competition of the division in question.

The following are the standard ring procedures for each event:

- ① All competitors will be summoned to the ring at least 10 minutes before the beginning of the event.
- ② Should any competitor have any questions as to what category his/her form fits into (i.e.: Long/Short Hand, Northern, etc.), he/she should inquire about this upon checking in with the scorekeeper long before any competitions begin. Do not wait until the event is about to begin.
- ③ When the Chief judge sees that all is ready he or she will have announced the name of the first competitor and then the names of the following two competitors to prepare.
- ④ When the competitor's name is called, he/she will approach the ring and give a right fist and left palm salute (standing vertical with both feet together) to the Chief Judge only. The competitor shall not bow to any other ring official or it shall be considered a violation of protocol and will be dealt the appropriate deduction. The competitor will hold his/her hand salute until permission from the ring official is given.
- ⑤ Upon receiving the signal from the ring official to enter the ring, the competitor will "march" or walk evenly and directly to his/her beginning position. No more than 5 seconds should be taken for this. At no time should the competitor speak to any officials or judges once his/her name is called.
- ⑥ Once the beginning position is found, the competitor will stand perfectly still at attention, showing the judges and Timekeepers that the form is ready to begin. The time clock will begin at the first sign of movement from this attention position. This attention position should not be held for more than 5 seconds, however, it should be held for at least 2 seconds.
- ⑦ The time clock will stop when the form is finished and the competitor returns to a stationary and relaxed position. Upon completion, the competitor will again "march" or walk evenly to the same place he/she entered, turn around, and face the judges and officials once again in a relaxed, upright position.
- ⑧ After receiving his or her final score, the competitor will acknowledge the score by saluting only the Chief Judge. Now the competitor is finished with his or her form, and may leave the ring area. Departures from this protocol will result in the appropriate penalty being deducted from the merited score of a competitor.
- ⑨ At the conclusion of the final competitors' performance, the Scorekeeper and Chief Judge shall determine the placing of the competitors for awards. The Ring Coordinator will again lead the competitors into the ring and present them to the Chief Judge, who will, beginning with the lowest place, present the awards to the competitors.

## **Division Guidelines:**

### ***Costumes/Uniforms***

- ◆ Tops may either be tournament or event T shirts, school T shirts (unless prohibited by the event promoter), or traditional jackets of any Chinese style and material. T shirts shall be tucked into the pants.
- ◆ Pants shall be long and either gathered or open at the ankles.
- ◆ A sash or belt must be worn, except in internal-style events, where the sash is optional. (no karate-style belts)
- ◆ Martial arts style athletic shoes must be worn by all forms competitors. These shoes should be stable and flexible at the ankle and toe, and should have a low profile and good traction.
- ◆ Uniforms should be clean and wrinkle free at the start of the competition.
- ◆ Uniforms bearing distinguishing school or organization logos may or may not be permitted at the discretion of the particular event staff.

### ***Deductions for Non-Conformity of Costumes***

- ◆ With the exception of the deductions set out below, cumulative deductions of 0.05 shall be made by the Chief Judge for each nonconformity in costuming.
- ◆ Performers who are barefoot will have 0.10 subtracted from their final scores by the Chief Judge.
- ◆ A performer whose costume is obviously not of a Chinese martial arts style, for example, wearing a karate-style gi, shall have a total of 0.20 subtracted from the final score by the Chief Judge.

### ***Weapons***

#### ***Spear (Qiang)***

- ◆ The spear shall have a metal tip and shall be fitted with a horsehair tassel.
- ◆ The whole length shall be no shorter than the height of the performer's wrist when he stands erect with his arm raised straight overhead.

#### ***Staff and Southern Staff (Gun and Nangun)***

- ◆ Staffs may only have one end tapered - staffs with both ends tapered (such as "bo" staffs) are not permitted.
- ◆ The whole length of the staff/southern staff shall not be shorter than the performer's height.

#### ***Sword (Jian)***

- ◆ The weapon shall be a single-hand, double-edged straight sword.
- ◆ The point of the sword shall not be shorter than the bottom of the performer's ear when the sword is held by the guard.
- ◆ For contemporary external and contemporary internal events only: a tassel shall be attached to the pommel of the weapon.

#### ***Broadsword and Southern Broadsword (Dao and Nandao)***

- ◆ Both weapons shall be a single-edged blade with slight convex curvature on the cutting edge.
- ◆ The point of the broadsword/southern broadsword shall not be lower than the top of the performer's shoulder when the broadsword is held, guard in hand. For contemporary external and contemporary internal events only: a flag shall be attached to the pommel of the broadsword.
- ◆ Standard weapons of other specifications may be allowed, at the discretion of the Chief Judge, if deemed appropriate to the style being performed.

### ***Specifications for Other Weapons***

All other Weapons must be Chinese in origin. Weapons not allowed include, but are not limited to nunchuku, katana, manriki-gusari, kama, sai, etc.

### ***Deductions for Non-Conformity of Weapons***

In the event that the weapon's length fall short of the stated lengths, a deduction of 0.05 shall be made for each inch outside of specifications. In the event that the weapon obviously does not conform to the standards set out above in any way other than length, a deduction of 0.10 shall be made, at the discretion of the Chief Judge. In the event that the weapon is obviously not of Chinese origin, the performer shall have a total of 0.20 subtracted from the final score by the Chief Judge.

### **Standard Judging Guidelines: (Wushu Openhand Forms)**

All judging of forms competitions is very subjective on the part of the judges, each judge is reminded that he must set any personal preferences regarding the martial arts aside and maintain an open mind and a fair and subjected spirit when scoring.

Each judge will be using the following guidelines in determining a competitor's score:

- ◆ Correctness of Form \*(must follow Division Guidelines)
- ◆ Strength of Stance/Stability
- ◆ Speed - Ultimately, the form must be of actual fighting speed
- ◆ Power - (Not Muscle Tightness)
- ◆ Spirit - Martial Spirit with sense of opponent
- ◆ Overall Impression

The lack of any one of these attributes can critically affect one's final score. Each judge will evaluate, in his/her opinion, how each competitor "rates" in these guidelines.

Should any competitor have any questions as to what category his/her form fits into (i.e.: Long/Short Hand, Northern, etc.), he/she should inquire about this upon checking in with the scorekeeper long before any competitions begin. Do not wait until the event is about to begin.

### **Standard Judging Guidelines: (Wushu Weapon Forms)**

The same guidelines as the openhand events will apply here as well. In addition, the judges will be looking for the following:

- ◆ Same guidelines as openhand events
- ◆ Body movement coordination with the weapon
- ◆ Correct application of the weapon
- ◆ Familiarity of the weapon
- ◆ Speed and power of the weapon

Should a weapon break during one's form, that competitor may get another weapon and re-perform, but with a ½ point penalty. Should a weapon break during the competition and the competitor continue, ½ point will still be deducted. All competitors should be responsible for the quality of their weapons.

### **Standard Judging Guidelines: (Judging Staff)**

The judging panel will consists of an odd number of judges (3,5,7 etc..) with a minimum staff of three. It is recommended that the judging staff for beginning and intermediate level of competition have a minimum of three judges and a scorekeeper, and advance level have 5 judges and a scorekeeper.

### **Time Limits for Traditional Barehand and Weapons**

- Contemporary Wushu (1 minute 20 seconds – 2 minutes)
- Open Forms (No less than 1 minute up to 2 minutes)
- Penalties: .2 point deducted for each 5 second or partial increment thereof.

### **Scoring Detail**

For all forms events, the judges will utilize score cards which will show 2 decimal places. Judges should use these decimal places and NOT simply use the first decimal only. Ties can minimized if both decimal places are used.

#### **Score**

6.57.58.59.5 Correctness of Form Poor Average Good Very Good Strength of Stance/Stability Weak Average Stable/Good Very Good Speed Slow Medium Fast Very Fast Power Expression Weak Medium Good Powerful Spirit Low Average Good Very High Overall Impression Beginner Average Good Very Good

#### **Tie Breakers**

For all forms events, in the case of a tie, all five scores shall be utilized. In the case of another tie, both athletes shall receive the same award.

When there is a tie for first place, there shall be 2 Gold medals awarded, no second place award, and 1 third place. If there is a tie for second, then there shall be 1 Gold medal awarded, 2 Silver medals and no Bronze medal. If there is a tie for third, then there shall be 1 Gold, 1 Silver and 2 Bronze medals awarded.

## **Forms Scoring Definitions**

The score received from the judges will rate each competitor in every event he/she competes in. There will NOT be set ranges of scores pre-selected for each division. The scores themselves will give the competitors feedback as to their skill level. All competitors will be judged on a 6.0 - 10.0 scale (it is possible for a beginner to receive a score of 8.0 and above as well as possible for an advanced competitor to receive a score below 7.0). The following definitions shall be used in interpreting scores with skill levels:

### **Scores**

#### **6.0 - 6.99 Beginner Level**

Form is completed. The form itself is partially correct, but is not performed with right "flavor" and/or contains several coordination mistakes. Competitor demonstrates that he/she has at least a basic understanding of the form they are doing. Effort is made to attempt proper stances, movement and style. However, form is possibly unstable, speed is slow, power is limited, form is not continuous and flowing, spirit is not expressed or a combination of a few of these. If all of the above are NOT present, the score will approach the low sixes (6.0 to 6.3). If some skill is shown in a few of these principles, then the scores will approach the upper sixes. A great deal of additional instruction is needed.

#### **7.0 - 7.99 Intermediate Level**

Form is better than a beginner type. Stances are more stable but not totally strong, speed is average but does not approach the real fighting speed. Power is attempted but coordination is not yet developed enough to reach full potential. Movement is smoother but still does not flow continuously with proper coordination. Spirit is mostly expressed with the form. The form itself is fundamentally correct and is done appropriately but still has some minor flaws. Additional instruction is still needed.

#### **8.0 - 8.99 Advanced Level**

Form appears good and sound. Stances are stable although very subtle instabilities may appear. Speed approached real fighting speed. Power is expressed well as coordination seems to be developed. Movement is smooth and continuous. Spirit is expressed very well. However, form may not be totally continuous, power is not expressed in ALL applications and speed may be lacking in some movements. Only more time is needed to improve further. The form itself is done very well, however, it may not contain high difficulty techniques.

#### **9.0 - 9.99 Very Advanced Level**

Same as advanced level but there are very few negative observations. This category is reserved for those who not only appear as an advanced performer but are executing the form almost as well as it can be done by anyone. Speed will be impressive all the way through. Power is expressed in almost every technique. Movement is swift and very coordinated. Body coordination is very good. The form also shows a high level of difficulty.

### **Contemporary Wushu Barehands and Weapons Forms Competition**

Either Compulsory or Optional routines are allowed, however, optional routines may have only one acrobatic technique, and must start and finish on the same side of the competing area. Weapons routines must emphasize the use and techniques of that weapon. Barehand routines should not mix styles of boxing in an inappropriate way, i.e., doing nanquan and ditang maneuvers in the changquan division. All weapons must be of the correct length, meaning that swords should reach the top of the ear when held in a preparatory position, staffs should reach the wrist, and spears should reach the tip of the middle finger when the arm is stretched overhead.