

2011 US Open Martial Arts Championship

Rules

www.usopenmartialarts.com

Beginner = 1.5 years & less experience; Intermediate = 1.5 to 3 years experience; Advanced = Greater than 3 years experience

Rules for Light Contact Sparring

For Beginner and Intermediate Competitors:

1. Mandatory safety equipment: Headgear, boxing gloves, mouthpiece, groin cup, shine guard, and footgear. Chest protector is optional and no shoes allowed.
2. Time: 1 minute each round and 30 seconds rest in between each round, with total of 3 rounds. A competitor winning the first 2 rounds wins the bout, without going into the third round.
3. Striking areas: Padded area of headgear, chest, stomach, thigh, and lower leg.
4. No Contact areas: Front of face, spine, back of the head, knees, groin, neck, and eyes.
5. Prohibited Techniques: elbows, knees, head butt, joint locks, choke, body slam, and knockout punches or kicks. When the opponent is standing on one leg, no kicking or sweeping to the standing leg. Once the opponent is down on the ground, no more attacking allowed.
6. Contact is continuous; punching and kicking with light force only.
7. The winner of the bout is determined by:
 - a. Both competitors' effectiveness in executing their techniques during attacks and defenses.
 - b. Following all the rules in this section.
 - c. Respecting the judges and the opponent.
 - d. Following all the instructions of the judges.
8. **Warning:**
 - a. Punching and kicking with heavy force.
 - b. Punching and kicking to the "No Contact" areas.
 - c. Using "Prohibited Techniques" against the opponent.
 - d. Using performance-enhancing drugs prior or during the bout.
 - e. Disrespecting the judge and the opponent
 - f. Does not follow the judges' instructions
 - g. The judge has the right to disqualify a competitor from the bout or competition if:
 - i. The competitor receives 3 or more warnings from the judge.
 - ii. The competitor injures his/her opponent, depending on the seriousness of the injury.
 - iii. With disqualification, the competitor's opponent wins the bout automatically.
9. **Courtesy Rule:** Salute to the judges first and then competitors salute to each other before the bout begins. After the bout finishes, salute to the judges again and then competitors salute to each other.

For Advanced Sparring Competitors (Mixed Martial Arts):

Advanced sparring competitors follow the same rules in the Light Contact Sparring rules section.

In addition:

- Time: 2 minutes each round with 1 minute rest in between each round, with total of 3 rounds. A competitor winning the first 2 rounds wins the bout, without going into the third round.
- Punching to the front of the face is allowed.
- Takedowns are allowed with a maximum of 5 seconds to execute.
- After a successful takedown, both competitors can use joint-lock techniques, with a maximum of 10 seconds to execute.
- To stop the opponent from executing and finishing a lock, the competitor can tap his/her hand on the floor or on the body of the opponent 3 times. After tapping, the judge will restart the fight from standing up.

Rules for Stationary Push Hands

1. There will be men's and women's divisions for stationary step format.

2. Competitors should wear t-shirt, long pants, and shoes. No jewelry and watches.
3. No sweeps, takedowns, joint locks or striking allowed.
4. Each match will be timed for 90-second.
5. Competitors will start with right foot forward, and then alternating between left and right foot.
6. Winner is determined by the best usage of Tai Chi principles and techniques.
7. Pushing and shoving with brute force does not count.
8. Competitors are only allowed to taking a shifting step forward when attacking, or backward when defending. During the step, the back foot cannot pass the front foot, nor can the front foot step behind the back foot.

Stationary Push Hands Scoring: 1 point is awarded if the opponent steps off balance. 2 points is awarded if the opponent falls or touches the ground with his/her hand(s).

Rules for Chi Sao

1. There will be men's and women's divisions for Chi Sao
2. Time: 1 minute each round, 30 seconds rest in between each round; with total 3 rounds. A participant winning the first 2 rounds wins the fight, without going into the third round.
3. Score based on the understanding and execution of Short Hand principles (e.g., Wing Chun, Bak-Mei, Choy-Lei-Fut, Southern Praying Mantis, etc.).
4. Competitors should wear t-shirt, long pants, and shoes. No jewelry and watches.
5. No strike to the face, throat, neck, or groin; no elbow strikes or head butts.
6. No grabbing onto opponent's cloth; brute/excess force does not count.

Rules for Open Hand and Weapon Forms

- All styles of open hand and weapons competitions are subject to the same criteria.
- Maximum performance time for **All Styles** is 1.5 minutes; minimum performance time 30 seconds.
- Maximum **Taiji Quan** performance time is 4 to 5 minutes; minimum 30 seconds.
- Salute to the judges upon entering and leaving the ring.
- All forms are scored based on good stance, balance, power, and coordination; characteristics of the particular style performed, structure of the form representing combat effectiveness.

Movement Specifications (6 Points):

- Hand shape, hand techniques, feet shape, stepping, body shape, body method, leg shape, leg techniques, and balance in executing jumping techniques.

Strength/Force and Coordination (2 Points):

- Fluidity, accurate force, connection, and hand-eye-body-stepping coordination.

Spirit, Intent, Speed, and Flavor (2 Points):

- Nature spirit, concentrated intent, appropriate speed, and strong flavor.

Rules for Short Weapon Sparring

1. Weapon Size: 5 meters long & 4 meters wide.
2. Two divisions – Male division and Female division (not categorized by weight).
3. Each bout is 3 rounds; each round is 1 minutes, 30 seconds break between each round. If a competitor won the first 2 rounds, then the competitor automatically wins the bout.
4. Head gear with face protector, groin protector for men, chest protector for women.
5. **One Point Given To a Competitor:**
 - If the competitor hits his/her opponent on any parts of the body.
 - If the competitor his his/her opponent on the target areas first.
 - If the competitor's weapon falls down on the ground after his/her opponent's weapon falls down on the ground.
 - If the competitor's opponent's both feet stepped out of the ring.

- If the competitor's opponent's weapon touches the opponent's own body.
- If the competitor's opponent's weapon falls down while both competitors are hitting each other.
- If the competitor's opponent uses his/her hand to grab and holds on to the competitor's weapon on the area besides the weapon's handle.
- If the competitor falls down to execute a technique, no point is given to his/her opponent.

6. Two Points Given To a Competitor:

- If the competitor hits his/her opponent and makes the opponent fall down on the ground, or makes the opponent's hand, elbow, or knee touches the ground.
- If the competitor hits his/her opponent's weapon and make the weapon fall down on the ground.
- If the competitor grabs and holds on to the handle of the opponent's weapon.
- If the competitor falls down on the ground after his/her opponent falls down on the ground.
- If the competitor's opponent throws the weapon at the competitor, even if the weapon lands on the competitor's target areas.

7. Three Points Given To a Competitor:

- If the competitor grabs handle and takes away his/her opponent's weapon.

8. No Points Given To Both Competitors:

- Both competitors are hitting each other on the target areas at the same time.
- Both competitors fall down on the ground.
- Both competitors' weapons fall down on the ground at the same time.

9. Penalty Given To a Competitor:

- If the competitor does not follow the orders and instructions of the judges.
- If the competitor uses the techniques of kicking, punching, throwing, and joint-locks.
- If the competitor uses violent actions.
- If the competitor continue to attack his/her opponent after the opponent's weapon falls down on the ground.
- If the competitor receives one warning from the judge, his/her opponent earns 1 point.
- If the competitor receives three warnings from the judge, the competitor is banned from the ring, and his/her opponent automatically wins the bout.