

Dui Kong Choi (對抗)

Wing Chun full contact fighting competition rules.

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END.

CHAPTER 1. GENERAL RULES.

Article 1 Types of Competition.

1.1 Individual. The awards are distributed according to individual results.

Article 2 Systems of Competition.

2.1 Each bout consists of three “one-and-a-half-minutes” rounds with a thirty seconds rest in-between. The winner of each particular round is determined at the end of every round. A bout is won by the competitor who wins the most rounds.

2.2 If both competitors have equal number of wins after three (3) rounds (e.g. if one such round ended in a draw), an additional one-minute round shall be set.

Article 3 Qualifications .

3.1 The competitor must hold a passport issued by the country/region which he represents.

3.2 Age Requirement: a competitor must be over 18 and under 35 years old.

3.2.1 Children’s competition (under 16)

3.2.2 Adults’ competition (from 16 to 40)

3.2.3 Senior competition (over 40)

3.3 Gender Group: Female and Male.

3.4 The competitor must produce a personal insurance certificate.

3.5 The competitor must produce a health certificate (showing his electroencephalogram (EEG), electrocardiogram (ECG), blood pressure and heart rate in a medical check-up taken within 20 days before his registration) to prove that his health and physical condition does not prevent him from entering the competitions.

3.6 All athletes and coaches must be informed about taking of drugs from the WADA (World Anti-Doping Agency) banned list relevant at the time of the competition.

Article 4. Weight Categories.

4.1 50kg Category (Under $\leq 50\text{kg}$)

4.2 55kg Category ($\square 50\text{kg} \square \leq 54.9\text{kg}$)

4.3 60kg Category ($\square 55\text{kg} \square \leq 59.9\text{kg}$)

4.4 65kg Category ($\square 65\text{kg} \square \leq 69.9\text{kg}$)

4.5 70kg Category ($\square 65\text{kg} \square \leq 69.9\text{kg}$)

4.6 75kg Category ($\square 70\text{kg} \square \leq 74.9\text{kg}$)

4.7 80kg Category ($\square 75\text{kg} \square \leq 79.9\text{kg}$)

4.8 85kg Category above ($\square 80\text{kg}$ or above)

Article 5. Weigh-in.

5.1 Once all the paperwork concerning health certificates and other documents is done, the weigh-in shall be conducted by the chief registrar in collaboration with the scheduler-recorders under the supervision of the Competition Committee.

5.2 Only competitors with credentials shall be weighed in. They must show their passports at the time of weigh-in.

5.3 Competitors shall be weighed in at the designated place and at the designated time, either in the nude or only with their trunks on (female competitors may wear close-fitting undergarments).

5.4 The weighing-in shall start with the lighter weight categories, each to finish in an hour. A competitor who outweighs his entered category and fails to reduce his weight within the stipulated time shall not be allowed to compete in any of the subsequent contests.

Article 6 Draw.

6.1 The drawing-lots ceremony shall be conducted by the scheduling-recording group, in the presence of the head of the Competition Committee, the chief referee, team coaches and group leaders (team coaches and group leaders can act on behalf of the competitor when participating in the draw).

6.2 The drawing-lots ceremony shall take place after the first weighing-in, starting with the lighter weight categories. Any category with only one competitor shall be excluded from the contest.

Article 7. Dress and Protective Gear.

7.1 Competitors shall wear protective gloves with fingers exposed, headgear, elbow protector, shin protector and chest protectors designated by the Competition and use their own gum shields and cup protectors. Competitors' wear and protective gear shall be either red or black.

7.2 Shin protectors and cup protectors must concealed by garments.

7.3 Competitors must wear a T-shirt with sleeves (long or short) and long pants. Female competitors are allowed to wear close-fitting undergarments.

7.4 Gum shields and cup protectors are treated as individual equipment meaning that it is up to competitors to supply themselves with those pieces of equipment. Competitors are free to choose gum shields and cup protectors of any design.

7.5 Below are the samples of standard protective gear:

Headgear with plastic faceguard:



Protective gloves with fingers exposed:



Elbow protector:



Shin protector:



Article 8 Competition Protocol.

8.1 Referees admission: referees shall enter in a line, stand at the side of the platform facing the Head Referee. Referees shall give a fist-palm salute when they are introduced to the audience. As soon as introduction is finished the sideline referees proceed to their stations at the edge of the zone facing the platform.

8.2 When sideline referees are being changed they must greet each other with a fist-palm salute.

8.3 Competitors admission: competitors shall stand beside the escorting referee and face the head referee as soon as they enter the zone. When introduced to the audience, competitors shall step forward and give a fist-palm salute, first to the audience and then to other competitors.

8.4 Each round shall start with a fist-palm salute on the platform from both sides to their respective coaches, who shall answer with the same salute.

8.5 At the announcement of the result, the two competitors shall exchange their positions. After the announcement, they shall give a fist-palm salute to each other and then simultaneously to the platform referee, who shall answer with the same salute, and then to the opponent's coach, who shall answer with the same salute..

8.6 After the announcement of the results, the competitors should salute the referee before exiting the platform.

Article 9. Default.

9.1 A competitor who is unable to compete due to injury or illness, which must be proved by a platform doctor's prescription, or who is not qualified for competition due to overweight, shall be considered as a default, and shall not be allowed to take part in the subsequent contests. However, his results achieved in previous placings shall count.

9.2 If a competitor is being outclassed, his coach may, for the sake of safety, show the default plate. The competitor may also raise his hand to request a default.

9.3 A competitor who is absent for weigh-in, or who fails to answer the three roll-calls prior to a bout, or who leaves after the roll-calls without permission and fails to appear in time in the competition area, shall be regarded as a groundless default.

9.4 A competitor who makes a groundless default shall have all his results cancelled.

Article 10. Other Provisions in Competition.

Competition signals:

- 1 The timekeeper will whistle 5 seconds before the start of the round to inform competitors that the fight is about to begin so that they can get ready for it. As for the end of both round and fight in whole, it is signalled by the sound of a gong.
- 2 Referees will use commands and hand gestures during the competition.
- 3 The sideline referees will use hand gestures to communicate with the platform referee.

Others:

10.1 All officials on duty shall concentrate on their work, without talking among themselves. Nor shall they leave their seats without the head referee's permission.

- 10.2 All participating teams shall abide by the Rules and respect and obey the referee's decisions. It is prohibited to wrangle, curse, use swear words, throw protective gear, or act in any way to vent discontent. Participants should take the fights seriously and do their best not to cause any injury to anyone involved.
- 10.3 The team coach and doctor may be seated at the designated place and are allowed to give massage or guidance to their athletes during the rest periods between the rounds.
- 10.4 Competitors are not allowed to walk out (except in cases of emergency) before the announcement of the result of the bout.
- 10.5 Competitors' fingernails must be kept short for the duration of the competition.
- 10.6 Doping is strictly prohibited. Infusion of oxygen is forbidden during the rest periods between the rounds.
- 10.7 Competitors are not allowed to demand any rest in the middle of the round. Should some unexpected situation call for any break during the fight, such situation should be brought to chief referee's attention immediately.
- 10.8 Teams take part in the competition in the following make-up: athletes, the representative (coach) and the team captain. Team doctor arrives in the competition if necessary. Arriving doctors introduce themselves to the chief doctor.
- 10.9 The representative is the team leader. He is responsible for competitor's discipline, makes sure that they appear at the weigh-in. During the competition he is responsible for the preparations and makes sure that the competitors appear for the fight in time.
- 10.10 The representative attends the draw and the panel of judges' debates, in case they are held in conference with the representatives.
- 10.11 The team captain is elected of a list of competitors. He is responsible for competitors' discipline along with the representative.
- 10.12 The second is appointed by the team representative of a list of coaches or the most experienced athletes in coordination and performs his duties during the fight. The second must wear his competitor's team uniform.
- 10.13 The panel of judges has the right to disqualify a team on account of a combination of fouls.

CHAPTER 2. Officials and their Duties.

Article 11. Officials.

- 11.1 There shall be a Chief Referee Committee, consisting of one (1) chief referee and four (4) to five (5) assistant referees.
- 11.2 The Referee Team on duty shall consist of one (1) head referee, 1 – 2 assistant referees (head referee deputies), one (1) platform referee, 4 – 5 sideline referees and 1 recorder/timekeeper.

Article 12. Supporting Staff.

- 12.1 2 - 3 scheduler-recorders (including one (1) chief), responsible for scheduling of the events.
- 12.2 2 - 3 registrars (including one (1) chief).
- 12.3 1 – 2 announcers.
- 12.4 2 – 3 medical staff.

Article 13. Officials' Duties.

Led by the Chief Referee Committee, referees shall perform their duties with all due seriousness, honesty and accuracy.

13.1 The Chief Referee Committee:

- (1) Organize all officials to learn the Rules and Regulations of the Competition, and to master relevant officiating methods.
- (2) Make sure that everything is ready for competition in regard to the platform, equipment and officiating apparatus, and to the weigh-in, drawing of lots and programming.
- (3) Settle problems according to the Rules and Regulations.
- (4) Provide guidance to juries in competition and replace officials if necessary.
- (5) Notify the head referee, chief scheduler-recorder and announcers in time if any replacement or change in the order of competition has occurred owing to a competitor's default or some other reason.
- (6) Have the right to make the final decision when a dispute arises in a jury.
- (7) See to it that the officials are implementing the Rules properly.
- (8) Examine the results of competition.
- (9) Provide a draft of competition report to Committee.

13.2 The Head Referee:

- (1) Organize his jury in its work and study.
- (2) Supervise and guide the work of the judges, timekeeper, recorder and camera operator.
- (3) Whistle as a hint for correction, before the final result is announced, when the platform judge has made an apparent misjudgment or omission.
- (4) Change the results after consulting the vice referee (head referee deputy) once the result is in doubt.
- (5) Announce the result at the end of each round to decide the winner.
- (6) Handle such matters as absolute victory, fall-off, penalty and forcible counting according to the competitors' conditions on the platform and the recorder's records.
- (7) Examine and sign the results at the end of each round.
- (8) Make the final decision and no appeal, except when the Competition Committee have a different opinion.
- (9) Unless the Competition Committee decides to step in, the decision made by head referee is final.

13.3 Deputy Head Referee.

The deputy head referee will assist the head referee, act on his behalf when the head referee is absent for some reasons, and perform other officials' tasks concurrently when it is necessary.

13.4 The Platform Referee:

- (1) Execute strictly the Rules and give fair judgments.
- (2) Check the competitors' protective gear and ensure safety in fighting.
- (3) Guide the fights through commands and gestures.
- (4) After the competitors have finished their greetings, the platform referee should make a clear command and gesture that the athletes may start to attack.
- (5) Make decisions on such matters as fall-down, fall-off (lo, penalty, countdown to knockout and call for first aid.
- (6) Announce the result of a round.

13.5 The Sideline Judges:

- (1) Award points and determine the competitors score according to the rules.

(2) Display the results simultaneously and instantly at the head referee's signals at the end of each round.

(3) Sign the scorecard at the end of each round, to be kept for examination and verification.

13.6 The Recorder:

(1) Fill in the two fighters' forms carefully before the competition.

(2) Participate in the work of weighing-in ceremony and record the competitors' weights in the statistical chart of the round.

(3) Record the score of the bout according to the information from referees', the numbers of warnings, admonitions, countdowns to knockout, fall-downs and falls-off according to the platform referee's calls and gestures.

(4) Decide the winner of each round according to the sideline referees' decisions and report to the head referee.

(5) Immediately shows the results of referees' decisions based on platform referee's signals at the end of every round.

(6) Fills out score sheet at the end of each bout and at the end of competition, keeping this record for further inspection on demand.

13.7 The Timekeeper:

(1) Check the gong and timing devices before the competition, making sure that the stopwatches keep correct time.

(2) Keep a record of the time elapsed during the fights, stops and rest periods between the rounds.

(3) When the computer scoring system is not available, blow a whistle ten (10) seconds before the start of each round and beat a gong to announce its end.

(4) Read out the sideline referee's decisions.

13.8 The Chief Scheduler-recorder:

(1) Be responsible for examining the competitors' credentials and entry forms.

(2) Organize the drawing-lots ceremony and work out the competition schedule.

(3) Prepare various forms to be used in competitions; check and verify the competitors' results to determine their places.

(4) Record and announce the results of all bouts.

(5) Collect data for statistics and compilation of Results of the competition.

(6) Be responsible for the competitors' weigh-in ceremony.

(7) Be responsible for the preparation of protective gear and its management during the Competition.

(8) Summon the competitors for roll-calls twenty (20) minutes before the start of a contest.

(9) Report to the chief referee immediately in cases of absence or default during the roll-calls.

(10) Check the competitors' dress and protective gear as required by the Rules.

13.9 The Announcers:

(1) Give the audience a general idea of the Rules and Regulations of the Competition.

(2) Introduce the referees and competitors to the audience.

(3) Announce the results of competitions.

13.10 The chief doctor:

(1) Check the competitors' health certificates.

(2) Carry out anti-doping tests in cooperation with the experts.

- (3) Conduct selective checkups among the competitors before the competition.
- (4) Provide first-aid service to injured or sick competitors during the Competition.
- (5) Examine cases of injury caused by fouls (e.g. using prohibited attacking techniques).
- (6) Be responsible for medical supervision and propose to the chief referee in time to suspend injured or sick competitors from competition.
- (7) The chief doctor is appointed of a list of experienced doctors, enters the panel of judges and is responsible for medical service in the competition.
- (8) The chief doctor follows the Procedure appointed by the Russia Ministry of Health and Social Development №613H of the day 09.08.2010 «On the approval of the procedure of administering medical aid by the holding of sport events». (Attachment №2)

CHAPTER 3. FIGHTING METHODS, SCORING CRITERIA AND PENALTIES.

Article 14 Fighting Methods.

14.1 Only Wing Chun attacking and defending techniques, including those of the fist, palm, elbow, knee, wrestling method may be used in fighting.

14.2 Should the competitor use any techniques that does not conform to Wing Chun standards, such as big hook punch, big throwing punch, chopping punch, sweeping punch, twister kick, backward kick - no points shall be given to him. If any competitor uses nonconforming techniques twice, he will have one (1) point deducted from his score, if he uses nonconforming techniques four times, he will have two (2) points deducted from this score - regardless of whether those attacks actually hit the target.

14.3 Should the competitor cause any injury to his opponent by using nonconforming technique and that opponent can no longer continue to fight as a result of this injury, the competitor shall have two (2) points deducted from his score (Technical Foul). If the competitor brought his opponent to the ground by means of nonconforming techniques and that opponent can no longer continue to fight, the opponent shall be considered the winner of the fight and the competitor shall be disqualified.

Article 15. Invalid Target Areas.

15.1 The back of the head, the back of the neck, the throat, back, limb joints, feet, crotch and eyes.

Article 16. Prohibited Combat Methods.

16.1 Poking the opponent's eye.

16.2 Attacking with the head or teeth.

16.3 Pulling the opponent's hair.

16.4 Using throws that forces the opponent's head to first hit the ground (e.g some types of suplex), or intentionally smashing or pressing the opponent toward the ground.

16.5. Attempting to break the opponent's joints.

16.6 Strangling and chokeholds.

16.7 Attacking while the opponent has already fallen on the ground.

16.8 Attack opponent's neck on purpose.

16.9 Pulling of opponent's protective gear.

16.10 Use of non-Wing Chun techniques such as big hook punch, big throwing punch, chopping punch, sweeping punch, turning kick, twister kick and backward kick.

Article 17 Process of Contest.

Before the start of the fight, after the fight has been stopped or during the rest between rounds the competitors shall wait for the referee to issue the call for the beginning of the fight.

If any competitor falls down or leaves the ring, both participants shall return to the center of the ring to continue with the fight.

Article 18 Scoring Areas

The following scoring areas are considered valid:

- (1) Head (excluding prohibited areas)
- (2) Trunk (excluding prohibited areas)
- (3) Arms (excluding prohibited areas)
- (4) Legs (excluding prohibited areas)

Article 19 Scoring Criteria.

19.1 Two (2) points score.

- (1) When a competitor is beaten to the floor and the attacker can still stand on the stage, the attacker will get 2 points. If the attacker also falls on the floor, no score will be given.
- (2) Effective kick against the opponent's head– 2 points.
- (3) When the opponent is given a forcible counting – 2 points.
- (4) When the opponent receives a warning – 2 points.
- (5) When after performing a takedown the opponent lies or touches the floor with at least one hand or knee and the competitor stands or touches the opponent with a knee.

19.2 One (1) Points Score.

- (1) When he hits the opponent's trunk with the fist, elbow, palm or knee attack technique;
- (2) When he hits the opponent's thigh with the leg technique (above the knee).
- (3) When the fall down of the opponent cannot cause the competitor to fall down, the competitor gets 1 point.
- (4) When the opponent fails to attack within eight (8) seconds after the order to attack is given.
- (5) When the opponent receives an admonition.

19.3 No Point will be Awarded.

- (1) When the techniques used by competitors are not clear and ineffective.
- (2) When both sides fall on or off the platform at the same time.
- (3) When competitor hits the opponent in a clinch.
- (4) Just use single hand, double hand or body but not Wing Chun technique to push the opponent off the platform.

Article 20 Fouls and Penalties.

20.1 Technical Foul (Admonition) 1 point penalty.

- (1) When he holds the opponent passively or runs away passively with no intention to fight. Referee can signal the passive competitor to attack within 8 seconds (resulting in 1 point penalty), if the competitor fails to fulfill that request it shall be consider a Serious Foul (resulting in 2 points penalty).
- (2) The competitor, while in a disadvantageous situation, raises his hand to request a stop.
- (3) The competitor intentionally delays a fight.

- (4) The competitor commits an act of dissent or indecency against a referee (e.g. demonstrates his disagreement with his judgement, scoring, etc, curses, makes indecent gestures and uses swear words).
- (5) The competitor intentionally wears no gumshield, spits out his gum shield, or loosens his protective gear.
- (6) The competitor fails to observe the protocol.
- (7) Both intentional and unintentional pulling of opponent's protective gear.
- (8) When non-Wing Chun techniques are used twice.
- (9) No action has been taken for the last 3 seconds by either participant.
- (10) Exchange of blows while ignoring the defense entirely.

20.2 Serious Foul (Warning) 2 points Penalty.

- (1) When competitor attacks the opponent before the call of "Hoi Te (Start)!" or after the call of "Ting (Stop)!".
- (2) When competitor hits the opponent in prohibited areas of the body.
- (3) When he hits the opponent with any prohibited method.
- (4) If the opponent is injured by using non-Wing Chun tricks (the opponent can still be continue the bout)
- (5) If the competitor receives repeated admonition per clause 20.1.10.

20.3 Penalties.

- (1) An admonition is given for a technical foul. 1 point will be given to the other party.
- (2) A warning is given for a serious foul. Two(2) points will be given to the other party..
- (3) The competitor is disqualified from the bout when he commits two (2) Serious Fouls.
- (4) The competitor is disqualified from the entire competition with all of his results nullified if he intentionally injures the opponent..
- (5) The competitor is disqualified from the entire competition with all of his results nullified if he uses prohibited substances (dope, stimulant etc.), or uses oxygen infusion during the rest period between rounds.

Article 21. Temporary Suspension of the Competition.

The contest is temporarily stopped when:

- (1) A competitor goes outside of the platform's perimeter or falls on the ground (unless he does so on purpose).
- (2) A competitor is being penalized.
- (3) A competitor is injured.
- (4) When competitor commits a foul or is penalized.
- (5) A competitor, while entangled with the opponent, shows no attacking attempt or is unable to attack effectively for more than two (3) seconds, or runs away unconstructively.
- (6) When competitor requests to stop the fight due to such objective reason as his protective gear about to fall off.
- (7) The head referee rectifies an error or omission in a judgment.
- (8) A problem or danger occurs on the platform.
- (9) The contest is interrupted by lighting or other objective reasons.
- (10) When neither side attempts to attack 8 seconds after the signal to do so was given.

Article 22. Appeal.

22.1 Subject of appeal.

Jury of Appeal must hear an appeal filed by the representatives of the participating team, in which is expressed a disagreement with the lowering made by the head judge or the score points, set by the B brigade.

22.2 The procedure and demands for an appeal.

If the team disagrees with judge's decision on this team's athletes, an appeal is filed in writing by the team's representative or coach to the Jury of Appeal not later than 15 minutes after the end of the contest. A fee of 500 USD must also be applied. Only one case can be considered in each appeal.

The Jury of Appeal considers a case by watching a video tape. If the jury proves that the judgment made was correct, the team must obey jury's decision. If the team causes any trouble due to insubordination, the Jury of Appeal can suggest that the technical committee should take strong measures against the team up to abolition of the competition's results. If the judgment proves to be wrong, the Jury of Appeal suggests that the technical committee should take measures against the judge that has made a mistake according to the Rules. In this case the appeal fee is refunded and the previous competition results can be changed. The decision of the Jury of Appeal is final. Unsportsmanlike behavior must be sanctioned.

CHAPTER 4. DETERMINATION OF A WINNER.

Article 23 Determination of a Winner.

23.1 Absolute Victory.

The competitor is declared an absolute winner when:

- (1) The platform referee, with the head referee's consent, deems that the competitor has absolute technical superiority over the opponent.
- (2) The opponent is knocked down by a heavy blow (except in a Serious Foul) and remains on the ground for ten (10) seconds, or returns to his feet but suffers a partial loss of consciousness.
- (3) The opponent receives a platform referee's mandatory counting as a result of a heavy blow (except in a Serious Foul) for three (3) times in a fight (3 knockdowns).

23.2 Winner of a Round.

The competitor is the winner of a round when:

- (1) The side referees make their determination at the end of the round that the competitor is the winner.
- (2) The opponent receives a platform referee's mandatory counting as a result of a heavy blow (except in a Serious Foul) for two (2) times in the round (2 knockdowns per round).
- (3) In case of equal points being awarded to both sides in the round, the winner is determined in the following descending order:
 - 1) The competitor receives the fewer number of Warnings.
 - 2) The competitor receives the fewer number of Admonitions.
 - 3) The competitor is the lighter in weight on the day of the contest.
- (4) The round is a draw if the tie remains and none of the above helps to resolve it.

23.3 Winner of a Bout.

The competitor is the winner of a bout when:

- (1) The competitor wins two (2) rounds.

- (2) The opponent suffers an injury or illness which the medical supervisor considers as the reason to be unfit for the contest.
- (3) In the opinion of the medical supervisor, the opponent feigns an injury after a foul by the competitor. The competitor that caused such injury shall be considered the winner, and the one who feigns an injury will lose the fight.
- (4) As a result of a foul by the opponent, the competitor suffers an injury which the medical supervisor considers as a reason to be unfit for the contest, in which case the competitor shall then be barred from subsequent contests but shall still be considered the winner of this particular fight.
- (5) In case of an equal score, i.e. draw the winner is determined in the following descending order:
 - 1) The competitor receives the fewer number of Warnings.
 - 2) The competitor receives the fewer number of Admonitions.
 - 3) If the tie remains, an additional round shall be held, and if that does not help to resolve the tie, the abovementioned procedure shall be repeated.

CHAPTER 5 ARRANGEMENT OF COMPETITION AND RECORDING.

Article 24. Arrangement of Competition.

24.1 Preparations for the arrangement.

- (1) Study the Regulations for a full understanding of:
 - 1) The types and methods of competition.
 - 2) The schedule of the Competition.
 - 3) The classification of weight.
 - 4) The eligibility of participation and number of participants.
 - 5) The placing and prize-awarding methods.
- (2) Examination of entry forms.
- (3) Statistics of competitors in each weight category.

24.2 Arrangement Guidelines.

- (1) All arrangements shall be made in accordance with the Regulations and on the basis of entry forms and general schedule of the Competition.
- (2) Contests of the same weight category and the same round should be comparatively concentrated and arranged on an equal basis.
- (3) At most two bouts (in different sessions) can be arranged for a competitor in one day.
- (4) Contests in the same session shall start with the lighter weight categories.

24.3 Arranging Methods.

- (1) Work out the rounds of competition and the number of bouts of each category according to the system of competition.
- (2) Compile a competition schedule.
- (3) Work out the rounds of each category.
- (4) Compile a Program for all bouts.
- (5) Under the elimination system, the method of “drawing lots to decide the odd” may be adopted.

Article 25 Recording.

25.1 The sideline referees shall keep a record of the points awarded to each competitor according to the scoring criteria and the platform referee's decisions. At the end of each round, they shall enter the competitors' scores into the scorecard.

25.2 The recorder shall keep a separate record of the admonitions, warnings, disqualification and mandatory counting.

25.3 For the duration of the competition scheduler-recorders write down scores for every fight. The winner gets two points, the loser gets no point, each sides gets one point when draw. When the competitor waives, he gets no point and the opponent gets two points.

CHAPTER 6. CALLS AND GESTURES.

Article 26. Platform Referee's Calls and Gestures.

26.1 Fist-Palm Salute.

In a standing position with feet together, place the left palm against the right fist in front of and 20-30 cm away from the chest.



26.2 Mount the platform.

Standing at the center of the platform, extend both arms sideways, palms up and pointing at the competitors. As a call on them to mount the platform, bend both arms at the elbow into a right angle, palms facing each other.



26.3 Competitors salute each other.

Place the left hand on top of the right fist in front of the body as a signal to both competitors to salute each other.



26.4 First round.

Facing the head referee, take a bow stance and, while calling “Diyiju□First round□!” extend one arm forward with the index finger pointing up and the other three fingers and the thumb clenched into a fist.



26.5 Second round.

Facing the head referee, take a bow stance and, while calling “Di’erju□Second round□!”, extend one arm forward with the index and middle fingers separated and pointing up, and the thumb and the other two fingers clenched.



26.6 Third round.

Facing the head judge, take a bow stance and, while calling “Disanju (Third round)!”, extend one arm forward with the thumb and the index and middle fingers separated and pointing up and the other two fingers clenched.



26.7 “Yubei – Kaishi (Ready – Start)”.

Take a bow stance between the two competitors and, while calling “Yubei (Ready)!” extend both arms sideways, palm facing up and pointing at the competitors. Then, while calling “Kaishi (Start)!” cross pronated palms in front of the abdomen.



26.8 “Ting (Stop)!”.

While calling “Ting (Stop)!” take a bow stance and insert one extended arm between the two competitors, fingers pointing up.



26.9 8-second passivity.

While calling "Hongfang (Red side)!" or "Heifang (Black side)!" raise both hands in front of the body, with the small and ring fingers of one hand bent and the thumbs and other fingers of both hands separated and stretched naturally.



26.10 10 Count.

Facing the fallen competitor, with both arms bent at elbow and both hands clenched into fists in front of the body, palm side facing forward, unbend the fingers one by one from the thumb to the little finger, at an interval of one (1) second.



26.11 Passive hold.

Fold the arms in front of the body.



26.12 8-second forcible counting.

Facing the head judge, extend one arm with the thumb pointing up and the other fingers clenched.



26.13 Three seconds.

While calling "Hongfang (Red side)!" or "Heifang (Black side)!" extend one arm obliquely up with the palm supinated and pointing at the competitor. Meanwhile, move the other hand across the abdomen to the side of the body, with the thumb and the index and middle fingers separated naturally and the other two fingers clenched.



26.14 Appointed attack.

Extend one arm between the two competitors, with the thumb extended and the fingers clenched, palm side down. While calling "Hongfang (Red side)!" or "Heifang (Black side)!" move the hand horizontally in the direction of the thumb as a signal for appointed attack.



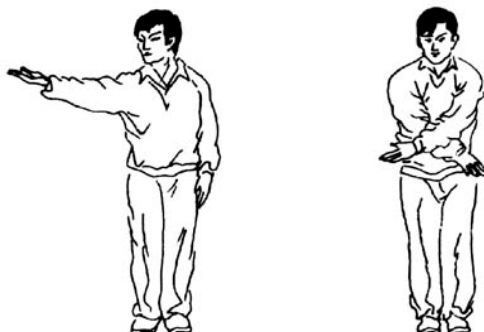
26.15 Down (a competitor falls down).

While calling "Hongfang (Red side)!" or "Heifang (Black side)!" extend one arm with palm facing up and pointing at the fallen competitor, as the other arm moves to the side of the body, bent at elbow and with palm facing down.



26.16 Down First.

Extend one arm towards the competitor who is the first to fall down and, while calling "Hongfang (Red side)!" or "Heifang (Black side)!" cross the arms in front of the abdomen, palms facing down.



26.17 Simultaneous fall.

Extend both arms horizontally forward and withdraw them to press both palms down.



26.18. Kick the crotch.

Extend one arm towards the offender and, while calling "Hongfang (Red side)!" or "Heifang (Black side)!" point the other hand at the crotch, palm facing inward.



26.19 Hit the back of head.

Extend one arm towards the offender and, while calling "Hongfang (Red side)!" or "Heifang (Black side)!" place the other hand on the back of the head.



26.20 Warning.

Extend one arm towards the offender, palm up. While calling "Hongfang (Red side)!" or "Heifang (Black side)!" bend the other arm at elbow into a right angle, fingers clenched into a fist with the thumb side facing outward.



26.21 Admonition.

Extend one arm towards the offender, palm up. While calling "Hongfang (Red side)!" or "Heifang (Black side)!" indicate the foul with the other hand and bend the arm at elbow into a right angle in front of the body, fingers pointing up and palm facing backward.



26.22. Disqualification.

While calling "Hongfang (Red side)!" or "Heifang (Black side)!" clench both hands into fists and cross the forearms in front of the body.



26.23 Not valid.



Extend both arms and cross them in a swing in front of the abdomen.

26.24 Emergency treatment.

Facing the medical supervision desk, cross forearms in front of the chest, fingers pointing up.



26.25 Rest.

Extend both arms sideways, palms up, to point at the competitors' rest places.



26.26 Exchange positions

Standing at the center of the platform, cross arms in front of the abdomen.



26.27 Draw.

Standing between the competitors, hold their wrists and raise their hands.



26.28 Winner.

Standing between the competitors, hold the winner's wrist and raise his hand.



Article 27 Sideline Referee' Gestures.

27.1 Off or down.

Point down with a forefinger, with the other four fingers clenched.



27.2 Not off or down.

Move one hand from side to side once, fingers pointing up.



27.3 Not seen clearly.

Bend both arms at elbow and spread forearms sideways in front of the body, palms up.



CHAPTER 7. COMPETITION AREA AND EQUIPMENT.

Article 28 Competition Area.

The competition area shall be a ring limited to 5 m x 5 m square.

Article 29 Equipments .

29.1 Colored Plates.

A total of eighteen (18) plates -- six (6) in black, six (6) in red, and six (6) half in red and half in black -- are used by the sideline referees to indicate the winner, the loser and a drawn bout respectively. The plate is a disc 20 cm in diameter, with a wooden handle 20 cm in length.

29.2 Admonition Cards.

Twelve (12) 15cmX5cm yellow cards are used for admonition, with the Chinese characters “□□” on them.

29.3 Warning Cards.

Six (six) 15cmX5cm red cards are used for warning, with the Chinese characters “□□” on them.

29.4 Forcible Counting Cards.

Six (6) 15cmX5cm blue cards are used for forcible counting, with the Chinese characters “□□” on them.

29.5 Card Racks.

Two (2) racks -- one in black and one in red -- are used for holding the cards. They are 60 cm long and 15cm high.

29.6 Default plates.

Two (2) yellow plates are used for default, with the Chinese characters “□□” on them — written in red color on one side and in black color on the other side. The plate is a disc 40 cm in diameter, with a wooden handle 40cm in length.

29.7 Two (2) stop-watches (one as reserve).

29.8 Two (2) whistles (one with single pitch, the other with double pitches).

29.9 Three (3) megaphones.

29.10 One (1) gong, with a rack and a hammer.

29.11 Fifteen to twenty (15-20) tally counters.

29.12 Two (2) video cameras.

29.13 Two (2) metric scales.

29.14 A wireless microphone (to be pinned on the platform judge's chest).

29.15 One (1) set of electronic scoring system.

Attachment №1

The elimination system (Single-elimination tournament).

1) Order of the competition.

1.1 All competitors are divided into 2 groups in the draw – A (odd) and B (even). The sequence number of every competitor is determined by lot in the weigh-in or right after it ends and is kept during the competition.

1.2 Within every group preliminary bouts are held on the elimination system basis. The victorious competitor gets to the next competition round.

1.3 In the final part of competition the bouts for the 3rd place are held first, the bouts for the 1st place next.

2) The order of couples' composition and determination of personal places.

2.1 The couples of the first round and all following rounds of the preliminary part of the competition are composed according to the draw and the scheme.

2.2 In the final part of the competition the competitors that have lost in semi-finals (3 and 5) fight for the 3rd place. The winners of semi-finals meet in a final bout for the 1st place.

2.3 The places of other competitors drop-out in the groups are determined according to the round they finished the competition. The quarter-final losers share places from the 5th to the 8th.

Bout table

