

2009 US Open Martial Arts Championship

Rules

www.usopenmartialarts.com

Rules for Sparring

1. Mandatory safety equipment: Headgear, mouthpiece, groin cup, shine guard, footgear, and gloves. Chest protector is optional. Gloves with light padding not allowed. No shoes allowed.
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. Scoring areas: Padded area of headgear, chest, stomach, thigh, and lower leg; No knockouts.
4. No Contact area: Front of face, spine, back of head, knees, groin, and neck. Contact to the face is allowed *only* for the *advanced adult sparring divisions*.
5. No use of elbows or knees; No joint locks; No head butt; No choking; No body slams.
6. Takedowns are allowed *only* for *adult sparring divisions*, not allowed for children divisions. No body slams with takedown techniques.
7. When opponent is standing on one leg, no kicking or sweeping to the standing leg.
8. Contact is continues with light or medium force.
9. If both feet are out of the ring, the point is given to the competitor remaining in the ring.

Rules for Push Hands

1. There will be men's and women's divisions for moving step format.
2. Competitors wear t-shirt, long pants, and shoes. No jewelry and watches.
3. No sweeps, takedowns, joint locks or striking allowed. Only palm strikes are allowed.
4. Each match will be timed for 90-second.
5. Competitors will begin facing off with right foot forward.
6. Winner is determined by the best usage of Tai Chi principles and techniques.
7. Score: 2 points for pushing the opponent out of the ring while staying inside the ring or making opponent fall while standing; 1 point for pushing the opponent out of the ring first and leaving the ring with the opponent or making opponent fall and fall with the opponent.
8. Pushing and shoving with brute force does not count.

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 Form and Weapon Form

1. All styles in the forms and weapons competition are subject to the same criteria.
2. Maximum performance time is 2 minutes; minimum performance time 30 seconds.
3. Salute to the judges upon entering and leaving the ring.
4. 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.

Rules for Internal Martial Arts

1. Maximum performance time is 2.5 minutes; minimum performance time 30 seconds.
2. Judging criteria based on the principles of coordination in expression of body in unison and movement with a sense of fully gathered internal energy without displaying external hardness and stiffness. Each movement must have intention with the mind controlling the energy.

Beginner = 1.5 years & less experience

Intermediate = 1.5 to 3 years experience

Advanced = Greater than 3 years experience