

## **Introduction**

Single hand grips on the back of the head are legal, as are all grips on the arms to permit limited Chin Na. Trips are legal. Grips on the waist and legs are illegal to prevent the contest from degenerating into wrestling. Equipment is limited to MMA gloves, headgear, a mouthguard, and a groin guard. If elbow and knee strikes are permitted in the tournament format, it is recommended that IMF-type elbow and knee pads are used.

Part of the goal is to allow fighters who compete in Chi Sao competitions, and officials who judge those competitions, a relatively easy transition into full contact rules--to make it easily understandable and simple to officiate. The idea is similar to the differentiation between amateur and professional boxing. The rules are adapted, in most cases verbatim, from existing Chi Sao rules. Particular thanks to the Six Harmony Martial Arts Academy, whose rules are simple and standard for most Chi Sao competitions. As a result of this simplicity and universality, most of the rules are closely derived from their text.

It is hoped that the Wing Chun community will find these rules useful when formulating their own competitions.

# **(Simplified) Full Contact** **Wing Chun**

## **A. Objectives**

The Objective of the contest is to test participants on the following qualities particular to Southern Short-Hand:

1. Sensitivity/Reaction Skills
2. Balance
3. Structure and technique (stance and movements)
4. Timing and speed
5. Control of power and distance
6. Clean attacking, blocking, and trapping technique
7. Chin Na

Note: This is not a point contest but a judgment of the competitors overall performance on the above.

## **B. Contest Format**

1. Each match will consist of two 2 -minute rounds, with a 30-second rest period in between.
2. The competition area will be a square space measuring 8' x 8', enclosed and divided into two halves by tape.

3. The opponents will bow to each other and to the referee and judges. They will then "face off" at the center of the competition area and established forearm contact in a double sticking-hands position.
4. Following the directions of the referee, the contestants will begin "rolling," rotating their forearms at least three times before initiating an exchange of techniques. After the match begins, either competitor may disengage at any time.
5. If a contestant is driven out of the competition area, both competitors are to return to the center of the "ring" and begin again as stated above.
6. During the 30-second break period, the contestants are to return to their respective corners and adopt a kneeling or seated position until called by the referee.

### C. How the matches will be officiated

1. The officiating committee will consist of the following members:
  1. Chief Judge
  2. Four Corner Judges
  3. Center Referee
  4. Timekeeper/Scorekeeper
2. The Chief Judge will be the arbiter in all disputes, and will announce the winner of each match. The Chief Judge's decision will be final on any judgments not covered by the rules.
3. The Corner Judges will score each match and determine the winner. Each Corner Judge will indicate an independent vote for the winner when the Chief Judge requests the call. A majority of votes determines the winner in each match. In the event of a draw, the Corner Judges will refer to the Chief Judge for a decision. In the finals, a 20-second "sudden death" round may be initiated if a draw occurs between all judges.
4. The Center Referee will be responsible for starting and stopping the action, for ensuring that all rules are followed, and that the safety of the participants is maintained. Only the Center Referee (or the Chief Judge at his or her discretion) can stop the clock during action. The clock will be stopped should there be an infringement of the rules, an injury, an argument, or a withdrawal.
5. The Timekeeper/Scorekeeper will start and stop the clock in accordance with the signals of the Center Referee, and will ring a bell to announce the end of each segment of a match. As scorekeeper, he will record the results of each match and will inform the Chief Judge of the name of the winner.

## **D. Weight Categories**

### Men's (lbs)

Light Weight: up to 144.9

Middle Weight: 145-174.9

Heavy/Upper Weight: 175-204.9

Super Weight: 205 and up

### Women's (lbs)

Light Weight: up to 124.9

Middle Weight: 125-144.9

Heavy/Upper Weight: 145 and up

Super Weight: N/A

## **E. Equipment**

1. Participants will be required to wear a T-shirt (with or without school insignia), martial arts pants, and athletic or gung-fu shoes. No long-sleeved shirts will be permitted.
2. Contestants will not be permitted to wear any objects (including jewelry) that may cause injury to themselves or to their opponents. Fingernails must be clipped as short as possible, and will be inspected by the officials. A mouth-guard, groin-cup, headgear, and amateur MMA gloves are required.

## **F. Protests**

Any protest must be immediately presented to the Chief Judge before the start of the following match. Protests presented after this time will not be considered.

## G. Match Rules

1. Judges will be looking for a continuous exchange of discernible techniques, with an emphasis on adherence or "sticking." This is to be distinguished from wrestling, shoving, and boxing.
2. Striking techniques using the elbows, fists, feet, and knees are permitted to the body, legs, and head. Elbow and knee padding (IMF-style) is recommended.
3. Competitors should display good "bridging" skills, i.e. adhering to the opponent's forearms while delivering attacks and counterattacks to precise body targets at close range.
4. None of the following actions will be permitted:
  1. Wild, swinging punches which show a lack of "bridging".
  2. Pulling or grabbing the opponent's hair or clothing.
  3. Attacking the opponent after the referee has stopped the action.
  4. Talking back disrespectfully to any official.
  5. Using foul language or gestures toward anyone present during the competition.
  6. Issuing verbal instructions from ringside. (This refers to instructors and fellow students).
  7. Issuing verbal instructions during the break period.
  8. Grabbing techniques not permitted in Chin Na (see below)

Other foul techniques are covered by the usual MMA rules:

Quote:

1. Butting with the head.
2. Eye gouging of any kind.
3. Biting.
4. Hair pulling.
5. Fish hooking.
6. Groin attacks of any kind.
7. Putting a finger into any orifice or into any cut or laceration on an opponent.
8. Small joint manipulation.
9. Striking to the spine or the back of the head.
10. Striking downward using the point of the elbow.
11. Throat strikes of any kind, including, without limitation, grabbing the trachea.
12. Clawing, pinching or twisting the flesh.

13. Grabbing the clavicle.
14. Kicking the head of a grounded opponent.
15. Kneeing the head of a grounded opponent.
16. Stomping a grounded opponent.
17. Kicking to the kidney with the heel.
18. Spiking an opponent to the canvas on his head or neck.
19. Throwing an opponent out of the ring or fenced area.
20. Holding the shorts or gloves of an opponent.
21. Spitting at an opponent.
22. Engaging in an unsportsmanlike conduct that causes an injury to an opponent.
23. Holding the ropes or the fence.
24. Using abusive language in the ring or fenced area.
25. Attacking an opponent on or during the break.
26. Attacking an opponent who is under the care of the referee.
27. Attacking an opponent after the bell has sounded the end of the period of unarmed combat.
28. Flagrantly disregarding the instructions of the referee.
29. Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury.
30. Interference by the corner.
31. Throwing in the towel during competition.

5. A contestant may receive a maximum of one warning for breaking any of the above rules. Two infringements of the rules will lead to immediate disqualification. Any intentional or excessive contact will result in immediate disqualification.

### Chin Na, Submissions, Control, and Knockouts

1. Grasping the opponent by the arms is legal.
2. Grasping an opponent by the neck or head is legal, as long as it does not violate the above rules, and only a SINGLE arm is grasping the head or neck.
3. Tripping an opponent is legal.
4. All other holds--on the leg, torso, doubled hands on the head as in the Thai clinch--are illegal.
5. A throw is only considered valid if no part of the thrower's body other than the soles of the feet have touched the floor during or immediately after the throw.
6. If any part of a competitor's body other than the soles of his/her feet touch the floor,

he/she is considered "down". Putting down an opponent is scored very positively during judging.

7. A referee may stop the contest if he/she believes that one competitor is unfit to continue or is being outclassed. The referee then awards the victory to the opponent.

8. A competitor's ability to shove his/her opponent out of the ring is evidence of "control of distance", and is considered positively when scoring the match.

9. A match may end in submission if one competitor has his/her opponent in a Chin-Na hold that, if carried through with force, would injure the opponent. Under these circumstances, the referee may call a stop to the contest or the opponent may "tap out", and thus signal defeat.

## **Bibliography, Thanks, and Credits:**

Please note that the majority of these rules are regulations are closely adapted from existing Chi Sao rulesets, in order to maintain as closely as possible the purity of the art. In most cases, common rules at several Chi Sao tournaments are listed word-for-word to ensure maximum compatibility between existing Chi Sao competitions and full-contact Wing Chun (as, indeed, the differing rules themselves occasionally do).

The following are the rulesets that have been adapted:

[http://www.sixharmony.com/Main/Wing\\_Chun/Chi\\_Sao/chi\\_sao.html](http://www.sixharmony.com/Main/Wing_Chun/Chi_Sao/chi_sao.html)

<http://www.fivetigerschampionship.com/wp-content/uploads/2007/05/wingchunchisaorules.pdf>

<http://usckfnorth.org/main/content/category/4/20/26/>

Moreover, many thanks to

[http://wingchunfightclub.org/joomla/index.php?option=com\\_smf&Itemid=35&topic=4.0](http://wingchunfightclub.org/joomla/index.php?option=com_smf&Itemid=35&topic=4.0)  
for its list of fouls in MMA that may apply to Wing Chun.

And, of course, to the posters of the Martial Arts Planet Kung Fu forums for all of their generous assistance and advice.