



EUROPEAN WUSHU FEDERATION TECHNICAL COMMITTEE

## YONGCHUNQUAN

Competition Rules



## 詠春拳比赛规则

Based on Chinese Wushu Duanwei System

(中国武术段位制)

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**Yongchunquan**

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**Based on Chinese Wushu Duanwei System**

(中国武术段位制)

**2014**

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## **Article 1 – General Rules**

The Executive Committee appoints a Competition director to preside over the Competition Committee, which is authorized to organize and manage the competition.

Under the control of the Competition Committee shall be the following contest officials composed of:

### **1. Competition Judges and Officials:-**

1.1 One (1) Chief Judge

1.2 One head judge and six line judges for each carpet consisting of 2 panels: «A» and «B». The «A» panel judges are responsible for producing the score for technical performance (quality of movements). The «B» judges are responsible for producing the overall performance scoring.

1.3 One secretary/registrar per carpet.

1.4 One judge responsible for checking the participants list per carpet.

1.5 One cameraman per carpet working for the Jury of Appeal.

## **Article 2 – Duties of Contest Officials**

**2. The contest officials shall work under the leadership of the Competition Committee Chairman. Their duties are as follows:-**

### **2.1 The Chief Judge shall**

2.1.1 Be at least IWUF or EWUF «B» degree qualified judge:

2.1.2 Organize and lead the work of judges and assure that the Competition Rules are correctly implemented;

2.1.3 Interpret the Rules and Regulations but have no right to alter them;

2.1.4 Replace Judges in the process of competition if their score falls out of the average 3 times consecutively;

2.1.5 Give warnings to competitors and coaches making trouble at the competition site and, if they refuse to listen to advice, to propose to the Competition Committee Chairman to take strict measures against them, including cancellation of their results;

2.1.6 Examine and announce the results of competition, and make a summary of the officiating work.

2.1.7 Organize judge's study and refresher course before competition to study the Rules.

## **2.2 The Head Judge shall**

2.2.1 Organise judges panels and assure their work;

2.2.2 Report to the Chief Judge any cases where a judge's score falls out of the average 3 times consecutively;

2.2.3 Deduct points for repetitive movements and for overtime or under time performances (0.2 points each);

2.2.4 Deduct 1 point for unmotivated pauses (more than 5 seconds during the routine and more than 8 seconds in the routine's beginning).

2.2.5 Participate in panel «B» evaluation of overall performance. (In the case where there are serious mistakes in producing scores or the difference between scores is more than 0.5). In this case the Head Judge produces his own score for overall performance and his score is added to the average score of the «B» panel. The average of this is the «B» panel final score.

2.2.6 Stop the performance if:

a) The competitors uniform falls in inconformity during the routine (1 point is deducted with permission to repeat the routine).

b) The weapon is broken (1 point is deducted with permission to repeat the routine).

c) There are issues with the carpet. (In this case no points are deducted for repetition of the routine).

## **2.3 The Judges shall**

2.3.1 Do their best in judging under the guidance of their head judge;

2.3.2 Evaluate independently and in conformity with the Rules, and keep a detailed record justifying their score **(if there is no records for scoring the judge has to be replaced immediately and penalized)**;

2.3.3 Be responsible, as members of Panel «A», for evaluating the technical level and the quality of movements in competitors' whole routines;

2.3.4 Be responsible, as members of Panel «B», for evaluating the overall performance of competitors' whole routines.

2.3.6 The secretary/registrar shall be responsible for starting and final protocols during the event.

2.3.7 The judge responsible for checking the participants list shall be responsible for checking the participants 30 minutes before competition, lead them onto the carpet and give the head judges the final participant's list. 2.3.8 If there is no electronic system operating judges shall have their seats separated by a distance of 2 metres from each other.

## **2.4 Official Video Recording**

2.4.1 The cameramen shall record all the competition events;

2.4.2 Replay videotapes at the request of the Head Judge or the Jury of Appeal and at the end of competition give all the materials to the Competition Committee Chairman without making any copy.

2.4.3 Only the official video recording can be used as reference in appeal. 2.4.4 The official videos of the competition are property of EWUF and are kept in EWUF archives.

## **Article 3 – General Rules for Competition**

### **3. Types of Competition**

#### **3.1 The Competition may be divided into:**

3.1.1 Individual competition

3.1.2 Team competition

3.1.3 Individual/team competition

#### **3.2 The Competition may be divided into**

3.2.1 Senior competition

3.2.2 Junior competition

3.2.3 Children's competition

## **Article 4 – Competition Events**

### **4.1 Group 1**

#### **Standard Yongchunquan Single Routines of the Chinese Wushu Duanwei System**

(中国武术段位制拳术套路) : (click on the hyperlink to see the attached video file)

4.1.1 [First Duan and Second Duan routines combined](#)

4.1.2 [Third Duan routine](#)

4.1.3 [Fourth Duan routine](#)

4.1.4 [Fifth Duan routine](#)

4.1.5 [Sixth Duan routine](#)

## 4.2 Group 2

### **Traditional Yongchunquan barehand routines Chenshi, Yeshi etc.**

(传统咏春拳拳术套路：陈式，叶式等等)：

4.2.1 Xiaolianquan (xiunimtau) - [小练拳](#)，[小念头](#)

4.2.2 Xunqiao (Chumkiu) - [寻桥](#)

4.2.3 Biaozhi (Biuji) - [標指](#)

## 4.3 Group 3

### **Yongchunquan weapons routines (traditional and free)**

(咏春拳器械传统和自选套路)：

4.3.1 Hudie shuangdao - [蝴蝶雙刀](#)

4.3.2 Liudianban gun - [六點半棍](#)

## 4.4 Group 4

### **Standard Yongchunquan set-sparring (duida) Routines of the Chinese Wushu Duanwei System**

(中国武术段位制咏春拳对打套路) : (click on the hyperlink to see the attached video file)

4.4.1 [First Duan and Second Duan duida routines combined](#)

4.4.2 [Third Duan duida routine](#)

4.4.3 [Fourth Duan duida routine](#)

4.4.4 [Fifth Duan duida routine](#)

4.4.5 [Sixth Duan duida routine](#)

## 4.5 Group 5

### **4.5.1 Yongchunquan free set-sparring barehanded routines (quanshu duilian)**

(咏春拳自选拳术对练拳术套路)

Those set-sparring routines shall be composed using Yongchunquan specific techniques and according to Yongchunquan basic principles with performing time no less than 35 seconds and no more than 1 minute.

#### **4.6 Group 6**

##### **4.6.1 Yongchunquan free set-sparring weapons routines (qixie duilian)**

(詠春拳自选器械对练套路)

Those set-sparring weapons routines shall be composed of Yongchunquan specific weapons techniques and according to Yongchunquan basic principles with performing time no less than 35 seconds and no more than 1 minute.

#### **4.7 Group 7**

##### **4.7.1 Yongchunquan wooden dummy (murenzhuang/mukyanjong) traditional and free routines**

(詠春拳木人樁传统和自选套路)

Free wooden dummy routines shall be composed of Yongchunquan specific techniques and according to Yongchunquan basic principles with performing time no less than 35 seconds and no more than 1 minute.

### **Article 5 – Age groups in Competition**

5.1 Adult: full age of 18 and above up to 40 years old

5.2 Senior: full age of 41 to 65 years old

5.3 Junior: from 12 to 17

5.4 Children: under 12

Full age means the age according to the passport the day of checking-in for competition upon arrival.

### **Article 6 – Appeals**

Scope of appeals:

6.1 The Jury of Appeal shall handle appeals submitted by a representative of a participating team, which disagrees with deductions made by the Head Judge on their team's athlete in the process of competition.

6.2 Appeal is not allowed disagreeing against other team's scores or results.

6.3 Procedures & requirements for appeals.



6.3.1 If a participating team disagrees with the judge's decisions against its members, the appeal shall be submitted by the team leader or coach in written form to the Jury of Appeal within 15 minutes after the conclusion of the event concerned, together with an appeal fee of Euro 100.

6.3.2 Each appeal is limited to one issue.

6.3.3 The Jury of Appeal shall examine the case through videotapes. If the Jury of Appeal considers the original judgement proves to be correct, the appealing team shall abide by it and their appeal fee shall be forfeit.

6.3.4 If the judgement made by the jury proves to be wrong, the Jury of Appeal shall propose to the Competition Director to take measures, in accordance with regulations concerned, against the wrong judgement and the appeal fee shall be returned. The original results can be changed in this case.

6.3.5 If any trouble-making is caused by disobedience, the Jury of Appeal may, according to the severity of the case, propose to the EWUF Technical Committee to take strict measures, including cancellation of the competition results of individuals or team and/or disqualification of the team or concerned team members.

6.3.6 Sanctions can be applied for non-sportive behaviour by the EWUF Executive Council.

6.3.7 The decision of the Jury of Appeal is final.

### **Article 7 – Determination of the Starting Order of Competition**

The starting order of competition for each event shall be determined by drawing lots, conducted under the supervision of the Competition Committee and the Chief Referee. If both preliminaries and finals are held, the starting order in the finals shall be determined by the results of the preliminaries, with the lowest scorer appearing first and the highest scorer appearing last. In case of a tie in the preliminaries, the starting order shall be determined by drawing of lots.

### **Article 8 – Registry**

Competitors shall arrive at the designated place 30 minutes prior to the competition for the first roll-call and for an inspection of the costume and apparatus. The second roll-call will take place 20 minutes, and the third roll-call 10 minutes, before the competition starts.

### **Article 9 – Protocol**

At the roll-call and the announcement of final scores, the competitors should give the Head Judge a fist-palm salute.

### **Article 10 – Timekeeping**

Timekeeping shall start when the competitor begins his performance from a stationary position and stop when his whole routine ends in a standing position with feet together (heels touching each other).

## **Article 11 – Display of Scores**

The competitors' scores shall be displayed to the public.

## **Article 12 – Default**

Any failure to come in time for registry and competition shall be treated as default.

## **Article 13 – Placing**

13.1 Placing in individual (including duilian) competition.

Competitors in individual events shall be placed according to their scores, with the best scorer placed first, the second best scorer placed second, and so on and so forth.

13.2 Placing in individual all-around competition Competitors in the individual all-around event shall be placed according to their total scores or to specific methods provided in the Regulations, with the best scorer placed first, the second best scorer placed second, and so on and so forth.

13.3 Placing in group events The group with the best score shall be placed first, the group with the second best score placed second, and so on and so forth.

13.4 Team Placing. Teams shall be placed according to methods provided in the Regulations of competition.

13.5 Tied Scores

13.5.1 Tied scores in individual events shall be solved in the following ways:

13.5.2 The competitor with a higher score for overall performance shall be placed higher;

13.5.3 If the tie remains, the competitor with a lower deduction of points for overall performance shall be placed higher;

13.5.4 If the tie remains, the tied competitors shall share the place.

13.5.5 In competitions with preliminaries and finals, the competitor with better results in the preliminaries shall be placed higher. If the tie remains, the placing in the finals shall be determined as provided in the above paragraphs.

13.5.6 In the individual all-around event, the competitor who ranks first in more individual events shall be placed higher. If the tie remains, the competitor who ranks second in more individual events shall be placed higher, and so on and so forth. In case of an equal number of places in all individual events, the tied competitors shall share the place.

13.5.7 In the team total points, the team which has more points in individual events shall be placed higher. If the tie remains, the team with more second places in individual events shall be placed higher, and so on and so forth. In case of an equal number of places in all individual events, the tied teams shall share the place. The attribution of points is the following: 1st place – 6 points, 2d place – 5 points, 3d place – 4 points, 4th place – 3 points, 5th place – 2 points, 6th place – 1 point.

#### **Article 14 – Weapons**

Weapons used in the competitions shall be EWUF TC certified weapons only.

#### **Article 15 – Contest Area**

##### **Taolu Carpet**

An EWUF certified carpet measuring 8m X 14m with safety zones shall be used as competition ground.

#### **Article 16 – Scoring Methods & Criteria**

16.1 The jury shall be composed of three (3) judges in Panel «A» responsible for evaluating the quality of movements; three judges in Panel «B» responsible for evaluating the overall performance (and the Head Judge).

If there are enough judges the jury can be composed of five (5) judges in Panel «A» responsible for evaluating the quality of movements; three (3) judges in Panel «B» responsible for evaluating the overall performance (and the Head Judge).

16.2 The full starting score for all events is ten (10), including five (5) points for the quality of movements and five (5) points for the overall performance. A competitor's starting score means the total value of overall performance and quality of movements.

16.3 The judges in Panel «A» shall deduct points according to the errors in quality of movements committed by a competitor during his performance of the whole routine.

16.4 The judges in Panel «B» shall evaluate the overall performance of the whole routine and deduct points for errors in it. The highest or the lowest point shall be deducted. The average of the two middle scores shall be awarded to the competitor as points for grade of overall performance, if there is no correction by Head Judge.

## 16.5 Scoring criteria for quality of movements.

### 咏春拳对人体静型技法的要求

#### 1. Yongchunquan static position requirements

- 1.1 The head – 头顶上领，头部端正 – *touding shang ling, toubu duan zheng* - the top of the head points upward, head vertical.
- 1.2 The neck – 颈要竖直 – *geng yao shuzhi* – the neck is vertical.
- 1.3 The gaze – 双目平视 – *shuanmu pingshi* – the gaze in horizontal line.
- 1.4 The shoulders – 自然松沉，不能耸肩 – *ziran songchen, bu neng song jian* – the shoulder region loosened, shoulders should not be raised.
- 1.5 The elbows – 自然松沉，不能僵直 – *ziran songchen, bu neng jiangzhi* – elbows loosened, should not be tense.
- 1.6 The hands – 掌，指，腕放松 – *zhang, zhi, wan fangsong* – the hand, the fingers and the wrist are naturally loosened, should not be tense.
- 1.7 The upper body – 挺胸 – *ting xiong* – the upper body vertical.
- 1.8 The waist – 直腰 – *zhi yao* – the waist vertical and straight.
- 1.9 The belly – 腹：不能内陷 – *bu neng nei xian* – should not be tense or rigid.
- 1.10 The buttocks – 臀：提肛，使腰与腿连成整体 – *tun: tigang, shi yao yu tui liancheng zhengti* – the buttocks and muscles of the sphincter are tense and together with tensed muscles of the thigh form a rigid construction.
- 1.11 The legs – 双腿微屈 – *shuang tui wei qu* – both legs slightly bent.
- 1.12 The knees – 两膝内合 – *liang xi nei he* – both knees turned inward.
- 1.13 The feet – 两腿掌微内扣 – *shuang tui zhang wei nei kou* – both feet slightly turned inward.

### 咏春拳对人体动态技法的要求

#### 2. Yongchunquan dynamics requirements

- 2.1 Conformity to central line (*zhongxian*) in techniques (严循中线 – *yanxun zhongxian*).
- 2.2 Arms perpendicular to the body (手与身体成“T”型 – *shou yu shenti cheng T xing*).
- 2.3 Stability of position in movement (稳中求快 – *wen zhong qiu kuai*).
- 2.4 Short force application in close-range techniques (寸劲短打 – *cun jin duan da*).
- 2.5 Coordination of handwork and bodywork (waist/hips), stable position, accurate force application (手，腰，马，劲整体合一 – *shou, yao, ma, jin zhengti he yi*).
- 2.6 Martial spirit (尚武精神 – *shang wu jingshen*).

### 咏春拳对攻防技法的要求

#### 3. Yongchunquan attack and defense requirements

- 3.1 To keep close to central line (中线理念 – *zhongxian linian*).
- 3.2 Mostly using hand techniques (以手为主 – *yi shou wei zhu*).
- 3.3 To block and deflect the attack of the opponent with simultaneous counter-attack (连消带打 – *lian xiao dai da*).
- 3.4 Close-range fighting with fast attacks (近打快攻 – *jin da kuai gong*).
- 3.5 Simultaneous attack and defense (消打同时 – *xiao da tong shi*).

## Deduction Criteria for Errors in quality of movements

Type	Technique	Errors for deduction & Requirement №	1 error	2 errors in 1 technique
Postures 步形	Erziqianyangma 二字钳羊马	Position not conform to style, Shifting the upper body while Position unstable, sidestepping (1.1–1.13)	0.1	0.2 - 0.3
Stepping 步法	Turning left/right in Erziqianyangma 左右转马	Shifting the upper body while turning, not using the central line (中线) as turning axis. (2.1; 2.3)	0.1	0.2 - 0.3
	Direct stepping forward/backward Jibu jinmatuima 去步进马退马	Shifting the upper body while stepping forward/backward. Front foot is not moving first in forward stepping, back foot is not moving first in backward stepping. (1.7; 2.5)	0.1	0.2 - 0.3
	Crescent stepping forward/backward Hubu jinmatuima 弧步进马退马	Shifting the upper body while stepping forward/backward. Stepping directly instead of crescent stepping. Front foot is not moving first in forward stepping, back foot is not moving first in backward stepping. (1.7; 2.5)	0.1	0.2 - 0.3
Hand techniques 手法	Circling leg backward stepping Quantui tuima 圈腿退马	Shifting the upper body while stepping. Raising the foot below knee level. (1.7; 2.5)	0.1	0.2 - 0.3
	Sun-shaped forward thrust Rizi chongquan 日字冲拳	The elbow is not close to the central line while thrusting. The arm is not half-bent in final position. The fist is not vertical (立拳). (2.1– 2.5)	0.1	0.2 - 0.3
	Crossing hand Zhen shou 枕手	The elbow is not close to the central line. The arm is not half-bent in final position. (2.1– 2.5)	0.1	0.2 - 0.3
	Pressing hand Fu shou 伏手	The elbow is not close to the central line. Wrist not bent. Palm not facing the chest. (2.1– 2.5)	0.1	0.2 - 0.3

Type	Technique	Errors for deduction & Requirement №	1 error	2 errors in 1 technique
Hand techniques 手法	Spread-out palm Tan shou 摊手	The elbow is not close to the central line. Palm not turned upward. (2.1– 2.5)	0.1	0.2 - 0.3
	Upright palm Zheng zhang 正掌	The elbow is not close to the central line. The arm is not half-bent in final position. Palm not upright. (2.1– 2.5)	0.1	0.2 - 0.3
	Wing-arm Bang shou 膀手	The forearm is not close to the central line. The forearm is higher than chest level. The forearm is too close to the chest. (2.1– 2.5)	0.1	0.2 - 0.3
Leg techniques 腿法	Outer sweep Waimen saotui 外门扫腿	The sole of the foot touches the ground while sweeping Feet are not in line in final phase. (2.3– 2.5)	0.1	0.2 - 0.3
	Front heel kick Zhengdengtui 正蹬腿	Upper body shifts back during the kick. Not using the heel. (2.3– 2.5)	0.1	0.2 - 0.3
	Side heel kick Cedengtui 侧蹬腿	Upper body shifts back for more than 45°. Not using the heel. (2.3– 2.5)	0.1	0.2 - 0.3

Type	Technique	Errors for deduction & Requirement №	1 error	2 errors in 1 technique
Leaning techniques 靠法	Forward step with shoulder lean Jinbu jiankao 进步肩靠	Shoulder not getting in contact with target. Shifting the upper body forward too much. Not using left leg to generate force. (2.3– 2.5)	0.1	0.2 - 0.3
	Twisting shoulder lean Zhuanma jiankao 转马肩靠	Not shifting the weight to the right leg. Not using left leg to generate force. Slow twisting. (2.3– 2.5)	0.1	0.2 - 0.3
	Twisting knee lean Zhuanma xikao 转马膝靠	Upper body does not turn. Not using the waist to generate twist. Slow twisting. (2.3– 2.5)	0.1	0.2 - 0.3

## 16.6 Scoring criteria for overall performance in Duilian

### and wooden dummy routines

The scoring for overall performance includes evaluation for conformity of a routine to the style's basic principles, application of specific force, correct rhythm. When a competitor commits an error in regard to overall performance, 0.1 point shall be deducted for each error; and 0.2 - 0.5 point shall be deducted for severe inconformity. In regard to those criteria, the overall performance is graded into three (3) levels, with 5.00 - 3.51 points for "superior", 3.50 - 2.91 points for "average", and 2.90 - 1.01 points for "inferior".

As a whole, a competitor is required to perform with conform positions (步形 – buxing) , movements, full and correct force application (发劲–fajin), good coordination, accurate bodywork (身法–shenfa) and stepping (步法–bufa), coordination between weapons and body (for events with weapons), distinct rhythm, conformity to the style. All these elements should be taken into consideration in scoring the execution of a competitor's routine.

### Deduction Criteria for Errors in overall performance in wooden dummy routine

Type	Technique	Errors for deduction	In one technique	In the whole routine
Conformity to style	Dynamics requirements	Not conforming to requirements (2.1; 2.2; 2.3; 2.5)	0.1	0.5 - 1.0
	Application of force	Not conforming to requirement (2.4; 2.5)	0.1	0.5 - 1.0
	Martial Spirit	Absence of required spirit (2.6)	0.1	0.2 - 0.3
Coordination	Coordination in hand/leg techniques with bodywork (waist and hips)	Not conforming to requirement (2.5)	0.1	0.5 - 1.0



## Deduction Criteria for Errors in Duilian performance

Type	Technique	Errors for deduction	In one technique	In the whole routine
Conformity to dynamics requirements	Dynamics requirements	Not conforming to requirements (2.1; 2.3; 2.5; 3.1; 3.2)	0.1	0.5 - 1.0
	Application of force	Not conforming to requirement (2.4, 2.5)	0.1	0.5 - 1.0
	Martial Spirit	Absence of required spirit (2.6)	0.1	0.2 - 0.3
Conformity to attack and defense requirements	Basic attack and defense principles	Not conforming to requirement (3.2 – 3.5)	0.1	0.5 - 1.0

### Article 17 – Protocol of Yongchunquan Competition

#### 17.1 Fist-Palm Salute and salute

In a standing position with feet together, place the right fist against the upright left palm, with the former's knuckles at the root of the latter's fingers, in front of and 20-30cm away from the chest.

#### 18. Dress Code

18.1 Chinese style Costume can be of any material in any color. Trims, color combinations, pictures' and patterns' applying, silk threads embroideries are allowed, whereas fur and cobweb insets, no religious signs or symbols or advertising signs (other than those of the EWUF) are allowed.

18.2 Costume must not hamper one's movements or hinder judges from evaluating the competitor's performance. Aesthetically the costume should be in conformity with wushu spirit and appropriate yongchunquan school if any.

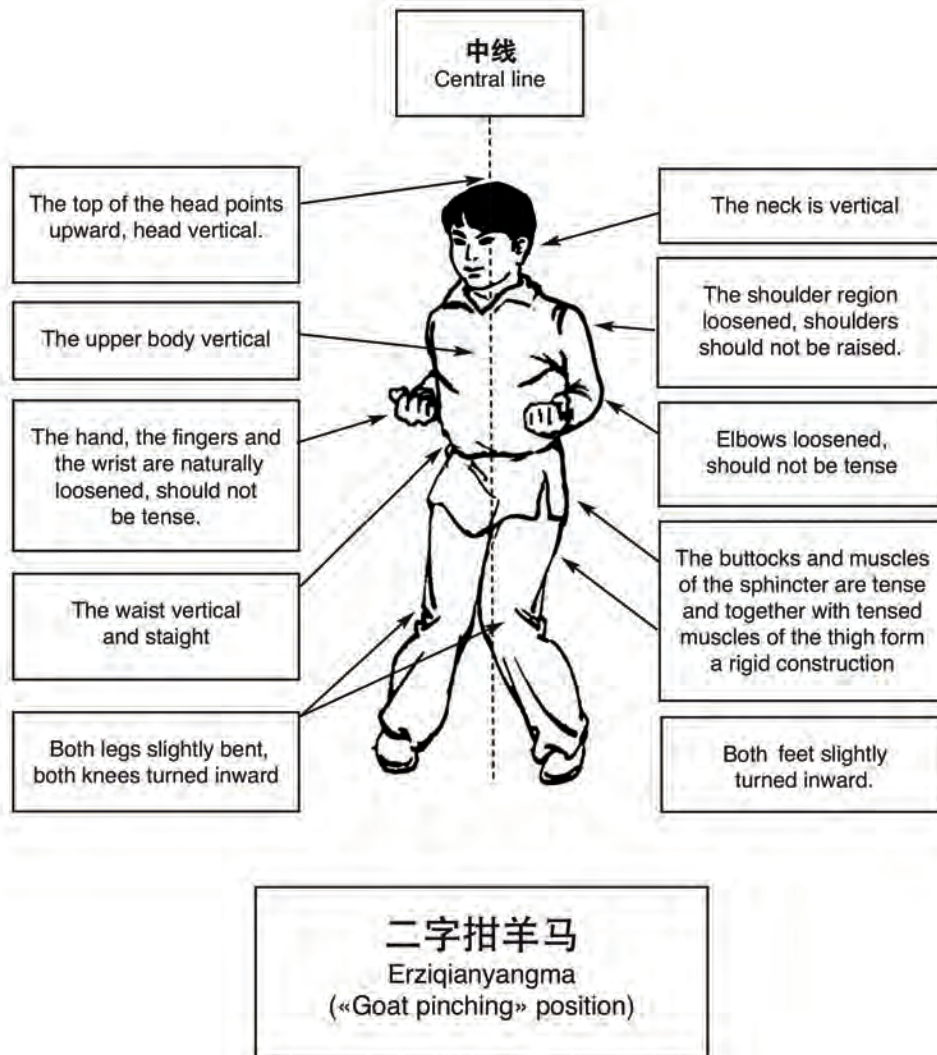
18.3 The face, head and hands can not be covered in any case.

18.4 The final decision on acceptability of any dress related issue shall be the responsibility of the competition Director.

18.5 Footwear used by athletes should be EWUF certified manufacturer sport leather shoes conform to EU sanitary and security standards.

19. Any omitted cases will be resolved by EWUF executive board or council, after the technical advice from EWUF TC.

## 咏春拳对人体静型技法的要求 Yongchunquan static position requirements



*The reference books are:*

«Yongchunquan (Textbook series of Chinese Wushu Duanwei System)» (《咏春拳。中国武术段位系列教程》) and «Encyclopedia of Chinese Wushu» (中国武术百科全书出版社 1998 北京) both compiled by the Chinese Wushu Association and Wushu research Institute.

Compilers: Gleb Muzrukov and Paulo Araujo

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