

GENERAL RULES FOR CMAT 16 NANDU COMPETITION

Article 1 Types of Competition

The CMAT 16 Nandu Competition is an individual competition event but is a compulsory component of the CMAT 16 Contemporary Wushu All-Around Competition. Please see the All-Around competition rules for more details.

Article 2 Competition Events

Changquan (long-range boxing; CQ)

Nanquan (southern-style boxing; NQ)

Article 3 Age groups in Competition

The CMAT 16 Nandu Competition only has one age group

Article 4 Appeals

The appeals process shall be consistent with the standard U.S. Wushu Union rules being used for CMAT 16

Article 5 Determination of the Starting Order of Competition

The starting order of competition for each event shall be determined by drawing lots conducted by the scheduling-recording group under the supervision of the competition committee and the chief referee.

Article 6 Registry

Competitors shall arrive at the designated place 40 minutes prior to the competition for the first roll-call and for an inspection of the costumes. The second roll-call will take place 20 minutes and the third roll-call 10 minutes, before the competition starts.

Article 7 Protocol

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

Article 8 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.

Article 9 Display of Scores

The competitors' scores shall be displayed to the public.

Article 10 Default

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

Article 11 Placing

- Placing in individual 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.

- 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.

- Tied Scores

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

1. The competitor who has successfully completed movements of higher degrees of difficulty shall be placed higher;
2. The competitor who has completed a greater number of difficult movements shall be placed higher;
3. The competitor with a higher score for difficult movements shall be placed higher;
4. If the tie remains, the competitor with a higher score for overall performance shall be placed higher;
5. If the tie remains, the competitor with a lower deduction of points for overall performance shall be placed higher;
6. If the tie remains, the tied competitors shall share the place.

Article 12 Application for Recognition of Innovative Movements

- Principles of Innovation

All innovative movements must conform to the intrinsic characteristics of Wushu and the laws governing exercises; their execution requires a high level of specific qualities and skills; and they are not included in Grade B and above in the tables for determining the grades and values of difficult movements in optional events. Innovative jumps and tumbles should contain difficult connections.

- Procedure of Application

- Application can be made only once for each innovative movement.
- The applicant team should fill out **Form C: Application Form for Innovative Movements in Optional Routines** and supply a technical chart and a videotape, QuickTime Movie, MPEG or a working web link to video of the movements done by the competitor himself. These materials should be sent to the CMAT 16 Registration Committee and postmarked on or before Monday, March 14.

- The assessment organization

The Assessment Committee shall be composed of three (3) or five (5) Wushu experts appointed by the CMAT16 Organizing Committee to assess the innovative movements in optional routines.

- Procedure of Assessment

The Assessment Committee shall discuss the application with reference to the principles of innovation. A two-thirds majority of votes by the committee members is required for the recognition of an innovative movement in regard to its name, grade, value and code, as well as criteria for non-recognition. The Assessment Committee shall notify the applicant team in time. The Jury of Appeal and the juries shall also be notified in written form prior to the Competition.

Article 13 Other Competition Regulations

- Registration of Compulsory Movements

Each competitor shall list their order of Compulsory Movements according to the Competition Rules and Regulations and fill out **Form B: Application and Assessment Form for Compulsory Movements in Optional Taolu** via <http://www.ocf.berkeley.edu/~calwushu/cmat/16/competitors.php#registration> , making sure to include all required movements for the event. See Article 20 for details and codes. NOTE: CMAT 16 will be using the abbreviations rather than the International Wushu Federation's numeric codes. The Compulsory Movement Form, confirmed and signed by the team coach, shall be submitted to cmat16_registration@calwushu.com no later than Monday, March 24.

- Registration of degrees of difficulty

Each competitor shall choose the degrees of difficulty according to the Competition Rules and Regulations and fill out an **Form A: Application and Assessment Form for the Degree of Difficulty in Optional Taolu** via <http://www.ocf.berkeley.edu/~calwushu/cmat/16/competitors.php#registration> , taking into account the value of innovative movements when determining the starting score for his optional routines. The Degree of Difficulty Form, confirmed and signed by the team coach, shall be submitted to cmat16_registration@calwushu.com no later than Monday, March 24.

- Duration of routines

- Routines of Changquan and Nanquan shall last for no less than 1 minute and 20 seconds.

- Musical accompaniment

Musical accompaniment will not be permitted.

- Costume

All judges shall wear uniforms and badges showing. All competitors shall wear competition costumes consistent with U.S. Wushu Union regulations.

- Competition Area

- Individual events shall be conducted on a 14 m x 8 m carpet, surrounded by a 2-m-wide safety area. The edges of the carpet shall be marked with a white band.
- The ceiling shall be at least 8 m over the carpet.
- The distance between two carpets shall be at least 6 m.

SCORING METHODS & CRITERIA

Article 14 Scoring Methods & Criteria for Nandu Events

1. Scoring methods

- a. The jury shall be composed of two (2) judges in Panel A responsible for evaluating the quality of movements; two judges in Panel B responsible for evaluating the overall performance, and two judges in Panel C responsible for evaluating the degree of difficulty.
- b. The full starting score for all events is ten (10) points (not counting bonus for innovative movements), including five (5) points for the quality of movements, three (3) points for the overall performance, and two (2) points for the degree of difficulty.
- c. A competitor's starting score means the total value he claims for the degree of difficulty, overall performance and quality of movements.
- d. The judges in Panel A shall deduct points according to the errors committed by a competitor during his performance of the whole routine.
- e. The two judges in Panel B shall evaluate the overall performance of the whole routine and deduct points for choreographical errors in it. The average of the two scores shall be awarded to the competitor as points for grade of overall performance. The total of deducted points shall be the deduction for choreographical errors.
- f. The judges in Panel C shall confirm the degree of difficulty completed by the competitor in his actual performance.

2. Scoring criteria

- a. Scoring criteria for quality of movements (Panel A)

When a competitor commits an error in regard to standards of movements, 0.1 point shall be deducted; and 0.1-0.3 point shall be deducted for other errors. (Refer to Table 1-1 Deduction Criteria in Standards of Movements in Optional Changquan and Table 1-3 Deduction Criteria for Errors in Standards of Movements in Optional Nanquan)

- b. Scoring criteria for overall performance (Panel B)

The scoring for overall performance includes evaluation for grading and choreography of a routine.

- Evaluation for grading

In regard to power, harmony, rhythm, style and musical accompaniment, overall performance is graded into three (3) levels and nine (9) sublevels, with 3.00-2.51 points for "superior", 2.50-1.91 points for "average", and 1.90-1.01 points for "inferior".

- As a whole, a competitor is required to perform with standard movements, correct methods, full force flowing smoothly to the right points, good coordination between hands and eyes, between body and steps, distinct rhythm, conspicuous style, and unison between movements. All these elements should be taken into consideration in grading the technical execution of a competitor's routine.

- Scoring criteria for choreography
 1. 0.2 point shall be deducted for missing each compulsory movement as provided in the Regulations of Optional Events;
 2. 0.1-0.5 point shall be deducted for each error in regard to the structure, composition and musical accompaniment of the routine. (Refer to Table 2-1 Criteria for Grading and Evaluating Overall performance and Deductions for Chorographical Errors in Optional Events)

- c. Criteria for evaluating degree of difficulty (Panel C)
 - Degree of difficulty (1.40 points)
 1. According to the tables under Grading and Evaluating the Degree of Difficulty for Movements in Optional Events, 0.20 point will be awarded for an A Grade Difficulty, 0.30 point for a B Grade Difficulty and 0.30 point for a C Grade Difficulty. C Grade Difficulties are scored the same as B Grade Difficulties but will still be judged as C Grade Difficulties. A total in excess of 1.40 points for each grade shall be considered 1.40 points. (Refer to Table 4-1 Determination of Grade and Value of Difficult Movements in Optional Changquan and Table 4-3 Determination of Grade and Value of Difficult Movements in Optional Nanquan)
 2. If the competitor's movements fail to meet the requirements for degree of difficulty provided in the Regulations, no bonus for such will be given. (Refer to Table 4-4 Confirmation of Movements Not in Conformity with Requirements for Degree of Difficulty in Optional Changquan and Table 4-6 Confirmation of Movements Not in Conformity with Requirements for Degree of Difficulty in Optional Nanquan)
 - Degree of Difficulty for Connecting Movements (0.60 point)
 1. According to the degree of difficulty for connecting movements under Table for Grading and Evaluating the Degree of Difficulty for Connecting Movements in Optional Events, 0.1 point shall be awarded for a connecting A Grade Connecting Movement, 0.15 point for a connecting B Grade Connecting Movement, 0.15 point for a connecting C Grade Connecting Movement, and 0.15 point for a connecting D Grade Connecting Movement. C and D Grade Connecting Movements are scored the same as B Grade Connecting Movements but will still be judged as C and D Grade Connecting Movements respectively. The total for each category shall not exceed 0.6 point. (Refer to Table 4-1 Determination of Grade and Value of Difficult Movements in Optional Changquan and Table 4-3 Determination of Grade and Value of Difficult Movements in Optional Nanquan)
 2. If a competitor's connecting movements fail to meet the requirements for the degree of

difficulty, no bonus shall be given. (Refer to Table 4-4 Confirmation of Movements Not in Conformity with Requirements for Degree of Difficulty in Optional Changquan and Table 4-6 Confirmation of Movements Not in Conformity with Requirements for Degree of Difficulty in Optional Nanquan)

3. If only points for degree of difficulty are needed, choice can only be made from among difficult movements under 1.4 point and among difficult connections under 0.6 point.
- d. Bonus for innovative movements
- For the successful performance of an innovative movement applying for recognition, bonus shall be awarded by the head judge beyond 10 points according to criteria for assessment: 0.10 point for an innovative B-Part (including connecting movements), 0.15 point for an innovative C-Part (including connecting movements); and 0.20 point for an innovative Super C-Part.
 - No bonus shall be given for an innovative movement which fails in completion, or which is not in conformity with the degree of difficulty as specified for assessment.

Article 15 Decimal System of Scores

- Judges in Panel A may display scores with one (1) decimal place
- Judges in Panel B and Panel C may display scores with two (2) decimal places

Article 16 Determination of Actual Scores

- A competitor's actual score in optional events is the sum total of the actual scores he has obtained for quality of movements, overall performance and degree of difficulty.
- Determination of the actual score for quality of movements (Panel A)
 - The three judges in Panel A shall deduct points for errors committed in standard movements and other errors in a competitor's performance. The total of deductions made by at least two of the three judges for such errors shall be the actual deduction for quality of movements. Subtract the actual deduction from the value for quality of movements, and the remainder will be the actual score for quality of movements.
- Determination of the actual score for overall performance (Panel B)
 - Grading scores of overall performance deduct choreographical errors will be the actual score for overall performance.
- Determination of the actual score for degree of difficulty (Panel C)
 - The two judges in Panel C shall confirm the degree of difficulty of the routine and connecting movements.

Article 17 Determination of Final Scores

- The head judge shall subtract his deduction from a competitor's actual score, and add the bonus, if any, for his innovative movements, and the sum will be the competitor's final score.

Article 18 Bonus and Deduction by the Head Judge

- The head judge shall be responsible for awarding bonus for innovative movements.
- The head judge shall be responsible for deduction for repetitive movements and overtime or under time performances.
- Repetitive movements
 - A competitor whose performance is interrupted by unforeseen circumstances may repeat it with the head judge's permission, and no deduction will be made. If the interruption is caused by forgetfulness, errors or broken apparatus, the competitor may repeat his performance once, with a deduction of 1 point. When a competitor is not able to continue his performance due to injuries, the head judge may stop it. If he is able to go on after simple treatment, arrangements shall be made for him to resume his performance at the end of his heat, with a deduction of 1 point, as is the case with repetitive movements.
- 0.1 point shall be deducted for under time or overtime performance for two (2) seconds and above; 0.2 point for two (2) to four (4) seconds, and so on and so forth.
- In case of obviously improper or mistaken judgment made by a judge in evaluation, the head judge may, before the visual display of the competitor's final score, make adjustments with the chief referees' permission.

REGULATIONS FOR SPECIFIC OPTIONAL ROUTINES

Article 19 Requirements for Optional Changquan

1. Changquan shall contain:
 - a. Three(3) Hand Shapes:
 - i. Fist (拳 *Quan*) Code: Q
 - ii. Palm (掌 *Zhang*) Code: Z
 - iii. Hook (勾 *Gou*) Code: G
 - b. Three(3) Stances:
 - i. Bow stance (弓步 *Gongbu*) Code: GB
 - ii. Crouch(Drop) stance (仆步 *Pubu*) Code: PB
 - iii. Empty stance (虚步 *Xubu*) Code: XB
 - c. Three(3) Leg Techniques:
 - i. Snap Kick (弹腿 *Tantui*) Code: TT
 - ii. Side sole kick (踹腿 *Chuitui*) Code: CT
 - iii. Back Sweep(后扫腿 *Housaotui*) Code: HST
 - d. Elbow Strike (顶肘 *Dingzhou*) Code: DZ
 - e. Cross-Leg Balance (扣腿平衡 *Koutui Pingheng*) Code: KTPH

2. 自选长拳类项目

Optional Changquan Events

一、长拳主要动作技术要求

Technical Requirements for Major Movements in Optional Changquan

(一) 拳：五指卷紧，拳面要平，拇指压于食指、中指第二指节上。

(1) Quan (fist) abbrev. Q

Five fingers are tightly clenched, with the face of fist flat, thumb pressed on the second phalanges of the index and middle fingers.

(二) 掌：拇指外展或屈曲，其余四指伸直并拢向后伸张。

(2) Zhang (palm) abbrev. Z

Thumb is turned outward or bent, while the other fingers are held together and stretched backward.

(三) 勾：屈腕五指撮拢。

(3) Gou (hook) abbrev. H

Bend wrist (in palmer flexion) with the five fingers held together.

(四) 弓步：弓出腿屈膝半蹲，大腿成水平；另一腿挺膝蹬直，脚跟不得离地。

(4) Gongbu (bow stance) abbrev. GB

Bend the front leg at knee, with thigh held horizontal, while the rear leg is straightened, both soles flat on floor.

(五) 虚步：屈蹲腿大腿成水平，脚跟不得离地，另一腿脚尖点地。

(5) Xubu (empty stance) abbrev. XB

Bend one leg at knee, with thigh held horizontal and heel on floor, while toes of the other leg are pointed on floor.

(六) 仆步：全蹲腿大腿接近脚跟，另一腿接近地面仆直，两脚脚跟不得离地。

(6) (Crouch stance) abbrev. PB

Bend the rear leg into a full squat, with buttocks close to its heel, while the front leg is stretched out close to floor, both heels flat on it.

(七) 弹腿：支撑腿直立或微屈，另一腿绷足由屈到伸向前挺膝弹出，力达脚尖。

(7) Tantui (snap kick) abbrev: TT

Keep the supporting leg straight or slightly bent, while snapping out the other leg from bend to full extension, foot bent downward (in plantar flexion), with power of the kick reaching the toes.

(八) 踹腿：支撑腿直立或微屈，另一腿勾脚内扣由屈到伸向侧挺膝踹出，脚高过腰，力达脚底。

(8) Chuaitui (sideward sole kick) abbrev. CT

Keep the supporting leg straight or slightly bent, while kicking out the other leg sideways from bend to full extension, foot hooked and above waist level and toes turned inward, with power of the kick reaching the sole.

(九) 后扫腿：支撑腿脚跟提起全蹲旋转，扫转腿挺膝扫转一周或以上，脚掌不得离地。

(9) Housaotui (back sweep) abbrev: HST

Raise the heel of the supporting leg and drop into a full squat. With a body turn, move the outstretched leg with a sweeping force in a full circle or more, sole flat on floor.

(十) 顶肘：屈肘握拳，手心向下，肘尖前顶或侧顶，力达肘尖。

(10) Dingzhou (elbow strike) abbrev: DZ

Bend arm at elbow and form a fist, palm side down. Strike with a forward or sideward thrust of the elbow, with power reaching its point.

(十一) 扣腿平衡：支撑腿屈膝半蹲，大腿接近水平，另一腿屈膝，脚尖勾起并紧扣于支撑腿的膝后。

(11) Koutui Pingheng (cross-leg balance) abbrev: KTPH

Bend the supporting leg and drop into a half-squat, kneel close to horizontal level. Bend the other leg at knee and tuck the hooked foot behind the knee of the supporting leg.

Article 21 Requirements for Optional Nanquan

1. Nanquan shall contain:
 - a. Three (3) Nanquan Stances:
 - i. Dragon-riding stance (骑龙步 *Qilongbu*) Code: QLOB
 - ii. Butterfly stance (蝶步 *Diebu*) Code: DB
 - iii. Unicorn stance (麒麟步 *Qilinbu*) Code: QLIB
 - b. Three (3) Hand Shapes:
 - i. Tiger Claw (虎爪 *Hu Zhao*) Code: HZ
 - ii. Downward Strike with Crossed Fist (挂盖拳 *Guagaiquan*) Code: GGQ
 - iii. Uppercut (抛拳 *Paoquan*) Code: PQ
 - c. Rolling Bridge (滚桥 *Gun Qiao*) Code: GQ
 - d. Side Nail Kick (横钉腿 *Hengdingtui*) Code: HDT
 - e. Three(3) Standard Stances:
 - i. Bow stance (弓步 *Gongbu*) Code: GB
 - ii. Empty stance (虚步 *Xubu*) Code: XB
 - iii. Horse-riding stance (马步 *Mabu*) Code: MB
2. 自选南拳类项目
Optional Nanquan Events

一、南拳主要动作技术要求

3.1 Technical Requirements for Major Movements in Optional Nanquan

(一) 骑龙步：一腿屈膝下蹲，另一腿脚跟提起，屈膝外撑接近地面，两腿间距保持在两脚半长，后小腿成水平。

(1) *Qilongbu (dragon-riding stance) abbrev: QLOB*

Bend one leg into a squat and raise the heel of the other leg, with its knee close to the floor and lower leg stretched outward and held parallel to the floor, and the two legs about two and half lengths of foot apart.

(二)

蝶步：单碟步必须一腿屈膝下蹲，另一腿跪地，小腿及脚内侧贴地；双碟步必须两膝靠拢，两小腿及脚的内侧均贴地。

(2) *Diebu (butterfly stance)*

For a single butterfly stance, bend one leg into a squat and kneel on the other knee, with the calf and inside of the lower leg touching the floor. For a double butterfly stance, kneel on both knees close together, with the corresponding parts of both legs touching the floor.

(三) 麒麟步：连续左右斜向横脚交叉迈步，盖步要短促，落步要沉实，两脚不可跺震。

(3) *Qilinbu (unicorn-riding stance) abbrev: QLIB*

Move two steps forward to cross the legs quickly, planting both feet firmly on the floor, yet without stamping.

(四)

虎爪：虎爪要求五指分开，第二、三指骨弯曲，除拇指外，其余四指第一节指骨尽力向手背一面伸展，使掌心凸出。

(4) *Huzhao (tiger's claw) abbrev: HZ*

Separate the fingers and bend them at the second and third joints. Except the thumb, bend the fingers backward at the knuckle to expose the palm.

(五) 挂盖拳：挂拳必须自上向下快速扣击，力经拳棱滚至拳背；盖拳必须自上向下成弧形挥击，臂微屈，力达拳面。

(5) *Guagaiquan (downward strike with fists one after another) abbrev: GGQ*

Strike downward quickly, with force shifted from the face to the back of the fist. The downward blow should be delivered in a curve with the arm slightly bent at elbow and force reaching the face of the fist.

(六) 抛拳：臂微屈使拳自下向上环形挥摆，力达拳眼。

(6) *Paoquan (uppercut) abbrev: PQ*

The blow should be delivered in an upward curve in a swing, with force reaching the thumb side of the fist.

(七) 滚桥：前臂向前下伸出，同时向内滚转，力达前臂内侧。

(7) *Genial (rolling forearm) abbrev: GQ*

Stretch out the forearm forward and downward with an internal rotation, force reaching the inside of the forearm.

(八) 横钉腿：脚尖勾起，腿由屈到伸，由一侧向异侧前方横踢，力达脚掌外沿。

(8) *Hengdingtui (side nail kick) abbrev: HDT*

With toes hooked up, unbend the leg for a side kick across the body, with force reaching the outside of the sole.

(九) 步型：弓步、马步、虚步。

(9) *Boxing (stances):*

Gongbu (bow stance) abbrev: GB, Mabu (horse-riding stance) abbrev: MB and Xubu (empty stance) abbrev: XB.