



Wah Lum Tournament 2010 Tournament Rules and Procedures

Registration Guidelines

Hand Forms

Empty-hand form competition divisions are categorized according to age and the competitor's current level of training. For example, if a student is learning Say Lok, then that student competes in the 9B level. Students who are uncertain of their competition level should consult their Sifu.

Competitors may only choose from the forms listed in the registration form.

Note: For 10B level, competitors may perform the specified number (three for adults; two for children, 1 for peewee) of the four basic Wah Lum exercises (Baat Choy, Cum Na Sow, Pok Ma, Pow Choy). If the competitor knows 16 hands then he/she must perform 16 hands.

For 9A Level, competitors may perform 10 Mantis Hands followed by 7 kicks as one form.

Weapons Forms

Weapons competition levels are categorized according to age and the number of years the competitor has trained in the Wah Lum system. The breakdown of levels is as follows:

Level	Years in Training
Novice	Under 1 ½ years
Beginner	1 ½ - 3 years
Intermediate	3 - 5 years
Advanced	Over 5 years

Competitors may choose from the weapons listed in the registration form. Weapons divisions are categorized by long and short weapon.

Qualified Forms for the following weapons:

- | | |
|---|---|
| Fan: Fighting or Plum Flower | Gim: WL curriculum gim only |
| Double Broadwords: Tornado Broadwords only | Spear: Lo Gar or Six Corner |
| Stick: Right hand, 16 Styles, Basic, or Plum flower | Double Butterfly: 13 chop or Mok Gar |
| Tiger Fork: Mok Gar or Yu Gar (seminar) | Double Daggers: WL curriculum form only |

Sparring

Sparring competition divisions are categorized according to age, weight, and the number of years the competitor has been training in sparring in their lifetime.

Level	Years in Training
Beginner	Under 1 ½ years
Intermediate	1 ½ - 3 years
Advanced	Over 3 years

Tai Chi

Tai Chi competition divisions are categorized according to the number of years the competitor has been taking Tai Chi in the Wah Lum system. The Tai Chi competition categories and corresponding competition forms are as follows:

Level	Years in Training	Competition Form*	Weapon Form
Beginner	Under 1 year	Part I	--
Intermediate	1 - 2 years	Specified portion of Part II**	Double-edge sword and/or broadsword
Advanced	Over 2 years	Specified portion of Part II**	Double-edge sword and/or broadsword

*Parts taken from 108 Movements Tai Chi Form

** Competition form consists of Part II up to the three kicks, downward block, punch, and then close.



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Competition Rules & Procedures

Performance Procedures

- Bow before entering the competition area, walk to the center of the competition area, bow to judges (facing the head judge's table), walk to the starting location, wait for the head judge to indicate that they are ready, then begin the form. After completing performance, face the head judge's table to be scored, bow to all the judges, and then walk out of the competition area.
 **The first three competitors will perform and be seated without receiving their scores. After the third competitor, the judges will establish a baseline average according to the first three performances. Then each of the first three competitors will be scored in their order of performance. After this, each competitor will be scored immediately after performing.
- All forms must be kept in their traditional state.** Points will be deducted for any changed or added moves (for example, butterfly kicks, splits, kip-ups, etc.).

Scoring

Hand and weapon forms will be scored on presentation, self-expression, balance, speed, power, transition between moves, proper execution of technique, and focus. The divisions will receive scores in the following ranges:

Division	Score Range
10B	6 -8
10A	6 -8
9B	7-9
9A	7-9
8B	8-10
8A – 7A	8-10

Division	Score Range
Novice	6-8
Beginner	6 -8
Intermediate	7-9
Advanced	8-10

Two-person Fight Sets

- Fight set divisions are categorized into empty-hand and weapons. No further breakdown (such as number of years in training) is applied.
- All two-person forms must be kept in their traditional state.** Points will be deducted for any changed or added moves (for example, butterfly kicks, splits, kip-ups, etc.).
- The two-person fight set divisions will receive scores in the range of 7-9.
- For weapon sets, the following will be allowed: *stick vs stick or stick vs broadsword*

Tai Chi Competition

- Time limits:
 Beginner: between 2-3 minutes
 Intermediate and Advanced: between 3-4 minutes
 Tai Chi Weapons: between 3-4 minutes
- Tai Chi will be scored based on flow, smoothness, stances, posture, and technique. The divisions will receive scores in the following ranges:

Division	Score Range
Beginner	6 -8
Intermediate	7-9
Advanced	8-10

UNIFORMS:

- KUNG FU: Competitors are to wear WAH LUM UNIFORMS (no tank tops except sparring), Or a traditional performance uniform.*
- *TAI CHI: Wah Lum Tai Chi shirt, the Jin Mo Tai Chi top, or the white performance uniforms*