

# **Rules of chinese boxing Classified**

## **Traditional chinese boxing (light) Chinese boxing contact (light) Chinese boxing full contact**

### **Traditional chinese boxing (light) - Chinese boxing contact (light)**

Class A : Confirmed three years of practice

Class B : Intermediate 2 years of practice Beginners 1 year of practice

### **Chinese boxing full contact**

Class B : 3 years

Class A : 4 years

**Note :** The bridge between Chinese boxing contact and full contact is one year.

#### **1 FIELD OF BATTLE**

Tatami 6 m x 6m or Ring

**2** Combatants must present themselves dressed in a regulation uniform : black long pants for traditional Chinese boxing or black shorts for chinese boxing contact or full contact.

Black tee shirt

Belt club

Clothing must be clean, not torn or disconnected.

The referee will refuse any outfit it deems not suitable for safety or the ethics of competition

NB : Coaches and Healers will be in sportswear.

#### **3 PROTECTIONS**

Boxing Gloves black Chinese

6 OZ – 8 OZ - 10 OZ - 12 OZ

Red or blue helmet

Protects tooth

Chest protection for women

Plastron red or blue according to competitions

The use of adhesive tape on the protections is forbidden

Scallop

Shin black feet

#### **4 FORMS OF ARBITRATION**

The battle of chinese Boxing is considered the points for boxing Chinese Traditional Chinese Boxing Contact, and KO for the Chinese Boxing Full Contact.

## **5 TECHNIQUES**

Are permitted : all foot techniques, punches worn with the top of the glove, scans, scissors, projections, seizures and low kick followed by a technical, wrestling (10 'work), acrobatics.

## **6 ATTACK CONSIDERED VALID**

An attack is considered valid when :

It is given an authorized area.

It is issued col Tectement technically.

She is dynamic, decisive, quick, accurate.

NB :- No projection on the ropes

-No impactor during seizures or leg arms or mellee.

# **CHINESE BOXING COUPS BANNED**

- Coups parties
- Coups of knees to the head
- Coup knee elbow Coups
- Coup head
- Coup joints
- Coup neek
- Coup back
- Coup foot, whatever it is, in the triangle of the face (direct, hunted or circular – example : the kick in the nose is prohibited)
- Kick partner ground
- Technique worn with the inside of the glove
- Systematic Accrochage
- Attaque outside out of range
- Make out his opponent with strength carpet pushing or shoving
- Have rude gestures
- Saisie with pressure
- Non stop fighting stop the referee
- Voluntarily Enlever his mouthguard
- Délier or retie the belt without the referee's permission (if the action is voluntary and derermined, he leads disqualification)
- Low Kick isolated
- Clés with neck
- No projection on the ropes
- Interdication to hold the ropes for trade
- Kick partner during the seizure or melee

# REGULATIONS CHINESE BOXING FULL CONTACT

## POSITIVE POINTS

Fist Face : 1 point  
Fist Corps : 1 point  
Lowkick chained : 1 point  
Kick to the Head : 3 points  
Hot Feet : 3 points  
Kick Corps : 2 points  
Kick Stir Corps : 3 points  
Enter Projection nonimmediate scans : 3 points

Immediate seizure Projection 4 POINTS..... Kick Stir in 4 POINTS Head Scans

Entering leg or arm 3 SECONDS .....Combat 10 SECONDS working

### NEGATIVE POINTS

Warning

- 1st warning light – 1 POINT
- 2 èrne warning light 1 POINT
- 3 rd warning – heavy warning – 2 POINTS
- 2 èrne heavy warning DISQUALIFICATION Scoring is done with each key marked
- NB : KO allowed – perfect control techniques – No violence in the execution  
Technique is tolerated.

### EQUIPMENTS

Helmet – Gloves – Protects Teeth – Plastron – Shell – Protects shin and foot –  
Protects chest for women.

### TIME EXCHANGE

Juniors		2 X 2'	1' rest
Seniors	A	3 X 2'	1' rest
Seniors	B	2 X 2'	1' rest

In a tie : 1 ADDITINAL ROUND

### ADMINISTRATIVE FORMALITIES :

Competitive ability of medical certificate – Parental consent – Insurance

# CHINESE BOXING RULES CONTACT

## POSITIVE POINT

Fist Face : 1 POINT  
Fist Corps Lowkick : 1 POINT  
kick in the Head : 3 POINTS  
Hot Feet Corps : 2 POINTS  
Kick Stir Corps : 3 POINTS  
Enter Projection no immediate scans : 3 POINTS  
Immediate seizure Projection : 4 POINTS  
Kick Stir in : 4 POINTS  
Head scans  
Entering leg or arm 3 SECONDS ..... Combat 10 SECONDS working

## NEGATIVE POINT

3 Outputs TATAMIS - 1 POINT  
1 warning light – 1 POINT  
2ème warning – 1 POINT  
3rd warning :  
Heavy Warning – 2 POINTS  
2 èrne heavy warning – POINTS  
In 3ème neavy warning – DISCALIFICATION  
Exchanges take place in the light touch and controlled  
Scoring is done with each key marked.  
NB : Not allowed KO – Perfect control techniques – No Violence the technical exccution is allowed.

## EQUIPMENTS

Helmet – Gloves – Protects Teeth – Plastron – Shell – Protects shin and foot – Protects chest for women. Attire black shorts – black Tshirt

## TIME EXCHANGE

Juniors	2 X 2'	1' rest
Seniors	3 X 2'	1' rest
Juniors	2 X 2'	1' rest
Childrens	2 X 1'30	1' rest
Veterans	2 X 1'30	1' rest

In a tie : 1 ADDITIONAL ROUND

## ADMINISTRATIVE FORMALITIES

Medical certificate of fitness to Competition – Insurance – Proof of identity

# CHINESE BOXING TRADITIONAL

## POSITIVE POINTS

Technical punches to the body 1 POINT

Technical foot body 2 POINTS

Technique-a foot to the head or body jumped 3 POINTS

Technical a foot jumped to the head 4 POINTS

Scans – scissors – projection – acrobatic techniques : Direct 4 POINTS

Indirect 3 POINTS

## NEGATIVE POINTS

On the surface 3ème outputs – 1 POINTS

Warnings

Warnings light 1 – 1 POINTS

Warnings light 2 èrne – 1POINTS

3rd Warning – heavy Warning – 2 POINTS

2ème heavy Warning -2 POINTS

3ème heavy Warning DISQUALIFICATION

Exchanges take place lightly and controlled key. Scoring is performed each button marked before the stop of the Referee.

NB : NO KO allowed – Perfect control techniques

No punch in the face

## ECHANGE TIME      Boys - Girls

Children	2 X 1'30	1'rest
Minimes – Cadets	2 X 1'30	1'rest
Juniors	2 X2'	1'rest
Seniors	2 X2'	1'rest
veterans	2x1'30	1'rest

NB : In case of equality 1 more then the first key equalitjy tatami Surface

## FORMALITES

Medical certificate of Fitnes to competition

Insurance – Proof of identity