

Chi Sao Sparring Rules

Rules and Responsibilities - Chi Sao is the skill of “sticking hands”. The Fall Classic promotes Chi Sao as a combat skill by focusing a continuous sparring type competition by incentivizing the context to its particular range and use. Offensive action is chiefly rewarded. Bridging skills increase points via their method to obtain offensive, or counter-offensive action.

Only competitors that have been registered at check-in, on the chi sao bracket, and given to the head judge before the match may participate in chi sao competition. No ring walk-ins are allowed. The head judge has full authority over the Chi Sao ring.

Competitors will wear colored sashes (white and red). If enough competitors are present, the events will be separated by skill levels. Otherwise, divisions will be combined by the tournament staff. The divisions are as follows:

- Beginner: zero to two years’ experience
- Intermediate: two to four years’ experience
- Advanced: over four years’ experience

**Refer to General Rules for more clarification on martial arts experience level*

Competitors will have to win 2 out 3 possible rounds to win the match. Each round is 90 seconds in length.

- Head judge instructs competitors to “roll” until he says “Start,” when the competition starts.
- Competitors roll 3 times then begin action.
- Corner judges keep score via clickers and tally the points on a visible whiteboard after each round.

Scorekeeper reads scores for the first competitor and score keeper records. Then the second’s scores are read and recorded. Scorekeeper pronounces the winner of the round. Judge repeats. Winner is named. Next competitors are up. Competitors may compete again to place in the overall bracket.

Equipment

- Required for competitor to provide their own:
 - Headgear: Caged mask style
 - Mouth guard
 - Groin protector
 - MMA Hybrid gloves
 - Fingerless gloves with **heavy knuckle padding**
 - i.e MMA **hybrid** gloves (no boxing gloves, foam sparring gloves).
 - Example:
<https://sanabulsports.com/products/sanabul-core-7-oz-hybrid-gloves>
 - Shin guards (required for advanced competitors)
- Optional equipment
 - Chest protectors
 - Shoes are optional. Must be a flexible shoe (i.e. wrestling shoes, Feiyue). Laces are permitted only if the opponent agrees to allow them, otherwise, must be covered or padded. Bare feet or socks are permitted
 - Shin guards
- All gear will be inspected by a judge. If any gear does not meet expectations, the competitor(s) will be allowed 2 minutes to try and acquire some gear that meets expectations.

Scoring - Chi Sau sparring has a variety of skills as well as knowledge and capability of tactical application and adaptation to one's opponent. This is not full contact, and there are no KOs under any circumstances. Contact must be "realistic" to that of a true punch, for example. The technique must be shown to be effective against your opponent. Slaps, taps, and touches will not score.

Each clear and concise Chi Sao trap, strike, and technique will count as 1 point.

- Strikes must be done with the whole palm of the hand or fist.
- Strikes are barred from contact to anywhere on the opponent's back (avoid spine, kidneys, etc.). No strikes to the back of the head is ever allowed.
- For traps to count for points, they must be coupled with offensive action. No purely defensive movements or strategies will score.

Strikes are permitted throughout the front torso area (chest/abdomen) between the shoulders and the hips (no strikes to the kidney or spine) and head (intermediate and advanced only).

Competitors can withdraw their hands to attack or neutralize an attack for no more than one (1) second. After one (1) second, the competitors will be restarted from the spot where they separated

The winner of the round is determined by the judges through the use of colored flags representing the competitors. Each corner judge (3-4) has point clickers. At the end of each round, points are called and tallied per opponent on a whiteboard. Scorekeeper records. After the match, scorecards are given to competitors.

For Intermediate Competitors

A **push kick** is allowed. The opponent must contact the body with the whole bottom of the foot and push them away. This is not full contact, but sufficient contact is required to push them away. A practitioner should know how to place and push the kick, or not do it at all. Fouls may be called for improper use.

You must push the opponent back for it to score 2 points. No other kicking is allowed.

For Advanced Competitors

Throws and sweeps are allowed. Judges are to provide a padded surface to compete on for this to be allowed. Competitors must be of sound training to know how to fall safely and properly, or they shouldn't compete. A throw or sweep counts for 3 points.

Referee Responsibilities

The Head Referee may call "return to roll" if things get "out of hand," at their judgment.

- Call early stoppage for mismatch or safety concerns
- Pronounce winner of round by mismatch
- Call foul for excessive or malicious contact
- The referee may warn competitors before issuing a penalty.

Fouls/Disqualification

Non-contact areas include:

- Face - Beginner/intermediate only
- Eyes
- Throat
- Legs
- Top/back of head
- Kidneys

- Groin
 - All joints
 - Single supporting leg
 - Spine
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- Excessive force to the head is illegal.
 - Competitors may not trap with any part of the body other than the hands.
 - Strikes using just the fingertips are not permitted. Strikes with the knee or foot are not permitted.
 - Competitors may not strike with the elbows.

Each formal penalty (publicly issued by the head judge) carries a point penalty based on the schedule below:

- 1st offense -1 point penalty
- 2nd offense - 2 point penalty
- 3rd offense - disqualification

Coaching from the sideline is not allowed and can result in a penalty as a technical foul. Unsportsmanlike conduct is prohibited. An example of unsportsmanlike conduct includes, but is not limited to: vulgar language, excessive force, malicious intent to harm, etc.

Use of a damaging action/excessive force intended to hurt the opponent is illegal. The Referee may issue immediate disqualification to any competitor if he/she feels the competitor is intentionally attacking with the intent on causing injury or a rules infraction is deemed serious.

Contact - Contact to the body must be light for beginner and intermediate competitors. Advanced competitors may use medium contact to the body while maintaining light contact to the head. Excessive force is not a Chi Sao principle.

Contact power definitions are as follows:

- 1) Light contact is defined as follows:
 - The palm only makes minimal contact with the helmet
 - Body or head displaced 1-2 inches
- 2) Medium Contact: The attack displaces the opponent no more than 3 – 4 inches, not considering stumbling, slipping or withdrawing by the opponent.
- 3) Heavy contact is prohibited and reserved for the Lei Tai ring.

- Competitors are allowed to catch or sweep with the legs, but it must be controlled.
- Elbow techniques can be used in defense, but not for attacking.

Hygiene - Competitors must exhibit good and clean hygiene. Hand (open fingered MMA gloves) and toe nails (if the competitor decides to participate bare foot) must be trimmed to less than 1/8" for open fingered gloves. Competitors must be free of any communicable disease, open and/or bleeding sores. Competitors must be physically capable of competing. Open sores, cuts, bleeding, etc. of any kind, will not be allowed.

If a competitor causes a wound to another competitor during sparring competition through excessive contact, illegal technique, or improper grooming, the responsible competitor will be disqualified, and the injured competitor will seek qualified medical attention as provided

Injuries - Competitors cannot proceed in competition by causing an injury from which the injured cannot continue. Injured competitors must have approval from the medical staff and tournament staff to continue in the competition.

If a competitor requires medical attention, they are allowed 2 minutes in their corner with a medical official. After 2 minutes and the competitor is unable to continue, the match will be called.

If one competitor is injured under their own accord and is unable to continue the match, total points will be tallied to determine the winner of the match.

If one competitor is injured by an illegal technique and can't continue, that competitor will be disqualified. Their opponent will be named the winner of the match.

Depending on the bracket seeding, if a previously injured competitor is reexamined by a medical professional and cleared, then the competitor may return to competition.

Any competitor that has been knocked out, has lost consciousness, or has received a head injury that appears to have markedly affected his or her awareness, balance or orientation, will not be allowed to continue sparring

Arbitration - Any coach disputing the results of a match and wishing to have arbitration of a match for any reason must notify the head referee verbally within 15 minutes of the match. The team coach must then file a written request for arbitration along with a \$300 arbitration fee to the Tournament Director within 30 minutes of the match. If the arbitration is settled in favor of the arbitrating team, the coach shall receive a refund of the arbitration fee; otherwise, no refund will be given.

***A round or match may be stopped by any of the ring judges, the Tournament Official (s), if so desired, based on a breach of these rules herein.**