

The British Council for Chinese Martial Arts

THE ONLY OFFICIAL GOVERNING BODY FOR THE CHINESE MARTIAL ARTS RECOGNISED IN THE UK BY THE SPORTS COUNCIL

BCCMA QINGDA RULES

For Light Sparring - Version 13 (01/07)

- (a) for under 15's
- (b) for under 18's
- (c) for over 18's

INTRODUCTION

QINGDA (meaning light contact fighting) is designed to cater for the majority of athletes who train on a non-professional basis and therefore cannot risk the effects of full contact matches (sanshou).

To encourage the sport for all ages three age groups have been set up, *under 15*, *under 18* and *over 18*. The rules are similar but certain techniques have been omitted and others toned down for various age groups.

The rules are based on the European Wushu Federation rules which were drafted by Prof. Ng Shau Yin and Raymond Smith. The BCCMA rules were written by Raymond Smith and passed by the BCCMA

The interpretation of these rules is the sole jurisdiction of the BCCMA Qingda Rules Committee.

The guiding principle is to encourage competition among young athletes and ordinary club members without excessive exposure to danger.

ALL COPY RIGHTS TO THESE RULES REMAIN THE PROPERTY OF THE BCCMA**Rule 1 - Scope of Participation**

This will be defined by the Qingda Rules Committee in conjunction with the competition organisers at the time of advertising an event. It is aimed at the over 5 years old to under 18 years old and over 18 to under 35 years old groups. Further consideration may be given later to a veterans event subject to the EWF Medical Commissions.

Rule 2 - Method of Competition

2.1 Individuals shall compete in tournaments by category which shall be defined as:

(a) Under 18's:- age, ability, weight and height as specified later, the minimum age shall be 5 years. The categories may be altered by moving any age group up or down one group as appropriate: ie; group 3 for 11 & 12 year olds, the age 11 can go down a group and the age 12 can go up a group. In exceptional circumstances further merging of groups may be permitted if agreed by the Chief Head Judge. **If a contestant is deemed by the Chief Head Judge to be too big for their age group they can be re-assigned to a higher age or ability group.**

For under 15's and under 18's each group may be sub divided by age as follows:-

Group 1	7 and 8 years	(under 9's)
Group 2	9 and 10 years	(under 11's)
Group 3	11 and 12 years	(under 13's)
Group 4	13 and 14 years	(under 15's)
Group 5	15 and 16 years	(under 17's)
Group 6	17 years	(under 18's)

(b) Over 18's by ability and weight categories only.

(c) A youth category can be used which caters for 16 and 17 year olds or 17 and 18 year olds.

(d) Ability levels:-

Level A	Beginners	Under 100 hours training
Level B	Juniors	Under 200 hours training
Level C	Intermediate	Under 300 hours training
Level D	Advanced	Over 300 hours training

Further sub-division may be allowed subject to the numbers of contestants in any one age group ie: sufficient entrants in the 7 and 8 years category, which would allow the group to be split into a separate 7 years category and a separate 8 years category. This is permitted with the agreement of the organisers and the Chief Head Judge.

Each age group may, subject to numbers, be further sub-divided by weight and height with the agreement of the organisers and the Chief Head Judge.

If there are insufficient numbers in any level or group they will be merged with another level or group if such is judged to be safe with the agreement of the organisers and the Chief Head Judge.

2.2 League matches will follow the same scoring method for bouts. The construction of the league and match order shall be defined by the Director of Qingda.

2.3 The rules and regulations of the BCCMA will be applied.

Rule 3 - Duration of Contest

The duration of each match will be set by the organisers and approved by the rules committee but shall not exceed 2 minutes per round. Due to the number of bouts to be undertaken only one round will be fought. In the case of a single bout to decide the category the best of three rounds may be used, the third round only being played if the score is one round each at the end of the second round. The time between rounds shall be one minute. The duration of matches will greatly depend on the size and method of competition. In the case of league (pooled matches) a single round of a much shorter time will be normal due to the number of bouts that must take place.

Rule 4 - Fighting Area

- 4.1 The contest area shall be a maximum of 8 meters square, minimum 4 meters square, with a 2 meter safety zones around it. This area shall be covered with mats.
The area will have two parallel lines (the contestants standing lines), each a meter long, shall be drawn at a distance of 1.5 meters from and on either side of the centre point of the fighting area.

A one meter line shall be drawn 2 meters from the centre of the match area at right angles to the contestants lines. This shall be the Referees standing line, such that the Referee will be facing the head Judges table.

- 4.2 The size of the area shall be reduced for young athletes as agreed by the Rules Committee.

Rule 5 - Weight Categories**(a) Under 18's**

Allows for under 48 kg each category being in increments of 3 kg

After 48 kg the over 18's categories apply

(b) Over 18's

under 52 kg	(but not less than 48 kg)
under 56 kg	52 kg to 56 kg
under 60 kg	56 kg to 60 kg
under 65 kg	60 kg to 65 kg
under 70 kg	65 kg to 70 kg
under 75 kg	70 kg to 75 kg
under 80 kg	75 kg to 80 kg
under 85 kg	80 kg to 85 kg
under 90 kg	85 kg to 90 kg
over 90 kg	

- (c) League Matches:** Open weight. Unless otherwise notified

Rule 6 - Medical Procedures

- 6.1 All athletes must be available for medical inspection including dope testing as and when required by the BCCMA.
6.2 Qingda contestants can only enter the correct age and weight categories (rule 2 may apply).
6.3 Documents (BCCMA membership card) must be produced during weighing in and be checked for any medical entry by an authorised person before the contestant can proceed into the event.
6.4 Suitably qualified and experienced first aiders must be present during the conduct of a bout.

Rule 7 - The Pairing of Contestants.

Lots will be drawn, to pair off contestants before the event in accordance with any adjustments made to the categories by the organisers. If seeding of participants is used only none seeded participants will have lots drawn. The drawing of lots will be carried out in the presence of a BCCMA recognised official in conjunction with the competition organisers.

Rule 8 - System of Contest

There shall be three principle types of competition: [Direct Elimination](#), [Double Elimination](#) and [League \(sometimes referred to as Pool, also known as Round Robin\)](#).

- 8.1 Direct Elimination. Under this method the two contestants compete and the winner of the round goes forward to meet the next competitor in the next round until the final round is reached and the winner declared.
8.2 Double Elimination. Similar to Direct Elimination, however the loser of each first round will fight again.

- 8.3 League. This involves each member of a pool of competitors taking it in turn to compete with every other competitor in their pool. The winners of the pool will go on to further rounds if such are planned, which may be further leagues or direct elimination's, or they may be declared the winner of their category (subject to number of entries), the decision on which protocol will be used shall be agreed by the Chief Head Judge and announced by the organisers.

Rule 9 - Entrance to Contest Area

- 9.1 Contestants, coaches and medical attendants will be led into a designated place. Both contestants will go onto the contest area upon the notified signal of the Referee.
- 9.2 The same procedure will be repeated in reverse when leaving the area.

Rule 10 - Salute

- 10.1 When called, the respective contestants will stand upright and give the 'palm and fist' salute to the public and to the Head Judge.
- 10.2 Before the contest starts and when finished, the contestants will salute each other and the Referee.

Rule 11 - Equipment

The contestants shall be responsible for providing all their own necessary safety equipment to the Rules Committees acceptable standard. The equipment shall fall into two categories, compulsory and optional:-

- 11.1 **Compulsory Equipment:** Headguard, Shin and instep, (Under 18's) light contact gloves (fingers enclosed) or 8oz Boxing Gloves > 75kg, 10oz Boxing Gloves < 75kg, (Over 18's) 8oz Boxing Gloves > 75kg, 10oz Boxing Gloves < 75kg
- 11.2 **Optional Equipment:** Gum shield, groin guard, body armour and for females the use of chest protector.

Rule 12 - Dress Code

12.a) Athletes

Failure to comply with this rule will mean disqualification of the contestant from the competition.

- 12.1 The contestants must provide their **own** clothing which must be clean and well presented. It shall consist of either a training jacket or plain tee shirt and long trousers (no shorts or boxing trunks will be allowed). Tops must not be covered in prints or be multi coloured. Badges of the contestants association and that of the BCCMA are permitted and a reasonable discrete space for sponsors will be permitted. The Chief Head Judge will have the final say as to whether any clothing is or is not acceptable in competitions.
- 12.2 Spectacles, hard contact lenses and dentures must not be worn.
- 12.3 All jewellery, including such items as; rings, earrings, studs, pendants and necklaces must be removed. Rings which can not be removed must be taped over. If the ring is still considered dangerous the contestant will not be allowed to take part.
- 12.4 Any cuts or lacerations **must be covered** with medically approved plaster which will protect both the contestant and others from contact with blood.
- 12.5 Injured athletes will not be permitted to take part, however if an elasticated support is required one may be used subject to the approval of the Chief Head Judge.
- 12.6 The contestants will be bare footed during the matches. However it is strongly recommended that all contestants wear foot protection when not engaged in match play.
- 12.7 Personal hygiene. Contestants must commence the event in a clean non body odour manner with all hand and foot nails cut short and filed smooth.

12.b) Judges

- 12.8 Judges will at all times present themselves in a clean and tidy appearance.
- 12.9 Judges shall wear the prescribed attire which shall be either specifically announced for the event and may include items such as specially printed tee/sweat shirts or track suits. Otherwise the standard dress code shall be black shoes, black socks, grey trousers, black belt, white shirt (short or long sleeves) plain navy tie (or BCCMA tie) and a single breasted navy blazer.
- 12.10 Judges who Referee may wear suitable shoes in either white or black.
- 12.11 Judges who Referee are required to wear rubber gloves to protect them against contact with blood.
- 12.12 Judges who Referee will require a whistle on a ribbon suitable to be worn around the neck.
- 12.13 All Judges shall carry two pens (one as a spare) to record their scores.

Rule 13 - Signals During Contest

- 13.1 An agreed signal will be given 5 seconds before each round begins and at the end of each round.
- 13.2 The contestants will obey the calls and hand signals of the Referee unconditionally.
- 13.3 The Head Judge will stop the fight if there is any problem during the round.
- 13.4 [When a contestant scores 3 points 3 times in a round, the Score Keeper \(at the table\) will signal to the Referee.](#)
- 13.5 [When a contestant receives 6 negative points, the Score Keeper will signal the Referee.](#)
- 13.6 At the end of each round the Head Judge will signal and the Scoring Judges will show their score by awarding a win to one or other of the contestants or show a draw. All Judges must show their scores at the same time.
- 13.7 To assist the Referee the [Score Keeper will update sign boards at the match table for recording 3 point scores and negative points.](#)
- 13.8 Signals given by the Referee are described in appendix A

Rule 14 - Method of Attack

Movements of any wushu style or system which is not forbidden in the rules may be used to attack any valid target area on the opponents body. Kicks, strikes, sweeps and throws (only those mentioned in rule 22) are allowed, subject to the specific restrictions placed on these techniques by the rules and applied with variation according to participants age.

Rule 15 - Valid Target Areas

The [sides of the head, the chest, stomach, sides of the legs below the knee and outer thighs above the knee](#) are valid for all contestants (unless the leg is raised off the ground to be used as a blocking technique or if the attacking leg is hit when blocking).

Rule 16 - Methods of Defence

Movements of any wushu style or system, unless specifically forbidden in the rules, may be used to defend against attacks.

Rule 17 - Prohibited Techniques

- 17a. The following techniques are strictly prohibited:-

- 17a.1 Striking to the face whether making contact or as a feint.
- 17a.2 Direct attacks to limbs (see rule 15) and joints.
- 17a.3 Head butt, elbow and knee strikes
- 17a.4 Dangerous throws - Any throw that is likely to cause serious injury (eg: neck, stomach and shoulder high throws). Throws which cause a contestant to land awkwardly on a vulnerable part of the anatomy (head, neck, spine, shoulder, knee or other joint etc.)
- 17a.5 Time wasting
- 17a.6 Finger thrusts to any part of the body.
- 17a.7 Choke or strangle techniques, (Which shall include any technique involving the arm crossing the throat or neck from front, rear or sides).
- 17a.8 Grappling or clinching for more than 3 seconds.
- 17a.9 Grappling or wrestling on the mat.
- 17a.10 Arm locks and similar joint-locking techniques.
- 17a.11 Grasping an opponent with one or two hands and striking with the other hand or kicking.
- 17a.12 Biting, scratching, hair pulling, spitting etc.
- 17a.13 Continuous hitting to any part of the body especially the head.
- 17b. All techniques which are deliberately intended to injure the opponent rather than to score points are prohibited whether on target or not. The consideration will be Judged on what would have happened if the blow had landed.
- 17c. Force of strikes is deemed reasonable at less than 10% of potential power for any category, more than that will be considered excessive and will lead to private or public warnings and/or disqualification (with or without prior warning).

Rule 18 - Prohibited Areas of Attack

The following parts of the body are prohibited to any type of attack.

- 18.1 Face
- 18.2 Back of the head.
- 18.3 The eyes and throat.
- 18.4 The groin.
- 18.5 The back (spine).
- 18.6 The kidneys.
- 18.7 The knees, elbows and other joints.
- 18.8 Direct attacks to the front of the leg and the inner leg above the knee.

Rule 19 - Fouls, Warnings and Penalties

If a foul or other prohibited act is committed the Referee for the bout or the Head Judge of the contest area may give warnings or penalties. When the sum of penalties awarded reaches or exceeds 6 points an automatic disqualification shall apply to that bout. When the bout is of more than one round the penalties shall roll over from one round to the subsequent rounds in that bout. Penalties collected in one bout are not counted in subsequent bouts, which means each participant starts each bout afresh with a clean score sheet. However the Chief Head Judge can disqualify any participant from any part or from the whole event.

19.1 When a contestant has committed a prohibited act (with or without causing serious injury), the Referee will assess the seriousness of the act and award either:-

- a] a warning (no penalty points).
- b] a minor penalty (1 point)
- c] a full penalty (2 points)
- d] a disqualification.

19.2 For sideline coaching the Referee may give a warning the first time, thereafter penalties can be given.

19.3 Coaches who repeatedly offend the spirit of the competition by ignoring the sideline coaching rule may either be dismissed from the competition, in which case they must leave or their team may be disqualified by the Chief Head Judge. In either case a report will be sent to the Rules Committee for possible further disciplinary procedures. This may also apply to spectators.

19.4 Attacking an opponent before the Referee gives the signal to start.

19.5 Attacking an opponent after the Referee gives the signal to stop.

19.6 Disobeying the Referees instruction or decision.

19.7 Attacking in a vicious or malicious manner.

19.8 Continuously holding an opponent.

19.9 Escaping from fighting by turning the back to the opponent.

19.10 Attacking prohibited areas.

19.11 Pretending pain or injury to gain advantage.

19.12 Disrespect to opponent or officials.

19.13 Spitting the gum shield out or other discarding of equipment which gains rest time or wastes time.

The Referee will warn the contestant when they commit any foul or penalty mentioned above and they will receive either a warning or a one or a two point penalty which will be added to their opponents score.

Explanations:

19A **Accidental Fouls:** Permitted techniques which unintentionally make contact with prohibited areas of the opponent are considered as Accidental Fouls. Sometimes an Accidental Foul is committed through no fault of either contestant, but depending on sudden changes of stance, simultaneous attacks, a block redirecting a technique into a forbidden area of their own body etc... This type of Accidental Foul carries no penalty. In other cases an Accidental Foul may be caused by carelessness on the part of a contestant which can be subject to warning or penalty.

19B **Deliberate Foul:** Use of prohibited techniques or intentional attacks to prohibited parts of the body are considered to be Deliberate Fouls and are always subject to penalty without warning.

19C **Technical Fouls:** Violations of the rules not concerned with prohibited techniques or attacks to prohibited targets are considered as Technical Fouls and include:-

- 19C.1 Unsportsmanlike conduct or lack of control (excessive displays of emotion, rudeness or insulting behaviour towards opponents, Referee, Judges, functionaries, audience, offensive language, needless utterances, obscene gestures etc.)
- 19C.2 Attacking an opponent before the Referee has given the start signal or after the stop signal.
- 19C.3 Refusal to obey a Referees command or reasonable requests from the organisers.
- 19C.4 Feinting against prohibited target areas.
- 19C.5 Passivity or constant retreating when attacked.
- 19C.6 Late entering of the contest area, or not being ready after entering the area (eg: having to stop for inserting gum shield)
- 19C.7 Requesting time-out when disadvantaged.
- 19C.8 Sideline coaching (Note: needless utterances also apply to coaches, team leaders and other team members, the result of which can mean the disqualification of the athlete or total team).
- 19C.9 Spitting out gum shield or loosening protective wear intentionally to; gain a rest, waste time or seek an advantage.
- 19D **Minor Penalties** (Admonitions), given for minor violations of the rules such as Accidental Fouls or Technical Fouls. This carries a one point penalty, but repeated violations of the same action whether in the same round or not may lead to Full Penalties (2 points) or Disqualification.
- 19E **Full Penalties**, given for Deliberate Fouls and failure to heed a Referees warnings and minor penalties. This carries a two point penalty, but repeated violations of the same action whether in the same round or not may lead to further Full Penalties or Disqualification.

Rule 20 - Suspension of a Fight

The Referee will suspend the fight when:-

- 20.1 A contestant has fallen down or out of the area.
- 20.2 A contestant is penalised for a foul.
- 20.3 A contestant is injured.
- 20.4 There is continuous contact between the contestants for more than 3 seconds.
- 20.5 There is passivity.
- 20.6 The Head Judge finds reason to stop the bout.
- 20.7 There is any danger during the bout.

Rule 21 - Absolute Victory

- 21.1 When there is great disparity in techniques between two contestants the Referee may seek the approval of the Head Judge to proclaim the stronger athlete the winner of the bout.
- 21.2 If a contestant goes out of the fighting area **3 times for under 15 years old** or **2 times for over 15 years old**, then their opponent will win that round. This rule may increase for league matches to 3 times for under 18's
- 21.3 If a contestant **scores three 3 point scores in a round** they will be declared the winner of that round.
- 21.4 When a contestant **accumulated 6 penalty points in one bout** the other side shall automatically be declared the winner of the bout.

Rule 22 - Scoring Criteria

- 22.1 **3 POINTS** will be awarded when:-
 - a] An opponent is forced out of the area either by retreating or being hit.
 - b] Pushing an opponent out of the area while remaining standing inside the area.

- c] Leg sweeping technique including sweeping whirlwind technique where the attackers body may touch the ground (attacker must be able to regain their feet). In all circumstances the attacker must remain inside the area.
- d] A clean safe throw while remaining standing.

22.2 **2 POINTS** will be awarded when:-

- a] Executing an effective kick to the valid area of the trunk.
- b] When a 'Full Penalty' is given against the opponent, 2 points will be added to the other contestant.
- c] Against an opponent making an attempt to attack but slips or falls down (except when part of the attacking technique eg: falling whirlwind kick).
- d] Any other clean safe takedown whilst remaining standing.
- e] Standing or Jumping kick to the head (with control).

22.3 **1 POINT** will be awarded when:-

- a] Executing an effective punch to a permissible part of the body, (including side of head and both sides of the leg below the knee and outer thigh are scoring areas (unless the leg is raised off the ground to be used as a blocking technique or if the attacking leg is hit when blocking)
- b] When a 'Minor Penalty' is given against an opponent, one point will be added to the other contestant.
- c] When both contestants attempt simultaneous throwing techniques, the contestant whom hits the ground first will have a point awarded against them.
- d] If both contestants fail to attack within 8 seconds the Referee will indicate a contestant to attack. If after a further 8 seconds that contestant has not attacked a point will be awarded to the other contestant.
- e] A leg strike to the valid leg area described above in a] will score one point(unless the leg is raised off the ground to be used as a blocking technique or if the attacking leg is hit when blocking).

22.4 **NO SCORE** will be awarded when:-

- a] For simultaneous scores.
- b] Punching an opponent face.
- c] Exchanging punches and kicks during clinches.
- d] Any technique that does not land clearly or cleanly.
- e] Both contestants fall out of the area.
- f] Executing an effective throw after holding an opponent for more than 3 seconds.
- g] Holding and hitting an opponent.
- h] Hitting the leg when it is raised off the ground to be used as a defensive technique.
- i] When an opponent is holding and pressing you down for more than 3 seconds and you execute an effective leg sweep.
- j] Jumping side kick or falling whirlwind kick where the body lands on the floor as part of the technique.
- k] Executing an effective attack from outside the area.
- l] Strikes to the inner leg above the knee.

PS: When a contestant attacks successfully with one foot inside the area and one foot outside the area the score will be allowed.

Rule 23 - Disqualification

- 23.1 A disqualification applies automatically if a contestant has accumulated a total of 6 penalty points during a bout.
- 23.2 A Referee may with the agreement of the Head Judge disqualify a contestant, without prior warning or penalties having been given, if it is deemed that an offence warrants it. In particular this applies to the attitude of the contestant towards their opponent or officials, if they demonstrate intention to hurt their opponent whether the strike lands or not a disqualification may be awarded to either the bout or the event.

Rule 24 - Decisions

- 24.1 **The match Referee shall make such decisions as seen fit to ensure the safe conduct of the bout.**
- 24.2 The decision of winner of a bout will be by the majority award of the Judges who are scoring the bout. They will on request simultaneously show their award either; BLACK or RED as winner or DRAW. The Score Keeper will record these scores and the Head Judge will announce the result of the round and subsequently if more than one round the result of the bout.
- 24.3 Any time the Referee or Judges have a question regarding the bout they can consult the Head Judge who shall give a ruling.
- 24.4 The decision of the Head Judge shall be final and binding in all respects excluding appeals.

Rule 25 - Appeals

- 25.1 **Only the registered team leader** of a competitor may make an appeal against a decision and such an appeal must be put in writing and submitted to the Head Judge **within 15 minutes** of the award. An **appeal costs 30.00 pounds** and this money will be refunded if the appeal is upheld and forfeit to the BCCMA if the appeal goes against the appellant. Any breach of protocol in making an appeal will forfeit the right to appeal and loss of appeal fee if paid. Any appeal accepts rule 25 as binding.
- 25.2 Appeals will be handled by a "Board of Appeal" which shall consist of the three most senior Judges present at the event who will be determined by the events Chief Head Judge. This board will not consist of the Head Judge or Referee of the bout in question.
- 25.3 The decision of the Board of Appeal will be final and binding on all.

Rule 26 - Other Matters

- 26.1 The uniform of the Judges and Referees shall be as prescribed by the BCCMA minor variations to the rule may be granted by the Chief Head Judge, ie; permission to remove blazer.
- 26.2 Signals given by the Judges and Referees shall be standard as prescribed by the BCCMA.

Rule 27 - by-laws of the Governing Body shall apply where appropriate.

END