



SAWF NATIONAL WUSHU CHAMPIONSHIPS 2009

GENERAL INFORMATION AND REGISTRATION

1. Date & Place

The SAWF National Wushu Championships 2009 will be held on the 4th & 5th of July 2009, in the Walter Sisulu Hall in Randburg, Johannesburg.

2. Competition Events

Competition will include Taolu (Routines) with Traditional and Modern divisions; as well as Sanshou, Traditional Sparring, Chi Sau, Pushing Hands.

3. Invitation to the Championships

This competition is only open to members of the South African Wushu Federation. Those schools, organizations, individuals who are not recognized by the South African Wushu Federation will not be permitted to take part in the competition. Schools / organizations who have not paid their 2009 SAWF membership fees will not be permitted to take part in the competition.

4. Entries and Registration

- a. The registration forms must reach the SAWF Wushu Federation Secretary-General by the Friday the 12th of June 2009. They can be sent by Fax to 011-783-6273, payment must be made simultaneously with registration into the South African Wushu Federation Bank Account. All participants must complete and sign the waiver of liabilities which must be submitted simultaneously with registration by fax.
- b. Competition Fees are: Registration R80.00 + R20.00 per routine and fighting division. (i.e If a competitor enters for 2 routines and sanshou he will pay R80 + R20 + R20 + R20).
- c. The SAWF Banking Details are as follows:
NEDBANK - ARCADIA
Account Number: 1633408531
Account Name: South African Wushu Federation
Account Type: Current Account
Please ensure that the reference on your deposit states your school name.

5. Competition Methods

- a. The competition will be conducted in accordance with the Rules for International Wushu Taolu Competition endorsed in 1999. The Rules for

International Sanshou Competition endorsed in 2003 will be used for relevant divisions.

- b. The power of interpretation of the Rules rests solely with the SAWF Executive Committee.
- c. Each competitor may enter a maximum two (2) routines in each division (i.e 2 Hand forms ; 2 short weapon forms ; 2 long weapon forms ; 2 soft weapon forms)
- d. Each competitor should bring along a copy of his/her id or passport.

Time limit (time restrictions for Traditional Wushu Routines):

- a. Bare-handed and Apparatus routines shall be from 40 seconds to 2 minutes
- b. Taijiquan shall be 4-6 minutes; Taiji Apparatus Routine shall be 3-4 minutes.
- c. For certain traditional Taijiquan and other routines which take longer, the time limit will be lengthened.

6. Costumes and Equipment

- a. Competitors shall wear Wushu Competition costumes in compliance with the Rules during all competition.
- b. Specification for Costume:

Northern Styles: A jacket with upright collar and seven toggle like cloth buttons down the front and short or long sleeves (bloomerlike sleeves gathered at the cuffs), Chinese style long pants. The uniform must be of 1 type of material and single colour with a sash / soft belt (may be of a single different colour). The uniform trims (1cm in breadth) may be of a different single colour. The uniform must not have any markings, pictures, writing, school names etc on it whatsoever.

Southern Styles: A collarless jacket with seven toggle like cloth buttons down the front with short sleeves for women and no sleeves for men, Chinese style long pants. The uniform must be of 1 type of material and single colour with a sash / soft belt (may be of a single different colour). The uniform trims (1cm in breadth) may be of a different single colour. The uniform must not have any markings, pictures, writing, school names etc on it whatsoever.

Taijiquan and Taiji apparatus: A jacket with upright collar and seven toggle like cloth buttons down the front and long sleeves (bloomerlike sleeves gathered at the cuffs). The length of the jacket must not exceed the performers middle fingertip when the arms are straightened and hanging down. Chinese style long pants. The uniform must be of 1 type of material and single colour. The uniform trims (1cm in breadth) may be of a different single colour. The uniform must not have any markings, pictures, writing, school names etc on it whatsoever.

Should the competitor not have a competition uniform he will be permitted to wear a plain red t-shirt, with black Chinese style pants and a red sash. The uniform must not have any markings, pictures, writing, school names etc on it whatsoever. All competitors must wear shoes.

Competitors without the correct uniform will not be permitted to compete.

- c. Competitors shall bring their own equipment for their respective events in accordance with the Rules.
- d. Specification for apparatus:

Short Apparatus: The point of the sword shall not be lower than the top of the performer's ear when it is held backhand with the arm straightened and hanging down and the elbow dropped. Broadsword must be fitted with ribbons and straight swords must be fitted with tassles.

Staff (Cudgel): The whole length shall not be shorter than the performer's body.

Spear: The whole length shall not be shorter than that from the performer's fingertips to his sole when he stands erect with his arms raised straight overhead. It shall be fitted with a tassel.

Sanshou Divisions: During a fight, the contestant must wear unified boxing gloves, helmet, chest protector. His vest and shorts must be of the same colour as his protective equipment, and he should use his own gum-shield and jockstrap (worn under his trunks). The jock strap and gum guard must be brought along by the competitor. Should a competitor not have the gloves, helmet & chest protector, the SAWF will provide these. Weight of the gloves: 230 grams for the 65kg category and under, and 280 grams for the 70 kg category and up. Each competitor must possess two (2) sets of costume: One set of black and one set of red costume.

7. Competition Events

Traditional Wushu Routine (bare hand & apparatus) Divisions in age groups:

Group A: below age of 16 (including 16)

Group B: age 17 - 29

Group C: age 30 - 44

Group D: age 45 - 55

Group E: age 56 - 65

Group F: above age 66 (including 66)

Groups whose competitors are less than 5 persons will be included in last groups ahead.

International Standard Wushu Divisions (bare hand and apparatus) divisions in the following disciplines and age groupings:

Under age 18 and age 18 and above (including 18).

Long Fist (Changquan): 1st IWUF Routine, 2nd IWUF Routine, 2003 IWUF Standard. 1st Duan Changquan, 2nd Duan Changquan, 3rd Duan Changquan.

Nanquan: 1st IWUF Competition Routine, 2003 IWUF Standard, 3 Duan Nanquan.

Broadsword (Daoshu): 1st IWUF Routine, 2nd IWUF Routine, 2003 IWUF Standard. 3rd Duan Daoshu.

Straightsword (Jianshu): 1st IWUF Routine, 2nd IWUF Routine, 2003 IWUF Standard. 3rd Duan Jianshu.

Nandao: 1st IWUF Routine, 2003 IWUF Standard.

Cudgel (Gunshu): 1st IWUF Routine, 2nd IWUF Routine, 2003 IWUF Standard and 3rd Duan Gunshu.

Nangun: 1st IWUF Routine, 2003 IWUF Standard and 3rd Duan Nangun.

Spear (Qiangshu): 1st IWUF Routine, 2nd IWUF Routine, 2003 IWUF Standard and 3rd Duan Qiangshu.

Taijiquan: 24, 42, 48, Traditional Taijiquan

Taijijian: 32 and 42, Traditional Taiji Apparatus

Sanshou Divisions for Men:

- a. 48kg and below
- b. 52kg and below
- c. 56kg and below
- d. 60kg and below
- e. 65kg and below
- f. 70kg and below
- g. 75kg and below
- h. 80kg and below
- i. 85kg and below
- j. 90kg and below
- k. Over 90kg

Sanshou Divisions for Women:

- a. 48kg and below
- b. 52kg and below
- c. 56kg and below
- e. 60kg and below
- f. 65kg and below
- g. 70kg and below
- h. 75kg and below

The Adult Competitor shall be 18 to 35 full years reached. The junior competitor shall be 15 to 18 full years reached.

There will be 1hour allocated on Sunday morning for the weighing in, all competitors must report to be weighed in within that hour or they will be

regarded as forfeiture. Notification for time will be given in due course.

Competitors shall weigh in once only.

- a. The judge on the platform shall be very strict when conducting the fight to avoid accidents or serious injuries.
- b. Violent or vicious attacks are NOT permitted and may result in Disqualification.
- c. The competitors are required to control their tempers, as well as their techniques, in order to distinguish the Sanshou competition from other forms of full contact fighting competitions.
- d. All coaches are reminded to make these points very clear to their competitors before the competitions.

Traditional Sparring, Chi Sau, Push Hands:

Regulations as well as registration forms will be sent to schools / organizations in due course.

The 2008 SAWF National Wushu Championships & Trials

WAIVER OF LIABILITIES

School / Organization

Name of Participant

Date of Birth

Nationality

Sex

I, _____ the undersigned, knowingly and without duress, do voluntarily submit my Entry to the The 2008 SAWF National Wushu Championships & Trials. In consideration of the South African Wushu Federation accepting my application, I hereby assume all risk of physical and mental injuries, disabilities and losses which may result from or in connection with my participation in the The 2008 SAWF National Wushu Championships & Trials. Acting for myself, heirs, personal officers, agents, representatives and assignees, I do hereby release the South African Wushu Federation, its officers, agents, representatives, volunteers, and other related members from all claims, actions, suits, and controversies at law or in equity by reason of any matter, cause or thing whatsoever that I may sustain as a result of or in connection with my participation in the The 2008 SAWF National Wushu Championships & Trials. I fully understand that all medical attention or treatment afforded to me by the South African Wushu Federation its officers, representatives, volunteers, and all other related members will be of the first aid only, and hereby release the South African Wushu Federation its officers, representatives, volunteers, and all other related members from any liability for such aid. I understand it is my obligation to obtain medical coverage.

I agree to abide by and follow the Rules established by the IWUF and the South African Wushu Federation, and I understand that my protest must be conducted in accordance with the rules of Arbitration.

I agree that my performance, attendance, and participation at the The 2008 SAWF National Wushu Championships & Trials may be filmed or otherwise recorded or released or telecast live. I consent to use South African Wushu Federation my name, address, voices, poses, pictures and biographical data concerning full or parts, in any form or language, with or without other material, throughout the world, without limitation, for television, radio, video, theatrical medium picture, or any other medium by any devices now known or hereafter devised and I do hereby Waive any compensation in regard thereof as well as any future rights to the aforementioned.

I have read and fully understand the waiver listed above.

(Signature of Parent or Legal Guardian is required if participant is under 18)

Signature of Participant

Signature of Parent/Guardian

Date

SAWF NATIONAL WUSHU CHAMPIONSHIPS 2009

Entry Form (for Traditional Bare-hand Routine)

School Name:

Instructor:

Date:

N O	COMPETITOR'S NAME	SEX	AGE GROUP	1 st Hand Routine (Enter Name / Description)	2 nd Hand Routine (Enter Name / Description)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

(Each Competitor may enter at maximum 2 External Bare-Hand Routine, there shall be no repetition entry for the same bare-hand routine.)

1. Please refer to regulations for age groups and mark correctly.
2. Please fax this form to 011-783-6273 for attention Byron.
3. All registration fees and competition fees must be deposited into the South African Wushu Federation Bank Account with registration. (**Nedbank – Arcadia; Pretoria; Acc Number:** 1633408531; **Account Name:** South African Wushu Federation)
4. Your contact person: _____ Telephone number: _____ email: _____

SAWF NATIONAL WUSHU CHAMPIONSHIPS 2009

Entry Form (for Traditional Long Apparatus Routine)

School Name:

Instructor:

Date:

N O	COMPETITOR'S NAME	SEX	AGE GROUP	1 st Routine (Enter Name / Description)	2 nd Routine (Enter Name / Description)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

(Each Competitor may enter at maximum 2 Long Apparatus Routines, there shall be no repetition entry for the same Long apparatus routine.)

1. Please refer to regulations for age groups and mark correctly.
2. Please fax this form to 011-783-6273 for attention Byron.
3. All registration fees and competition fees must be deposited into the South African Wushu Federation Bank Account with registration. (**Nedbank – Arcadia; Pretoria; Acc Number:** 1633408531; **Account Name:** South African Wushu Federation)
4. Your contact person: _____ Telephone number: _____ email: _____

SAWF NATIONAL WUSHU CHAMPIONSHIPS 2009

Entry Form (for Traditional Short Apparatus Routine)

School Name:

Instructor:

Date:

N O	COMPETITOR'S NAME	SEX	AGE GROUP	1 st Routine (Enter Name / Description)	2 nd Routine (Enter Name / Description)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

(Each Competitor may enter at maximum 2 Short Apparatus Routines, there shall be no repetition entry for the same short apparatus routine.)

1. Please refer to regulations for age groups and mark correctly.
2. Please fax this form to 011-783-6273 for attention Byron.
3. All registration fees and competition fees must be deposited into the South African Wushu Federation Bank Account with registration. (**Nedbank – Arcadia; Pretoria; Acc Number:** 1633408531; **Account Name:** South African Wushu Federation)
4. Your contact person: _____ Telephone number: _____ email: _____

SAWF NATIONAL WUSHU CHAMPIONSHIPS 2009

Entry Form (for Traditional Taijiquan Routine)

School Name:

Instructor:

Date:

N O	COMPETITOR'S NAME	SEX	AGE GROUP	1 st Taiji Routine (Enter Name / Description)	2 nd Taiji Routine (Enter Name / Description)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

(Each Competitor may enter at maximum 2 Taijiquan Routines, there shall be no repetition entry for the Taijiquan routine.)

1. Please refer to regulations for age groups and mark correctly.
2. Please fax this form to 011-783-6273 for attention Byron.
3. All registration fees and competition fees must be deposited into the South African Wushu Federation Bank Account with registration. (**Nedbank – Arcadia; Pretoria; Acc Number:** 1633408531; **Account Name:** South African Wushu Federation)
4. Your contact person: _____ Telephone number: _____ email: _____

SAWF NATIONAL WUSHU CHAMPIONSHIPS 2009

Entry Form (for Traditional Taiji Apparatus Routine)

School Name:

Instructor:

Date:

N O	COMPETITOR'S NAME	SEX	AGE GROUP	1 st Taiji Routine (Enter Name / Description)	2 nd Taiji Routine (Enter Name / Description)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

(Each Competitor may enter at maximum 2 Taiji Apparatus Routines, there shall be no repetition entry for the Taiji Apparatus routine.)

1. Please refer to regulations for age groups and mark correctly.
2. Please fax this form to 011-783-6273 for attention Byron.
3. All registration fees and competition fees must be deposited into the South African Wushu Federation Bank Account with registration. (**Nedbank – Arcadia; Pretoria; Acc Number:** 1633408531; **Account Name:** South African Wushu Federation)
4. Your contact person: _____ Telephone number: _____ email: _____

SAWF NATIONAL WUSHU CHAMPIONSHIPS 2009

Entry Form (for Traditional Soft Apparatus Routine)

School Name:

Instructor:

Date:

N O	COMPETITOR'S NAME	SEX	AGE GROUP	1 st Routine (Enter Name / Description)	2 nd Routine (Enter Name / Description)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

(Each Competitor may enter at maximum 2 Soft Apparatus Routines, there shall be no repetition entry for the same Soft apparatus routine.)

1. Please refer to regulations for age groups and mark correctly.
2. Please fax this form to 011-783-6273 for attention Byron.
3. All registration fees and competition fees must be deposited into the South African Wushu Federation Bank Account with registration. (**Nedbank – Arcadia; Pretoria; Acc Number:** 1633408531; **Account Name:** South African Wushu Federation)
4. Your contact person: _____ Telephone number: _____ email: _____

SAWF NATIONAL WUSHU CHAMPIONSHIPS 2009

Entry Form (for Wushu Taolu Bare-hand Routine)

School Name:

Instructor:

Date:

N O	COMPETITOR'S NAME	SEX	AGE GROUP	1 st Hand Routine (Fill in which)	2 nd Hand Routine (Fill in which)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

1. Please note hand form (taolu) divisions: Changquan (Old, New, Optional), Nanquan (Old,Optional), Taijiquan (24 & 42 & 48)
2. Please fax this form to 011-783-6273 for attention Byron.
3. All registration fees and competition fees must be deposited into the South African Wushu Federation Bank Account with registration. (**Nedbank – Arcadia; Pretoria; Acc Number:** 1633408531; **Account Name:** South African Wushu Federation)
4. Your contact person: _____ Telephone number: _____ email: _____

SAWF NATIONAL WUSHU CHAMPIONSHIPS 2009

Entry Form (for Wushu Taolu Short Apparatus Routine)

School Name:

Instructor:

Date:

N O	COMPETITOR'S NAME	SEX	AGE GROUP	1 st Short Apparatus (Fill in which)	2 nd Short Apparatus (Fill in which)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

1. Please note Short Apparatus (taolu) divisions: Broadsword (Old, New, Optional), Straight sword (Old, New, Optional), Nandao (Old, Optional), Taijijian (32 & 42).

2. Please fax this form to 011-783-6273 for attention Byron.

3. All registration fees and competition fees must be deposited into the South African Wushu Federation Bank Account with registration. (**Nedbank – Arcadia; Pretoria; Acc Number:** 1633408531; **Account Name:** South African Wushu Federation)

4. Your contact person: _____ Telephone number: _____ email: _____

SAWF NATIONAL WUSHU CHAMPIONSHIPS 2009

Entry Form (for Wushu Taolu Long Apparatus Routine)

School Name:

Instructor:

Date:

N O	COMPETITOR'S NAME	SEX	AGE GROUP	1 st Long Apparatus (Fill in which)	2 nd Long Apparatus (Fill in which)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

1. Please note Long Apparatus (taolu) divisions: Staff (Old, New, Optional), Spear (Old, New, Optional), Nangun (Old, Optional)
2. Please fax this form to 011-783-6273 for attention Byron.
3. All registration fees and competition fees must be deposited into the South African Wushu Federation Bank Account with registration. (**Nedbank – Arcadia; Pretoria; Acc Number:** 1633408531; **Account Name:** South African Wushu Federation)

4. Your contact person: _____ Telephone number: _____ email: _____

SAWF NATIONAL WUSHU CHAMPIONSHIPS 2009

Sanshou Entry Form

(Sanshou Competition for Men)

School name:

Instructor:

Contact Number:

Email:

Date:

Competitors (All names in capital letters. Please underline the surname.)

NO.	COMPETITOR'S NAME	SEX	AGE	CATEGORY
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Note: Please refer to competition regulations for weight groups and age restrictions etc.

2. Please fax this form to 011-783-6273 for attention Byron. All registration fees and competition fees must be deposited into the South African Wushu Federation Bank Account with registration. (**Nedbank – Arcadia ; Pretoria; Acc Number: 1633408531; Account Name: South African Wushu Federation**)

SAWF NATIONAL WUSHU CHAMPIONSHIPS 2009

Sanshou Entry Form

(Sanshou Competition for Women)

School name:

Instructor:

Contact Number:

Email:

Date:

Competitors (All names in capital letters. Please underline the surname.)

NO.	COMPETITOR'S NAME	SEX	AGE	CATEGORY
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Note: Please refer to competition regulations for weight groups and age restrictions etc.

2. Please fax this form to 011-783-6273 for attention Byron. All registration fees and competition fees must be deposited into the South African Wushu Federation Bank Account with registration. (**Nedbank – Arcadia** ; **Pretoria**; **Acc Number:** 1633408531; **Account Name:** South African Wushu Federation)

SAWF NATIONAL WUSHU CHAMPIONSHIPS 2009

Traditional Sparring & Chi Sau Entry Form

Traditional Sparring Regulations

- 1) Categories for Men and Women include:
 - 60kg and below (including 60kg)
 - 61kg to 70kg
 - 71kg to 80kg
 - 81kg to 90kg
 - over 90kg

Requirements:

All participants must be 18 years of age or older. Each participant must have a minimum 3 years continuous training with his instructor (instructor must vouch for this). Each participant must bring his own, gum guard, groin cup, and sparring mits (karate style). All female competitors are required to wear chest protection.

Chi Sau Regulations

Categories:

Beginner: up to 18 months Chi Sau experience

Intermediate: 18 months of Chi Sau experience

(note: male and female competitors may be mixed)

SAWF NATIONAL WUSHU CHAMPIONSHIPS 2008
Traditional Sparring Entry Form
(Competition for Men)

School name:

Instructor:

Contact Number:

Email:

Date:

Competitors (All names in capital letters. Please underline the surname.)

NO.	COMPETITOR'S NAME	SEX	AGE	CATEGORY
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Note: Please refer to competition regulations for weight groups and age restrictions etc.

2. Please fax this form to 011-783-6273 for attention Byron. All registration fees and competition fees must be deposited into the South African Wushu Federation Bank Account with registration. (**Nedbank – Arcadia; Pretoria; Acc Number: 1633408531; Account Name: South African Wushu Federation**)

SAWF NATIONAL WUSHU CHAMPIONSHIPS 2008
Traditional Sparring Entry Form
(Competition for Women)

School name:

Instructor:

Contact Number:

Email:

Date:

Competitors (All names in capital letters. Please underline the surname.)

NO.	COMPETITOR'S NAME	SEX	AGE	CATEGORY
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Note: Please refer to competition regulations for weight groups and age restrictions etc.

2. Please fax this form to 011-783-6273 for attention Byron. All registration fees and competition fees must be deposited into the South African Wushu Federation Bank Account with registration. (**Nedbank – Arcadia; Pretoria; Acc Number: 1633408531; Account Name: South African Wushu Federation**)

SAWF NATIONAL WUSHU CHAMPIONSHIPS 2008

Chi Sau Entry Form

School name:

Instructor:

Contact Number:

Email:

Date:

Competitors (All names in capital letters. Please underline the surname.)

NO.	COMPETITOR'S NAME	SEX	AGE	CATEGORY
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Note: Please refer to competition regulations for weight groups and age restrictions etc.

2. Please fax this form to 011-783-6273 for attention Byron. All registration fees and competition fees must be deposited into the South African Wushu Federation Bank Account with registration. (**Nedbank – Arcadia;**

Pretoria; Acc Number: 1633408531; Account Name: South African Wushu Federation)