

ICMAC 2023 TOURNAMENT NOTES

Divisions with fewer than 5 competitors may be combined. You must register for all divisions at the same age and skill level. For example, if you enter Advanced hand forms, you cannot enter Beginner weapons. If you enter Juniors, you cannot also enter Teens.

Skill Levels:

Where 4 levels: Novice (less than 1 year of training); Beginner (1 to 2 years); Intermediate (2 to 4 years); Advanced (more than 4 years of training).

Where 3 levels: Beginner (less than 2 years of training); Intermediate (2 to 4 years of training); Advanced (more than 4 years of training).

Where 2 levels: Beginner (less than 3 years of training); Advanced (3 or more years of training).

Time Limits: See kungfuchampionship.com/rules for time limits for forms.

Grand Champion competition is for Advanced Forms only. Competitors must register before May 15, 2023 and check the GRAND CHAMPION box on the entry form. \$50 fee per category (up to 2 categories permitted). See kungfuchampionship.com/grand-champion/ for requirements.

Traditional Northern includes Long Fist styles such as Eagle Claw, Mizong, Cha Quan, Hua Quan, and Northern Shaolin Styles. Traditional Northern also includes styles such as Praying Mantis, Fanzi, Baji, Pigua, Tongbei, Snake Style, and other non-acrobatic styles.

Northern Open includes any form that has more than one acrobatic technique (such as Butterfly Kicks, Cartwheels, Aerial Cartwheels, Kip-ups, Front and Back Handsprings, and Splits). If your form contains more than one acrobatic technique, you must enter the appropriate **Open Hand** or **Open Weapon** division. **Open Hand** and **Open Weapons** forms DO NOT qualify for Grand Champion.

Southern Long Hand includes Choy Li Fut, Hung Gar, Hop Gar, Jow Gar, and similar styles.

Southern Short Hand includes Southern Dragon Fist, Pak Mei, Wing Chun, Five Ancestors Fist and similar styles.

Wushu will be run under ICMAC Rules. This is not an IWUF competition.

Long Weapons are Staff and Spear. **Short Weapons** are Straight Sword and Saber (Broadsword).

Other Weapons are double, flexible, and all other weapons except sword, saber, staff, or spear.

Open Weapons categories are for weapons forms that include more than one acrobatic technique.

Traditional Weapons must sustain their own weight when placed on end. **Wushu Weapons** are not permitted in Traditional divisions. **Taiji Weapons** are not permitted in Other Internal divisions.

Taiji 24, Taiji 42, and Taiji 32 Sword are performed to completion (no time limit); these forms MAY NOT be performed in other Taiji divisions and DO NOT qualify for Grand Champion.

Partner Forms: Both partners must perform either an empty hand form or a weapon form. Maximum time 2 minutes.

Push Hands competitors are limited to a single weight class.

No Onsite Registration for Sparring, Push Hands, Chi Sao, and Sword Fencing. You must register for these events by June 23, 2023. **Sanda/San Shou** registration will be accepted onsite; proof of insurance required. Weigh-in required onsite Friday June 30. For reaction skills rules and protective equipment, see kungfuchampionship.com/rules/.