

Wing Chun Chi Sau 黏手 Rules & Regulations

General

Chi Sau is a technical skill-based contest rooted in the principles of sensitivity, control, timing, and structure. The exchange involves offensive and defensive actions including striking, trapping, redirection, and controlled sweeping within a structured and respectful format. Competitors are expected to demonstrate precision, control, and proper technique at all times, prioritizing safety, sportsmanship, and adherence to the rules and regulations. The purpose of Chi Sau competition is to evaluate a practitioner's ability to apply Wing Chun concepts under pressure while maintaining composure, balance, and technical integrity.

Officials

The officiating panel shall consist of:

- One (1) Chief Judge
- One (1) Center Referee
- Three (3) Judges
- One (1) Scorekeeper/Timekeeper

The Chief Judge shall oversee the competition area and make final decisions in the event of disputes.

The Center Referee shall control the bout, enforce rules, issue warnings and penalties, and ensure safety.

Sideline Judges shall observe and record valid scoring techniques.

Competition Area

The ring will be held in an area of **8 ft x 8 ft**.

Taking into account the actual circumstances, the organizing committee reserves the right to increase or decrease the size of the performing area.

The boundary line marks the active competition area.

A competitor is considered out of bounds when both feet step outside the boundary line. If a competitor is forced out of bounds by legal technique and control, points may be awarded according to the scoring criteria.

At the referee's command, competitors shall return to the center and resume from the designated starting position.

Skill Divisions

Intermediate Division: Competitors training at the Chum Kiu level and below.
(1–3 years of Wing Chun experience)

Advanced Division: Competitors training at the Biu Jee level and above.
(3+ years of Wing Chun experience)

Depending on the number of participants, divisions may be combined at the Committee's discretion.

Weight Classes

Youth (Ages 15–17) Boys / Girls	Adult (18+) Men	Adult (18+) Women
48kg (105.8 lbs & under)	60kg (132.2 lbs & under)	48kg (105.8 lbs & under)
52kg (105.9–114.6 lbs)	65kg (132.3–143.3 lbs)	52kg (105.9–114.6 lbs)
56kg (114.7–123.4 lbs)	70kg (143.4–154.3 lbs)	56kg (114.7–123.4 lbs)
60kg (123.5–132.2 lbs)	75kg (154.4–165.3 lbs)	60kg (123.5–132.2 lbs)
65kg (132.3–143.3 lbs)	80kg (165.4–176.3 lbs)	65kg (132.3–143.3 lbs)
70kg (143.4–154.3 lbs)	85kg (176.4–187.3 lbs)	70kg (143.4–154.3 lbs)
75kg (154.4–165.3 lbs)	90kg (187.4–198.4 lbs)	75kg (154.4–165.3 lbs)
80kg (165.4–176.3 lbs)	90kg+ (above 198.4 lbs)	75kg+ (above 165.3 lbs)

According to actual needs, the Committee reserves the right to change and/or combine weight classes.

Weigh-Ins

All competitors must weigh in at the designated time prior to the competition.

Competitors must weigh in wearing appropriate undergarments or competition attire.

If a competitor does not make weight, they may be given one additional attempt within 1 hour of the allotted weigh-in period.

Failure to make weight may result in disqualification or reassignment to another weight class at the discretion of the Competition Committee.

Time

- The contest shall consist of three (3) rounds.
- A fourth round will be used only in the event of a tie.
- Each round is 60 seconds.
- A 30-second rest period follows each round.

Tie-breaker round:

- 60 seconds total

- 30 seconds Daan Chi Sau
- Competitors switch hands and continue for 30 seconds

Uniform & Appearance

Competitors must wear approved competition attire as designated by the Competition Committee. Uniforms must be clean, presentable, and in good condition.

- Pants shall be solid black.
- The shirt shall be short sleeved and tucked into the pants.
- The shirt shall be free from buttons, zippers, snaps and the like.
- All items of clothing shall be in a state of good condition with no loose thread.

The following are prohibited:

- Jewelry
- Watches
- Hard hair accessories
- Any object that may cause injury

Fingernails and toenails must be trimmed short.

Long hair must be securely tied back.

The referee may require adjustments or removal of any item deemed unsafe.

Required Equipment

Competitors must provide:

- Headgear
- Mouthguard
- 4-ounce Gloves
- Groin protector (male competitors)



Before the Bout

- Competitors turn around to their Coaches and salute.
- Competitors turn to the Head Table and salute.
- Competitors turn to the Center Referee and salute.

- Competitors face each other and exchange a salute.
- If contact is broken unintentionally, the referee will call “Ting” and reset the competitors to the starting position.
- At the start of each round, competitors shall assume the designated Chi Sau starting position as directed by the referee.
- Competitors will establish and perform three complete rolls before starting.
- The referee will call “Kaishi” to begin the round.

During the Bout

Round 1: Blue attacks, Red defends only. Head is not a valid target.

Round 2: Red attacks, Blue defends only. Head is not a valid target.

Round 3: Both competitors may attack and counterattack. The head is a valid target with control.

After the Bout

- The referee declares the winner by raising the winner’s hand.
- Competitors face each other and exchange a salute.

Scoring the Bout

Permitted Techniques

- Striking with fist, palm, or elbow
- Sweeping (single, fluid takedown)

Daan Da (single-hand strikes):

Chung Choi, Jou Sau, Lat Sau Jik Chung, Ding Jeung, Go/Dai Wang Jeung

Seung Da (two-hand strikes):

Paak Da, Taan Da, Laap Da, Po Jung, Huen Da, Jau Sau, Laan Da, Gum Da, Po Pai Jeung

Permitted Targets

Trunk: Shoulder line to waistband (front only).

Head: Allowed only in Round 3 with control and no excessive force.

Important: Use of prohibited methods or targets may result in warning or disqualification.

Valid Points

Points are awarded for accurate and controlled techniques landing on valid targets.

1 point: Daan Da

2 points: Seung Da

3 points: Opponent falls or is forced off platform

If a competitor is pushed out three times in one round, the opponent wins that round.

The competitor with the highest total score after three rounds wins the bout.

Invalid Points

Points will not be awarded if:

- Competitor intentionally falls
- Illegal act follows a valid technique
- Prohibited action is used

Prohibited Targets

- Throat
- Neck
- Knees
- Groin

Prohibited Methods

- Headbutts or finger strikes
- Joint pressure in an adverse direction
- Clinching/wrestling longer than ½ second
- Head attacks before Round 3
- Elbows to head before Round 3
- Kicks or stomps
- Spinning or uncontrolled techniques
- Attacking a downed opponent

Penalties

Penalties include **warnings** and **point deductions**.

- Two warnings = 1 point deduction
- 1 deduction point awarded to opponent
- Three warnings = automatic loss

The referee will call “Ting” to stop action when issuing penalties.

Warning Penalties

- Grabbing with both arms
- Pushing
- Excessive strength/manhandling
- Clinching
- Turning back to evade
- Intentional falling
- Pretending injury
- Face strikes (Advanced division only rules apply)

Deduction Penalties

- Knee strikes
- Groin attacks
- Kicking or stomping
- Attacking a fallen opponent
- Attacking after “Stop”
- Attacking the back of head
- Severe face strikes
- Throwing
- Misconduct by competitor or coach

A competitor refusing to follow rules or referee instruction may be declared the loser.
Three warnings in one round = loss by penalties.

Decision of Bout

Victory may be awarded by:

- Referee stoppage
- Score
- Withdrawal
- Disqualification
- Referee’s punitive decision

Coaching

Each competitor may have one (1) coach present in the designated coaching area.

Coaches must remain in their assigned area and may not interfere with the competition.

Any misconduct, interference, or unsportsmanlike behavior by a coach may result in a warning, point deduction, or disqualification of the competitor.

Injury & Medical Stoppage

If a competitor is injured during the bout, the referee will stop the match and allow the designated medical personnel to assess the competitor.

If the injury is caused by a legal technique and the competitor cannot continue, the result shall be determined based on the score or referee's decision.

If the injury is caused by an illegal technique, the offending competitor may be penalized or disqualified.

The referee, in consultation with medical personnel, has the authority to stop the bout for safety reasons at any time.

Conduct & Sportsmanship

All competitors and coaches are expected to uphold the principles of respect, control, and martial virtue.

Unsportsmanlike conduct, excessive force, or disregard for safety may result in warnings, point deductions, or disqualification.

Competitors must follow all referee instructions promptly and respectfully at all times.

Protests & Appeals

Any protest must be submitted by the team coach to the Head Referee within 10 minutes following the conclusion of the bout.

The Competition Committee shall review the protest and make a final decision.

All decisions made by the Head Referee and Competition Committee are final.

Definitions

Daan Da: Single-hand strike delivered with control and structure.

Seung Da: Two-hand coordinated strike or control action.

Sweep: A controlled off-balancing action using the leg that results in a takedown or loss of balance.

Push Out: Forcing an opponent out of the competition boundary through legal technique and structure.

Control: Demonstration of structure, balance, and technical superiority without excessive force.

Excessive Force: Any action delivered with unnecessary power beyond technical control and safety.