

Wing Chun Mai San Jong 埋身樁 Rules & Regulations

General

Mai San Jong is a technical skill-based contest that evaluates a practitioner's ability to enter, control, and strike from close range using proper Wing Chun structure, timing, and forward intent. The exchange emphasizes controlled offense and defense, positional dominance, balance, and technical execution within a safe and respectful format. Competitors are expected to demonstrate precision, control, and proper technique at all times while maintaining safety, sportsmanship, and adherence to all rules and regulations.

Officials

The officiating panel shall consist of:

- One (1) Chief Judge
- One (1) Center Referee
- Three (3) or Five (5) 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.

Judges shall observe and record valid scoring techniques.

Competition Area

The ring will be held in an area of 12 ft x 12 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.

If both competitors step out simultaneously, no points shall be awarded and the referee will restart the bout in the center.

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

Skill Divisions

Beginner/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)

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

Weight Classes

Youth (Ages 8 & under) Boys / Girls 24kg (52.9 lbs & under) 27kg (53.0 to 59.5 lbs) 30kg (59.6 to 66.1 lbs) 33kg (66.2 to 72.7 lbs) 36kg (72.8 to 79.3 lbs) 36+kg (above 79.3 lbs)	Youth (Ages 9-11) Boys / Girls 27kg (59.5lbs & under) 30kg (59.6 to 66.1 lbs) 33kg (66.2 to 72.7 lbs) 36kg (72.8 to 79.3 lbs) 39kg (79.4 to 85.9 lbs) 42kg (86.0 to 92.5 lbs) 45kg (92.6 to 99.2 lbs) 45+kg (above 99.2 lbs)	Youth (Ages 12-14) Boys / Girls 39kg (79.4 to 85.9 lbs) 42kg (86.0 to 92.5 lbs) 45kg (92.6 to 99.2 lbs) 48kg (99.3 to 105.8 lbs) 52kg (105.9–114.6 lbs) 56kg (114.7–123.4 lbs) 60kg (123.5–132.2 lbs) 60+kg (above 132.2 lbs)
Youth (Ages 15–17) Boys / Girls 52kg (105.9–114.6 lbs) 56kg (114.7–123.4 lbs) 60kg (123.5–132.2 lbs) 65kg (132.3–143.3 lbs) 70kg (143.4–154.3 lbs) 75kg (154.4–165.3 lbs) 80kg (165.4–176.3 lbs) 80+kg (above 176.3 lbs)	Adult (18+) Men 60kg (132.2 lbs & under) 65kg (132.3–143.3 lbs) 70kg (143.4–154.3 lbs) 75kg (154.4–165.3 lbs) 80kg (165.4–176.3 lbs) 85kg (176.4–187.3 lbs) 90kg (187.4–198.4 lbs) 90kg+ (above 198.4 lbs)	Adult (18+) Women 48kg (105.8 lbs & under) 52kg (105.9–114.6 lbs) 56kg (114.7–123.4 lbs) 60kg (123.5–132.2 lbs) 65kg (132.3–143.3 lbs) 70kg (143.4–154.3 lbs) 75kg (154.4–165.3 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.

- Each round is 2 minutes.
- A 1 minute rest period follows each round.

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
- Shin guards
- Chest gear
- 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.
- At the start of each round, competitors shall assume the designated starting position as directed by the referee.
- The referee will call “Kaishi” to begin the round.
- The initiating competitor has five (5) seconds to cross centerline and/or make contact with the opponent.

During the Bout

Round 1: Blue initiates.

Round 2: Red initiates.

Round 3: Both competitors may attack and counterattack.

**Initiates: the act of creating a bridge (point of contact) or crossing the leitai middle line (whichever comes first). Once the appointed competitor initiates, both competitors may begin to attack and defend.*

After the Bout

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

Scoring the Bout

Permitted Techniques

- Striking with fist, palm, or elbow
- Kicking with the foot, shin or knee
- a single fluid-motion take-down

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

Head: Controlled light, warning will be given immediately for heavy, uncontrolled strikes

Torso: Shoulder line to waistband (front only).

The Legs: above the knee only, anything below the knee will not be counted

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: single kicks or strikes

2 points: Seung Da (two-hand strikes)

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.

Invalid Points

Points will not be awarded if:

- 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
- 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 = disqualification

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

Warning Penalties

- Pushing
- Excessive strength/manhandling
- Clinching
- Turning back to evade
- Intentional falling
- Pretending injury

Deduction Penalties

- Groin attacks
- 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 offending competitor will be announced the winner of the bout.

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.