



武术套路竞赛规则与裁判法（2024）

**WUSHU TAOLU COMPETITION RULES AND
JUDGING METHODS (2024)**

INTERNATIONAL WUSHU FEDERATION



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武术套路竞赛规则 WUSHU TAOLU COMPETITION RULES

第一章 通则 Chapter 1 - General Regulations

第一条 比赛类型

Article 1 - Competition Types

(一) 按形式分类

1. Classification Based on Format

- 个人赛。
- Individual Events.
- 团体赛。
- Team Events.
- 个人及团体赛。
- Individual and Team Events.

(二) 按年龄分类

2. Classification Based on Age Groups

- 成年赛。
- Adult Events.
- 青少年赛。
- Junior Events.
- 儿童赛。
- Children Events.

第二条 比赛项目

Article 2 - Competition Events

(一) 自选项目

1. Optional Routine Events

1. 拳术项目：长拳、南拳、太极拳。



1.1. Bare-hand routine events: Changquan, Nanquan, Taijiquan.

2. 短器械项目：剑术、刀术、南刀、太极剑、太极扇。

1.2. Short weapon routine events: Jianshu, Daoshu, Nandao, Taijjian, Taijishan.

3. 长器械项目：枪术、棍术、南棍。

1.3. Long weapon routine events: Qiangshu, Gunshu, Nangun.

(二) 规定项目

2. Compulsory Routine Events

- 拳术项目。
- Bare-hand routine events.
- 短器械项目。
- Short weapon routine events.
- 长器械项目。
- Long weapon routine events.

(三) 对练项目

3. Duilian (Choreographed Sparring) Events

- 徒手对练。
- Bare-hand duilian.
- 器械对练。
- Weapon duilian.
- 徒手与器械对练。
- Bare hand vs. weapon duilian.

(四) 集体项目

4. Jiti (Group) Events

第三条 年龄分组

Article 3 - Age Categories

(一) 成年组：18 岁（含 18 岁）以上。

1. Adult Age Group: 18 years of age and above.

(二) 青年组：15 岁至 17 岁。

2. Youth Age Group: 15 - 17 years of age.

(三) 少年组: 12 岁至 14 岁。

3. Junior Age Group: 12 - 14 years of age.

(四) 儿童组: 11 岁 (含 11 岁) 以下。

4. Children Age Group: 11 years of age and below.

第四条 预赛与决赛

Article 4 - Preliminaries and Finals

(一) 根据比赛需要, 可以进行预赛和决赛。

1. Preliminaries and finals may be conducted as required by the competition.

(二) 一个项目报名人数超过 50 名运动员时, 均分成若干组进行分组预赛, 各组选拔出名次列前者均等人数, 共组成 12 名运动员进入决赛。

2. When the number of participants in an event exceeds 50 athletes, they will be divided into several groups for preliminaries. The finals consist of 12 athletes. Equal numbers of top finishers from each group will qualify for the finals.

(三) 预赛不录取名次和颁发奖牌。

3. Preliminaries do not determine official rankings and eligible for any medals.

第五条 确定比赛顺序

Article 5 - Determining Event Start Order

(一) 在仲裁委员会和总裁判长的监督下, 由编排记录长组织抽签, 确定运动员比赛顺序。

1. The athlete start order for each event is determined by a drawing of lots carried out by the Chief Scheduler-Recorder and supervised by the Jury of Appeals and the Chief Referee.

(二) 比赛如有分组预赛, 抽签确定决赛比赛顺序。

2. If there are preliminaries in a competition, an official drawing of lots shall determines the sequence of the athletes in the finals .

(三) 比赛如有预、决赛, 决赛的比赛顺序, 按运动员预赛名次由低到高排列。如预赛排名相同, 则抽签确定比赛顺序。

3. In events with preliminaries, the sequence for the finals will follow the qualification placing results from low to high. In the case of a tie, lots will be drawn.

第六条 检录

Article 6 - Roll-Call

(一) 运动员应到指定地点参加比赛检录。

1. Competitors shall arrive at the designated area for the roll-call.



(二) 第一次检录时间为赛前 30 分钟, 第二次检录时间为赛前 20 分钟, 最后一次检录时间为赛前 10 分钟。

2. The first roll call will be 30 minutes prior to the start of the event. The second roll call will be 20 minutes prior to the start of the event, and the third roll call will be 10 minutes prior to the start of the event.

第七条 弃权

Article 7 - Forfeit

运动员不按时参加检录与比赛, 按弃权论处。

Should an athlete fail to attend a roll-call, it will be considered as a forfeit.

第八条 比赛礼仪

Article 8 - Competition Etiquette

运动员听到上场点名、完成比赛套路及现场成绩宣告时, 应向裁判长行抱拳礼。

The athlete shall perform a palm-and-fist salute to the head judge when they are called to enter the field of play, when they have completed their routine, and when their final scores are displayed.

第九条 计时

Article 9 - Time Keeping

运动员由静止姿势开始动作, 计时开始; 当运动员完成全套动作后并步直立, 计时结束。

Timing will commence from the first movement an athlete makes after they have assumed a static position. Once an athlete has assumed an upright position and brings his or her feet next to each other upon completion of his or her routine, the timing will stop.

第十条 示分

Article 10 - Displaying of Scores

运动员的比赛结果, 公开示分。

Each athlete's results shall be openly displayed.

第十一条 套路完成时间

Article 11 - Routine Time Limits

(一) 长拳、南拳、剑术、刀术、枪术、棍术、南刀、南棍套路

1. Changquan, Nanquan, Jianshu, Daoshu, Qiangshu, Gunshu, Nandao and Nangun Routines

1. 自选套路

- 1.1. Optional Routines

(1) 成年: 1 分 20 秒钟~1 分 35 秒钟。

1.1.1. Adult Divisions: From 1 minute 20 seconds to 1 minute 35 seconds in total duration.

(2) 青少年: 1 分 10 秒钟~1 分 25 秒钟。

1.1.2. Junior Divisions (including children): From 1 minute 10 seconds to 1 minute 25 seconds in total duration.

2. 规定套路

1.2. Compulsory Routines

(1) 成年: 不少于 1 分 20 秒钟。

1.2.1. Adult Divisions: No less than 1 minute 20 seconds in total duration.

(2) 青少年: 不少于 1 分 10 秒钟。

1.2.2. Junior Divisions: Not less than 1 minute 10 seconds in total duration.

(3) 儿童: 套路演练时间无要求。

1.1.3. Children Divisions: No requirements for the routine performance duration.

(二) 太极拳、太极剑、太极扇套路

2. Taijiquan, Taijijian and Taijishan Routines

1. 自选套路: 2 分 45 秒钟~3 分钟 15 秒钟。

2.1. Optional Routines: From 2 minutes 45 seconds to 3 minutes 15 seconds in total duration.

2. 规定套路

2.2. Compulsory Routines

(1) 42 式、陈式、杨式、吴式、孙式、武式太极拳竞赛套路: 5~6 分钟。

2.2.1. 42 Movements, Chen style, Yang style, Wu style, Sun style and Wu (Hao) style Taijiquan Competition Routines: From 5 to 6 minutes in total duration.

(2) 42 式太极剑竞赛套路、24 式太极拳套路: 4~5 分钟。

2.2.2. 42 Movements Taijijian Competition Routine and 24 Movements Taijiquan Routine: From 4 to 5 minutes in total duration.

(3) 32 式太极剑套路、第三套国际武术竞赛套路——太极拳、太极剑和太极扇: 3~4 分钟。

2.2.3. 32 Movements Taijijian Routine and the 3rd set of the International Wushu Competition Routines - Taijiquan, Taijijian and Taijishan: From 3 to 4 minutes in total duration.

(三) 对练套路: 50 秒钟至 1 分钟。

3. Duilian (choreographed sparring) Routines: From 50 seconds to 1 minute in total duration.

(四) 集体项目: 3~4 分钟。

4. Jiti (Group) Routines: From 3 to 4 minutes in total duration.

第十二条 申诉

Article 12 - Appeals

(一) 各队在整个比赛中均有两次申诉的权利, 一次申诉仅限一项内容。



1. Each Team has the right to appeal at most two (2) times within the entire competition, and each appeal may only address one content per event.

(二) 申诉内容仅限于对难度评判、套路编排扣分和套路完成时间的扣分。

2. Appeals may only be lodged with regards to Group C (Degree of Difficulty) judgement, routine choreography deductions, or routine time limit deductions.

(三) 运动队如果对本队运动员的评判结果有异议，必须在该运动员比赛结束后 15 分钟内，由该队领队或教练员向仲裁委员会以书面形式提出申诉，同时缴付 200 美元申诉费。

3. Should a participating team object to the judges' verdict of one of its team's members, the respective team leader or team coach may lodge an appeal by submitting it in written form to the Jury of Appeals within 15 minutes of the conclusion of the athlete's routine, together with an appeal fee of US\$200.

第十三条 仲裁

Article 13 - Arbitration

(一) 仲裁委员会对申诉内容立刻复议并做出仲裁结论，仲裁委员会的裁决为最终裁决。

1. The Jury of Appeals shall immediately review and make an arbitration conclusion based on the content of the appeal, and the verdict of the Jury of Appeals shall be final.

(二) 参加复议的仲裁人员必须超过半数，表决时超过半数以上人员做出的决定才有效。如申诉理由成立，改变裁判结果，退回申诉费；如申诉理由不成立，则维持原判，不退申诉费。

2. More than half of the members of the Jury of Appeals must participate in the consideration of an appeal, and more than half of the votes must be cast in favor of a decision in order for it to be valid. If the basis of the appeal is ruled legitimate the result will be altered, and the appeal fee will be refunded; if the basis for the appeal is ruled illegitimate, the original result will be upheld, and the appeal fee will not be refunded.

(三) 仲裁结果应及时报组委会备案，同时书面通知提出申诉的运动队。

3. A full investigation report will be submitted in a timely manner to the organizing committee for record purposes, and a written notice will be issued to the team that has lodged the appeal.

(四) 各队必须服从仲裁委员会的最终裁决，如果因不服裁决而无理纠缠，将视情节轻重，按照国际武联的有关规定进行严肃处理。

4. Each team must accept the verdict of the Jury of Appeals as final. If a team is dissatisfied with the ruling and continues to argue unreasonably, such behavior will be dealt with seriously and according to the relevant regulations of the IWUF.

第十四条 名次评定

Article 14 - Competition Ranking

(一) 个人单项（含对练）名次

1. Individual Single Event and Duilian (Choreographed Sparring) Routine Ranking

根据个人单项成绩，得分最高者为第一名，次高者为第二名，依次类推。

According to the results of an athlete's single individual events, the highest-scoring athlete will be placed first, the second highest score will be placed second, so on and so forth.

(二) 个人全能名次

2. Individual All-Around Ranking

根据个人各单项成绩总和，得分最高者为第一名，次高者为第二名，依次类推。

According to the combined results of an athlete's single individual events, the highest-scoring athlete will be placed first, the second-highest score will be placed second, so on and so forth.

(三) 集体项目名次

3. Jiti (Group) Routine Ranking

根据比赛成绩，得分最高者为第一名，次高者为第二名，依次类推。

According to the results of each event, the highest-scoring group will be placed first, the second-highest score will be placed second, so on and so forth.

(四) 团体名次

4. Team Ranking

根据规程关于团体名次的确定办法进行评定。

Determination of team placing will follow the method stated in the Rules and Regulations of competition.

(五) 得分相同的处理

5. Tied Scores

1. 有难度项目得分相同时，按以下顺序处理：

5.1. For Events with Degree of Difficulty, tied scores will be handled in the following order:

(1) 难度应得分高者列前。

5.1.1. The athlete who achieved a higher score in Degree of Difficulty will be ranked higher.

(2) 完成难度（包括动作难度和连接难度）等级高者列前。

5.1.2. The athlete who successfully completed the higher-grade Degree of Difficulty (including both the Degree of Difficulty technique and the Degree of Difficulty connection) will be ranked higher.

(3) 完成高等级难度（包括动作难度和连接难度）数量多者列前。

5.1.3. The athlete who successfully completed more higher-grade Degree of Difficulty (including both the Degree of Difficulty technique and the Degree of Difficulty connection) will be ranked higher.

(4) 演练水平分高者列前。

5.1.4. The athlete with the higher Overall Performance score will be ranked higher.

(5) 演练水平低无效分高者列前。



- 5.1.5. The athlete with the higher lowest-discarded Overall Performance score will be ranked higher.
(6) 如仍相同, 名次并列。
- 5.1.6. Should there still be a tie after following the above guidelines, then the final ranking will remain a tie.
(7) 比赛如有预赛和决赛, 决赛名次相同时, 按预赛名次前者列前。
- 5.1.7. In competitions which feature preliminary and final rounds, should there be tied scores following the final rounds, the athlete with the higher preliminary-round ranking will be ranked higher.
2. 无难度项目、对练和集体项目得分相同时, 按以下顺序处理:
- 5.2. For Events without Degree of Difficulty, Duilian (Choreographed Sparring) routine and Jiti (Group) routine, tied scores will be handled in the following order:
(1) 演练水平分高者列前。
- 5.2.1. The athlete with the higher Overall Performance score will be ranked higher.
(2) 演练水平分低无效分高者列前。
- 5.2.2. The athlete who has the higher lowest-discarded Overall Performance score will be ranked higher.
(3) 如仍相同, 名次并列。
- 5.2.3. Should there still be a tie after following the above guidelines, then the final ranking will remain a tie.
(4) 比赛如有预赛和决赛, 决赛名次相同时, 按预赛名次前者列前。
- 5.2.4. In competitions which feature preliminary and final rounds, should there be tied scores, following the final rounds, the athlete with the higher preliminary-round ranking will be ranked higher.
3. 个人全能得分相同时, 按以下顺序处理:
- 5.3. For Individual All-Around divisions, tied scores will be handled in the following order:
(1) 获单项第一名多者列前。
- 5.3.1. The athlete who attained more first position in individual single events will be ranked higher.
(2) 获单项第二名多者列前。依次类推。
- 5.3.2. The athlete who attained more second position in individual events will be ranked higher. So on and so forth.
(3) 如所有单项名次和数量均相同, 名次并列。
- 5.3.3. Should a tie still exist after following the above guidelines, then the result will remain a tie.
4. 团体总分相同时, 按以下顺序处理:
- 5.4. For team events, tied scores will be handled as the following order:
(1) 团体获单项第一名多者列前。
- 5.4.1. The team that has attained more individual event with first place will be ranked higher.
(2) 团体获单项第二名多者列前, 依此类推。
- 5.4.2. The team that has attained more individual event with second places will be ranked higher, and so on and so forth.
(3) 如团体获得单项名次和数量均相同, 名次并列。
- 5.4.3. Should a tie still exist after following the above guidelines, then the result will remain a tie.

第十五条 比赛服装

Article 15 - Competition Attire

(一) 裁判员

1. Judges

裁判员须统一着装，佩戴国际武术联合会裁判员徽章。

The judges must wear the specified uniforms with their IWUF judge's badge attached.

(二) 运动员

2. Athletes

1. 比赛中运动员须穿比赛服装。

2.1. During the competition athletes must wear the competition attire.

2. 运动员上场前应向裁判长展示号码布。

2.2. The athlete should show his/her competition bib to the head judge before he/she enters the competition mat.

第十六条 比赛器械

Article 16 - Competition Weaponry

(一) 比赛时，运动员必须使用国际武术联合会认证的比赛器械。

1. During the competition, athletes must use competition equipment certified by the IWUF.

(二) 比赛器械规格要求如下：

2. The competition weaponry should adhere to the following specifications:

1. 刀、剑：左手持剑或抱刀，剑尖或刀尖不低于运动员本人耳上端，刀彩自然下垂的长度不短于 30 厘米。

2.1. Dāo (broadsword) and Jiàn (straight sword): When holding the straight sword or broadsword vertically (with the tip pointing upwards) in the left hand, the tip/apex of the straight sword or broadsword should not be lower than the upper tip of the ear. The broadsword band/ribbon, when hanging naturally, should not be shorter than 30 cm in length.

2. 南刀：左手抱刀，刀尖不低于本人下颌骨。

2.2. Nándāo (southern broadsword): When holding the broadsword vertically (with the tip pointing upwards) in the left hand, the apex of the sword should not be lower than the jaw.

3. 棍、南棍：长度不短于运动员本人身高。

2.3. Gùn (cudgel) and Nángùn (southern cudgel): The total length of the cudgel should not be shorter than the height of the competitor.

4. 枪：长度不短于运动员本人并步直立直臂上举时从脚底至中指尖的长度，枪缨长度不短于 20 厘米且不得太稀疏。

2.4. Qiāng (spear): The total length of the spear should not be shorter than the length from the floor to the tip of the athlete's middle finger of his arm extended vertically above their head while standing upright, with their feet together and legs



straight. The spear tassel should not be shorter than 20 cm in length and should not be too sparse.

5. 扇：左手持扇根部，扇首朝上，扇首不低于运动员本人肘部；扇面上端的弧形边沿不能高过扇骨顶端 1.5 厘米。

2.5. Shàn (Fan): Fan length: When holding the root of the fan vertically (with the tip/apex of the fan pointing upwards), the tip/apex of the fan must not lower than the athlete's elbow. The curved edge of the upper part of the fan should not be 1.5 cm higher than the tip of the fan's minor ribs.

第十七条 比赛音乐

Article 17 - Competition Music

规程要求配乐的项目必须在音乐伴奏下进行比赛，音乐自备。

In accordance with the regulations, for events that require accompanying music, these routines must be performed with music. Each athlete should provide his or her own music.

第十八条 比赛场地

Article 18 - Competition Area

(一) 使用国际武术联合会认证的比赛地毯。

1. Competition will take place on IWUF-approved competition mats.

(二) 个人项目（包括对练）比赛区域为长 14 米、宽 8 米的长方形区域，四周内标明 5 厘米宽的白色边线。比赛区域周围至少有 2 米宽的安全区。

2. The contest area for individual events, including Duilian (Choreographed Sparring) routines, is a rectangular area 14 meters in length by 8 meters in width, and a white line with 5 cm thick demarcates on all 4 sides. The contest area is surrounded by a safety area of at least 2 meters in width.

(三) 集体项目比赛区域为长 16 米、宽 14 米的长方形区域，四周内标明 5 厘米宽的白色边线。比赛区域周围至少有 1 米宽的安全区。

3. The contest area for Jiti (Group) routines, is a rectangular area 16 meters in length by 14 meters in width, and a white line with 5 cm thick demarcates on all 4 sides. The contest area is surrounded by a safety area of at least 1 meter in width.

(四) 比赛场地上方无障碍空间高度不低于 8 米。

4. The vertical empty space above the competition area should have a height of at least 8 meters.

(五) 相邻两个比赛场地之间的距离不少于 6 米。

5. There should be at least 6 meters of distance between the 2 competition areas.

(六) 比赛场地可高出地面 0.6~1 米。

6. The competition area may be elevated to a height between 0.6 m and 1 m.

(七) 比赛场地内的灯光照度应符合高清电视转播要求，通常不低于 1000 勒克斯。

7. The lighting in the competition venue should meet the minimum illumination requirements for high-definition TV filming and broadcast. In general, a minimum of 1000 lux is required for each field of play.

第十九条 计时计分与成绩类系统

Article 19 - Timing-Scoring and Result System

比赛时，使用国际武术联合会认证的计时记分与成绩类系统。

During the competition, Timing-Scoring and Result System certified by IWUF will be used.

第二十条 创新难度动作申报

Article 20 - Application for Recognition of Innovative Degree of Difficulty Techniques

(一) 创新原则

1. Principles of Innovation

必须符合武术运动的本质属性和运动规律，必须是自选项目“动作难度内容、等级、分值与编码表”中未出现的 B 级（含 B 级）以上的难度动作。跳跃、跌扑类创新难度动作必须含连接动作。

All Innovative Degree of Difficulty techniques must conform to the intrinsic characteristics of wushu and its technical principles of motion. They should not currently exist in the "Degree of Difficulty Techniques of Optional Routines Content, Grading, Value, or Coding" of Grade B difficulty or above. Innovative jumping or tumbling must include Degree of connections.

(二) 申报程序

2. Application Procedure

每次比赛每个套路限报一个创新难度动作（含连接动作）。申报协会必须以书面形式配以技术图解和本人演练的视频片断，在赛前 50 天报至国际武术联合会技术委员会（以到达邮戳为准）。

Application is limited to one innovative Difficulty technique (including Difficulty connections) per routine for each competition. The applying team should submit the application in written form along with a depicted technical diagram(s) and a video recording of the athlete in question performing the specific Difficulty technique. The application must be received by the International Wushu Federation Technical Committee fifty (50) days prior to the start of the competition by mail (according to the arrival date of the postmark on the mail) or email.

(三) 鉴定机构

3. Assessment Committee

由国际武术联合会技术委员会聘请有关专家 5 至 7 人组成“武术套路创新技术鉴定委员会”，负责难度鉴定工作。

The IWUF Technical Committee will appoint 5 to 7 technical experts to form the "Taolu Innovative Technique Assessment Committee" that will be responsible for assessments of the difficulties.

(四) 鉴定程序



4. Assessment Procedure

武术套路创新技术鉴定委员会依据创新原则鉴定后（须三分之二以上的委员投票通过），确定创新动作难度的命名、等级、加分分值、动作错误内容及扣分标准与编码，并及时通知申报协会。赛前还应以书面形式通知仲裁委员会和裁判员。

The Taolu Innovative Technique Assessment Committee will be responsible for evaluating the innovative Difficulty technique based on a set of innovation principles (through a minimum of a two-thirds majority vote). If the technique is approved, the committee will confirm the name, grade, value, code, and criteria for deduction. The committee will then notify the applying team in a timely manner. The committee will also notify the board of the Jury of Appeal and the Judges group in written form prior to the competition.

第二十一条 兴奋剂检测

Article 21 - Doping Control

根据国际奥林匹克委员会、世界反兴奋剂机构和国际兴奋剂检测机构的要求，并遵循国际武术联合会反兴奋剂条例规定的程序，进行兴奋剂检测。

Doping tests will be conducted in accordance with the requirements of the IOC, the World Anti-Doping Agency and the International Testing Agency and will follow the procedure prescribed in the IWUF Anti-Doping Rules.

第二章 评分方法与标准 Chapter 2 - Scoring Methods and Standards

第二十二条 有难度项目的评分方法与标准

Article 22 - Events with Degree of Difficulty Scoring Methods and Standards

(一) 评分方法

1. Scoring Methods

1. 各项目比赛的满分为 10 分（不含创新难度加分），其中动作质量的分值为 5 分、演练水平的分值为 3 分、难度的分值为 2 分（包括动作难度分值 1.4 分和连接难度分值 0.6 分）。
 - 1.1. The full score for each of the competition events is 10 points (not including bonus points for innovative techniques). This comprises of Quality of Movements valued at 5 points, Overall Performance valued at 3 points and Degree of Difficulty valued at 2 points (comprises of Degree of Difficulty technique value of 1.4 points and Degree of Difficulty connection value of 0.6 points).
2. A 组裁判员对运动员的动作错误和其他错误进行扣分。
 - 1.2. The Group A judges deduct points for technical errors and other errors committed by an athlete.
3. B 组裁判员对运动员整套动作的演练水平进行评分。
 - 1.3. The Group B judges award an Overall Performance score based on the assessment of an athlete's performance of his or her entire routine.
4. C 组裁判员对运动员是否完成动作难度和连接难度进行判断。
 - 1.4. The Group C judges make a judgement of Yes or No for Degree of Difficulty technique and Degree of Difficulty connection executed by an athlete.
5. 副裁判长对运动员演练的套路与编排要求的一致性进行检查。
 - 1.5. The Assistant Head Judge checks the athlete's routine choreography, structure, and layout for consistency and conformance with the requirements.

(二) 评分标准

2. Scoring Criteria

1. 动作质量的评分标准
 - 2.1. Quality of Movements Scoring Criteria
 - (1) 动作演练与要求不符，每出现一次扣 0.1 分。



2.1.1. Performance of techniques that do not conform to the requirements will have a deduction value of 0.1 point per occurrence.

(2) 其他错误每出现一次扣 0.05~0.3 分。

2.1.2. Deduction values for other errors are 0.05 - 0.3 points per occurrence.

2. 演练水平的评分标准

2.2. Overall Performance Scoring Criteria

按劲力、协调、节奏、编排、风格、配乐（如适用）的评分标准，演练水平分为 3 档 9 级，其中 2.51~3 分为好，1.91~2.5 分为一般，1.01~1.9 分为不好。

According to the scoring criteria for power, coordination, rhythm, choreography, style, and accompanying music (if applicable), evaluation of Overall performance is classified into 3 main classes and 9 levels, with 2.51~3 points as "Superior"; 1.91~2.5 points as "Average"; and 1.01~1.9 points as "Inferior".

3. 难度的评分标准

2.3. Degree of Difficulty Scoring Criteria

(1) 动作难度的评分标准

2.3.1. Degree of Difficulty Techniques Scoring Criteria

- 完成一个 A 级难度动作计 0.2 分，完成一个 B 级难度动作计 0.3 分，完成一个 C 级难度动作计 0.4 分。
- For each successful execution of a Degree of Difficulty technique, points will be awarded as follows:
 - A Grade Degree of Difficulty technique: 0.2 points.
 - B Grade Degree of Difficulty technique: 0.3 points.
 - C Grade Degree of Difficulty technique: 0.4 points.
- 动作难度的累计分如超过 1.4 分，按 1.4 分计算，仅限于套路中的最后一个动作难度可以降分。
- Should the cumulative total value for a routine's Degree of Difficulty techniques exceed 1.4 points, only a maximum of 1.4 points will be awarded. Only the last registered Degree of Difficulty technique executed in a routine may have its value decreased.
- 每个动作难度的分值只计算一次。
- Each Degree of Difficulty technique will only be evaluated once.
- 完成的难度动作不符合要求，不计算动作难度分。
- Degree of Difficulty techniques executed that do not meet the requirements will not be awarded points.

(2) 连接难度的评分标准

2.3.2. Degree of Difficulty Connections Scoring Criteria

- 完成一个 A 级连接难度计 0.1 分，完成一个 B 级连接难度计 0.15 分，完成一个 C 级连接难度计 0.2 分，完成一个 D 级连接难度计 0.25 分。
- For each successful execution of a Degree of Difficulty connection, the following points will be awarded:
 - A Grade Degree of Difficulty connection: 0.1 points.
 - B Grade Degree of Difficulty connection: 0.15 points.
 - C Grade Degree of Difficulty connection: 0.2 points.
 - D Grade Degree of Difficulty connection: 0.25 points.
- 连接难度的累计分如超过 0.6 分，按 0.6 分计算，仅限于套路中的最后一个连接难度可以降分。

- Should the cumulative total value for a routine's Degree of Difficulty connections exceed 0.6 points, only a maximum of 0.6 points will be awarded. Only the last registered Degree of Difficulty connection executed in a routine may have its value decreased.
- 每个连接难度的分值只计算一次。
- Each Degree of Difficulty connection's value will only be evaluated once.
- 连接动作不符合要求，不计算连接难度分。
- If Degree of Difficulty connections executed does not meet the requirements, points will not be awarded.

(3) 创新难度

2.3.3. Innovative Degree of Difficulty Techniques

- 完成一个创新的 B 级难度动作（含连接动作）加 0.1 分，完成一个创新的 C 级动作难度动作（含连接动作）加 0.15 分，完成一个创新的 D 级难度动作（含连接动作）加 0.2 分。
- For each successful execution of an Innovative Degree of Difficulty technique (including its connection), the following additional points will be awarded:
 - B Grade Innovative Degree of Difficulty technique (including its connection): 0.1 points.
 - C Grade Innovative Degree of Difficulty technique (including its connection): 0.15 points.
 - D Grade Innovative Degree of Difficulty technique (including its connection): 0.2 points.
- 比赛中没有完成创新难度动作和连接动作，不予加分。
- Innovative Degree of Difficulty techniques and Degree of Difficulty connections executed unsuccessfully in the competition, will not be awarded additional points.
- 难度分值按比赛套路的实际难度分值计算。
- The Degree of Difficulty value will be evaluated according to each routine's difficulty specifications.

4. 编排

2.4. Choreography

套路编排与要求不符，每出现一次扣 0.1~0.5 分。

Choreography that does not conform with the specifications and requirements will have a deduction value of 0.1 - 0.5 points per occurrence.

第二十三条 无难度项目（含对练和集体项目）评分方法与标准

Article 23 - Events without Degree of Difficulty including Duilian (Choreographed Sparring) Routine and Jiti (Group) Routine Scoring Methods and Standards

(一) 评分方法

1. Scoring Method

1. 各项目比赛的满分为 10 分，其中动作质量的分值为 7 分、演练水平的分值为 3 分。
 - 1.1. The full score for each of the competition events is 10 points. This comprises a value of 7 points for Quality of Movements and a value of 3 points for Overall Performance.
2. A 组裁判员对运动员的动作错误和其他错误进行扣分。



- 1.2. The Group A judges deduct points for technical errors and other errors committed by an athlete.
3. B 组裁判员对运动员整套动作的演练水平进行评分。
- 1.3. The Group B judges award an Overall Performance score based on the assessment of an athlete's performance of his or her entire routine.
4. 副裁判长对运动员演练的套路与编排要求的一致性进行检查。
- 1.4. The Assistant Head Judge checks the athlete's routine choreography, structure, and layout for consistency and conformance with the requirements.

(二) 评分标准

2. Scoring Criteria

1. 动作质量的评分标准

2.1. Quality of Movements Scoring Criteria

(1) 动作演练与要求不符, 每出现一次扣 0.1 分。

2.1.1. Performance of techniques that do not conform to the requirements will have a deduction value of 0.1 point per occurrence.

(2) 其他错误每出现一次扣 0.05~0.3 分。

2.1.2. Deduction values for other errors are 0.05 - 0.3 points per occurrence.

2. 演练水平的评分标准

2.2. Overall Performance Scoring Criteria

按劲力、协调、节奏、编排、风格、配乐 (如适用) 的评分标准, 演练水平分为 3 档 9 级, 其中 2.51~3 分为好, 1.91~2.5 分为一般, 1.01~1.9 分为不好。

According to the scoring criteria for power, coordination, rhythm, choreography, style, and accompanying music (if applicable), evaluation of Overall performance is classified into 3 main classes and 9 levels, with 2.51~3 points as "Superior"; 1.91~2.5 points as "Average"; and 1.01~1.9 points as "Inferior".

3. 编排

2.3. Choreography

套路编排与要求不符, 每出现一次扣 0.1~0.5 分。

Choreography that does not conform with the specifications and requirements will have a deduction value of 0.1 - 0.5 points per occurrence.

第二十四条 对所示分数的要求

Article 24 - Displayed Score Decimal System

(一) B 组裁判员的分数显示到小数点后两位数。

1. Scores given by Group B judges are displayed with two (2) digits after the decimal point.

(二) 演练水平的最终得分显示到小数点后三位数, 小数点三位数之后的数字无效。

2. The final score of the Overall Performance is displayed with three (3) digits after the decimal point, with any digits beyond that discarded without rounding.

第二十五条 应得分数的计算

Article 25 - Calculation of Actual Scores

(一) 有难度项目运动员应得分的计算

1. Calculation of actual Score for Events with Degree of Difficulty

动作质量分、演练水平分和难度分之和, 即为运动员的应得分。

A competitor's awarded score in Events with Degree of Difficulty is the sum of the scores the athlete has obtained for Quality of Movements (Execution), Overall Performance (Performance), and Degree of Difficulty (Difficulty).

1. 动作质量分的计算

- 1.1. Calculation of Quality of Movements Score (Execution Score)

A 组 3 名裁判员中至少 2 名对运动员演练时出现的不符合规格要求的动作或其他错误同时确认时, 按照其扣分标准进行扣分。动作质量分值减去动作质量的累计所扣分数, 为动作质量分。

During an athlete's routine performance, a minimum of 2 out of the 3 Group A judges identify and deduct for movement technique execution and/or other errors that contrast with the specifications and requirements, then the deduction is confirmed, and the respective amount is deducted. The accumulated total of such deductions shall be the actual deduction value from the full Quality of Movements value, and the remaining value will be the athlete's Quality of Movements score (Execution score).

2. 演练水平分的计算

- 1.2. Calculation of Overall Performance Score (Performance Score)

B 组 5 名裁判员对运动员整个套路的演练评定演练水平分, 中间三个分数 (去掉最高分和最低分) 的平均值为演练水平分。

The 5 Group B judges award an Overall Performance score based on the assessment of the athlete's entire routine performance. The average value of the three median judges' scores (discarding the highest and the lowest scores) will be the athlete's Overall Performance score (Performance score).

3. 难度分的计算

- 1.3. Calculation of Degree of Difficulty Score (Difficulty Score)

C 组 3 名裁判员中至少 2 名对运动员完成的难度动作或连接动作同时确认时, 按照其难度分值进行加分, 累计所加分数为难度分。

During an athlete's routine performance, a minimum of 2 out of the 3 Group C judges are needed to confirm the successful execution of the athlete's registered Degree of Difficulty techniques and/or Degree of Difficulty connections, then the Degree of Difficulty points will be awarded in line with the criteria. The athlete's Degree of Difficulty score (Difficulty score) will comprise of the sum of these confirmed Degree of Difficulty techniques and connections.



(二) 无难度项目、对练和集体项目运动员应得分的计算

2. Calculation of Actual Score for Events without Degree of Difficulty, Duilian (Choreographed Sparring) Routine and Jiti (Group) Routine

动作质量分和演练水平分之和，即为运动员（队）的应得分。

The athletes' or group's actual score comprises of the sum of their Quality of Movements score (Execution score) and Overall Performance score (Performance score).

1. 动作质量分的计算

2.1. Calculation of Quality of Movements Score (Execution Score)

A 组 3 名裁判员中至少 2 名对运动员（队）演练时出现的不符合规格要求的动作或其他错误同时确认时，按照其扣分标准进行扣分。动作质量分值减去动作质量的累计所扣分数，为动作质量分。

During an athletes' routine performance, a minimum of 2 out of the 3 Group A judges identify and deduct for movement technique execution and/or other errors that contrast with the specifications and requirements, then the deduction is confirmed, and the respective amount is deducted. The accumulated total of such deductions shall be the actual deduction value from the full Quality of Movements value, and the remaining value will be the athlete's Quality of Movements score (Execution score).

2. 演练水平分的计算

2.2. Calculation of Overall Performance Score (Performance Score)

B 组 5 名裁判员对运动员整个套路的演练评定演练水平分，中间三个分数（去掉最高分和最低分）的平均值为演练水平分。

The 5 Group B judges award an Overall Performance score based on the assessment of the athlete's entire routine performance. The average value of the three median judges' scores (discarding the highest and the lowest scores) will be the athlete's Overall Performance score (Performance score).

第二十六条 裁判长的扣分、加分与套路重做

Article 26 - Head Judge's Deductions and Awarding of Bonus Points & Routine Restart

(一) 裁判长的扣分

1. Head Judge's Deductions

1. 完成套路时间不足或超出规定的扣分

1.1. Deductions for Routine Duration Under or Exceeding Time Requirement

(1) 长拳、南拳、剑术、刀术、枪术、棍术、南刀、南棍和对练套路

1.1.1. Changquan, Nanquan, Jianshu, Daoshu, Gunshu, Qiangshu, Nandao, Nangun and Duilian (Choreographed Sparring) Routines:

套路演练时间不足或超出规定时间在 2 秒钟以内（含 2 秒钟）扣 0.1 分，在 2 秒钟以上至 4 秒钟以内（含 4 秒钟）扣 0.2 分，依次类推。

- 0.1 will be deducted for routines which are under time or over time by an amount of up to 2 seconds (including 2 seconds).

- 0.2 will be deducted for routines which are under time or over time by an amount of more than 2 seconds to 4 seconds (including 4 seconds), so on and so forth.

(2) 太极拳、太极剑、太极扇和集体项目

1.1.2. For Taijiquan, Taijijian, Taijishan Routines and Jiti (Group) Routine:

套路演练不足或超出规定时间在 5 秒钟以内 (含 5 秒钟) 扣 0.1 分, 在 5 秒钟以上至 10 秒钟以内者 (含 10 秒钟) 扣 0.2 分, 依此类推。

- 0.1 will be deducted for routines which are under time or over time by an amount of up to 5 seconds (including 5 seconds).
- 0.2 will be deducted for routines which are under time over time by an amount of more than 5 seconds to 10 seconds (including 10 seconds), so on and so forth.

2. 编排错误的扣分

1.2. Deductions for Errors of Choreography

套路编排与要求不符, 按照编排错误的扣分标准予以扣分。

Should an athlete's routine not meet the choreography requirements, point deductions will be made in accordance with the Choreography Deduction standards.

(二) 创新难度的加分

2. Awarding of Bonus Points

运动员在比赛中完成了申报的创新难度动作和连接动作, 裁判长按照创新难度加分标准予以加分。

For athletes that have successfully executed their registered Innovative Degree of Difficulty Technique and Connection in the competition, bonus points will be awarded in line with the Innovative Degree of Difficulty Bonus Points Standards.

(三) 套路重做

3. Routine Restart

1. 由于某种不可预见的客观原因 (诸如场馆停电、电子计分系统故障等), 导致比赛开始后暂时中断或运动员无法继续演练比赛套路时, 运动员可以向裁判长提出重做请求。

3.1. An event or competitor whose performance is interrupted by unforeseen circumstances (such as electrical supply interruption at the stadium, problems with the electronic scoring system etc.) The athlete may request to redo his or her routine from the Head judge.

2. 视具体情况, 经裁判长许可和总裁判长批准后, 运动员可重做一次, 不予扣分。重做也可安排在该项最后一名上场。

3.2. Depending on the actual circumstances, with the Head Judge's permission and the Chief Referee's approval, the competitor may redo his or her performance without incurring any additional deductions for restarting. The competitor may also be arranged redo his or her performance after the final competitor of the event.

第二十七条 最后得分的计算

Article 27 - Calculation of Final Score



(一) 有难度项目

1. Events with Degree of Difficulty

裁判长从运动员的应得分中减去“裁判长的扣分”，加上“创新难度的加分”，为运动员的最后得分。

An athlete's final score is calculated by deducting any Head Judge's deductions and/or adding any points achieved for the successful execution of registered Innovative Degree of Difficulty Techniques and Connections to the athlete's actual score. The remaining value is the final score.

(二) 无难度项目、对练和集体项目

2. Events Without Degree of Difficulty, Duilian (Choreographed Sparring) Routine and Jiti (Group) Routine

裁判长从运动员（队）的应得分中减去“裁判长的扣分”，为运动员（队）的最后得分。

The final score of the athlete (team) is determined by deducting any Head judge's deductions from the actual score of the athlete (team). The remaining value is the final score.

第三章 自选套路规定内容 Chapter 3 - Optional Routine Compulsory Content

第二十八条 自选套路规定内容的要求

Article 28 - Optional Routine Compulsory Content Requirements

自选套路规定的内容不包括难度动作和连接动作中出现的动作。

The required compulsory content in optional routines does not comprise of the techniques an athlete has executed in his or her Degree of Difficulty techniques and/or Degree of Difficulty connections.

第二十九条 自选长拳、剑术、刀术、枪术、棍术套路规定内容

Article 29 - Optional Changquan, Jianshu, Daoshu, Qiangshu and Gungshu Routine Compulsory Content

(一) 长拳：至少包括拳、掌、勾三种手型，三种拳法，两种掌法，一种进攻性肘法，弓步、马步、仆步、虚步、歇步五种步型，直摆、屈伸、扫转三种腿法，一种持久性平衡。

1. Changquan shall contain at minimum the following:

- Three (3) hand shapes/forms comprising of Quán (Fist), Zhǎng (Palm), and Gōu (Hook).
- Three (3) techniques employing a fist.
- Two (2) techniques employing a palm.
- One (1) offensive elbow technique.
- Five (5) stances comprising of Gōng Bù (Bow Stance), Mǎ Bù (Horse Stance), Pū Bù (Crouching Stance), Xū Bù (Empty Stance), Xiē Bù (Cross-Legged Crouching Stance).
- Three (3) leg techniques comprising of leg swinging techniques/methods with the leg straight, flexion to extension, and sweep.
- One (1) extended balance technique.

(二) 剑术：至少包括刺剑、挂剑、撩剑、点剑、劈剑、崩剑、截剑、剪腕花八种剑法，其中必须有完整的左右挂剑接背后穿挂剑；弓步、马步、仆步、虚步、歇步五种步型；一种持久性平衡。

2. Jianshu shall contain at minimum the following:

- Eight (8) straight sword techniques comprising of Cì Jiàn (Straight Sword Thrust), Guà Jiàn (Straight Sword Hooking Parry), Liāo Jiàn (Straight Sword Upper-cut), Diǎn Jiàn (Straight Sword Pointing), Pī Jiàn (Straight Sword Chop), Bēng Jiàn (Upward Sword Tilt), Jié Jiàn (Straight Sword Intercept), Jiǎn Wǎn Huā (Straight Sword Figure "8"). One (1) of these must include one full set of Guà Jiàn (Straight Sword Hooking Parry) on the left and right connected with Chuān Guà Jiàn (Straight Sword Hooking Parry with Pierce) behind the back.
- Five (5) stances comprising of Gōng Bù (Bow Stance), Mǎ Bù (Horse Stance), Pū Bù (Crouching Stance), Xū Bù (Empty Stance), Xiē Bù (Cross-Legged Crouching Stance).
- One (1) extended balance technique.



(三) 刀术: 至少包括缠头刀、裹脑刀、劈刀、扎刀、斩刀、挂刀、云刀、背花刀八种刀法, 其中必须有完整的缠头裹脑刀; 弓步、马步、仆步、虚步、歇步五种步型。

3. Daoshu shall contain at minimum the following:

- Eight (8) broadsword techniques comprising of Chán Tóu Dāo (Broadsword Twining), Guǒ Nǎo Dāo (Wrapping with the Broadsword), Pī Dāo (Broadsword Chop), Zhā Dāo (Broadsword Thrust), Zhǎn Dāo (Broadsword Hack), Guà Dāo (Broadsword Hooking Parry), Yún Dāo (Broadsword Cloud Waving), Bèi Huā Dāo (Broadsword Wrist Figure 8 Behind the Back). One (1) of these must include one full set of Chán Tóu Dāo (Broadsword Twining) Guǒ Nǎo Dāo (Wrapping with the Broadsword).
- Five (5) stances comprising of Gōng Bù (Bow Stance), Mǎ Bù (Horse Stance), Pū Bù (Crouching Stance), Xū Bù (Empty Stance), Xiē Bù (Cross-Legged Crouching Stance).

(四) 枪术: 至少包括拦枪、拿枪、扎枪、穿枪、崩枪、点枪、舞花枪、挑把八种枪法, 其中必须有连续 3 个一次性完成的拦、拿、扎枪; 弓步、马步、仆步、虚步、歇步五种步型。

4. Qiangshu shall contain at minimum the following:

- Eight (8) spear techniques comprising of Lán Qiāng (Outward Blocking with the Spear), Ná Qiāng (Inward Blocking with the Spear), Zhā Qiāng (Spear Thrust), Chuān Qiāng (Spear Piece), Bēng Qiāng (Spear Tilt), Diǎn Qiāng (Spear Pointing), Wǔ Huā Qiāng (Vertical Figure "8" with the Spear), Tiǎo Bǎ (Upwards Handle Strike). One (1) of these must include a set of three continuous connected Lán Qiāng (Outward Blocking with the Spear), Ná Qiāng (Inward Blocking with the Spear), Zhā Qiāng (Spear Thrust) combinations.
- Five (5) stances comprising of Gōng Bù (Bow Stance), Mǎ Bù (Horse Stance), Pū Bù (Crouching Stance), Xū Bù (Empty Stance), Xiē Bù (Cross-Legged Crouching Stance).

(五) 棍术: 至少包括平抡棍、劈棍、云棍、崩棍、绞棍、戳棍、舞花棍、提撩花棍八种棍法, 其中必须有连续 3 个一次性完成的双手提撩花棍; 弓步、马步、仆步、虚步、歇步五种步型。

5. Gunshu shall contain at minimum the following:

- Eight (8) cudgel techniques comprising of – Píng Lún Gùn (Horizontal Cudgel Windmill Wave), Pī Gùn (Cudgel Chop), Yún Gùn (Cudgel Cloud Waving), Bēng Gùn (Cudgel Tilt), Jiǎo Gùn (Cudgel Enveloping), Chuō Gùn (Cudgel Poke), Wǔ Huā Gùn (Vertical Figure 8 with the Cudgel), Tí Liǎo Huā Gùn (Two-handed Vertical Cudgel Uppercut). One (1) of these must include a set of three continuous connected revolutions of Shuāng Shǒu Tí Liǎo Huā Gùn (Two-handed Vertical Cudgel Uppercut).
- Five (5) stances comprising of Gōng Bù (Bow Stance), Mǎ Bù (Horse Stance), Pū Bù (Crouching Stance), Xū Bù (Empty Stance), Xiē Bù (Cross-Legged Crouching Stance).

第三十条 自选南拳、南刀、南棍套路规定内容

Article 30 - Optional Nanquan, Nandao, Nangun Routine Compulsory Content

(一) 南拳: 至少包括虎爪一种手型; 挂盖拳、抛拳两种拳法; 滚桥一种桥法; 弓步、马步、仆步、虚步、蝶步、骑龙步六种步型; 麒麟步一种步法; 横钉腿一种腿法。

1. Nanquan shall contain at minimum the following:

- One (1) hand shape/form of Hǔ Zhǎo (Tiger's Claw).
- Two (2) fist techniques comprising of Guà Gài Quán (Hanging & Covering/Capping Fist), Pào Quán (Tossing Punch).
- One (1) bridge technique (Qiáo Fǎ) of Gǔn Qiáo (Rolling Bridge).

- Six (6) types of stances comprising of Gōng Bù (Bow Stance), Mǎ Bù (Horse Stance), Pū Bù (Crouching Stance), Xū Bù (Empty Stance), Dié Bù (Butterfly Stance), Qí Lóng Bù (Dragon Riding Stance).
- One (1) footwork technique comprising of Qí Lín Bù (Kirin Steps).
- One (1) leg technique comprising of Héng Dīng Tuǐ (Horizontal Nail Kick).

(二) 南刀：至少包括缠头刀、裹脑刀、劈刀、抹刀、格刀、截刀、扫刀、剪腕花刀八种刀法；弓步、马步、仆步、虚步、蝶步、骑龙步六种步型；麒麟步一种步法；横钉腿一种腿法。

2. Nandao shall contain at minimum the following:

- Eight (8) broadsword techniques comprising of Chán Tóu Dāo (Broadsword Twining), Guǒ Nǎo Dāo (Wrapping with the Broadsword), Pī Dāo (Broadsword Chop), Mǒ Dāo (Broadsword Slicing), Gé Dāo (Broadsword Parry), Jié Dāo (Broadsword Intercept), Sǎo Dāo (Broadsword Sweeping), Jiǎn Wàn Huā Dāo (Broadsword Figure 8).
- Six (6) types of stances comprising of Gōng Bù (Bow Stance), Mǎ Bù (Horse Stance), Pū Bù (Crouching Stance), Xū Bù (Empty Stance), Dié Bù (Butterfly Stance), Qí Lóng Bù (Dragon Riding Stance).
- One (1) footwork technique comprising of Qí Lín Bù (Kirin Steps).
- One (1) leg technique comprising of Héng Dīng Tuǐ (Horizontal Nail Kick).

(三) 南棍：至少包括劈棍、崩棍、绞棍、滚压棍、格棍、击棍、顶棍、抛棍八种棍法；弓步、马步、仆步、虚步、蝶步、骑龙步六种步型；麒麟步一种步法；横钉腿一种腿法。

3. Nangun shall contain at minimum the following:

- Eight (8) cudgel techniques comprising of Pī Gùn (Cudgel Chop), Bēng Gùn (Cudgel Tilt), Jiǎo Gùn (Cudgel Enveloping), Gǔn Yā Gùn (Cudgel Rolling Press), Gé Gùn (Cudgel Parry), Jī Gùn (Horizontal Cudgel Strike), Dǐng Gùn (Cudgel Handle Planting), Pāo Gùn (Upward Cudgel Strike).
- Six (6) types of stances comprising of Gōng Bù (Bow Stance), Mǎ Bù (Horse Stance), Pū Bù (Crouching Stance), Xū Bù (Empty Stance), Dié Bù (Butterfly Stance), Qí Lóng Bù (Dragon Riding Stance).
- One (1) footwork technique comprising of Qí Lín Bù (Kirin Steps).
- One (1) leg technique comprising of Héng Dīng Tuǐ (Horizontal Nail Kick).

第三十一条 自选太极拳、太极剑、太极扇套路规定内容

Article 31 - Optional Taijiquan, Taijijian, Taijishan Routine Compulsory Content

(一) 太极拳：至少包括揽雀尾、左右野马分鬃、左右搂膝拗步、云手、左右穿梭、掩手肱捶、左右倒卷肱、搬拦捶八种动作；弓步、仆步、虚步三种步型；两种腿法。

1. Taijiquan shall contain at minimum the following:

- Eight (8) techniques comprising of Lǎn Què Wěi (Grasp the Peacock's Tail), Zuǒ Yòu Yě Mǎ Fēn Zōng (Part the Wild Horse's Mane to the Left and Right), Zuǒ Yòu Lōu Xī Ào Bù (Brush Knee with Bent Step to the Left and Right), Yún Shǒu (Cloud Hands Wave), Chuān Suō (Work the Shuttle to the Left and Right), Yǎn Shǒu Gōng Chuí (Strike with Concealed Fist), Zuǒ Yòu Dào Juǎn Gōng (Retreat with Arms Curling to the Left and Right), Bān Lán Chuí (Deflect, Parry and Punch).
- Three (3) stances comprising of Gōng Bù (Bow Stance), Pū Bù (Crouching Stance), Xū Bù (Empty Stance).
- Two (2) different leg techniques.



(二) 太极剑：至少包括刺剑、左右挂剑、撩剑、点剑、劈剑、截剑、抹剑、绞剑八种剑法，弓步、仆步、虚步三种步型。

2. Taijijian shall contain at minimum the following:

- Eight (8) sword techniques comprising of Cì Jiàn (Straight Sword Thrust), Zuǒ Yòu Guà Jiàn (Straight Sword Hooking Parry to the Left and Right), Liāo Jiàn (Straight Sword Uppercut), Diǎn Jiàn (Straight Sword Pointing), Pī Jiàn (Straight Sword Chop), Jié Jiàn (Straight Sword Intercept), Mǒ Jiàn (Straight Sword Slicing), Jiǎo Jiàn (Straight Sword Enveloping).
- Three (3) stances comprising of Gōng Bù (Bow Stance), Pū Bù (Crouching Stance), Xū Bù (Empty Stance).

(三) 太极扇：至少包括开扇、合扇、刺扇、挂扇、撩扇、点扇、劈扇、抛接扇八种扇法，弓步、仆步、虚步三种步型。

3. Taijishan shall contain at minimum the following:

- Eight (8) fan techniques comprising of Kāi Shàn (Fan Opening), Hé Shàn (Fan Closing), Cì Shàn (Fan Thrust), Guà Shàn (Fan Hooking Parry), Liāo Shàn (Fan Uppercut), Diǎn Shàn (Fan Dotting), Pī Shàn (Fan Smack), Pāo Jiē Shàn (Fan Toss/Throw & Catch).
- Three (3) stances comprising of Gōng Bù (Bow Stance), Pū Bù (Crouching Stance), Xū Bù (Empty Stance).

第三十二条 对练套路规定内容

Article 32 - Duilian (Choreographed Sparring) Routine Compulsory Content

(一) 徒手对练：至少包括三种拳法、两种掌法、五种腿法和两种跌法。

1. Bare-hand Duilian (choreographed sparring) routines shall contain at minimum the following:

- Three (3) types of fist techniques.
- Two (2) types of palm techniques.
- Five (5) types of leg techniques.
- Two (2) types of break-fall methods.

(二) 器械对练：至少包括六种器械方法、两种腿法和一种跌法。

2. Weapon Duilian (choreographed sparring) routines shall contain at minimum the following:

- Six (6) types of weapon techniques.
- Two (2) types of leg techniques.
- One (1) type of break-fall method.

(三) 徒手与器械对练：至少包括三种拳法、四种器械方法和两种跌法。

3. Bare-hand vs. Weapon Duilian (choreographed sparring) routines shall contain at minimum the following:

- Three (3) types of fist techniques.
- Four (4) types of weapon techniques.
- Two (2) types of break-fall methods.

第三十三条 集体项目规定内容

Article 33 - Jiti (Group) Routine Compulsory Content

至少包括五种手法或器械方法、五种步型、四种不同类型的腿法、三种跳跃和五种不同图案的队形。

Jiti (Group) Routine content shall contain at minimum the following:

- Five (5) types of hand/fist techniques or weapon techniques.
- Five (5) types of stances.
- Four (4) types of leg techniques.
- Three (3) types of jumping techniques.
- At minimum five (5) differing types of altering pattern formations.

第四章 比赛服装的款式及规格

Chapter 4 - Competition Attire Types and Specifications

第三十四条 长拳、刀术、剑术、枪术、棍术、对练比赛服装的款式及规格

Article 34 - Changquan, Daoshu, Jianshu, Qiangshu, Gunshu, Duilian (Choreographed Sparring) Competition Attire Types and Specifications

(一) 上衣

1. Tops

上衣为中式立领、短袖（长袖均为灯笼袖，袖口为紧口），男子上衣为对襟有七对直襟，女子上衣为半开对襟有三对直襟或全开对襟有七对直襟，周身有1厘米的边。

- Chinese style top with a mandarin collar and short sleeves. Long sleeves should comprise of two even lantern type sleeves with tight cuff fasteners.
- Men's tops should feature a fully-openable front fastened with seven toggle-type buttons.
- Women's tops should feature either a half or fully-openable front fastened with either three or seven toggle-type buttons, respectively.
- Tops should have a 1 cm trim throughout the entire garment.



(二) 裤子

2. Pants

裤子为灯笼裤，松紧腰，横、立裆要适宜。

- Pants should have loose lantern-type pant-legs and an elastic waistband.
- Pants should be of a suitable size for ease of movement.



(三) 腰巾和腰带

3. Accessories

腰部配戴软腰巾或硬腰带。

A soft sash or solid belt shall be worn around the waist.

第三十五条 南拳、南刀、南棍项目比赛服装的款式及规格

Article 35 - Nanquan, Nandao, Nangun Competition Attire Types and Specifications

(一) 上衣

1. Tops

上衣为中式无领、对襟，男子上衣为无袖，女子上衣为短袖，均有七对直襟，周身有 1 厘米的边。

- A collarless top with a fully openable front that shall be fastened with seven toggle-type buttons.
- Men's tops should be sleeveless.
- Women's tops should have short sleeves.
- Tops should have a 1 cm trim throughout the entire garment.



(二) 裤子

2. Pants

裤子为灯笼裤，松紧腰，横、立裆要适宜。

- Pants should have loose lantern-type pant-legs and an elastic waistband.
- Pants should be of a suitable size for ease of movement.



(三) 腰巾和腰带

3. Accessories

腰部配戴软腰巾或硬腰带。

A soft sash or solid belt shall be worn around the waist.

第三十六条 太极拳、太极剑、太极扇项目比赛服装的款式及规格

Article 36 - Taijiquan, Taijijian, Taijishan Competition Attire Types and Specifications

(一) 上衣

1. Tops

上衣为中式立领、对襟、长袖，有七对直襟，灯笼袖，袖口为紧口。上衣底边位置不超过本人直臂下垂时中指指尖，周身有 1 厘米的边。

- Chinese style top with a mandarin collar and long sleeves. Sleeves should comprise of two even lantern type sleeves with tight cuff fasteners.
- Tops should feature a fully-openable front fastened with seven toggle-type buttons.
- The bottom of the jacket should not surpass the competitor's middle fingers when his or her arms are held straight down at the sides of the body.
- Tops should have a 1 cm trim throughout the entire garment.



(二) 裤子

2. Pants

裤子为灯笼裤，松紧腰，横、立裆要适宜。

- Pants should have loose lantern-type pant-legs and an elastic waistband.
- Pants should be of a suitable size for ease of movement.

第三十七条 信仰伊斯兰教女运动员的比赛服装

Article 37 - Attire for Female Athletes of the Islamic Faith

(一) 国际武联允许有伊斯兰信仰的女运动员穿着规定的伊斯兰比赛服装参加比赛，并且不得有选择性地单独穿戴其中一部分，比赛服装规定如下：

1. For female competitors who are of the Islamic faith, the IWUF has permitted such competitors to wear the stipulated Islamic competition attire and may not selectively wear some of them separately. The requirements and regulations of the Islamic competition attire are as follows:
 1. 长袖上衣外面穿着短袖比赛服装（适用于运动员需要穿着短袖上衣的所有比赛）。
 - 1.1. Long sleeve top underneath short-sleeve taolu uniform (for all events in which the competitor is required to wear a short-sleeved top).
 2. 配戴头巾（适合所有比赛）。
 - 1.2. Head scarf (for all events).
 3. 长袖上衣和头巾的颜色必须相同，并且与比赛服装或服饰的总体色调相一致。
 - 1.3. The long sleeve top and head scarf must be of the same color. The color should be the same as either the taolu uniform's overall color or that of the color of its permitted trim.



(二) 运动员穿着的伊斯兰比赛服装不符合上述规定，仲裁委员会有权拒绝其参加比赛。

2. Should the Islamic competitor's attire fail to conform to the above, the Jury of Appeals has the authority to deny their participation in the event.

第三十八条 比赛服装的其它规定

Article 38 - Other Stipulation of Competition Attire

(一) 各款式比赛服装面料、颜色可任选。

1. The fabric type and color of the competition attire may be selected by the competitor.

(二) 比赛服装表面可以刺绣或印制图案。

2. The competition attire may also include embroidery and/or print on it.

第五章 礼仪

Chapter 5 - Etiquette and Protocol

第三十九条 敬礼

Article 39 - Salutes

(一) 抱拳礼

1. Details of Palm and Fist Salute

并步站立；左掌右拳在胸前相抱，左指根线与右拳棱相齐，高与胸齐；拳、掌与胸部的距离为 20~30 厘米。

- Stand upright with the feet next to each other.
- The left hand forms a palm and the right hand forms a fist, which are pressed together and held in front of the chest.
- The face of the right fist is pressed into the center of the left palm.
- The hands are held at chest height at a distance of 20-30 cm away from the body.



(二) 抱刀礼

2. Details of Salute with Broadsword

并步站立；左手抱刀，屈臂抬起使刀横于胸前，刀刃向上；右手成掌，掌心附于左手拇指第一指节上，高与胸齐；两手与胸部的距离为 20~30 厘米。

- Stand upright with the feet next to each other.
- The broadsword is held in the left hand with the elbow bent and the blade horizontally across the chest with the sharp edge facing up.
- The first joint of the left thumb is pressed into the center of the right palm. The hands are held 20-30 cm in front of the chest.

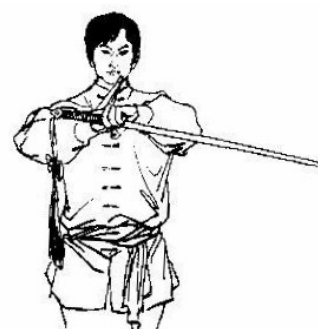


(三) 持剑礼

3. Details of Salute with Straight Sword

并步站立；左手持剑，屈臂抬起使剑身贴前臂外侧斜横于胸前；右手成掌，掌外沿附于左手食指根节，高与胸齐；两手与胸部的距离为 20~30 厘米。

- Stand upright with the feet next to each other.
- The straight sword is held in the left hand with the elbow bent and the blade horizontally across the chest with the flat side in contact with the outer portion (ulna) of the left forearm.
- The base knuckle of the left index finger is pressed into the center of the right palm.



The hands are held 20-30 cm in front of the chest.

(四) 持枪(棍)礼

4. Details of Salute with Spear or Cudgel

并步站立；右手持枪(棍)靠把端约三分之一处，屈臂置于胸前，枪(棍)身直立；左手成掌，掌外沿附于右手拇指第二指节上；两手与胸部的距离为20~30厘米。

- Stand upright with the feet next to each other.
- The right hand grips the handle portion of the spear or cudgel 1/3 of the way up the shaft with the elbow bent and the weapon held vertically in front of the chest.
- The left hand forms an open palm and the first joint of the left thumb is pressed into the center of the right palm. The hands are held 20-30 cm in front of the chest.



(五) 持扇礼

5. Details of Salute with Fan

并步站立；左手持扇，屈臂抬起使扇骨贴前臂外侧斜横于胸前；右手成掌，掌外沿附于左手食指根节，高与胸齐，两手与胸部的距离为20~30厘米。

- Stand upright with the feet next to each other.
- The left hand grips the handle portion of the fan, and lift the left arm so that the fan ribs is touching the outside of the forearm, placed it diagonally across the chest.
- Form a palm with the right hand. The base knuckle of the left index finger is pressed against the outer edge of the right palm. The hands are held 20-30 cm in front of the chest.



(六) 持双器械礼

6. Salute with Double Apparatus Details

并步站立；一手持握两把器械，行抱刀礼或持剑礼、持枪(棍)礼；若不能一手持握器械，则应两手持械面向裁判长立正行注目礼。

- Stand upright with the feet next to each other.
- Two apparatus should be held together in one hand as in a salute with broadsword, sword, spear or cudgel above.
- If this is impractical, the apparatus may be held in both hands and while looking at the head judge in the eyes as a way of salute.

第四十条 其他礼节

Article 40 - Other Etiquette and Protocol Details

- (一) 当检录员检查器械或裁判长要求检查器械时，若是短器械，运动员应将器械尖朝下，竖直递上；若是长器械，运动员则应将器械梢(尖)朝上，竖直递上。

1. Roll-call Official Inspecting an Apparatus



- For short apparatus the competitor should hand it vertically to the official with the tip of the weapon pointing downwards.
- For long apparatus the competitor should hand it vertically to the official upright with the tip of the weapon pointing upwards.

(二) 其他器械参照以上各种礼仪执行。

2. For other apparatus refer to the above etiquette.

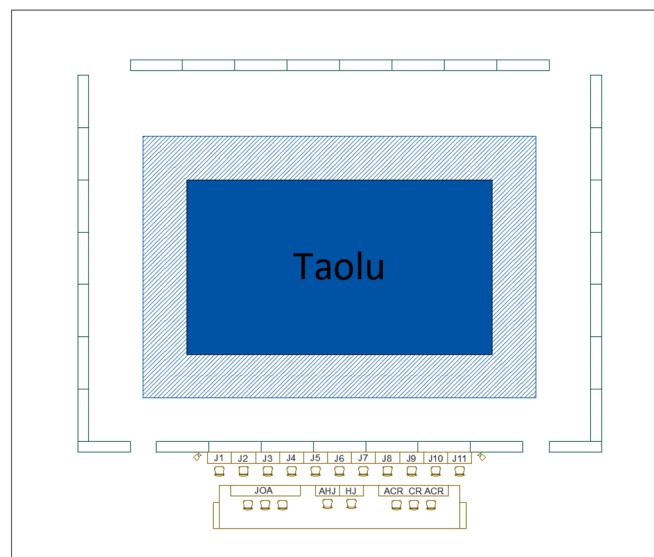
第六章 比赛场地布局与裁判员座位 Chapter 6 - Field of Play Layout and Judges Seats

第四十一条 比赛场地布局

Article 41 - Field of Play Layout

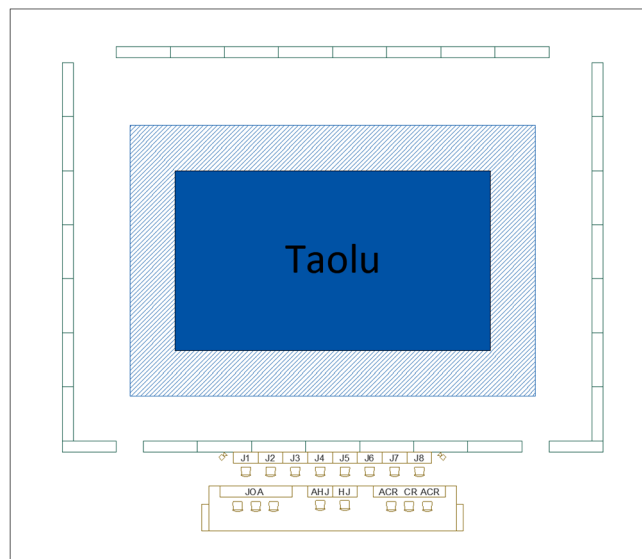
(一) 有难度项目比赛场地布局

1. FOP Layout for Events with Degree of Difficulty.



(二) 无难度项目（含对练和集体项目）比赛场地布局

2. FOP Layout for Events without Degree of Difficulty including Duilian (Choreographed Sparring) Routine and Jiti (Group) Routine.





第四十二条 裁判员座位

Article 42 - Judges Seats

(一) 有难度项目裁判员座位

1. Judges Seats for Events with Degree of Difficulty

1. J1、J5、J9 为 A 组裁判员座位，J2、J4、J6、J8、J10 为 B 组裁判员座位，J3、J7、J11 为 C 组裁判员座位。

1.1. J1、J5、J9 indicate the seating location for the Group A (Quality of Movements) judges. J2, J4, J6, J8, J10 indicate the seating location for the Group B (Overall Performance) judges. J3, J7, J11 indicate the seating location for the Group C (Degree of Difficulty) judges.

2. HJ 为裁判长座位，AHJ 为副裁判长座位。无计时记分系统时，记录员坐在裁判长旁边。

1.2. HJ indicates the seating location of the Head Judge. AHJ indicates the seating location of the Assistant Head Judge. When not utilizing a Timing-Scoring System, seated on the side of the Head Judge will be the Score Recorder.

3. CR 为总裁判长座位，ACR 为总副裁判长座位。

1.3. CR indicates the seating location of the Chief Referee. ACR indicates the seating location of the Assistant Chief Referee.

4. JOA 为仲裁委员会座位。

1.4. JOA indicates the seating location of the Jury of Appeals.

(二) 无难度项目（含对练和集体项目）裁判员座位

2. Judges Seats for Events without Degree of Difficulty including Duilian (Choreographed Sparring) and Jiti (Group Routine) Events

1. J1、J3、J5、J7、J8 为 B 组裁判员座位，J2、J4、J6 为 A 组裁判员座位。

1.1. J1、J3、J5、J7、J8 indicate the seating location for the Group B (Overall Performance) judges. J2, J4, J6 indicate the seating location for the Group A (Quality of Movements) judges.

2. HJ 为裁判长座位，AHJ 为副裁判长座位。无计时记分系统时，记录员坐在裁判长旁边。

1.2. HJ indicates the seating location of the Head Judge. AHJ indicates the seating location of the Assistant Head Judge. When not utilizing a Timing-Scoring System, seated on the side of the Head Judge will be the Score Recorder.

3. CR 为总裁判长座位，ACR 为副总裁判长座位。

1.3. CR indicates the seating location of the Chief Referee. ACR indicates the seating location of the Assistant Chief Referee.

4. JOA 为仲裁委员会座位。

1.4. JOA indicates the seating location of the Jury of Appeals.

(三) 裁判台

3. Judges Stage/Platform

1. 一块竞赛场地

1.1. One Field of Play

(1) 裁判台分前后两排布局, 两排前后相距 120 厘米至 150 厘米, 后排高出前排 40 厘米。

1.1.1. The judges seating will be separated into two (2) rows with a distance of 120 cm to 150 cm between each row. The back row will be elevated 40cm higher than the front row.

(2) 仲裁委员会、总裁判长、副总裁判长、裁判长坐在同一排。

1.1.2. The Jury of Appeals, the Chief Referee, the Assistant Chief Referees and the Head Judge will be seated in the same row.

2. 两块(多块)竞赛场地

1.2. Two (or more) Fields of Play

仲裁委员会、总裁判长、副总裁判长坐在位于比赛场地之间的台上同一排。

The Jury of Appeals, the Chief Referee and the Assistant Chief Referees will be seated in the same row on the stage in the middle between the Fields of Play.



第七章 仲裁委员会 Chapter 7 - Jury of Appeals

第四十三条 仲裁委员会组成

Article 43 - Composition of the Jury of Appeals

仲裁委员会由主任 1 人、委员 2 人组成。

The Jury of Appeals comprises of one (1) Chairman and two (2) members.

第四十四条 仲裁委员会职责

Article 44 - Duties of the Jury of Appeals

(一) 接受运动队的申诉，并及时做出裁决。

1. Receives team appeals and makes decisions in a timely manner.

(二) 仲裁人员不参与与本人所在会员协会有牵连问题的讨论与表决。

2. Members of the Jury of Appeals may not participate in or vote on issues related to their own association or federation.

(三) 根据需要，仲裁委员会可邀请有关人员参加审议，受邀人员无表决权。

3. As deem necessary, the Jury of Appeals may invite relevant individuals to participate in deliberations. The Invited individuals do not have any voting rights.

(四) 表决投票相等时，仲裁委员会主任有最终决定权。

4. In case of a tie vote, the chairman of the Jury of Appeals has the right to make the final decision.

(五) 仲裁委员会的裁决为最终裁决。

5. All Jury of Appeals' decisions and rulings are final.

第八章 裁判员 Chapter 8 - Judges

第四十五条 裁判员组成

Article 45 - Composition of Judges

(一) 总裁判长 1 人，副裁判长 1~2 人。

1. Chief Referee x 1; Assistant Chief Referee(s) x 1 - 2.

(二) 评分裁判员

2. Scoring Judges

1. 有难度项目（每个比赛场地）：裁判长 1 人、副裁判长 1 人、A 组动作质量裁判员 3 人、B 组演练水平裁判员 5 人、C 组难度裁判员 3 人，共 13 人组成。

1.1. For each Field of Play with Events with Degree of Difficulty (13 people in total):

- Head Judge x 1
- Assistant Head Judge x 1
- Group A (Quality of Movements) Judges x 3
- Group B (Overall Performance) Judges x 5
- Group C (Degree of Difficulty) Judges x 3

2. 无难度项目、对练、集体项目（每个比赛场地）：裁判长 1 人、副裁判长 1 人、A 组动作质量裁判员 3 人、B 组演练水平裁判员 5 人，共 10 人组成。

1.2. For each Field of Play with Events without Degree of Difficulty, Duilian (Choreographed Sparring) Routine, and Jiti (Group) Routine (10 people in total)

- Head Judge x 1
- Assistant Head Judge x 1
- Group A (Quality of Movements) Judges x 3
- Group B (Overall Performance) Judges x 5

(三) 编排记录组：编排记录长 1 人、编排记录员 3~4 人，共 4~5 人组成。无计时记分系统时，每个比赛场地需设记录员 1 人。

3. Schedule-Recording Group (4 - 5 people in total):

- Chief Scheduler-Recorder x 1.
- Scheduler-Recorders x 3 - 4.

When not utilizing a Timing-Scoring System, a Score Recorder (1 people) must be utilized for each Field of Play.

(四) 检录组：检录长 1 人、检录员 3~6 人，共 4~7 人组成。



4. Registration Group (4 - 7 people in total):

- Chief Registrar x 1.
- Roll Call Officials x 3 - 6.

第四十六条 裁判员职责

Article 46 - Duties of Judges

(一) 总裁判长

1. Chief Referee

1. 组织领导裁判工作，保证规则和规程的执行。

1.1. Leads the work of all competition officials in a supervisory capacity and ensures that all rules and regulations are implemented correctly.

2. 解释规则和规程，但无权修改规则和规程。

1.2. Explains the rules and regulations but may not alter them.

3. 在比赛过程中，根据比赛需要可调动裁判员工作；裁判员发生严重错误时，有权处理。

1.3. May replace judges during the course of competition, if necessary; Has the right to take disciplinary actions against judges who have committed serious errors.

4. 对运动员或教练员在赛场上无理纠缠，有权给予警告；对不听劝告者，有权建议监督委员会严肃处理，直到取消比赛成绩。

1.4. May issue warnings to competitors and/or coaches who are causing trouble at the competition site and, should the competitor(s) and/or coach(es) refuse to conform, may propose to the Supervisory Commission to take appropriate action, which may include cancellation of competition results.

5. 审核并宣布比赛成绩，做好裁判工作总结。

1.5. Reviews and announces competition results and compiles a summary of the judging group's work.

(二) 副总裁判长

2. Assistant Chief Referee

1. 协助总裁判长工作。

1.1. Assists the Chief Referee with his or her related tasks.

2. 在总裁判长缺席时，由一名副总裁判长代行其职责。

1.2. May act on behalf of the Chief Referee in case of their absence.

(三) 裁判长

3. Head Judge

1. 组织裁判培训，实施裁判工作。

1.1. Is responsible for leading the judges' refresher course/training and overseeing judges' performance.

2. 执行对运动员套路完成时间不足或超出规定、以及编排的扣分，执行对运动员完成创新难度的加分。

1.2. May deduct points should a routine duration be under or over time and/or for choreography errors; May award bonus points for approved Innovative Degree of Difficulty Techniques.

3. 评分裁判员发生严重的评判错误时，可向总裁判长建议给予相应的处理。

1.3. Advises the Chief Referee to take disciplinary action against a judge who has committed serious errors.

(四) 副裁判长

4. Assistant Head Judge

1. 协助裁判长工作。

1.1. Performs all tasks as assigned by the Head Judge.

2. 执行对运动员演练的套路内容与编排要求一致性的检查和套路完成时间的计时。

1.2. Performs the overall evaluation of the conformity of the requirements of the routine's content and choreography and check the duration of the routine performed by the athlete

(五) A、B、C 组裁判员

5. Group A, B and C Judges

1. 参加裁判培训，做好准备工作。

1.1. Participates in the judges' refresher courses/training and diligently completes all preparation work.

2. 执行规则，独立评分，并做详细记录。

1.2. Implements the rules, and judges independently and free from conflicts of interest in conformity with the rules, while keeping a detailed record.

3. A 组裁判员执行运动员整套动作质量的评分。

1.3. Group A Judges are responsible for evaluating the Quality of Movements of a competitor's performance routine.

4. B 组裁判员执行运动员整套演练水平的评分。

1.4. Group B Judges are responsible for evaluating the Overall Performance of a competitor's performance routine.

5. C 组裁判员执行运动员整套难度的评分。

1.5. Group C Judges are responsible for evaluating the registered Degree of Difficulty of a competitor's performance routine.

(六) 编排记录长



6. Chief Scheduler-Recorder

1. 负责编排记录工作，确保竞赛数据的准确性。
 - 1.1. Is responsible for all recording work and ensures all competition data and records are accurate.
2. 组织审核报名数据，编排秩序册。
 - 1.2. Reviews and confirms registration data and prepares the competition program accordingly.
3. 组织抽签，确定运动员比赛顺序。
 - 1.3. Organizes the Drawing of Lots Ceremonies.
4. 准备竞赛表格，审核比赛成绩，排列名次。
 - 1.4. Prepares all competition forms and competition start lists, reviews each event's results, and prepares ranking lists.
5. 监督计时记分系统人员做好准备工作，确保现场系统测试成功。
 - 1.5. Oversees the preparation work of the Timing-Scoring and Result System operators, as well as ensures successful on-site system tests.
6. 根据要求编排成绩册。
 - 1.6. Prepares the results in line with the requirements.

(七) 检录长

7. Chief Registrar

1. 组织安排检录工作，确保比赛按时进行。
 - 1.1. Organizes and prepares roll-call, ensuring competition sessions start on time.
2. 组织参加颁奖仪式运动员的检录工作。
 - 1.2. Organizes the Awards Ceremony and leads the roll-call for attending athletes.

(八) 编排记录员

8. Scheduler-Recorder

按照编排记录长分配的任务进行工作。

Performs all tasks of the schedule and record as assigned by the Chief Scheduler-Recorder.

(九) 记录员

9. Score Recorder

1. 记录每位裁判员的评判结果，确保记录数据准确无误。

1.1. Records each judge's scoring results and ensures all competition data recorded are accurate.

2. 核算运动员的最后得分并报告编排记录长。

1.2. Calculates the competitor's final score and reports to the Chief Scheduler-Recorder.

(十) 检录员

10. Roll-Call Official

1. 按照检录长分配的任务进行工作。

1.1. Performs all tasks as assigned by the Chief Registrar.

2. 根据检录长提供的信息做好运动员检录工作。

1.2. Carry out the competitors roll-call based on the information provided by the Chief Registrar.



第九章 其他竞赛人员

Chapter 9 - Other Competition Staff

第四十七条 其他竞赛人员组成

Article 47 - Composition of Other Competition Staff

- (一) 宣告员 1~2 人。
 - 1. Announcer x 1 - 2.
- (二) 放音员 1~2 人。
 - 2. Sound Technician x 1 - 2.
- (三) 仲裁录像 2~4 人。
 - 3. Jury of Appeals Camera Operator x 2 - 4.

第四十八条 其他竞赛人员职责

Article 48 - Duties of Other Competition Staff

- (一) 宣告员
 - 1. Announcer
 - 1. 介绍规程、规则和武术套路运动知识。
 - 1.1. Announces via public address system pertinent competition information and updates as necessary.
 - 2. 及时做好临场宣告。
 - 1.2. Performs all announcements in a timely manner.
- (二) 放音员
 - 2. Sound Technician
 - 1. 维护音、视频播放设备，确保设备正常运行。
 - 1.1. Maintains audio and video devices to ensure proper operation for all audio needs.
 - 2. 收集、备份运动员（队）的比赛音乐，为运动员（队）播放比赛音乐。
 - 1.2. Collects and prepares music of the athletes (teams) and plays the music for the athletes (teams) during the competition..
- (三) 仲裁录像
 - 3. Jury of Appeals Camera Operator



1. 对全部竞赛项目进行现场不间断摄像。
 - 1.1. Records each competition event in full without interruption.
2. 管理全部录像，存档保留。
 - 1.2. Manages and archives all footage.



武术套路竞赛裁判法 Wushu Taolu Competition Judging Methods

第十章 评分方法与标准 Chapter 10 - Evaluation Method and Standard

第一节 动作质量的评分 Section 1 - Evaluation of Quality of Movements (Judging Group A)

一、动作规格扣分内容与标准

1. Technique Specifications Deduction Content and Standards

(一) 长拳、剑术、刀术、枪术、棍术

1.1. Changquan, Jianshu, Daoshu, Qiangshu and Gunshu

1. 长拳、剑术、刀术、枪术、棍术扣分内容。(表 10-1-1)

2.1.1. Changquan, Jianshu, Daoshu, Qiangshu and Gunshu Deduction Content. (Table 10-1-1)

表 10-1-1 长拳、剑术、刀术、枪术、棍术动作类别、名称、扣分内容及编码
Table 10-1-1 Changquan, Jianshu, Daoshu, Qiangshu and Gunshu technique categories, technique names, deduction content and deduction codes

类别 Category	动作名称 Technique Name/Description	扣分内容 Deduction Content	编码 Code
手型 Hand Forms/ Shapes	拳 Quán (Fist)	<ul style="list-style-type: none">- 拳面不平- Face of fist uneven- 拇指未压在食指和中指第二指节上- The thumb is not pressing on the second segment of both the index and middle fingers	01
	掌 Zhǎng (Palm)	<ul style="list-style-type: none">- 四指未伸直并拢- Four fingers not straight and held together- 拇指未弯曲紧扣于虎口处- Thumb is not bent and held in tightly	02
	勾手 Gōu Shǒu (Hook)	<ul style="list-style-type: none">- 五指未捏拢- The five fingers are not pinched together- 腕未屈- Wrist not hooked completely	03
	剑指 Jiàn Zhǐ (Sword Fingers)	<ul style="list-style-type: none">- 食指与中指未伸直并拢- Index finger and middle finger not kept straight and together- 拇指未压在中指与小指上- Thumb not pressing on the ring finger and little finger	04

(续前表/Continued)

类别 Category	动作名称 Technique Name/Description	扣分内容 Deduction Content	编码 Code
平衡 Balance Techniques	搬脚朝天直立 Bān Jiǎo Chāo Tiān Zhí Lì (Grasp the foot and bring it to head level with the leg held vertically while remaining standing) 侧踢抱脚直立 Cè Tī Bào Jiǎo Zhí Lì (Side kick up to catch the foot at head level with the leg held vertically while remaining standing)	- 支撑腿弯曲 - Supporting Leg Bent - 上举腿弯曲 - Raised Leg Bent	10
	仰身平衡 Yǎng Shēn Píng Héng (Backward Leaning Balance)	- 前举腿低于水平 - The raised leg is held below horizontal level	12
	十字平衡 Shí Zì Píng Héng (Forward Leaning Balance with Arms Outspread)	- 支撑腿弯曲 - Supporting leg bent - 躯干低于水平 - The torso is below horizontal level	13
	扣腿平衡 Kòu Tuǐ Píng Héng (Rear Cross-legged Balance) 盘腿平衡 Pán Tuǐ Píng Héng (Front Cross Legged Balance)	- 支撑腿大腿未达水平 - Thigh of supporting leg is not at horizontal level	14
	侧身平衡 Cè Shēn Píng Héng (Sideways Leaning Balance) 探海平衡 Tàn Hǎi Píng Héng (Exploring the Ocean Balance)	- 支撑腿弯曲 - Supporting leg bent - 后举腿弯曲 - Raised leg bent	15
	望月平衡 Wàng Yuè Píng Héng (Gazing at the Moon Balance)	- 躯干高于水平 45°或超过 45° - Torso held 45° or more above horizontal level - 未向支撑腿侧拧腰后视 - Waist not twisted toward the rear in the direction of the supporting leg - 屈收腿脚背未绷平 - Instep of the raised bent leg not extended flat	16
腿法 Leg Techniques	前扫腿 Qián Sǎo Tuǐ (Front Sweep)	- 支撑腿大腿高于水平 - The thigh of supporting leg is above horizontal level - 扫转腿脚掌在扫转时触地后离地 - The sole of sweeping foot leaves the ground after making contact for the sweeping action - 扫转腿弯曲 45°或超过 45° - Sweeping leg bent 45° or more	20
	后扫腿 Hòu Sǎo Tuǐ (Back Sweep)	- 扫转腿脚掌离地 - The sole of sweeping foot leaves the ground after making contact for the sweeping action - 扫转腿弯曲 45°或超过 45° - Sweeping leg bent 45° or more	21
	跌竖叉 Diē Shù Chā (Falling Front Split)	- 前脚内扣触地 - The sole of the front foot turns inward and touches the ground - 两腿未前后形成两条平行直线 - Front and rear legs did not form two parallel straight line	22



(续前表/Continued)

类别 Category	动作名称 Technique Name/Description	扣分内容 Deduction Content	编码 Code
腿法 Leg Techniques	弹腿 Tán Tuǐ (Snap/Spring Kick) 蹬腿 Dēng Tuǐ (Heel Push Kick) 踹腿 Chuài Tuǐ (Side Kick)	- 弹（蹬、踹）腿由屈到伸摆动小于 45° - The kicking leg does not transit from obvious bent (45° or more) to completely straight	23
	正踢腿 Zhèng Tī Tuǐ (Front Stretch Kick) 侧踢腿 Cè Tī Tuǐ (Side Stretch Kick)	- 膝关节弯曲 - Knee/s bent at the apex of the kick - 支撑腿脚跟离地 - Heel of supporting leg off the floor	24
	里合拍脚 Lǐ Hé Pāi Jiǎo (Inward Slap Kick) 摆莲拍脚 Bǎi Lián Pāi Jiǎo (Lotus Slap Kick) 单拍脚 Dān Pāi Jiǎo (Front Slap Kick)	- 击响腿脚尖未过肩 - Toes of slapped foot not above shoulder height - 未击响 - Slap missed and/or inaudible	25
	提膝（独立） Tí Xī Dú Lì (Single Knee Raised Position)	- 提膝未过腰 - Raised knee not above waist level - 提起腿小腿未斜垂里扣 - Raised shank/calf of the leg is not turning obliquely inwards - 提起腿脚未崩平内收 - Raised foot's toes not pointed and hooking inwards	26
跳跃 Jumping Techniques	腾空飞脚 Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) 腾空斜飞脚 Téng Kōng Xié Fēi Jiǎo (Jumping Slant Kick) 腾空双飞脚 Téng Kōng Shuāng Fēi Jiǎo (Jumping Double Front Slap Kick) 旋风脚 Xuàn Fēng Jiǎo (Tornado Kick) 腾空摆莲 Téng Kōng Bǎi Lián (Jumping Lotus Kick)	- 击响腿脚尖未过肩 - Toes of slapped foot not above shoulder level - 未击响 - Slap missed and/or inaudible	30
	腾空正踢腿 Téng Kōng Zhèng Tī Tuǐ (Jumping Front Straight Kick)	- 踢腿脚触及或超过前额瞬间悬垂腿弯曲 - The hanging leg is bend at the moment the toes of the kicking leg touches the forehead or above the forehead - 踢腿脚触及或超过前额瞬间躯干与悬垂腿夹角小于 135° - The angle between the torso and the hanging leg is less than 135° the moment the toes of the kicking leg touches the forehead or above the forehead.	31

(续前表/Continued)

类别 Category	动作名称 Technique Name/Description	扣分内容 Deduction Content	编码 Code
跳跃 Jumping Techniques	侧空翻 Cè Kōng Fān (Aerial Cartwheel)	- 空中腿弯曲 45°或超过 45° - Leg/s bent 45° or more while in the air	32
	侧空翻转体 Cè Kōng Fān Zhuǎn Tǐ (Aerial Cartwheel Twist)	- 空中腿弯曲 45°或超过 45° - Leg/s obviously bent 45° or more while in the air - 转体时躯干高于水平 45°或超过 45° - Angle of the torso is 45° or more above horizontal level during the twist	33
	腾空箭弹 Téng Kōng Jiàn Tàn (Jumping Snap/Spring Kick)	- 弹(蹬)腿由屈到伸摆动小于 45° - Snap/Spring (pushing) leg does not transit from an obvious bent (45° or more) to completely straight	34
	腾空蹬腿 Téng Kōng Dēng Tuǐ (Jumping Heel Push Kick)	- 弹(蹬)出腿低于水平 - Snap/Spring (pushing) leg below horizontal level	
步型 Stances	弓步 Gōng Bù (Bow Stance)	- 前腿膝部未达脚背 - The knee of the front leg is not above the instep - 前腿大腿未达水平 - The thigh of the bending (front) leg is not parallel to the ground - 后腿脚掌任一部位明显离地 - Any portion of the sole of the rear leg obviously off the floor - 后腿脚尖未内扣 - The rear foot is not hooked inwards with the toes pointing obliquely forwards.	50
	马步 Mǎ Bù (Horse Stance)	- 大腿未达水平 - Thighs not horizontal - 两脚内侧间距小于本人肩宽 - The distance between the inner portions of the two feet is narrower than performer's shoulder width - 膝内跪 - Knee/s buckling inwards - 脚跟离地 - The heel/s raised off the ground - 脚尖外展 45°或超过 45° - Toes of foot/feet pointing outward 45° or more	51
	虚步 Xū Bù (Empty Stance)	- 屈蹲腿大腿未达水平 - Thigh of squatting leg is not parallel to the ground - 屈蹲腿脚跟离地 - The heel of supporting foot is raised off the ground	52
	仆步 Pū Bù (Crouching Stance)	- 屈蹲腿未全蹲 - The back of the thigh of the squatting leg is not in contact with the calf - 平铺腿未伸直 - The extended leg is not completely straight - 平铺腿全脚掌未内扣着地 - Extended leg's foot is not turned inwards with the sole completely flat on the ground	53



(续前表/Continued)

类别 Category	动作名称 Technique Name/Description	扣分内容 Deduction Content	编码 Code
步型 Stances	歇步 Xiē Bù (Cross-Legged Crouching Stance)	<ul style="list-style-type: none"> - 两腿未交叉靠拢 - The two thighs are not crossed and closed together - 臀部未贴坐小腿 - The buttocks are not in contact with the calf of the sitting leg 	54
	坐盘 Zuò Pán (Cross-Legged Sitting)	<ul style="list-style-type: none"> - 臀部未贴坐地面 - Neither one of the buttocks are in contact with the floor - 脚离地 - Either one of the feet is not in contact with the floor 	58
器械方法 Weapon Techniques	挂剑 Guà Jiàn (Straight sword Hooking Parry) 撩剑 Liāo Jiàn (Straight sword Uppercut)	<ul style="list-style-type: none"> - 直腕 - Straight sword and forearm/wrist are aligned - 未明显呈立圆 - No obvious vertical circle formed 	60
	握剑 Wò Jiàn (Gripping the Straight sword)	<ul style="list-style-type: none"> - 手指触及剑刃 - Any finger wraps around the top of the hand guard and touches the edge of the blade 	61
	缠头 Chán Tóu (Broadsword Twining) 裹脑 Guǒ Nǎo (Wrapping with the Broadsword)	<ul style="list-style-type: none"> - 刀背远离身体 - The back of the broadsword blade is not kept close to the body when wrapping or twining 	62
	拦枪 Lán Qiāng (Outward Blocking) 拿枪 Ná Qiāng (Inward Blocking with the Spear) 扎枪 Zhā Qiāng (Spear Thrust)	<ul style="list-style-type: none"> - 拦、拿枪枪尖未明显划弧 - Spear head not travelling in a clearly defined arc - 后手留把 - Rear handle of spear end protruding from grip (extending past rear grip) - 平扎枪臂与枪身未成水平直线 - The thrusting arm and the spear shaft do not form a straight line horizontally 	63
	平抡棍 Píng Lūn Gùn (Horizontal Cudgel Windmill Waving with one hand)	<ul style="list-style-type: none"> - 未明显呈平圆 - No obvious horizontal circle formed 	64
	立舞花枪 Lì Wǔ Huā Qiāng (Vertical Figure "8" with the Spear) 立舞花棍 Lì Wǔ Huā Gùn (Vertical Figure "8" with the Cudgel) 双手提撩花棍 Shuāng Shǒu Tí Liào Huā Gùn (Vertical Uppercutting Cudgel with Both Hands)	<ul style="list-style-type: none"> - 未明显呈立圆 - The spear/cudgel does not rotate in an obvious vertical plane 	65
	器械抛接 Qì Xiè Pào Jiē (Weapon Throwing & Catching Techniques)	<ul style="list-style-type: none"> - 抱接器械 - Weapon caught in a hugging manner. - 未单手接握剑柄、刀柄、枪身、棍身 - Failure to catch the straight sword/broadsword by the handle; the cudgel/spear shaft with a single hand. 	66

2. 长拳、剑术、刀术、枪术、棍术扣分标准

2.1.2. Changquan, Jianshu, Daoshu, Qiangshu and Gunshu Deduction Standards

- 一个动作出现一种或多种错误内容，均一次性扣 0.1 分。
- Within a single technique, should there be 1 or more errors, 0.1 point will be deducted once.
- 一个组合动作出现两个以上同一器械方法错误内容，均一次性扣 0.1 分。
- Within a single group of movements, should there be 2 or more occurrences of the same weapon technique errors, 0.1 point will only be deducted once.
- “未明显呈立（平）圆”是指剑尖或棍梢端（枪尖）运动轨迹形成的圆平面偏离垂直（水平）面超过 45°。
- No obvious vertical circle formed/No obvious horizontal circle formed refers to the tip of the sword/cudgel/spear tip rotating at an angle of 45° or more off of the vertical/horizontal plane.

(二) 南拳、南刀、南棍

1.2. Nanquan, Nandao and Nangun

1. 南拳、南刀、南棍扣分内容。(表 10-1-2)

2.1.1. Nanquan, Nandao and Nangun Deduction Content. (Table 10-1-2)

表 10-1-2 南拳、南刀、南棍动作类别、名称、扣分内容及编码
Table 10-1-2 Nanquan, Nandao and Nangun technique categories,
technique names, deduction content and deduction codes

类别 Category	动作名称 Technique Name/Description	扣分内容 Deduction Content	编码 Code
手型 Hand Forms/ Shapes	拳 Quán (Fist)	<ul style="list-style-type: none"> - 拳面不平 - Face of fist uneven - 拇指未压在食指和中指第二指节上 - The thumb is not pressing on the second segment of both the index and middle fingers 	01
	虎爪 Hǔ Zhǎo (Tiger's Claw)	<ul style="list-style-type: none"> - 五指未弯曲分开后张 - Five fingers not separated with the first and second segment of each finger not hooked and flexed - 掌心未凸出 - Center of the palm not pushed out 	02
	鹤嘴（顶）手 Hè Zuǐ (Crane's Beak)	<ul style="list-style-type: none"> - 五指未捏拢 - Five Fingers not pinched together - 屈腕 - Wrist flexed (bent) when striking 	03
	单指掌（手） Dān Zhǐ Zhǎng (Single Finger Palm)	<ul style="list-style-type: none"> - 食指未伸直 - Index finger not Straight - 其余四指未弯曲扣紧 - The other 4 fingers not tightly bent/hooked 	04



(续前表/Continued)

类别 Category	动作名称 Technique Name/Description	扣分内容 Deduction Content	编码 Code
腿法 Leg Techniques	前扫腿 Qián Sǎo Tuǐ (Front Sweep)	<ul style="list-style-type: none"> - 支撑腿大腿高于水平 - The thigh of supporting leg is above horizontal level - 扫转腿脚掌在扫转时触地后离地 - The sole of sweeping foot leaves the ground after making contact for the sweeping action - 扫转腿弯曲 45°或超过 45° - Sweeping leg bent 45° or more 	20
	横踩腿 Héng Cǎi Tuǐ (Horizontal Stamping Kick) 蹬腿 Dēng Tuǐ (Heel Push Kick) 虎尾腿 Hǔ Wěi Tuǐ (Tiger Tail Kick)	<ul style="list-style-type: none"> - 腿由屈至伸摆动小于 45° - The kicking leg does not transit from an obvious bent (45° or more) to completely straight 	23
	转身后摆腿 Zhuǎn Shēn Hòu Bǎi Tuǐ (Turning Back Crescent Kick)	<ul style="list-style-type: none"> - 后摆腿弯曲 - Kicking leg bent - 后摆腿脚尖未过腰 - Toes of the kicking leg not above waist level 	25
	提膝 (独立) Tí Xī Dú Lì (Single Knee Raised Position)	<ul style="list-style-type: none"> - 提膝未过腰 - Raised knee not above waist level - 提起腿小腿未斜垂里扣 - Raised shank/calf of the leg is not turning obliquely inwards - 提起腿脚未崩平内收 - Raised foot's toes not pointed and hooking inwards 	26
	横钉腿 Héng Dīng Tuǐ (Horizontal Nail Kick)	<ul style="list-style-type: none"> - 摆动腿由屈至伸摆动小于 45° - The kicking leg does not transit from bent (angle less than 45°) to completely straight - 未用摆动腿前脚掌向异侧横向钉击 - The kicking leg does not travel horizontally across to the opposite side of the body - 摆动腿脚尖未勾起 - The toes of the kicking foot are not flexed inwards 	27
	腾空飞脚 Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) 旋风脚 Xuàn Fēng Jiǎo (Tornado Kick) 腾空外摆腿 Téng Kōng Wài Bǎi Tuǐ (Jumping outer crescent Kick)	<ul style="list-style-type: none"> - 击响腿或摆动腿脚尖未过肩 - Toes of the slapped foot or kicked leg not above shoulder level - 未击响 (腾空外摆腿可不击响) - Slap missed and/or inaudible (It is permitted to not slap the kicking foot during Téng Kōng Wǎi Bǎi Tuǐ (Jumping Lotus Kick)). 	30
跳跃 Jumping Techniques	侧空翻 Cè Kōng Fān (Aerial Cartwheel)	<ul style="list-style-type: none"> - 空中腿弯曲 45°或超过 45° - Leg/s bent 45° or more while in the air 	32
跌扑 Tumbling Techniques	腾空盘腿 360°侧扑 Téng Kōng Pán Tuǐ 360° Cè Pū (Flying Cross Legged Kick 360° to landing on Side)	<ul style="list-style-type: none"> - 摆动腿脚尖未过头 - Toes of the kicking leg not above head level 	40

(续前表/Continued)

类别 Category	动作名称 Technique Name/Description	扣分内容 Deduction Content	编码 Code
跌扑 Tumbling Techniques	腾空双侧端 Téng Kōng Shuāng Cè Chuài (Jumping Double Side Kick)	<ul style="list-style-type: none"> - 端出腿未并拢伸直 - The legs are not held close together when kicked out and/or are obviously bent when kicked out 	42
步型 Stances	弓步 Gōng Bù (Bow Stance)	<ul style="list-style-type: none"> - 前腿大腿高于水平 45°或低于水平 - The thigh of the bending (front) leg is not held at a range from horizontal level to 45° (excluding 45°) above horizontal level - 后腿脚尖未内扣 - The rear foot is not hooked inwards with the toes pointing obliquely forwards - 后腿脚掌任一部位明显离地 - Any portion of the sole of the rear leg obviously off the floor 	50
	马步 Mǎ Bù (Horse Stance)	<ul style="list-style-type: none"> - 大腿高于水平 45°或低于水平 - The thigh/s not held at a range from horizontal level to 45° (excluding 45°) above horizontal level - 两脚内侧间距小于本人肩宽 - The distance between the inner portions of the two feet is narrower than performer's shoulder width - 膝内跪 - Knee/s buckling inwards - 脚跟离地 - Heel/s raised off the ground 	51
	虚步 Xū Bù (Empty Stance)	<ul style="list-style-type: none"> - 屈蹲腿高于水平 45°或低于水平 - The thigh of the supporting leg is not held at a range from horizontal level to 45° (excluding 45°) above horizontal level - 屈蹲腿脚跟离地 - The heel of supporting foot is raised off the ground 	52
	仆步 Pū Bù (Crouching Stance)	<ul style="list-style-type: none"> - 屈蹲腿未全蹲 - The back of the thigh of the squatting leg is not in contact with the calf - 平铺腿未伸直 - The extended leg is not completely straight - 平铺腿全脚掌未内扣着地 - Extended legs foot is not turned inwards with the sole completely flat on the ground 	53
	蝶步 Dié Bù (Butterfly Stance)	<ul style="list-style-type: none"> - 后腿小腿内侧未着地 - The inner part of the shank/calf of the splayed leg/s is not fully in contact with the ground - 后腿脚踝内侧未着地 - The inner part of the ankle/heel of the splayed leg/s is not fully in contact with the ground 	55
	跪步 Guì Bù (Single Kneeling Stance)	<ul style="list-style-type: none"> - 后腿膝部着地 - The knee of the lower kneeling leg touches the ground - 臀部未坐在后腿小腿上 - The buttock does not sit fully on the shank/calf of the lower kneeling leg 	56



(续前表/Continued)

类别 Category	动作名称 Technique Name/Description	扣分内容 Deduction Content	编码 Code
步型 Stances	骑龙步 Qí Lóng Bù (Dragon Riding Stance)	<ul style="list-style-type: none"> - 前腿大腿高于水平 45°或低于水平 - The thigh of the front leg is not held at a range from horizontal level to 45° (excluding 45°) above horizontal level - 后腿膝部着地 - The knee of the back leg makes contact with the ground 	57
器械方法 Weapon Techniques	缠头 Chán Tóu (Broadsword Twining) 裹脑 Guǒ Nǎo (Wrapping with the Broadsword)	<ul style="list-style-type: none"> - 刀背远离身体 - The back of the broadsword blade is not kept close to the body when wrapping or twining 	62
	顶棍 Dǐng Gùn (Cudgel Handle Planting)	<ul style="list-style-type: none"> - 把端未拄地 - The end of the cudgel handle is not planted firmly on the ground - 梢端低于头 - The tip of the cudgel is below the athlete's head level 	67

2. 南拳、南刀、南棍扣分标准

2.1.2. Nanquan, Nandao and Nangun Deduction Standards

- 一个动作出现一种或多种错误内容，均一次性扣 0.1 分。
- Within a single technique, should there be 1 or more errors, 0.1 point will only be deducted once.
- 一个组合动作出现两个以上同一器械方法错误内容，均一次性扣 0.1 分。
- Within a single group of movements, should there be 2 or more occurrences of the same weapon technique errors, 0.1 point will only be deducted once.

(三) 太极拳、太极剑、太极扇

1.3. Taijiquan, Taijjian and Taijishan

1. 太极拳、太极剑、太极扇扣分内容。(表 10-1-3)

2.1.1. Taijiquan, Taijjian and Taijishan Deduction Content. (Table 10-1-3)

表 10-1-3 太极拳、太极剑、太极扇动作类别、名称、扣分内容及编码

Table 10-1-3 Taijiquan, Taijjian and Taijishan technique categories, technique names, deduction content and deduction codes

类别 Category	动作名称 Technique Name/Description	扣分内容 Deduction Content	编码 Code
手型/手法/ 身型 Hand Forms/ Shapes, Techniques & Body Posture	拳 Quán (Fist)	<ul style="list-style-type: none"> - 拳面不平 - Face of fist uneven - 拇指未压在食指和中指第二指节上 - The thumb is not pressing on the second segment of both the index and middle fingers 	01



(续前表/Continued)

类别 Category	动作名称 Technique Name/Description	扣分内容 Deduction Content	编码 Code
手型/ 手法/ 身型 Hand Forms/ Shapes, Techniques & Body Posture	掌 Zhǎng (Palm)	<ul style="list-style-type: none"> - 手指并拢 - Four fingers not separated (excluding special techniques) - 手指伸翘 - The fingers are straightened - 虎口未成弧形 - "Tigers mouth" (Abductor Pollicis Transversus) not rounded (excluding special techniques) - 掌心外凸 - The center of the palm not drawn in and rounded (excluding special techniques) 	02
	剑指 Jiàn Zhǐ (Sword Fingers)	<ul style="list-style-type: none"> - 食指与中指未伸直并拢 - Index finger and middle finger not kept straight and together - 拇指未压在无名指与小指上 - Thumb not pressing on the ring finger and little finger 	04
	手法 Shǒu Fǎ (Hand Techniques)	<ul style="list-style-type: none"> - 抬肘 - Elbow lifted - 直臂 - Arm straightened - 夹腋 - Armpit closed 	05
	身型 Shēn Xíng (Body Posture)	<ul style="list-style-type: none"> - 头、身不正 - Head and body not aligned - 驼背弓腰突臀 - Shoulders hunched, rounded lower back, buttocks sticking out - 耸肩 - Shoulders shrugged - 扭腰摆臀 - Waist twisted 	06
平衡 Balance Techniques	低势前蹬踩脚平衡 Dīshì Qián Dēng Cǎi Jiǎo Píng Héng (Forward Sole Kick with Low Step Balance)	<ul style="list-style-type: none"> - 支撑腿脚跟离地 - The heel of the supporting leg is raised - 前腿膝部弯曲 - Kicking leg bent at knee - 脚尖未外展 - The foot of the kicking leg is not turned outwards 	17
	前举腿低势平衡 Qián Jǔ Tuǐ Dī Shì Píng Héng (Low Balance with Leg Stretched Forward)	<ul style="list-style-type: none"> - 屈蹲过程中前举腿弯曲或低于水平 - Forward stretched leg bends and/or drops below horizontal level at any point during the transition from standing to squatting 	18
	后插腿低势平衡 Hòu Chā Tuǐ Dī Shì Píng Héng (Low Balance with Leg Crossed Behind)	<ul style="list-style-type: none"> - 插出腿脚触地 - The foot of the leg crossed behind the supporting leg makes contact with the ground 	19
腿法 Leg Techniques	跌叉 Diē Chā (Hurdler's Split Position)	<ul style="list-style-type: none"> - 前腿脚内扣触地 - Front foot turns in and touches the ground - 后腿两大腿夹角小于 45° - Angle between the two legs is 45° or less 	22



(续前表/Continued)

类别 Category	动作名称 Technique Name/Description	扣分内容 Deduction Content	编码 Code
腿法 Leg Techniques	分脚 Fēn Jiǎo (Parting Kick) 蹬脚 Dēng Jiǎo (Heel Kick)	- 上举腿低于水平 - The raised leg is below horizontal level - 上举腿未伸直 - The raised leg is bent	23
	摆莲拍脚 Bǎi Lián Pāi Jiǎo (Lotus Slap Kick) 单拍脚 Dān Pāi Jiǎo (Front Slap Kick)	- 击响时摆动腿弯曲 - Kicking Leg Bent When Slapped - 未击响 - Slap missed and/or inaudible	25
	提膝 (独立) Tí Xī Dú Lì (Single Knee Raised Position)	- 提膝未过腰 - Raised knee not above waist level	26
跳跃 Jumping Techniques	腾空飞脚、 Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) 旋风脚 Xuàn Fēng Jiǎo (Tornado Kick) 腾空摆莲 Téng Kōng Bǎi Lián (Jumping Lotus Kick)	- 击响腿脚尖未过肩 - Toes of the slapped foot not above shoulder level - 未击响 - Slap missed and/or inaudible	30
	腾空正踢腿 Téng Kōng Zhèng Tī Tuǐ (Jumping Front Straight Kick)	- 踢腿脚触及或超过前额瞬间悬垂腿弯曲 - The hanging leg is bend at the moment the toes of the kicking leg touches the forehead or above the forehead - 踢腿脚触及或超过前额瞬间躯干与悬垂腿夹角小于 135° - The angle between the torso and the hanging leg is less than 135° the moment the toes of the kicking leg touches the forehead or above the forehead.	31
步型/步法 Stances & Footwork	弓步 Gōng Bù (Bow Stance)	- 前腿膝未达脚背或超出脚尖 - Knee of front leg is not above the instep or in front of the toes - 前腿大腿高于水平 45°或低于水平 - The thigh of the bending (front) leg is not held at a range from horizontal level to 45° degrees (excluding 45° degrees) above horizontal level - 后腿脚掌任一部位明显离地 - Any portion of the sole of the rear leg obviously off the floor - 后腿脚尖未内扣 - The rear foot is not hooked inwards with the toes pointing obliquely forwards - 后腿跪膝 - Obvious bending of the back legs	50
	马步 Mǎ Bù (Horse Stance)	- 大腿高于水平 45°或低于水平 - The thigh/s are not held at a range from horizontal level to 45° (excluding 45°) above horizontal level - 膝内扣 - Knee/s collapsed inwards passed the medial portion of the foot/feet	51
	虚步 Xū Bù (Empty Stance)	- 前脚脚跟着地 - Heel of front leg touches the floor - 屈蹲腿膝与脚尖未对正 - Knee and toes of supporting leg misaligned	52



(续前表/Continued)

类别 Category	动作名称 Technique Name/Description	扣分内容 Deduction Content	编码 Code
步型/步法 Stances & Footwork	仆步 Pū Bù (Crouching Stance)	- 屈蹲腿未全蹲 - Squatting leg is not in full squat with the back of the thigh in contact with the calf - 平铺腿未伸直 - The extended leg is not completely straight - 平铺腿全脚掌未内扣着地 - Extended leg's foot is not hooked inwards with the sole completely flat on the ground	53
	上步 Shàng Bù (Advancing Step) 退步 Tuì Bù (Retreating Step) 进步 Jìn Bù (Forward Step) 跟步 Gēn Bù (Follow-up Step) 侧行步 Cè Xíng Bù (Sideways Step)	- 支撑腿膝与脚尖未对正 - Knee and toes of supporting leg misaligned - 脚拖地 (特殊动作要求除外) - Foot is dragged when stepping (excluding special techniques) - 移动时重心起伏 - Center of gravity moving/fluctuating up and down when stepping - 上步时抬起脚尖高于踝关节 - Toes of the raised foot is above the ankle of the other leg when advancing	59
器械方法 Weapon Techniques	挂剑 Guà Jiàn (Straight Sword Hooking Parry) 撩剑 Liāo Jiàn (Straight Sword Uppercut) 挂扇 Guà Shàn (Fan Hooking Parry) 撩扇 Liāo Shàn (Fan Uppercut)	- 直腕 - Straight sword/Fan and forearm are aligned - 未明显成立圆 - No obvious vertical circle formed	60
	握剑 Wò Jiàn (Gripping the Straight sword) 开扇 Kāi Shàn (Fan Opening) 合扇 Hé Shàn (Fan Closing)	- 手指触及剑刃 - Any finger wraps around the top of the hand guard and touches the edge of the blade - 开扇时手未握扇骨底部扇面未完全展开, 臂与扇大骨未呈一直线 - When opening up the fan, the hand is not holding the bottom of the fan ribs, the fan surface is not fully opened (less than 180°), and the fan's major ribs is not aligned with the arm when the fan surface is opened. - 合扇时两扇大骨未合拢 - The two major ribs are not closed together when the fan is fully collapsed.	61
	刺扇 Cì Shàn (Fan Thrust) 劈扇 Pī Shàn (Fan Chop)	- 臂与扇骨未呈一直线 - Arm and fan are not aligned	63
	抛接扇 Pāo Jiē Shàn (Fan Toss/Throw & Catch)	- 未单手接握扇骨底部 - Failure to catch the fan by the bottom/handle with a single hand	66
	绞剑 Jiǎo Jiàn (Straight Sword Enveloping)	- 剑尖绕环未明显呈立圆 - Tip of the straight sword not travelling in a clearly- defined vertical circle	68
	点扇 Diǎn Shàn (Fan Pointing)	- 手腕未明显上提 - No obvious wrist lift	69



2. 太极拳、太极剑、太极扇扣分标准

2.1.2. Taijiquan, Taijjian and Taijishan Deduction Standards

- 一个动作出现一种或多种错误内容，均一次性扣 0.1 分。
- Within a single technique, should there be 1 or more errors, 0.1 point will only be deducted once.
- 一个组合动作出现两个以上同一器械方法错误内容，均一次性扣 0.1 分。
- Within a single group of movements, should there be 2 or more occurrences of the same weapon technique errors, 0.1 point will only be deducted once.
- 一个组合动作出现两个以上同一步法错误内容，均一次性扣 0.1 分。
- Within a single group of movements, should there be 2 or more occurrences of the same footwork error, 0.1 point will only be deducted once.
- 一个组合动作出现两个以上同一步型错误内容，均一次性扣 0.1 分。
- Within a single group of movements, should there be 2 or more occurrences of the same stance errors, 0.1 point will only be deducted once. "Single group of movements" refers to same position, hand technique, leg technique, footwork or weapon technique executed once, twice or more times in a sequence.
- 在一个套路中，拳、掌、剑指、身型和手法任一动作多次出现错误内容，每个动作最多扣 0.3 分。
- Within a single routine, should there be multiple errors for Quán (Fist), Zhǎng (Palm), Jiàn Zhǐ (Sword Fingers), Body Posture, and Hand Techniques. The maximum deduction for each hand form, body posture and hand technique will be 0.3 points.
- 对运动员每次出现的错误内容进行扣分，计时记分系统（或无计时记分系统时的记录员）进行分数限制，每个动作最多扣 0.3 分。
- Deductions will be made for the above each time they occur; however, the Timing Scoring System (or score recorder for non-Timing Scoring System) will enforce a deduction limit of 0.3 points for each technique.
- “支撑腿膝与脚尖未对正”，是指支撑腿的膝尖向内超过了脚内侧。
- "Knee and toes of supporting leg misaligned" refers to the knee-tip of the supporting leg being drawn in and surpassing the vertical line of the medial portion of the supporting foot when stepping.

（四）对练

1.4. Duilian (Choreographed Sparring) Routine

1. 对练扣分内容。（表 10-1-4）

2.1.1. Duilian (Choreographed Sparring) Routine Deduction Content. (Table 10-1-4)

表 10-1-4 对练动作类别、扣分内容及编码

Table 10-1-4 Duilian (Choreographed Sparring) Routine technique categories, deduction content and deduction codes

类别 Category	扣分内容 Deduction Content	编码 Code	类别 Category	扣分内容 Deduction Content	编码 Code
方法 Method	远离或偏离进攻部位 Attack goes wide or off target area	90	配合 Co-Operation	击打落空或防守落空 Misses in attack or defense	93
	静止姿势超过 3 秒钟 Motionless state held for more than 3 seconds	91		等待对方进攻 Waiting for partner to attack	94
	无攻防演练超过 3 秒钟 Duration without attack and defense exceeds 3 seconds	92		误中对方 Mishit on Partner/s	95

2. 对练扣分标准

2.1.2. Duilian (Choreographed Sparring) Routine Deduction Standards

- 动作出现错误内容, 扣 0.1 分。
- For each technical error 0.1 point will be deducted.
- 动作错误内容均按出现的人次累计扣分。
- Technical errors will be deducted as they occur in a cumulative manner.

(五) 集体项目

1.5. Jiti (Group) Routine

1. 集体项目扣分内容。(表 10-1-5)

2.1.1. Jiti (Group) Routine Deduction Content. (Table 10-1-5)

表 10-1-5 集体项目动作类别、扣分内容及编码
Table 10-1-5 Jiti (Group) Routine technique categories, deduction content and deduction codes

类别 Category	扣分内容 Deduction Content	编码 Code	类别 Category	扣分内容 Deduction Content	编码 Code
方法 Method	步型、腿法动作与要求不符 Footwork/Stance, Leg Technique not meeting the requirements	90	配合 Co-Operation	对练时击打落空或防守落空 Misses in attack or defense during sparring content	93
	跳跃、跌扑动作与要求不符 Jumping technique, Tumbling Technique not meeting the requirements	91		对练时等待对方进攻 Waiting for partner to attack during sparring content	94
	器械方法与要求不符 Weapon Technique not meeting the requirements	92		对练时误中对方 Mishit on Partner/s during sparring content	95
/	/	/		同一动作不整齐 Single technique not executed uniformly	96
/	/	/		队形不整齐 Group formation not uniform	97

2. 集体项目扣分标准

2.1.2. Jiti (Group) Routine Deduction Standards

- 动作出现错误内容, 扣 0.1 分。
- For each technical error 0.1 point will be deducted.
- 动作错误内容均按出现的人次累计扣分。
- Technical errors will be deducted as they occur in a cumulative manner.

二、其它错误扣分内容、标准与定义

2. Other Errors Deduction Content, Standards & Relevant Definition



（一）其他错误扣分内容与标准

2.1. Other Errors Deduction Content & Standards

其它错误类别、扣分内容及扣分标准与编码。（表 10-1-6）

Other Errors categories, deduction content, standards & codes. (Table 10-1-6)

表 10-1-6 其他错误类别、扣分内容、扣分标准及编码

Table 10-1-6 Other Errors categories, deduction content, deduction standards and deduction codes

类 别 Category	扣分内容与标准 Deduction Content & Standard	编 码 Code
失去平衡 Loss of Balance	躯干晃动（扣 0.05 分） Torso sways (deduct 0.05)	70A
	脚移动或跳动（均扣 0.1 分） Foot shuffles or skips (deduct 0.1)	70B
	附加支撑（扣 0.2 分） Additional Support (deduct 0.2)	71
	倒地（扣 0.30 分） Fall (deduct 0.30)	72
器械与服饰 Weapons & Apparel	器械触地、脱把、碰身、变形，扇面与扇骨脱离（均扣 0.1 分） Weapon unintentionally makes contact with the floor (deduct 0.1) Loss of grip (deduct 0.1) Weapon strikes the body (deduct 0.1) Weapon deforms (deduct 0.1) Fan surface is detached from fan's ribs (deduct 0.1)	73
	器械折断（扣 0.2 分） Weapon Broken (deduct 0.2) 扇大骨或扇小骨折断、扇钉脱落（均扣 0.2 分） Main or minor ribs of the fan breaks, nails on the ribs falls off/detached (deduct 0.2)	74
	器械掉地（扣 0.3 分） Weapon dropped on the floor (deduct 0.3)	75
器械与服饰 Weapons & Apparel	刀彩、剑穗、枪缨、服饰、头饰掉地；刀彩、剑穗、软器械缠手（缠身）；服装开纽或撕裂；鞋脱落（均扣 0.1 分） Broad Sword Ribbon; Straight sword Tassel; Spear Tassel; Garment Item; Headwear dropped on the floor (deduct 0.1) Broad Sword Ribbon; Straight sword Tassel; Soft Weapon entangles hand or body (deduct 0.1) Costume torn or button opened up (deduct 0.1) Shoes dropped off (deduct 0.1)	76
其他 Other	平衡动作未按项目特点有节奏快速完成（扣 0.1 分） Balance technique not completed rhythmically and quickly according to the characteristics of the event (deduct 0.1) 平衡动作静止时间不足 2 秒钟（扣 0.1 分） Balance technique not maintained for at least 2 seconds (deduct 0.1)	77
	出界（扣 0.1 分） Out-of-bounds (deduct 0.1)	78
	遗忘（扣 0.1 分） Forgetting (Movement Forgotten) (deduct 0.1)	79

(二) 其他错误有关定义

2.2. Other Errors Relevant Definitions

- **晃动:** 是指由于身体失去平衡造成躯干双向或多向位移。
- **Sway:** A sway is defined as an athlete's upper body is displaced (sways) in 2 different directions. For example, the athlete loses his center of balance and leans his or her upper body to maintain his balance, either left or right, forward and backwards, or in a circular motion ending upright, it is regarded as a sway.
- **移动:** 是指双脚、单脚或一脚一腿支撑时, 任何一脚出现的位移。
- **Shuffle:** This refers to a situation when standing or landing on both feet or on a single foot or on one foot and one leg. Should any supporting foot move or be displaced laterally it is considered as a shuffle.
- **跳动:** 支撑脚(单脚或双脚)出现悬空状态, 判定为跳动。
- **Skip:** This refers to a situation when standing or landing on both feet or on a single foot. Should any supporting foot leave the carpet in a skip or hop it is considered a skip.
- **附加支撑:** 是指由于身体失去平衡造成手、肘、膝或非支撑脚触地, 或被动借助器械支撑。(注: 器械演练时若有触碰到地上但没显示有任何支撑力量, 应判器械触地而非附加支撑。)
- **Additional Support:** Should an athlete during his/her performance, either when moving or in a set posture, lose balance and make use of a hand, elbow, knee, non-supporting leg (during a single leg posture) or the weapon as an additional support it is considered as an additional support. (Note: should the weapon hit the floor during the course of a movement without any force applied to it as additional support it should be considered as a weapon hitting the floor and points will be deducted for accordingly).
- **倒地:** 是指由于身体失去平衡造成头、臂、肩、背、臀任一部位触地, 或其他任何两个或两个以上身体部位同时触地, 或其他任何一个身体部位触地的同时被动借助器械支撑。(注: 在对练比赛中, 因动作编排而故意跌倒, 不视为倒地。)
- **Fall:** Should an athlete during his/her performance, either when moving or in a set posture, lose balance and make use of both hands, the head, the upper arm (above the elbow), shoulder, torso, buttocks; or should any two or more parts of the body simultaneously make contact with the floor, or one part of the body and the weapon (the weapon is considered an extension of the arm), it is considered as a fall. (Note: In Choreographed Sparring events, intentional falls to the ground are neither considered as nor deducted for as falls).
- **器械碰身:** 运动过程中器械触及身体任一部位, 判定为器械碰身。(注: 要求器械贴身的特定动作除外。)
- **Weapon-Touching-Body:** Should an athlete during a technique with a weapon strike, tap or touch any part of his/her body, it will be considered as weapon-touching-body and be deducted accordingly. (Note: With exception of specific weapon techniques where contact is made intentionally with the body.)
- **器械变形:** 是指器械弯曲变形角度超过 45° 。
- **Weapon Deformed:** This refers to when the weapon has been deformed to a degree more than 45° from its original intended shape.



- **出界:** 身体任一部位触及线外地面, 判定为出界。
- **Out-of-bounds:** Should an athlete during his/her performance, touch the floor outside of the boundary line of the competition arena with any part of his/her body, it is considered as out-of-bounds. Should the weapon touch the floor outside of the boundary line of the competition arena; or if any part of the performer's body is extended beyond the boundary line of the competition arena but does not make contact with the floor it is not considered as out-of-bounds.
- **平衡静止时间:** 以首次出现静止状态时开始计时, 仅适用于长拳、剑术、刀术、枪术和棍术项目。
- **Balance Technique Static/Motionless Timing:** Calculation of time begins when the movement first stops in a static or motionless state. This applies to Changquan, Jianshu, Daoshu, Qiangshu & Gunshu events only.
- **遗忘:** 演练过程中出现不应有的停顿、中断或动作混乱, 判定遗忘。
- **Forgetting:** Should an athlete during his/her performance have a lapse of memory and be interrupted and pause unconventionally or have chaotic movements, it is considered as forgetting.
- 在一个动作中连续出现一个以上其它错误, 应累计扣分。
- Should during a single technique, more than one 'other error' occurs, they will be deducted in a cumulative manner.
- 以上错误均按出现的人次累计扣分。
- Other Errors will be deducted as they occur in a cumulative manner.

第二节 演练水平的评分

Section 2 - Evaluation of Overall Performance (Judging Group B)

有难度项目和无难度项目演练水平的档次、级别与分数段及评分标准。(表 10-2-1)

Overall Performance grading, categories and values scoring criteria for Events with Degree of Difficulty and without Degree of Difficulty. (Table 10-2-1)

表 10-2-1 有难度项目和无难度项目演练水平档次、级别、分数段及评分标准
Table 10-2-1 Overall Performance grading, categories and values scoring criteria
for Events with Degree of Difficulty and without Degree of Difficulty

档次 Level	级别 Degree	分数段 Score Range	评分标准 Scoring Standard
好 Superior	一级(1)	2.91 - 3	动作规范, 方法正确, 劲力充足, 用力顺达, 力点准确, 手眼身法步及身械配合协调, 节奏分明, 风格突出, 动作与音乐和谐一致为“好”。 Techniques are correct; exact method; sufficient strength; smooth and effective issuing of force; accurate focus of force; coordination between eyes, hands, bodywork, footwork and weapon; distinct rhythm; correct stylistic expression; good harmony between movement and accompanying music (where applicable).
	二级(2)	2.71 - 2.9	
	三级(3)	2.51 - 2.7	
一般 Average	四级(4)	2.31 - 2.5	动作较规范, 方法较正确, 劲力较充足, 用力较顺达, 力点较准确, 手眼身法步及身械配合较协调, 节奏较分明, 风格较突出, 动作与音乐较和谐一致为“一般”。 Techniques are in general correct; generally exact method; generally sufficient strength; smooth and effective issuing of force in general; generally accurate focus of force; general coordination between eyes, hands, bodywork, footwork and weapon; distinct rhythm in general; correct stylistic expression in general; average harmony between movement and accompanying music (where applicable).
	五级(5)	2.11 - 2.3	
	六级(6)	1.91 - 2.1	
不好 Inferior	七级(7)	1.61 - 1.9	动作不规范, 方法不正确, 劲力不充足, 用力不顺达, 力点不准确, 手眼身法步及身械配合不协调, 节奏不分明, 风格不突出, 动作与音乐不和谐一致为“不好”。 Techniques are incorrect; inexact method; insufficient strength; rough and ineffective issuing of force; inaccurate focus of force; lack of coordination between eyes, hands, bodywork, footwork and weapon; indistinct rhythm; incorrect and indistinct stylistic expression; poor harmony between movement and accompanying music (where applicable).
	八级(8)	1.31 - 1.6	
	九级(9)	1.01 - 1.3	

第三节 难度的评分

Section 3 - Evaluation of Degree of Difficulty (Judging Group C)

一、难度编码识别系统

1. Degree of Difficulty Coding System

(一) 平衡、腿法动作的难度编码识别。(表 10-3-1)

1.1. Balance and Leg Techniques - Technique State/Leg Position - 3 Digit Codes. (Table 10-3-1)

(二) 跳跃、跌扑动作的难度编码识别。(表 10-3-2)

1.2. Jumping and Tumbling Techniques Degree of Difficulty Coding Classification. (Table 10-3-2)

(三) 连接动作、抛接动作的难度编码识别。(表 10-3-3)

1.3. Degree of Difficulty Connections - Throw and Catch Techniques Coding System. (Table 10-3-3)



表 10-3-1 平衡、腿法动作的难度编码识别

Table 10-3-1 Balance and Leg Techniques - Technique State/Leg Position - 3 Digit Codes

类别 Category	一级编码 First Digit	状态 State	二级编码 Second Digit	腿式 Leg Method	三级编码 Third Digit	四级编码 Fourth Digit
平衡 Balance Technique	1	直立 Upright	1	搬 Shift	1	A
腿法 Leg Technique	2	仰身 Backward	2	踢 Kick	2	B
		俯身 Forward	3	控 Control	3	C
		屈蹲 Squat	4	扫 Sweep	4	
		侧身 Sideways	5			
		拧身 Twisted	6			

表 10-3-2 跳跃、跌扑动作的难度编码识别

Table 10-3-2 Jumping and Tumbling Techniques - Technique State/Leg Position - 3 Digit Codes

类别 Category	一级编码 First Digit	状态 State	二级编码 Second Digit	腿式 Leg Method	三级编码 Third Digit	四级编码 Fourth Digit
平衡 Jumping Technique	3	直立 Upright/ Straight	1	无 None	1	A
跌扑 Tumbling Technique	4	垂转 Vertical Rotation	2	前上 Forward-Upward	2	B
		矢转 Sagittal Rotation	3	向内 Inward/Left	3	C
		额转 Frontal Rotation	4	向外 Outward/Right	4	
		复转 Complex Rotation	5	向前 Forwards	5	
		旋 Rotation	6	向后 Backwards	6	

表 10-3-3 连接动作、抛接动作的难度编码识别

Table 10-3-3 Degree of Difficulty Connections - Throw and Catch Techniques Codes

连接、抛接动作 Connections & Throw and Catch Techniques	编码 Code	连接、抛接动作 Connections & Throw and Catch Techniques	编码 Code
仆步 Pū Bù (Crouching Stance)	+0	坐盘 Zuò Pán (Cross Legged Sitting)	+6
马步 Mǎ Bù (Horse Stance)	+1	弓步 Gōng Bù (Bow Stance)	+7
蝶步 Dié Bù (Butterfly Stance)	+2	单脚落地 Single Foot- landing	+8
提膝独立 Tí Xī Dú Lì (Single Raised-Knee Stance)	+3	抛+接 Throw + Catch	+9
跌竖叉 Diē Shù Chā (Falling Front Split)	+4	剪势 Jiǎn Shì (Scissor Position)	+10
跌叉 Diē Chā (Hurdler's Split Position)	+5	蝎势 Xiē Shì (Scorpion Stance)	+11

二、难度内容及等级与分值

2. Degree of Difficulty Content, Grades and Value

(一) 动作难度内容及等级与分值

2.1. Degree of Difficulty Technique Content, Grades and Value

1. 长拳、剑术、刀术、枪术、棍术动作难度内容、等级、分值与编码。(表 10-3-4)

2.1.1. Changquan, Jianshu, Daoshu, Qiangshu and Gunshu Degree of Difficulty Content, Grades, Values and Codes. (Table 10-3-4)

2. 南拳、南刀、南棍动作难度内容、等级、分值与编码(表 10-3-5)

2.1.2. Nanquan, Nandao and Nangun Degree of Difficulty Content, Grades, Values and Codes. (Table 10-3-5)

3. 太极拳、太极剑、太极扇动作难度内容、等级、分值与编码。(表 10-3-6)

2.1.3. Taijiquan, Taijjian and Taijishan Degree of Difficulty Content, Grades, Values and Codes. (Table 10-3-6)

(二) 连接难度内容及等级与分值

2.2. Degree of Difficulty Connections Content, Grades and Value

1. 长拳、剑术、刀术、枪术、棍术连接难度内容、等级、分值与编码。(表 10-3-7)

2.2.1. Changquan, Jianshu, Daoshu, Qiangshu and Gunshu Degree of Difficulty Connections Content, Grades, Values and Codes. (Table 10-3-7)

2. 南拳、南刀、南棍连接难度内容、等级、分值与编码。(表 10-3-8)

2.2.2. Nanquan, Nandao and Nangun Degree of Difficulty Connections Content, Grades, Values and Codes. (Table 10-3-8)

3. 太极拳、太极剑、太极扇连接难度内容、等级、分值与编码。(表 10-3-9)

2.2.3. Taijiquan, Taijjian and Taijishan Degree of Difficulty Connections Content, Grades, Values and Codes. (Table 10-3-9)



表 10-3-4 长拳、剑术、刀术、枪术、棍术动作难度内容、等级、分值与编码
Table 10-3-4 Changquan, Jianshu, Daoshu, Qiangshu and Gunshu Degree of Difficulty Content, Grades, Values and codes

类别 Category	内容、等级、分值、编码 Degree of Difficulty Content, Grade, Value & Code					
	A 级 (0.2 分) A Grade (0.2 Points)	编码 Code	B 级 (0.3 分) B Grade (0.3 Points)	编码 Code	C 级 (0.4 分) C Grade (0.4 Points)	编码 Code
平衡 Balance Techniques	搬腿朝天直立 Bān Tuǐ Cháo Tiān Zhí Lì (Grasp the foot and bring it to head level with the leg held vertically while remaining standing)	111A	十字平衡 Shí Zì Píng Héng (Forward Leaning Balance with Arms Outspread)	133B		
	侧踢抱脚直立 Cè Tī Bào Jiǎo Zhí Lì (Side kick up to catch the foot at head level with the leg held vertically while remaining standing)	112A				
	仰身平衡 Yǎng Shēn Píng Héng (Backward Leaning Balance)	123A				
	探海平衡 Tàn Hǎi Píng Héng (Exploring the Ocean Balance)	153A				
	望月平衡 Wàng Yuè Píng Héng (Gazing at the Moon Balance)	163A				
腿法 Leg Techniques	前扫腿 540° Qián Sǎo Tuǐ 540° (Front Sweep 540°)	244A	前扫腿 900° Qián Sǎo Tuǐ 900° (Front Sweep 900°)	244B		
跳跃 Jumping Techniques	腾空飞脚 Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) 斜飞脚 Téng Kōng Xié Fēi Jiǎo (Jumping Slant Kick) 双飞脚 Téng Kōng Shuāng Fēi Jiǎo (Jumping Double Front Slap Kick)	312A	腾空正踢腿 Téng Kōng Zhèng Tī Tuǐ (Jumping Front Straight Kick)	312B		
	旋风脚 360° Xuàn Fēng Jiǎo 360° (Tornado Kick 360°)	323A	旋风脚 540° Xuàn Fēng Jiǎo 540° (Tornado Kick 540°)	323B	旋风脚 630° (女) /720° Xuàn Fēng Jiǎo 630° (F)/720° (Tornado Kick 630° (F)/720°)	323C
	腾空摆莲 360° Téng Kōng Bǎi Lián 360° (Jumping Lotus Kick 360°)	324A	腾空摆莲 540° Téng Kōng Bǎi Lián 540° (Jumping Lotus Kick 540°)	324B	腾空摆莲 630° (女) /720° Téng Kōng Bǎi Lián 630° (F)/720° (Jumping Lotus Kick 630° (F)/720°)	324C
	旋子 Xuàn zǐ (Butterfly Kick)	333A	旋子转体 360° Xuàn zǐ Zhuǎn Tǐ 360° (Butterfly Twist 360°)	353B	旋子转体 720° Xuàn zǐ Zhuǎn Tǐ 720° (Butterfly Twist 720°)	353C
	侧空翻 Cè Kōng Fān (Aerial Cartwheel)	335A	侧空翻转体 360° Cè Kōng Fān Zhuǎn Tǐ 360° (Aerial Cartwheel Twist 360°)	355B		

表 10-3-5 南拳、南刀、南棍动作难度内容、等级、分值与编码
Table 10-3-5 Nanquan, Nandao and Nangun Degree of Difficulty Content, Grades, Values and codes

类别 Category	内容、等级、分值、编码 Degree of Difficulty Content, Grade, Value & Code					
	A 级 (0.2 分) A Grade (0.2 Points)	编码 Code	B 级 (0.3 分) B Grade (0.3 Points)	编码 Code	C 级 (0.4 分) C Grade (0.4 Points)	编码 Code
腿法 Leg Techniques	前扫腿 540° Qián Sǎo Tuǐ 540° (Front Sweep 540°)	244A	前扫腿 900° Qián Sǎo Tuǐ 900° (Front Sweep 900°)	244B		
跳跃 Jumping Techniques	腾空飞脚 Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick)	312A				
	旋风脚 360° Xuàn Fēng Jiǎo 360° (Tornado Kick 360°)	323A	旋风脚 540° Xuàn Fēng Jiǎo 540° (Tornado Kick 540°)	323B	旋风脚 630° (女) /720° Xuàn Fēng Jiǎo 630° (F)/720° (Tornado Kick 630° (F)/720°)	323C
	腾空外摆腿 360° Téng Kōng Wài Bǎi Tuǐ 360° (Jumping Lotus Kick 360°)	324A	腾空外摆腿 540° Téng Kōng Wài Bǎi Tuǐ 540° (Jumping Lotus Kick 540°)	324B	腾空外摆腿 630° (女) /720° Téng Kōng Wài Bǎi Tuǐ 630° (F)/720° (Jumping Lotus Kick 630° (F)/720°)	324C
	侧空翻 Cè Kōng Fān (Aerial Cartwheel)	335A				
	原地后空翻 Yuán Dì Hòu Kōng Fān (No-Step Back Flip)	346A	单跳后空翻 Dān Tiào Hòu Kōng Fān (Single Step Back Flip)	346B		
跌扑 Tumbling Techniques	腾空双侧踹 Téng Kōng Shuāng Cè Chuài (Jumping Double Side Kick)	415A				
	腾空盘腿 360°侧扑 Téng Kōng Pán Tuǐ 360° Cè Pū (Flying Cross Legged 360° Kick to Falling on Side)	423A				
	鲤鱼打挺 Lǐ Yú Dǎ Tǐng (Carp Kip-Up)	447A				



表 10-3-6 太极拳、太极剑、太极扇动作难度内容、等级、分值与编码
Table 10-3-6 Taijiquan, Taijijian and Taijishan Degree of Difficulty Content, Grades, Values and codes

类别 Category	内容、等级、分值、编码 Degree of Difficulty Content, Grade, Value & Code					
	A 级 (0.2 分) A Grade (0.2 Points)	编码 Code	B 级 (0.3 分) B Grade (0.3 Points)	编码 Code	C 级 (0.4 分) C Grade (0.4 Points)	编码 Code
平衡 Balance Techniques	低势前蹬踩脚平衡 Dīshì Qián Dēng Cǎi Jiǎo Píng Héng (Forward Stepping Kick with Low Step Balance)	142A				
	前举腿低势平衡 Qián Jǔ Tuǐ Dī Shì Píng Héng (Low Balance with Leg Stretched Forward)	143A	后插腿低势平衡 Hòu Chā Tuǐ Dī Shì Píng Héng (Low Balance with Leg Crossed Behind)	143B		
腿法 Leg Techniques	分脚 Fēn Jiǎo (Parting Kick) 蹬脚 Dēng Jiǎo (Heel Kick)	212A				
跳跃 Jumping Techniques	腾空飞脚 Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick)	312A	腾空正踢腿 Téng Kōng Zhèng Tī Tuǐ (Jumping Front Straight Kick)	312B		
	旋风脚 180° Xuàn Fēng Jiǎo 180° (Tornado Kick 180°)	323A	旋风脚 360° Xuàn Fēng Jiǎo 360° (Tornado Kick 360°)	323B	旋风脚 450° (女) /540° Xuàn Fēng Jiǎo 450° (F)/540° (Tornado Kick 450° (F)/540°)	323C
			腾空摆莲 360° Téng Kōng Bǎi Lián 360° (Jumping Lotus Kick 360°)	324B	腾空摆莲 450° (女) /540° Téng Kōng Bǎi Lián 450° (F)/540° (Jumping Lotus Kick 450° (F)/540°)	324C



表 10-3-7 长拳、剑术、刀术、枪术、棍术连接难度内容、等级、分值与编码
Table 10-3-7 Changquan, Jianshu, Daoshu, Qiangshu and Gunshu Degree of Difficulty Connections Content, Grades, Values and Codes

A 级 (0.1 分) A Grade (0.1 Points)	编码 Code	B 级 (0.15 分) B Grade (0.15 Points)	编码 Code	C 级 (0.2 分) C Grade (0.2 Points)	编码 Code	D 级 (0.25 分) D Grade (0.25 Points)	编码 Code
前扫腿 540°+坐盘 Qián Sǎo Tuǐ (Front Sweep) 540°+ Zuò Pán (Cross-Legged Sitting)	244A+6	腾空飞脚+ (1 步内) 侧空翻 Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + (within 1 step) Cè Kōng Fān (Aerial Cartwheel)	312A+335A	腾空飞脚+ (4 步内) 旋风脚 630° (女) /720° Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + (within 4 steps) Xuàn Fēng Jiǎo (Tornado Kick) 630°(F)/720°	312A+323C	旋风脚 540°+腾空摆莲 630° (女) /720° Xuàn Fēng Jiǎo (Tornado Kick) 540°+ Téng Kōng Bǎi Lián (Jumping Lotus Kick) 630°(F)/720°	323B+324C
腾空飞脚+坐盘 Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + Zuò Pán (Cross-Legged Sitting)	312A+6	腾空飞脚+ (2 步内) 旋风脚 540° Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + (within 2 steps) Xuàn Fēng Jiǎo (Tornado Kick) 540°	312A+323B	腾空飞脚+腾空摆莲 630° (女) /720° Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + Téng Kōng Bǎi Lián (Jumping Lotus Kick) 630°(F)/720°	312A+324C	旋风脚 630° (女) /720° + 跌竖叉 Xuàn Fēng Jiǎo (Tornado Kick) 630°(F)/720°+ Diē Shù Chà (Falling Front Split)	323C+4
腾空飞脚+ (2 步内) 旋风脚 360° Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + (within 2 steps) Xuàn Fēng Jiǎo (Tornado Kick) 360°	312A+323A	腾空飞脚+腾空摆莲 540° Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + Téng Kōng Bǎi Lián (Jumping Lotus Kick) 540°	312A+324B	腾空飞脚+ (4 步内) 旋子 转体 720° Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + (within 4 steps) Xuàn Zǐ Zhuǎn Tǐ (Butterfly Twist) 720°	312A+353C	腾空摆莲 630° (女) /720° + 马步 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 630°(F)/720°+ Mǎ Bù (Horse Stance)	324C+1
腾空飞脚+ (2 步内) 腾空摆莲 360° Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + (within 2 steps) Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360°	312A+324A	旋风脚 360°+提膝独立 Xuàn Fēng Jiǎo (Tornado Kick) 360°+ Tí Xī Dú Lì (Single Raised-Knee Stance)	323A+3	旋风脚 360°+ (4 步内) 旋子 转体 720° Xuàn Fēng Jiǎo (Tornado Kick) 360°+ (within 4 steps) Xuàn Zǐ Zhuǎn Tǐ (Butterfly Twist) 720°	323A+353C	旋子转体 720°+跌竖叉 Xuàn Zǐ Zhuǎn Tǐ (Butterfly Twist) 720°+ Diē Shù Chà (Falling Front Split)	353C+4
腾空飞脚+ (4 步内) 旋子 转体 360° Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + (within 4 steps) Xuàn Zǐ Zhuǎn Tǐ (Butterfly Twist) 360°	312A+353B	旋风脚 360°+腾空摆莲 540° Xuàn Fēng Jiǎo (Tornado Kick) 360°+ Téng Kōng Bǎi Lián (Jumping Lotus Kick) 540°	323A+324B	旋风脚 540°+ 提膝独立 Xuàn Fēng Jiǎo (Tornado Kick) 540°+ Tí Xī Dú Lì (Single Raised-Knee Stance)	323B+3		
旋风脚 360°+马步 Xuàn Fēng Jiǎo (Tornado Kick) 360°+ Mǎ Bù (Horse Stance)	323A+1	旋风脚 540°+马步 Xuàn Fēng Jiǎo (Tornado Kick) 540°+ Mǎ Bù (Horse Stance)	323B+1	旋风脚 540°+腾空摆莲 540° Xuàn Fēng Jiǎo (Tornado Kick) 540°+ Téng Kōng Bǎi Lián (Jumping Lotus Kick) 540°	323B+324B		



(续前表/Continued)

A 级 (0.1 分) A Grade (0.1 Points)	编码 Code	B 级 (0.15 分) B Grade (0.15 Points)	编码 Code	C 级 (0.2 分) C Grade (0.2 Points)	编码 Code	D 级 (0.25 分) D Grade (0.25 Points)	编码 Code
旋风脚 360°+跌竖叉 Xuàn Fēng Jiǎo (Tornado Kick) 360° + Diē Shù Chà (Falling Front Split)	323A+4	旋风脚 540°+跌竖叉 Xuàn Fēng Jiǎo (Tornado Kick) 540° + Diē Shù Chà (Falling Front Split)	323B+4	旋风脚 630° (女) /720° + 马步 Xuàn Fēng Jiǎo (Tornado Kick) 630°(F)/720° + Mǎ Bù (Horse Stance)	323C+1		
旋风脚 360°+坐盘 Xuàn Fēng Jiǎo (Tornado Kick) 360° + Zuò Pán (Cross-Legged Sitting)	323A+6	旋风脚 540°+坐盘 Xuàn Fēng Jiǎo (Tornado Kick) 540° + Zuò Pán (Cross-Legged Sitting)	323B+6	旋风脚 630° (女) /720°+坐盘 Xuàn Fēng Jiǎo (Tornado Kick) 630°(F)/720° + Zuò Pán (Cross-Legged Sitting)	323C+6		
旋风脚 360°+腾空摆莲 360° Xuàn Fēng Jiǎo (Tornado Kick) 360° + Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360°	323A+324A	腾空摆莲 360°+提膝独立 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360° + Tí Xī Dú Lì (Single Raised-Knee Stance)	324A+3	腾空摆莲 540°+仆步 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 540° + Pū Bù (Crouching Stance)	324B+0		
旋风脚 360°+ (4 步内) 旋子 转体 360° Xuàn Fēng Jiǎo (Tornado Kick) 360° + (within 4 steps) Xuàn Zǐ Zhuǎn Tǐ (Butterfly Twist) 360°	323A+353B	腾空摆莲 540°+马步 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 540° + Mǎ Bù (Horse Stance)	324B+1	腾空摆莲 540°+提膝独立 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 540° + Tí Xī Dú Lì (Single Raised-Knee Stance)	324B+3		
腾空摆莲 360°+马步 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360° + Mǎ Bù (Horse Stance)	324A+1	腾空摆莲 540°+坐盘 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 540° + Zuò Pán (Cross-Legged Sitting)	324B+6	腾空摆莲 630° (女) /720° + 坐盘 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 630°(F)/720° + Zuò Pán (Cross-Legged Sitting)	324C+6		
腾空摆莲 360°+跌竖叉 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360° + Diē Shù Chà (Falling Front Split)	324A+4	旋子+前扫腿 540° Xuàn Zǐ (Butterfly Kick) + Qián Sǎo Tuǐ (Front Sweep) 540°	333A+244A	旋子+ (4 步内) 旋子 转体 720° Xuàn Zǐ (Butterfly Kick) + (within 4 steps) Xuàn Zǐ Zhuǎn Tǐ (Butterfly Twist) 720°	333A+353C		



(续前表/Continued)

A 级 (0.1 分) A Grade (0.1 Points)	编码 Code	B 级 (0.15 分) B Grade (0.15 Points)	编码 Code	C 级 (0.2 分) C Grade (0.2 Points)	编码 Code	D 级 (0.25 分) D Grade (0.25 Points)	编码 Code
腾空摆莲 360° + 坐盘 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360° + Zuò Pán (Cross-Legged Sitting)	324A+6	旋子转体 360° + 跌竖叉 Xuàn Zǐ Zhuǎn Tǐ (Butterfly Twist) 360° + Diē Shù Chā (Falling Front Split)	353B+4	旋子转体 360° + (4 步内) 旋风脚 630° (女) / 720° Xuàn Zǐ Zhuǎn Tǐ (Butterfly Twist) 360° + (within 4 steps) Xuàn Fēng Jiǎo (Tornado Kick) 630°(F)/720°	353B+323C		
腾空摆莲 360° + 弓步 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360° + Gōng Bù (Bow Stance)	324A+7	旋子转体 360° + (4 步内) 旋风脚 540° Xuàn Zǐ Zhuǎn Tǐ (Butterfly Twist) 360° + (within 4 steps) Xuàn Fēng Jiǎo (Tornado Kick) 540°	353B+323B	侧空翻 + (4 步内) 旋风脚 630° (女) / 720° Cè Kōng Fān (Aerial Cartwheel) + (within 4 steps) Xuàn Fēng Jiǎo (Tornado Kick) 630°(F)/720°	335A+323C		
旋子 + (1 步内) 旋子转体 360° Xuàn Zǐ (Butterfly Kick) + (within 1 step) Xuàn Zǐ Zhuǎn Tǐ (Butterfly Twist) 360°	333A+353B	侧空翻 + (4 步内) 旋风脚 540° Cè Kōng Fān (Aerial Cartwheel) + (within 4 steps) Xuàn Fēng Jiǎo (Tornado Kick) 540°	335A+323B	侧空翻 + (4 步内) 旋子 转体 720° Cè Kōng Fān (Aerial Cartwheel) + (within 4 steps) Xuàn Zǐ Zhuǎn Tǐ (Butterfly Twist) 720°	335A+353C		
旋子 + 坐盘 Xuàn Zǐ (Butterfly Kick) + Zuò Pán (Cross-Legged Sitting)	333A+6	抛 + 旋风脚 360° + 接 Pāo (Throw) + Xuàn Fēng Jiǎo (Tornado Kick) 360° + Jiē (Catch)	323A+9				
侧空翻 + 跌竖叉 Cè Kōng Fān (Aerial Cartwheel) + Diē Shù Chā (Falling Front Split)	335A+4	抛 + 腾空摆莲 360° + 接 Pāo (Throw) + Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360° + Jiē (Catch)	324A+9				
侧空翻 + (4 步内) 旋子 转体 360° Cè Kōng Fān (Aerial Cartwheel) + (within 4 steps) Xuàn Zǐ Zhuǎn Tǐ (Butterfly Twist) 360°	335A+353B						



(续前表/Continued)

A 级 (0.1 分) A Grade (0.1 Points)	编码 Code	B 级 (0.15 分) B Grade (0.15 Points)	编码 Code	C 级 (0.2 分) C Grade (0.2 Points)	编码 Code	D 级 (0.25 分) D Grade (0.25 Points)	编码 Code
抛+腾空飞脚+接 Pāo (Toss) + Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + Jiē (Catch)	312A+9						
抛+抢背+接 Pāo (Toss) + Qiǎng Bèi (Forward Dive Roll) + Jiē (Catch)	445A+9						



表 10-3-8 Nanquan, Nandao and Nangun Degree of Difficulty Connections Content, Grades, Values and Codes
Table 10-3-8 Nanquan, Nandao and Nangun Degree of Difficulty Connections Content, Grades, Values and Codes

A 级 (0.1 分) A Grade (0.1 Points)	编码 Code	B 级 (0.15 分) B Grade (0.15 Points)	编码 Code	C 级 (0.2 分) C Grade (0.2 Points)	编码 Code	D 级 (0.25 分) D Grade (0.25 Points)	编码 Code
腾空飞脚+提膝独立 Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + Tí Xī Dú Lì (Single Raised-Knee Stance)	312A + 3	腾空飞脚+ (2 步内) 单跳 后空翻 Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + (within 2 steps) Dān Tiào Hòu Kōng Fān (Single Step Back Flip)	312A+346B	旋风脚 360° + 提膝独立 Xuàn Fēng Jiǎo (Tornado Kick) 360° + Tí Xī Dú Lì (Single Raised-Knee Stance)	323A+3	旋风脚 630° (女) /720° + 马步 Xuàn Fēng Jiǎo (Tornado Kick) 630°(F)/720° + Mǎ Bù (Horse Stance)	323C+1
旋风脚 360° + 马步 Xuàn Fēng Jiǎo (Tornado Kick) 360° + Mǎ Bù (Horse Stance)	323A+1	旋风脚 360° + (2 步内) 腾空 外摆腿 540° Xuàn Fēng Jiǎo (Tornado Kick) 360° + (within 2 steps) Téng Kōng Wài Bǎi Tuǐ (Jumping Lotus Kick) 540°	323A+324B	旋风脚 360° + (2 步内) 单跳 后空翻 Xuàn Fēng Jiǎo (Tornado Kick) 360° + (within 2 steps) Dān Tiào Hòu Kōng Fān (Single Step Back Flip)	323A+346B	腾空外摆腿 630° (女) /720° + 马步 Téng Kōng Wài Bǎi Tuǐ (Jumping Lotus Kick) 630°(F)/720° + Mǎ Bù (Horse Stance)	324C+1
旋风脚 360° + 蝶步 Xuàn Fēng Jiǎo (Tornado Kick) 360° + Dié Bù (Butterfly Stance)	323A+2	旋风脚 540° + 马步 Xuàn Fēng Jiǎo (Tornado Kick) 540° + Mǎ Bù (Horse Stance)	323B+1	旋风脚 540° + 腾空外摆腿 540° Xuàn Fēng Jiǎo (Tornado Kick) 540° + Téng Kōng Wài Bǎi Tuǐ (Jumping Lotus Kick) 540°	323B+324B	旋风脚 540° + 腾空外摆腿 630° (女) /720° Xuàn Fēng Jiǎo (Tornado Kick) 540° + Téng Kōng Wài Bǎi Tuǐ (Jumping Lotus Kick) 630°(F)/720°	323B+324C
旋风脚 360° + (2 步内) 腾空飞脚 Xuàn Fēng Jiǎo (Tornado Kick) 360° + (within 2 steps) Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick)	323A+312A	旋风脚 540° + 蝶步 Xuàn Fēng Jiǎo (Tornado Kick) 540° + Dié Bù (Butterfly Stance)	323B+2	腾空外摆腿 360° + 提膝独立 Téng Kōng Wài Bǎi Tuǐ (Jumping Lotus Kick) 360° + Tí Xī Dú Lì (Single Raised-Knee Stance)	324A+3		
旋风脚 360° + 腾空 外摆腿 360° Xuàn Fēng Jiǎo (Tornado Kick) 360° + Téng Kōng Wài Bǎi Tuǐ (Jumping Lotus Kick) 360°	323A+324A	腾空外摆腿 360° + (2 步内) 单跳 后空翻 Téng Kōng Wài Bǎi Tuǐ (Jumping Lotus Kick) 360° + (within 2 steps) Dān Tiào Hòu Kōng Fān (Single Step Back Flip)	324A+346B	腾空外摆腿 540° + 仆步 Téng Kōng Wài Bǎi Tuǐ (Jumping Lotus Kick) 540° + Pū Bù (Crouching Stance)	324B+0		



(续前表/Continued)

A 级 (0.1 分) A Grade (0.1 Points)	编码 Code	B 级 (0.15 分) B Grade (0.15 Points)	编码 Code	C 级 (0.2 分) C Grade (0.2 Points)	编码 Code	D 级 (0.25 分) D Grade (0.25 Points)	编码 Code
腾空外摆腿 360° + 马步 Téng Kōng Wài Bǎi Tuǐ (Jumping Lotus Kick) 360° + Mǎ Bù (Horse Stance)	324A + 1	腾空外摆腿 540° + 马步 Téng Kōng Wài Bǎi Tuǐ (Jumping Lotus Kick) 540° + Mǎ Bù (Horse Stance)	324B + 1	腾空外摆腿 540° + (2 步内) 单跳后空翻 Téng Kōng Wài Bǎi Tuǐ (Jumping Lotus Kick) 540° + (within 2 steps) Dǎn Tiào Hòu Kōng Fān (Single Step Back Flip)	324B + 346B		
腾空外摆腿 360° + 原地后空翻 Téng Kōng Wài Bǎi Tuǐ (Jumping Lotus Kick) 360° + Yuán Dì Hòu Kōng Fān (No- Step Back Flip)	324A + 346A	单跳后空翻 + 蝶步 Dǎn Tiào Hòu Kōng Fān (Single Step Back Flip) + Dié Bù (Butterfly Stance)	346B + 2	单跳后空翻 + 蝎势 Dǎn Tiào Hòu Kōng Fān (Single Step Back Flip) + Xiē Shì (Scorpion Stance)	346B + 11		
侧空翻 + 剪势 Cè Kōng Fān (Aerial Cartwheel) + Jiǎn Shì (Scissor Position)	335A + 10	鲤鱼打挺 + 蝶步 Lǐ Yú Dǎ Tǐng (Carp Kip-Up) + Dié Bù (Butterfly Stance)	447A + 2				
原地后空翻 + 蝶步 Yuán Dì Hòu Kōng Fān (No- Step Back Flip) + Dié Bù (Butterfly Stance)	346A + 2						



表 10-3-9 太极拳、太极剑、太极扇连接难度内容、等级、分值与编码
Table 10-3-9 Taijiquan, Taijijian and Taijishan Degree of Difficulty Connections Content, Grades, Values and Codes

A 级 (0.1 分) A Grade (0.1 Points)	编码 Code	B 级 (0.15 分) B Grade (0.15 Points)	编码 Code	C 级 (0.2 分) C Grade (0.2 Points)	编码 Code	D 级 (0.25 分) D Grade (0.25 Points)	编码 Code
低势前蹬踩脚平衡+转体 180° 成提膝独立 Dìshì Qián Dēng Cǎi Jiǎo Píng Héng (Forward Stepping Kick with Low Balance) + Zhuǎn Tǐ 180° (180° Body Turn) into Tí Xī Dú Lì (Single Raised-Knee Stance)	142A+3	后插腿低势平衡+摆莲脚转体 180°成提膝独立 Hòu Chā Tuǐ Dī Shì Píng Héng (Low Balance with Leg Crossed Behind) + Bǎi Lián Jiǎo (Lotus Kick) into Zhuǎn Tǐ 180° (180° Body Turn) into Tí Xī Dú Lì (Single Raised-Knee Stance)	143B+3	旋风脚 360°+提膝独立 Xuàn Fēng Jiǎo (Tornado Kick) 360° + Tí Xī Dú Lì (Single Raised- Knee Stance)	323B+3	旋风脚 450° (女) /540° +提膝独立 Xuàn Fēng Jiǎo (Tornado Kick) 450° (F)/540° + Tí Xī Dú Lì (Single Raised-Knee Stance)	323C+3
前举腿低势平衡+转体 180° 成 提膝独立 Qián Jǔ Tuǐ Dī Shì Píng Héng (Low Balance with Leg Stretched Forward) + Zhuǎn Tǐ 180° (180° Body Turn) into Tí Xī Dú Lì (Single Raised-Knee Stance)	143A+3	后插腿低势平衡+蹬脚/分脚 Hòu Chā Tuǐ Dī Shì Píng Héng (Low Balance with Leg Crossed Behind) + Fēn Jiǎo (Parting Kick)	143B+212A	腾空摆莲 360°+提膝独立 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360° + Tí Xī Dú Lì (Single Raised-Knee Stance)	324B+3	腾空摆莲 450° (女) /540° +提膝独立 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 450° (F)/540° + Tí Xī Dú Lì (Single Raised- Knee Stance)	324C+3
前举腿低势平衡+蹬脚/分脚 Qián Jǔ Tuǐ Dī Shì Píng Héng (Low Balance with Leg Stretched Forward) + Dēng Jiǎo (Heel Kick) /Fēn Jiǎo (Parting Kick)	143A+212A	腾空飞脚+腾空摆莲 450° (女) /540° Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + Téng Kōng Bǎi Lián (Jumping Lotus Kick) 450° (F)/540°	312A+324C	腾空摆莲 450° (女) /540° +跌叉 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 450° (F)/ 540° + Diē Chā (Hurdler's Split Position)	324C+5		
腾空飞脚+提膝独立 Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + Tí Xī Dú Lì (Single Raised-Knee Stance)	312A+3	腾空正踢腿+起跳脚落地 Téng Kōng Zhèng Tī Tuǐ (Jumping Front Straight Kick) + Qǐ Tiào Jiǎo Luò Dì (Landing on takeoff foot)	312B+8				
腾空飞脚+腾空摆莲 360° Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360°	312A+324B	腾空摆莲 360°+跌叉 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360° + Diē Chā (Hurdler's Split Position)	324B+5				



(续前表/Continued)

A 级 (0.1 分) A Grade (0.1 Points)	编码 Code	B 级 (0.15 分) B Grade (0.15 Points)	编码 Code	C 级 (0.2 分) C Grade (0.2 Points)	编码 Code	D 级 (0.25 分) D Grade (0.25 Points)	编码 Code
旋风脚 180° + 提膝独立 Xuàn Fēng Jiǎo (Tornado Kick) 180° + Tí Xī Dú Lì (Single Raised- Knee Stance)	323A +3						
旋风脚 360° + 起跳脚落地 Xuàn Fēng Jiǎo (Tornado Kick) 360° + Qǐ Tiào Jiǎo Luò Dì (Landing on takeoff foot)	323B+8						
腾空摆莲 360° + 起跳脚落地 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360° + Qǐ Tiào Jiǎo Luò Dì (Landing on takeoff foot)	324B+8						



三、难度不确认的标准与规定

3. Degree of Difficulty Non-Conformity Criteria and Specifications

(一) 长拳、剑术、刀术、枪术、棍术

3.1. Changquan, Jianshu, Daoshu, Qiangshu and Gunshu

1. 长拳、剑术、刀术、枪术、棍术难度不确认的标准。(表 10-3-10)

3.1.1. Changquan, Jianshu, Daoshu, Qiangshu and Gunshu Non-Conformity Criteria. (Table 10- 3-10)

表 10-3-10 长拳、剑术、刀术、枪术、棍术难度类别、内容及不确认标准
Table 10-3-10 Changquan, Jianshu, Daoshu, Qiangshu and Gunshu Degree of Difficulty categories,
content and execution non-conformity criteria

类别 Category		动作名称 Technique Name/Description	不确认的标准 Non-Conformity Criteria
难度动作 Degree of Difficulty Techniques	平衡 Balance Techniques	搬腿朝天直立 Bān Tuǐ Chāo Tiān Zhí Lì (Grasp the foot and bring it to head level with the leg held vertically while remaining standing)	<ul style="list-style-type: none">- 上举腿未达垂直- Raised leg not completely vertical
		侧踢抱脚直立 Cè Tī Bào Jiǎo Zhí Lì (Side kick up to catch the foot at head level with the leg held vertically while remaining standing)	
		十字平衡 Shí Zì Píng Héng (Forward Leaning Balance with Arms Outspread)	
		仰身平衡 Yǎng Shēn Píng Héng (Backward Leaning Balance)	
	腿法 Leg Techniques	探海平衡 Tàn Hǎi Píng Héng (Exploring the Ocean Balance)	<ul style="list-style-type: none">- 两腿夹角不足 135°- Angle formed between the two legs is smaller than 135°
		望月平衡 Wàng Yuè Píng Héng (Gazing at the Moon Balance)	<ul style="list-style-type: none">- 后举腿大腿低于水平 45°- The rear (raised) leg's thigh is held at 45° or less below horizontal level
难度动作 Degree of Difficulty Techniques	腿法 Leg Techniques	前扫腿 540°/900° Qián Sǎo Tuǐ (Front Sweep) 540°/900°	<ul style="list-style-type: none">- 扫转度数不足- Insufficient degree of sweeping rotation
	跳跃 Jumping Techniques	腾空正踢腿 Téng Kōng Zhèng Tī Tuǐ (Jumping Front Straight Kick)	<ul style="list-style-type: none">- 助跑超过 4 步- Exceeding 4 run-up steps- 未腾空- Not executed in the air- 上踢腿脚尖未触及或未超过前额- The toes of the kicking leg do not touch or did not exceed the forehead



(续前表/Continued)

类别 Category		动作名称 Technique Name/Description	不确认的标准 Non-Conformity Criteria
难度动作 Degree of Difficulty Techniques	跳跃 Jumping Techniques	腾空飞脚 Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) 腾空斜飞脚 Téng Kōng Xié Fēi Jiǎo (Jumping Slant Kick) 腾空双飞脚 Téng Kōng Shuāng Fēi Jiǎo (Jumping Double Front Slap Kick)	<ul style="list-style-type: none">- 助跑超过 4 步- Exceeding 4 run-up steps- 未腾空- Not executed in the air- 击响腿低于水平- Foot slapped lower than horizontal level
		旋风脚 360°/540°/630°/720° Xuàn Fēng Jiǎo (Tornado Kick) 360°/540°/630°/720° 腾空摆莲 360°/540°/630°/720° Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360°/540°/630°/720°	<ul style="list-style-type: none">- 助跑超过 4 步- Exceeding 4 run-up steps- 未腾空- Not Executed in the air- 转体度数不足- Insufficient degree of rotation- 击响腿低于水平- Foot slapped lower than horizontal level
		旋子 Xuànzǐ (Butterfly Kick) 侧空翻 Cè Kōng Fān (Aerial Cartwheel)	<ul style="list-style-type: none">- 助跑超过 4 步- Exceeding 4 run-up steps- 未腾空- Not Executed in the air
		旋子转体 360°/720° ; Xuàn Zǐ Zhuǎn Tǐ (Butterfly Twist) 360°/720° 侧空翻转体 360° Cè Kōng Fān Zhuǎn Tǐ (Aerial Cartwheel Twist) 360°	<ul style="list-style-type: none">- 助跑超过 4 步- Exceeding 4 run-up steps- 未腾空- Not Executed in the air- 转体度数不足- Insufficient degree of rotation
连接动作 Degree of Difficulty Connections	动动连接 Dynamic + Dynamic Connection	腾空飞脚+腾空摆莲 540°/630°/720° Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + Téng Kōng Bǎi Lián (Lotus Kick) 540°/630°/720° 旋风脚 360°+腾空摆莲 360°/540° Xuàn Fēng Jiǎo (Tornado Kick) 360° + Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360°/540° 旋风脚 540°+腾空摆莲 540°/630°/720° Xuàn Fēng Jiǎo (Tornado Kick) 540° + Téng Kōng Bǎi Lián (Jumping Lotus Kick) 540°/630°/720°	<ul style="list-style-type: none">- 跳跃动作之间出现助跑- Occurrence of run-up step in between the 2 jumping techniques
		腾空飞脚+侧空翻 Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + Cè Kōng Fān (Aerial Cartwheel) 旋子+旋子转体 360° Xuànzǐ (Butterfly Kick) + Xuàn Zǐ Zhuǎn Tǐ (Butterfly Twist) 360°	<ul style="list-style-type: none">- 跳跃动作之间的助跑步数超过 1 步- Exceeding 1 run-up step between the 2 jumping techniques



(续前表/Continued)

类别 Category		动作名称 Technique Name/Description	扣分内容 Deduction Content
连接动作 Degree of Difficulty Connections	动动连接 Dynamic + Dynamic Connection	腾空飞脚+旋风脚 360°/540° Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + Xuàn Fēng Jiǎo (Tornado Kick) 360°/540° 腾空飞脚+腾空摆莲 360° Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360°	- 跳跃动作之间的助跑步数超过 2 步 - Exceeding 2 run-up step between the 2 jumping techniques
		腾空飞脚+旋风脚 630°/720° Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + Xuàn Fēng Jiǎo (Tornado Kick) 630°/ 720° 腾空飞脚+旋子转体 360°/720° Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + Xuàn Zǐ Zhuǎn Tǐ (Butterfly Twist) 360°/ 720° 旋风脚 360°+旋子转体 360°/720° Xuàn Fēng Jiǎo (Tornado Kick) 360° + Xuàn Zǐ Zhuǎn Tǐ (Butterfly Twist) 360°/720° 旋子+旋子转体 720° Xuànzi (Butterfly Kick) + Xuàn Zǐ Zhuǎn Tǐ (Butterfly Twist) 720° 旋子转体 360°+旋风脚 540°/630°/720° Xuàn Zǐ Zhuǎn Tǐ (Butterfly Twist) 360°+ Xuàn Fēng Jiǎo (Tornado Kick) 540°/ 630°/ 720° 侧空翻+旋风脚 540°/630°/720° Cè Kōng Fān (Aerial Cartwheel) + Xuàn Fēng Jiǎo (Tornado Kick) 540°/630°/720° 侧空翻+旋子转体 360°/720° Cè Kōng Fān (Aerial Cartwheel) + Xuàn Zǐ Zhuǎn Tǐ (Butterfly Twist) 360°/720°	- 跳跃动作之间的助跑步数超过 4 步 - Exceeding 4 run-up step between the 2 jumping techniques
		旋子+前扫腿 540° Xuànzi (Butterfly Kick) + Qián Sǎo Tuǐ (Front Sweep) 540°	- 动作之间明显停顿 - Obvious pause between the 2 techniques
		旋风脚 360°/540°/630°/720°+马步 Xuàn Fēng Jiǎo (Tornado Kick) 360°/540°/630°/720° + Mǎ Bù (Horse Stance) 腾空摆莲 360°/540°/630°/720°+马步 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360°/540°/630°/720° + Mǎ Bù (Horse Stance) 腾空摆莲 360°+弓步 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360° + Gōng Bù (Bow Stance) 腾空摆莲 540°+仆步 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 540° + Pū Bù (Crouching Stance)	- 两脚依次落地 - The feet land alternately (not simultaneously) - 脚移动、跳动 - Foot shuffles or skips - 附加支撑 - Use of additional support - 倒地 - Fall
	动静连接 Dynamic + Static Connection		



(续前表/Continued)

类别 Category		动作名称 Technique Name/Description	不确认的标准 Non-Conformity Criteria
连接动作 Degree of Difficulty Connections	动静连接 Dynamic + Static Connection	旋风脚 360°/540°/630°/720°+跌竖叉 Xuàn Fēng Jiǎo (Tornado Kick) 360°/540°/630°/720° + Diē Shù Chà (Falling Front Split) 腾空摆莲 360°+跌竖叉 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360° + Diē Shù Chà (Falling Front Split) 旋子转体 360°/720°+跌竖叉 Xuàn Zǐ Zhuǎn Tǐ (Butterfly Twist) 360°/720° + Diē Shù Chà (Falling Front Split) 侧空翻+跌竖叉 Cè Kōng Fān (Aerial Cartwheel) + Diē Shù Chà (Falling Front Split)	<ul style="list-style-type: none">- 两脚依次落地- The feet land alternately (not simultaneously)- 滑叉- Sliding into the splits- 附加支撑- Use of additional support- 倒地- Fall
		旋风脚 360°/540°+提膝独立 Xuàn Fēng Jiǎo (Tornado Kick) 360°/540° + Tí Xī Dú Lì (Single Raised-Knee Stance) 腾空摆莲 360°/540°+提膝独立 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360°/540° + Tí Xī Dú Lì (Single Raised-Knee Stance)	<ul style="list-style-type: none">- 击响脚未单脚落地- The kicking and slapped foot is not the same leg which is singly landed on- 落地时脚移动或跳动- When landing the foot shuffles or skips- 提膝腿脚触地- The foot of the raised knee touches the ground
		腾空飞脚+坐盘 Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + Zuò Pán (Cross-Legged Sitting) 旋风脚 360°/540°/630°/720°+坐盘 Xuàn Fēng Jiǎo (Tornado Kick) 360°/540°/630°/720° + Zuò Pán (Cross-Legged Sitting) 腾空摆莲 360°/540°/630°/720°+坐盘 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360° + Zuò Pán (Cross-Legged Sitting) 旋子+坐盘 Xuànzi (Butterfly Kick) + Zuò Pán (Cross-Legged Sitting) 前扫腿 540°+坐盘 Qián Sǎo Tuǐ (Front Sweep) 540° + Zuò Pán (Cross-Legged Sitting)	<ul style="list-style-type: none">- 动作之间明显停顿- Obvious pause between the 2 techniques- 两大腿未交叉- The thighs are not crossed clearly- 附加支撑- Use of additional support- 倒地- Fall
	套嵌连接 Between Difficulty Techniques	抛+抢背/腾空飞脚/旋风脚 360°/腾空摆莲 360°+接 Pào (Toss) + Qiǎng Bèi (Forward Dive Roll)/ Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick)/ Xuàn Fēng Jiǎo (Tornado Kick) 360°/ Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360° + Jiē (Catch)	<ul style="list-style-type: none">- 抢背后, 手、臀、膝未离地- When performing Qiǎng Bèi (Forward Dive Roll), the hip/buttock, knee or single hand is not off the ground when catching the weapon- 未接握住器械或接抓刀彩、剑穗- The catch is unsuccessful, or the weapon is caught by the broadsword ribbon/straight sword tassel

2. 长拳、剑术、刀术、枪术、棍术难度完成的有关规定

3.1.2. Changquan, Jianshu, Daoshu, Qiangshu, & Gunshu Degree of Difficulty Execution Related Standards

(1) 度数的规定

3.1.2.1. Standard Requirements for Degree of Rotation

- 跳跃动作转体两脚落地或跳跃动作转体下落接弓步、马步、仆步、跌竖叉，均以起跳时两脚之间连线和落地时两脚之间连线的夹角来计算转体度数。
- For jumping techniques with rotation landing on two feet; or landing into Gōng Bù (Bow Stance), Mǎ Bù (Horse Stance), Pū Bù (Crouching Stance), Diē Shù Chā (Falling Front Split); the calculation of degree of rotation is based on the angle formed by the line between both feet at the time of takeoff and at the time of landing.
- 跳跃动作转体单脚落地，均以该脚起跳时和落地时脚尖与脚跟连线的延长线的夹角来计算转体度数。
- For jumping techniques with rotation that land on a single foot, the calculation of degree of rotation is based on the angle formed by the extended toe-to-heel line at the time of takeoff and that at the time of landing.
- 扫转性腿法的扫转度数，均以扫转腿的脚的起止转动度数来计算扫转度数。
- For leg sweeping techniques, the calculation of degree of rotation is based on the degree of rotation performed by the sweeping leg's foot from the start of the rotation to its completion.

(2) 助跑步数的规定

3.1.2.2. Standard Requirements for Run-up Steps

- 跳跃动作起跳前朝一个方向（包括弧线）助跑，从任何一脚上步开始计算，一脚落地即为一步。
- Prior to the execution of a jumping technique, each time a foot is planted on the ground while running in a single direction (including in an arc), it will be counted as a run-up step.
- 跳跃动作之间的连接步数，均以前一个跳跃动作一脚或两脚落地后的任何一脚上步开始计算。
- For jumping techniques, the number of connection steps between two techniques shall be counted from the first step taken after landing on a single foot or with both feet from the previous jumping technique.
- 在跳跃动作之间，表 10-3-7 中没有注明连接步数的均为前一个跳跃动作两脚同时落地后立即起跳。
- For jumping techniques, if the number of the connection steps are not indicated in Table 10-3-7, it means that the second jumping technique must be executed immediately after landing with both feet from the previous jumping technique.

(3) 连接动作的规定

3.1.2.3. Standard Requirements for Degree of Difficulty Connections

- 连接动作必须是表 10-3-7 中规定的内容。
- The connections movements must be the compulsory content described in Table 10-3-7.
- 动静连接的连接动作完成时必须呈静止状态，且手法或器械方法清晰（在长拳类主要动作中选择）。
- The connections movements between Dynamic + Static movements must exhibit a motionless state when fully completed. The hand techniques or weapon techniques must be clear and correct (They should be selected from the main techniques of Changquan category).
- 器械套路中的套嵌连接只能选做一种。
- Only 1 throw-and-catch Degree of Difficulty technique may be selected per weapon routine.

(4) 评判的规定



3.1.2.4. Evaluation Standards

- 动作难度未完成，其之前和之后的连接难度均不予确认。
- Should a Degree of Difficulty technique be unsuccessfully executed, then its preceding or the following Degree of Difficulty connection may not be confirmed.
- 连接动作形式被改变，动作难度和连接难度均不予确认。
- Should an executed Degree of Difficulty connection differ from what was registered, then both the Degree of Difficulty technique and its connections may not be confirmed.
- 单脚落地时，击响（踢起）脚和落地脚应为同一脚。
- For difficulty movements of connections landing on a single foot, the foot landed on should be the same foot that is kicked and slapped.
- 借助器械撑地完成平衡动作难度，其动作难度不予确认。
- The Degree of Difficulty for a balance will not be confirmed as successful if the technique was completed with the use of a weapon for additional support.
- 在完成一组动静连接难度后，必须完成两个或两个以上完整的技术动作才可接下一组难度动作。
- Upon completing a Dynamic + Static Degree of Difficulty connection technique, one must complete two or more technical movements prior to another set of Degree of Difficulty technique.

(二) 南拳、南刀、南棍

3.2. Nanquan, Nandao and Nangun

1. 南拳、南刀、南棍难度不确认的标准。(表 10-3-11)

3.2.1. Nanquan, Nandao and Nangun Non-Conformity Criteria. (Table 10-3-11)

表 10-3-11 南拳、南刀、南棍难度类别、内容及不确认标准

Table 10-3-11 Nanquan, Nandao and Nangun Degree of Difficulty categories, content and execution non-conformity criteria

类别 Category		动作名称 Technique Name/Description	不确认的标准 Non-Conformity Criteria
难度动作 Degree of Difficulty Techniques	腿法 Leg Techniques	前扫腿 540°/900° Qián Sǎo Tuǐ (Front Sweep) 540°/900°	- 扫转度数不足 - Insufficient degree of sweeping rotation
	跳跃 Jumping Techniques	腾空飞脚 Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick)	- 助跑超过 4 步 - Exceeding 4 run-up steps - 未腾空 - Not executed in the air - 击响腿低于水平 - Foot slapped lower than horizontal level



(续前表/Continued)

类别 Category		动作名称 Technique Name/Description	不确认的标准 Non-Conformity Criteria
难度动作 Degree of Difficulty Techniques	跳跃 Jumping Techniques	旋风脚 360°/540°/630°/720° Xuàn Fēng Jiǎo (Tornado Kick) 360°/540°/630°/720° 腾空外摆腿 360°/540°/630°/720° Téng Kōng Wài Bǎi Tuǐ (Jumping Lotus Kick) 360°/540°/630°/720°	<ul style="list-style-type: none">- 助跑超过 4 步- Exceeding 4 run-up steps- 未腾空- Not Executed in the air- 转体度数不足- Insufficient degree of rotation- 击响（外摆）腿低于水平- Slapped foot (Lotus Kick Leg) lower than horizontal level
		侧空翻 Cè Kōng Fān (Aerial Cartwheel)	<ul style="list-style-type: none">- 助跑超过 2 步- Exceeding 2 run-up steps- 未腾空- Not Executed in the air
		原地后空翻 Yuán Dì Hòu Kōng Fān (No-Step Back Flip)	<ul style="list-style-type: none">- 起跳前脚移动- Foot shuffles prior to jump- 落地时手撑地- Use of hand for additional support when landing
		单跳后空翻 Dān Tiào Hòu Kōng Fān (Single Step Back Flip)	<ul style="list-style-type: none">- 助跑超过 2 步- Exceeding 2 run-up steps- 落地时手撑地- Use of hand for additional support when landing
	跌扑 Tumbling Techniques	腾空双侧踹 Téng Kōng Shuāng Cè Chuài (Jumping Double Side Kick)	<ul style="list-style-type: none">- 助跑超过 4 步- Exceeding 4 run-up steps- 踹出腿低于水平- Legs below horizontal level when kicked out
		腾空盘腿 360°侧扑 Téng Kōng Pán Tuǐ 360° Cè Pū (Flying Cross Legged Kick 360° to Landing on Side)	<ul style="list-style-type: none">- 助跑超过 4 步- Exceeding 4 run-up steps- 转体度数不足- Insufficient degree of rotation
		鲤鱼打挺 Lǐ Yú Dǎ Tǐng (Carp Kip-Up)	<ul style="list-style-type: none">- 手撑扶地面- Hand or hands used on the floor for support or assistance
连接动作 Degree of Difficulty Connections	动动连接 Dynamic + Dynamic Connection	旋风脚 360°+腾空外摆腿 360°/540° Xuàn Fēng Jiǎo (Tornado Kick) 360° + Téng Kōng Wài Bǎi Tuǐ (Jumping Lotus Kick) 360°/540° 旋风脚 540°+腾空外摆腿 540°/630°/720° Xuàn Fēng Jiǎo (Tornado Kick) 540° + Téng Kōng Wài Bǎi Tuǐ (Jumping Lotus Kick) 540°/630°/720° 腾空外摆腿 360°+原地后空翻 Téng Kōng Wài Bǎi Tuǐ (Jumping Lotus Kick) 360° + Yuán Dì Hòu Kōng Fān (No-Step Back Flip)	<ul style="list-style-type: none">- 跳跃动作之间出现助跑- Occurrence of run-up step in between the 2 jumping techniques



(续前表/Continued)

类别 Category		动作名称 Technique Name/Description	不确认的标准 Non-Conformity Criteria
连接动作 Degree of Difficulty Connections	动动连接 Dynamic + Dynamic Connection	<p>腾空飞脚+单跳后空翻 Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + Dān Tiào Hòu Kōng Fān (Single Step Back Flip)</p> <p>旋风脚 360°+腾空飞脚 Xuàn Fēng Jiǎo (Tornado Kick) 360° + Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick)</p> <p>旋风脚 360°+单跳后空翻 Xuàn Fēng Jiǎo 360° (Tornado Kick 360°) + Dān Tiào Hòu Kōng Fān (Single Step Back Flip)</p> <p>腾空外摆腿 360°/540°+单跳后空翻 Téng Kōng Wài Bǎi Tuǐ (Jumping Lotus Kick) 360°/540° + Dān Tiào Hòu Kōng Fān (Single Step Back Flip)</p>	<ul style="list-style-type: none"> - 跳跃动作之间的助跑步数超过 2 步 - Exceeding 2 run-up steps in between 2 jumps.
	动静连接 Dynamic + Static Connection	<p>旋风脚 360°/540°/630°/720°+马步 Xuàn Fēng Jiǎo (Tornado Kick) 360°/540°/630°/720° + Mǎ Bù (Horse Stance)</p> <p>腾空外摆腿 360°/540°/630°/720°+马步 Téng Kōng Wài Bǎi Tuǐ (Jumping Lotus Kick) 360°/540°/630°/720° + Mǎ Bù (Horse Stance)</p> <p>腾空外摆腿 540°+仆步 Téng Kōng Wài Bǎi Tuǐ (Jumping Lotus Kick) 540° + Pū Bù (Crouching Stance)</p>	<ul style="list-style-type: none"> - 两脚依次落地 - The feet land alternately (not simultaneously) - 脚移动或跳动 - Foot shuffles or skips - 附加支撑 - Use of additional support - 倒地 - Fall
连接动作 Degree of Difficulty Connections	动静连接 Dynamic + Static Connection	<p>旋风脚 360°/540°+蝶步 Xuàn Fēng Jiǎo (Tornado Kick) 360°/540° + Dié Bù (Butterfly Stance)</p> <p>原地后空翻+蝶步 Yuán Dì Hòu Kōng Fān (No-Step Back Flip) + Dié Bù (Butterfly Stance)</p> <p>单跳后空翻+蝶步 Dān Tiào Hòu Kōng Fān (Single Step Back Flip) + Dié Bù (Butterfly Stance)</p> <p>鲤鱼打挺+蝶步 Lǐ Yú Dǎ Tǐng (Carp Kip-Up) + Dié Bù (Butterfly Stance)</p>	<ul style="list-style-type: none"> - 两脚依次落地 - The feet land alternately (not simultaneously) - 落地后再成蝶步 - Forming the butterfly stance only after landing - 脚移动或跳动 - Foot shuffles or skips - 附加支撑 - Use of additional support - 倒地 - Fall
		<p>腾空飞脚+提膝独立 Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + Tí Xī Dú Lì (Single Raised-Knee Stance)</p> <p>旋风脚 360°+提膝独立 Xuàn Fēng Jiǎo (Tornado Kick) 360° + Tí Xī Dú Lì (Single Raised-Knee Stance)</p> <p>腾空外摆腿 360°+提膝独立 Téng Kōng Wài Bǎi Tuǐ (Jumping Lotus Kick) 360° + Tí Xī Dú Lì (Single Raised-Knee Stance)</p>	<ul style="list-style-type: none"> - 击响(外摆)腿未单脚落地 - The kicking/slapped foot is not the same leg which is singly landed on - 脚移动或跳动 - Foot shuffles or skips - 提膝腿脚触地 - The foot of the raised knee touches the ground

(续前表/Continued)

类别 Category		动作名称 Technique Name/Description	不确认的标准 Non-Conformity Criteria
连接动作 Degree of Difficulty Connections	动静连接 Dynamic + Static Connection	侧空翻+剪势 Cè Kōng Fān (Aerial Cartwheel) + Jiǎn Shì (Scissor Position)	<ul style="list-style-type: none"> - 两脚依次落地 - The feet land alternately (not simultaneously) - 附加支撑 - Use of additional support - 倒地 - Fall
		单跳后空翻+蝎势 Dān Tiào Hòu Kōng Fān (Single-Step Back Flip) + Xiē Shì (Scorpion Stance)	<ul style="list-style-type: none"> - 手与脚依次落地 - Hand and foot landing alternately (not simultaneously) - 后举腿触地 - Rear raised Leg touches the floor - 附加支撑 - Use of additional support - 倒地 - Fall

2. 南拳、南刀、南棍难度完成的有关规定

3.2.2. Nanquan, Nandao and Nangun Degree of Difficulty Execution Related Standards

(1) 度数的规定

3.2.2.1. Standard Requirements for Degree of Rotation

- 跳跃动作转体两脚下落或跳跃动作转体下落接做步型，均以起跳时两脚之间连线和落地时两脚之间连线的夹角来计算转体度数。
- For jumping techniques with rotation landing on two feet; or landing into a stance; the calculation of degree of rotation is based on the angle formed by the line between both feet at the time of takeoff and at the time of landing.
- 跳跃动作转体单脚落地，均以该脚起跳时和落地时脚尖与脚跟连线的延长线的夹角来计算转体度数。
- For jumping techniques with rotation that land on a single foot, the calculation of degree of rotation is based on the angle formed by the extended toe-to-heel line at the time of takeoff and that at the time of landing.
- 扫转性腿法的扫转度数，均以扫转腿的脚的起止转动度数来计算扫转度数。
- For leg sweeping techniques, the calculation of degree of rotation is based on the degree of rotation performed by the sweeping leg's foot from the start of the rotation to its completion.

(2) 助跑步数的规定

3.2.2.2. Standard Requirements for Run-up Steps

- 跳跃动作起跳前朝一个方向（包括弧线）助跑，从任何一脚上步开始计算，一脚落地即为一歩。
- Prior to the execution of a jumping technique, each time a foot is planted on the ground while running in a single direction (including in an arc), it will be counted as a run-up step.
- 跳跃动作之间的连接步数，均以前一个跳跃动作一脚或两脚落地后的任何一脚上步开始计算。
- For jumping techniques, the number of connection steps between two techniques shall be counted from the first step taken after landing on a single foot or with both feet from the previous jumping technique.



- 在跳跃动作之间，表 10-3-8 中没有注明连接步数的均为前一个跳跃动作两脚同时落地后直接起跳。
- For jumping techniques, if the number of the connection steps are not indicated in Table 10-3-8, it means that the second jumping technique must be executed immediately after landing with both feet from the previous jumping technique.

(3) 连接动作的规定

3.2.2.3. Standard Requirements for Degree of Difficulty Connections

- 连接动作必须是表 10-3-8 中规定的内容。
- The connections movements must be the compulsory content described in Table 10-3-8.
- 动静连接的连接动作完成时必须呈静止状态，且手法或器械方法清晰（在南拳类主要动作中选择）。
- The connections movements between Dynamic + Static movements must be exhibit a motionless state when fully completed. The hand techniques or weapon techniques must be clear and correct (They should be selected from the main techniques of Nanquan category).

(4) 评判的规定

3.2.2.4. Evaluation Standards

- 动作难度未完成，其之前和之后的连接难度均不予确认。
- Should a Degree of Difficulty technique be unsuccessfully executed, its preceding or the following Degree of Difficulty connection may not be confirmed.
- 连接动作形式被改变，动作难度和连接难度均不予确认。
- Should an executed Degree of Difficulty connection differ from what was registered, then both the Degree of Difficulty technique and its connections may not be confirmed.
- 单脚落地时，击响（踢起）脚和落地脚应为同一脚。
- For difficulty movements of connections landing on a single foot, the foot landed on should be the same foot that is kicked and slapped.
- 324A、324B、324C 可以不击响。
- The Degree of Difficulty techniques 324A, 324B, and 324C do not require the foot to be slapped.
- 在完成一组动静连接难度后，必须完成两个或两个以上完整的技术动作才可接下一组难度动作。
- Upon completing a Dynamic + Static Degree of Difficulty connection technique, one must complete two or more technical movements prior to another set of Degree of Difficulty technique.

(三) 太极拳、太极剑、太极扇

3.3. Taijiquan, Taijijian and Taijishan

1. 太极拳、太极剑、太极扇难度不确认的标准。（表 10-3-12）

3.3.1. Taijiquan, Taijijian and Taijishan Non-Conformity Criteria. (Table 10-3-12)

表 10-3-12 太极拳、太极剑、太极扇难度类别、内容及不确认标准
Table 10-3-12 Taijiquan, Taijijian and Taijishan Degree of Difficulty categories, content and execution non-conformity criteria

类别 Category	动作名称 Technique Name/Description	不确认的标准 Non-Conformity Criteria
难度动作 Degree of Difficulty Techniques	平衡 Balance Techniques	
	低势前蹬踩脚平衡 Dishì Qián Dēng Cǎi Jiǎo Píng Héng (Forward Sole Kick with Low Step Balance)	<ul style="list-style-type: none"> - 支撑腿大腿高于水平 - Thigh of supporting leg above horizontal level - 蹬踩腿未由曲到伸 - The extended kicking leg does not transit from obvious bent to completely straight - 蹬踩脚触地 - Foot of the extended kicking leg touches the carpet
	前举腿低势平衡 Qián Jǔ Tuǐ Dī Shì Píng Héng (Low Balance with Leg Stretched Forward)	<ul style="list-style-type: none"> - 支撑腿大腿高于水平 - Thigh of supporting leg above horizontal level
	后插腿低势平衡 Hòu Chā Tuǐ Dī Shì Píng Héng (Low Balance with Leg Crossed Behind)	<ul style="list-style-type: none"> - 手扶按支撑腿 - Hand is supporting/pressing on the supporting leg
	腿法 Leg Techniques	
	分脚 Fēn Jiǎo (Parting Kick)	<ul style="list-style-type: none"> - 上举腿脚跟低于肩 - Heel of the kicking leg is below shoulder level
	蹬脚 Dēng Jiǎo (Heel Kick)	
跳跃 Jumping Techniques	腾空飞脚 Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick)	<ul style="list-style-type: none"> - 助跑超过 1 步 - Exceeding 1 run-up step - 未腾空 - Not Executed in the air - 击响腿低于水平 - Slapped foot lower than horizontal level
	腾空正踢腿 Téng Kōng Zhèng Tī Tuǐ (Jumping Front Straight Kick)	<ul style="list-style-type: none"> - 助跑超过 1 步 - Exceeding 1 run-up steps - 未腾空 - Not executed in the air - 上踢腿脚尖未触及或未超过前额 - The toes of the kicking leg do not touch or did not exceed the forehead
	旋风脚 180°/360°/450°/540° Xuàn Fēng Jiǎo (Tornado Kick) 180°/360°/450°/540° 腾空摆莲 360°/450°/540° Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360°/450°/540°	<ul style="list-style-type: none"> - 助跑超过 1 步 - Exceeding 1 run-up step - 未腾空 - Not Executed in the air - 转体度数不足 - Insufficient degree of rotation - 击响腿低于水平 - Slapped foot lower than horizontal level
连接动作 Degree of Difficulty Connections	动动连接 Dynamic + Dynamic Connection	
	腾空飞脚+腾空摆莲 360°/450°/540° Téng Kōng Fēi Jiǎo (Jumping Front Slap Kick) + Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360°/450°/540°	<ul style="list-style-type: none"> - 跳跃动作之间出现助跑 - Occurrence of run-up step in between the 2 jumping techniques



(续前表/Continued)

类别 Category		动作名称 Technique Name/Description	不确认的标准 Non-Conformity Criteria
连接动作 Degree of Difficulty Connections	动静连接 Dynamic + Static Connection	腾空正踢腿/旋风脚 360°/腾空摆莲 360°+起跳脚落地 Téng Kōng Zhèng Tī Tuǐ (Jumping Front Straight Kick)/ Xuàn Fēng Jiǎo (Tornado Kick) 360°/ Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360° + Qǐ Tiào Jiǎo Luò Dì (Landing on takeoff foot)	<ul style="list-style-type: none"> - 击响(踢起)腿未单脚落地 - The kicking/slapped foot is not the same leg which is singerly landed on - 脚移动或跳动 - Foot shuffles or skips
		腾空飞脚+提膝独立 Téng Kōng Fēi Jiǎo(Jumping Front Slap Kick) + Tí Xī Dú Lì (Single Raised-Knee Stance) 旋风脚 180°/360°/450°/540°+提膝独立 Xuàn Fēng Jiǎo (Tornado Kick) 180°/360°/450°/540° + Tí Xī Dú Lì (Single Raised-Knee Stance) 腾空摆莲/360°/450°/540°+提膝独立 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360°/450°/540° + Tí Xī Dú Lì (Single Raised-Knee Stance)	<ul style="list-style-type: none"> - 击响(踢起)腿未单脚落地 - The kicking/slapped foot is not the same leg which is singerly landed on - 脚移动或跳动 - Foot shuffles or skips - 提膝腿脚触地 - The foot of the raised knee touches the ground
		腾空摆莲 360°/450°/540° + 跌叉 Téng Kōng Bǎi Lián (Jumping Lotus Kick) 360°/450°/540° + Diē Chā (Hurdler's Split Position)	<ul style="list-style-type: none"> - 两腿依次落地 - The feet land alternately (not simultaneously) - 腿移动 - Foot shuffles - 附加支撑 - Use of additional support - 倒地 - Fall
	静动连接 Static + Dynamic Connection	前举腿低势平衡+蹬脚/分脚 Qián Jǔ Tuǐ Dī Shì Píng Héng (Low Balance with Leg Stretched Forward) + Dēng Jiǎo (Heel Kick)/ Fēn Jiǎo (Parting Kick) 后插腿低势平衡+蹬脚/分脚 Hòu Chā Tuǐ Dī Shì Píng Héng (Low Balance with Leg Crossed Behind) + Dēng Jiǎo (Heel Kick)/ Fēn Jiǎo (Parting Kick)	<ul style="list-style-type: none"> - 连接过程中躯干晃动 - The torso sways during the transition - 提起腿脚触地 - Foot of the raised leg touches the floor - 支撑腿脚移动或跳动 - Supporting foot shuffles or skips
	静静连接 Static + Static Connection	低势前蹬踩脚平衡/前举腿低势平衡 + 转体 180°成提膝独立 Dīshì Qián Dēng Cǎi Jiǎo Píng Héng (Forward Sole Kick with Low Step Balance)/ Qián Jǔ Tuǐ Dī Shì Píng Héng (Low Balance with Leg Stretched Forward) + Tí Xī Dú Lì (Single Raised-Knee Stance) 后插腿低势平衡+摆莲脚转体 180°成提膝独立 Hòu Chā Tuǐ Dī Shì Píng Héng (Low Balance with Leg Crossed Behind) + Bǎi Lián Jiǎo (Lotus Kick) into Zhuǎn Tǐ 180° (180° Body Twist) into Tí Xī Dú Lì (Single Raised-Knee Stance)	<ul style="list-style-type: none"> - 连接过程中出现躯干晃动 - The torso sways during the transition - 转体度数不足 - Insufficient degree of rotation - 连接过程中提膝低于水平 - The knee dips below horizontal level during the transition - 提膝腿脚触地 - The foot of the raised knee touches the ground - 提膝时脚移动或跳动 - Foot shuffles or skips during the single knee raised

2. 太极拳、太极剑、太极扇难度完成的有关规定

3.3.2. Taijiquan, Taijijian and Taijishan Degree of Difficulty Execution Related Standards

(1) 度数的规定

3.3.2.1. Standard Requirements for Degree of Rotation

- 跳跃动作转体下落接做跌叉，均以起跳时击响腿脚尖与脚跟连线的延长线和落地时摆动腿轴线的延长线的夹角来计算转体度数。
- For Degree of Difficulty jumping techniques with rotation followed by the difficulty connection Diē Chā (Hurdler's Split Position), the calculation of degree of rotation is based on the angle formed by the extended toe-to-heel line of the jumping foot (the foot that is on the same side of the body as the direction in which it is rotating) at the time of takeoff and the angle formed by the extended line of the extended leg at the time of landing. The extended leg when landing must be the opposite leg to the one slapped during the previous jumping technique.
- 跳跃动作转体单脚落地，均以该脚起跳时和落地时脚尖与脚跟连线的延长线的夹角来计算转体度数。
- For jumping techniques with rotation that land on a single foot, the calculation of degree of rotation is based on the angle formed by the extended toe-to-heel line of the landing foot at the time of takeoff and that at the time of landing.
- 静静连接，均以支撑脚转体前和转体后脚尖与脚跟连线的延长线的夹角来计算转体度数。
- For Static + Static Connections, to calculate the degree of rotation, it is based on the angle formed by the extended toe-to-heel line of the supporting foot before the rotation and the angle formed after the rotation.

(2) 助跑步数的规定

3.3.2.2. Standard Requirements for Run-Up Steps

- 312A+324B、312A+324C 必须在前一个跳跃动作两脚同时落地后直接起跳。
- For the combinations 312A+324B, 312A+324C, the second jumping technique must be executed directly after landing with both feet from the previous jumping technique.
- 静静连接不能上步。
- No steps may be taken during the execution of a static + static connection.

(3) 连接动作的规定

3.3.2.3. Standard Requirements for Degree of Difficulty Connections

- 连接动作必须是表 10-3-9 中规定的内容。
- The connections movements must be the compulsory content described in Table 10-3-9.
- 312A+324B (或 324C) 下落必须连接跌叉 (左腿在前)。
- For the combination 312A+324B (or 324C), the landing connection must be Diē Chā (Hurdler's Split Position) with the left leg extended forward.
- 连接跌叉只能选做一次。
- The Degree of Difficulty connection Diē Chā (Hurdler's Split Position) may at most be selected once per routine.
- 太极器械套路动静连接的连接动作完成时器械方法必须清晰 (在太极拳类主要动作中选择)。
- When completing the Dynamic + Static Connection of taijiquan category weapon routines, the weapon techniques should be clear and correct (They should be selected from the main techniques of Taijiquan



category).

(4) 评判的规定

3.3.2.4. Evaluation Standards

- 动作难度未完成，其之前和之后的连接难度均不予确认。
- Should a Degree of Difficulty technique be unsuccessfully executed, its preceding or the following Degree of Difficulty connection may not be confirmed.
- 连接动作形式被改变，动作难度和连接难度均不予确认。
- Should an executed Degree of Difficulty connection differ from what was registered, then both the Degree of Difficulty technique and its connections may not be confirmed.
- 单脚落地时，击响（踢起）脚和落地脚应为同一脚。
- For difficulty movements of connections landing on a single foot, the foot landed on should be the same foot that is kicked and slapped.
- 平衡动作和动静连接的连接动作完成时必须呈静止状态。
- The balance techniques and connection between dynamic and static techniques must be executed in a motionless state.
- 在完成一组动静连接难度后，必须完成两个或两个以上完整的技术动作才可接下一组难度动作。
- Upon completing a Dynamic + Static Degree of Difficulty connection technique, one must complete two or more technical movements prior to executing another set of Degree of Difficulty technique.

第四节 编排的评分

Section 4 - Evaluation of Choreography

一、编排扣分内容与标准

1. Choreography Deduction Content and Standards

编排扣分的内容与分值。(表 10-4-1)

Choreography Deduction Content and Value. (Table 10-4-1)

表 10-4-1 编排扣分的类别、内容及扣分标准与编码。

Table 10-4-1 Choreography Deduction Categories, deduction content, deduction standards & deduction codes

类别 Category	扣分内容与标准 Deduction Content & Standard	编码 Code
规定动作 Compulsory/ mandatory technique	自选套路：每减少或改变一个规定动作。（扣 0.2 分） For each missing/altering compulsory/mandatory technique in optional routines. (Deduct 0.2)	80
	规定套路：每增加、减少或改变一个规定动作。（扣 0.2 分） For each missing/additional/altering compulsory/mandatory technique in compulsory routines. (Deduct 0.2)	
	规定套路：每增加或减少一步。（扣 0.1 分） Compulsory Routines: Missing or additional step. (Deduct 0.1)	81
	南拳、南刀、南棍规定套路：未按规定发声或每增加或减少一次发声。（扣 0.2 分） Nanquan, Nandao, Nangun Compulsory Routines: For each missing or additional vocalization or did not vocalize in accordance with the requirement. (Deduct 0.2)	82
结构、布局 Structure & Composition	静止姿势（平衡动作除外）停顿时间超过 2 秒。（扣 0.1 分） A static state (excluding balance techniques) which is held for longer than 2 seconds. (Deduct 0.1)	83
	太极拳、太极剑难度动作前出现停顿。（扣 0.1 分） During Taijiquan or Taijijian there is an obvious unmethodical pause prior to the execution of Degree of Difficulty technique. (Deduct 0.1)	
	难度动作前出现影响套路节奏的无攻防动作演练。（扣 0.1 分） Performing non-offensive or non-defensive actions that disrupts the routine's rhythm before executing the Degree of Difficulty techniques. (Deduct 0.1)	
	规定套路： Compulsory Routines: 长拳、南拳及其器械动作每偏向超过 90°。（扣 0.1 分） For Changquan type and Nanquan Type events (including weapon routines), movements done in averted directions exceeding 90 degrees. (Deduct 0.1)	84
	太极拳、太极剑、太极扇动作每偏向超过 45°。（扣 0.1 分） For Taijiquan and Taijijian events, movements done in averted directions exceeding 45 degrees. (Deduct 0.1)	85
	两组难度之间少于两个完整的技术动作。（扣 0.1 分） Between 2 groups of Degree of Difficulty techniques, there are less than 2 complete technique movements. (Deduct 0.1)	
音乐 Music	要求配乐的项目未配乐或配乐伴有说唱。（扣 0.50 分） Events Requiring Musical Accompaniment: No music or music which includes vocals/lyrics. (Deduct 0.5)	86

二、编排扣分有关说明

2. Choreography Deduction Instructions

运动员做规定动作的技术方法与规定动作的技术要求明显不符，确定为改变规定动作。

Altering compulsory technique also refers to a technique or position that is executed in an unclear or messy manner, is missing required parts, and is therefore not recognized as a standardized technique from a compulsory or optional routine



第十一章 工作职责 Chapter 11 - Roles & Responsibilities

第一节 仲裁委员会

Section 1 - Jury of Appeals

一、仲裁主任

1. Chairman of the Jury of Appeals

(一) 主持仲裁委员会的工作。

1.1. Preside over the work of the Jury of Appeals

(二) 检查相关仲裁设备。

1.2. Inspect the Jury of Appeals' equipment.

(三) 参加技术会议，说明有关申诉注意事项。

1.3. Participate in the technical meeting and report the main aspects related to the appeals process.

(四) 运动员的比赛成绩公告时开始计时，15 分钟后不受理任何申诉。

1.4. Will not accept any appeals lodged from fifteen minutes following the conclusion of the display of the results of the routine in question.

(五) 发放、接收申诉表，收取 200 美元的申诉费并开具收据。

1.5. Will issue and receive the appeal forms and collect the US\$200 appeal fee, and issue receipts for such.

(六) 组织对申诉的内容通过视频进行复议和表决，并将仲裁裁决结论及时通知申诉的运动队，并报赛事组织委员会备案。

1.6. Manage the appeal investigation process through the relevant video review and oversee the jury's deliberation and voting process. Promptly report the jury's verdict to the relevant team as well as to the organizing committee for record purposes.

(七) 如申诉理由成立，改判该运动员的最后得分，退回申诉费。

1.7. Should an appeal found to be justified, the athlete's final score will be amended, and the appeal fee will be refunded to the team.

(八) 必要时，可邀请有关人员参加复议，被邀请人员没有表决权。

1.8. May invite relevant individuals to participate in deliberations if necessary. Invited individuals do not have voting rights.

二、仲裁委员

2. Members of the Jury of Appeals

(一) 服从仲裁委员会主任的工作分配。

2.1. Conduct work in line with what has been assigned by the chairman.

(二) 对申诉内容进行审议和表决。

2.2. Investigate and deliberate an appeal in line with its specific content.

第二节 裁判员

Section 2 - Judges

一、总裁判长

1. Chief Referee

(一) 全面负责裁判工作。

1.1. Lead the judging team and oversee all aspects of judging for the competition.

(二) 制定裁判员赛前学习计划，组织业务学习和评判演练，解释规程和规则。

1.2. Organize the judges group to review and study the rules prior to the start of the competition. Organize and lead scoring practice sessions and clarify and explain the rules and regulations.

(三) 检查比赛场地、竞赛器材、裁判用具、竞赛表格、电子计分系统。

1.3. Inspect the competition venue, equipment, judging equipment, competition forms and documents, and the electronic scoring system.

(四) 参加技术会议，通报比赛注意事项，解答运动队提出的技术性问题。监督抽签全过程。

1.4. Participate in the Technical Meeting and present a report covering important aspects of the event. Answer technical questions as necessary from the various teams. Overview the drawing lots ceremony.

(五) 负责宣告员、放音员、仲裁录像的业务指导。

1.5. Assist and direct the announcers, sound technicians and the Jury of Appeals Camera Operators in their work as necessary.

(六) 赛前一天，组织全体裁判员，包括电子计分系统人员、宣告员、放音员、仲裁摄像员 参加模拟比赛演练。

1.6. The day before the competition begins, organize the judges group, including the electronic scoring system operators, the announcers, the sound technicians, and the jury of appeals camera operators to participate in a mock competition rehearsal.

(七) 每场比赛开始 30 分钟前组织预备会，结束后对本场比赛的执裁情况进行小结。

1.7. Organize a judge's preparatory meeting 30 minutes prior to the start of each competition session. Hold judges' debriefings following the conclusion of each session.



(八) 在比赛过程中, 根据比赛需要可调动裁判员工作。裁判员发生严重错误时, 要及时处理。

1.8. During a competition session, may replace officials or reshuffle their duties if deem necessary, and have the right to take disciplinary action against judges who have committed serious errors.

(九) 审核比赛成绩。

1.9. Review and approve the competition results.

二、副裁判员长

2. Assistant Chief Referee

(一) 在总裁判长的领导下开展工作。

2.1. Work under the leadership of the Chief Referee.

(二) 按照总裁判长的安排, 协助总裁判长落实各项工作。

2.2. May act on behalf of the Chief Referee in case of their absence, assist and accomplish the tasks instructed by the chief referee.

三、裁判长

3. Head Judge

(一) 在总裁判长的领导下开展工作。

3.1. Work under the leadership of the Chief Referee.

(二) 带领裁判员业务学习, 参加模拟比赛演练。

3.2. Lead the judges for refresher course prior to the start of the competition. Participate in the mock competition rehearsal.

(三) 负责审核难度及规定内容申报表。

3.3. Be responsible for reviewing the Degree of Difficulty and compulsory content registration forms.

(四) 组织实施裁判工作, 并根据副裁判长提示, 对运动员编排错误内容给予判定并作出相应处理。

3.4. Organize the judging implementation, and review and, if necessary, handle any routine non-conformance as notified by the Assistant Head Judge.

(五) 执行对运动员套路完成时间不足或超出规定、以及编排的扣分, 执行对运动员完成创新难度的加分。

3.5. Deduct points for routine time limit violations (under time/over time); and/or for choreographic errors. Award bonus points for successful execution of registered innovative Degree of Difficulty techniques.

(六) 裁判员发生严重评判错误时, 可向总裁判长建议给予相应的处理。

3.6. Advise the Chief Referee to take disciplinary action against a judge who has committed serious errors.

四、副裁判长

4. Assistant Head Judge

(一) 服从裁判长的领导, 熟练掌握各项目规定内容和竞赛(规定)套路, 参加模拟比赛演练, 做好赛前准备工作。

4.1. Obey the Head Judge and work diligently. Fully master all the optional routines compulsory content and all the competition (compulsory) routines. Participate in the judges' refresher course and mock competition rehearsal. Perform all necessary competition preparation work.

(二) 执行规则和规程, 检查运动员临场整套演练的内容, 并做详细的检查记录。

4.2. Implement the rules and regulations. Examine the content of each competitor's actual routine performance and keep detailed notes and records.

(三) 发现运动员演练的套路与编排要求不符, 及时报告裁判长。

4.3. Expeditiously inform the Head Judge if an athlete's routine execution fails to conform to the choreography requirements.

(四) 准确记录运动员完成整个套路的时间, 并及时报告裁判长。

4.4. Accurately record all athletes' routine time duration. Report each athlete's routine time to the Head Judge in a timely manner.

五、A、B、C 组裁判员

5. Group A, B and C Judges

(一) 服从裁判长的领导, 参加业务学习和模拟比赛演练, 做好赛前准备工作。

5.1. Obey the Head Judge and work diligently. Participate in the judges' study sessions and mock competition rehearsal. Perform all necessary competition preparation work.

(二) 执行规则和规程, 根据运动员临场表现独立进行评分, 并做详细的评判记

5.2. Implement the rules and regulations. Judge each competitor's actual performance independently in line with the rules and make detailed notes.

(三) A 组评分裁判员参加运动员整套动作质量的评分。

5.3. Group A judges are responsible for the evaluation of the Quality of Movements of a competitor's routine performance.

(四) B 组评分裁判员参加运动员整套演练水平的评分。

5.4. Group B judges are responsible for the evaluation of the Overall Performance of a competitor's routine performance.

(五) C 组评分裁判员参加运动员整套难度的评分。

5.5. Group C judges are responsible for the evaluation of the registered Degree of Difficulty techniques of a competitor's routine performance.



六、编排记录长

6. Chief Scheduler-Recorder

(一) 全面负责编排记录工作, 根据需要确定岗位, 分配工作。

6.1. Be responsible for all recording work. Allocate work in line with the event requirements.

(二) 组织编排记录员学习规则、规程, 参加模拟比赛演练。

6.2. Organize and arrange the recording group to review competition rules, regulations, and participate in the mock competition rehearsal.

(三) 组织审核报名表、难度及规定内容申报表。

6.3. Organize and review all event enrolments, Degree of Difficulty and compulsory content registration forms. Be responsible for compiling meeting schedules, athlete's training sessions' schedules and competition schedules.

(四) 负责编排训练日程和竞赛日程, 编制秩序册, 准备竞赛表格。

6.4. Responsible for organizing schedules for training and competitions, compiling event Booklets and prepare all competition forms.

(五) 检查验收编排用具及有关奖品。

6.5. Inspect and accept all choreography related items and related prizes.

(六) 参加技术会议, 组织抽签, 排定各项目运动员比赛顺序。

6.6. Participate in the technical meeting. Organize the drawing lots ceremony, arrange the sequential start list of all athletes of all event.

(七) 每场比赛开始 45 分钟前到达场馆, 做好各项准备工作。

6.7. Arrive at the venue at least 45 minutes prior to the start of the competition session and perform all necessary preparation work.

(八) 及时将检录最终结果准确送达总裁判长、电子计分系统人员和宣告员。

6.8. Deliver the final roll call list to the Chief Referee, the electronic scoring system operators and announcers on time.

(九) 审核比赛成绩及排列名次。

6.9. Review competition results and ranking.

(十) 编排、印发成绩册。

6.10. Organize and print the result booklets.

七、检录长

7. Chief Registrar

(一) 全面负责检录工作, 根据需要确定岗位, 分配工作。

7.1. Organize and prepare the roll-call work and assign work in line with the requirements.

(二) 组织检录员学习规则、规程。

7.2. Organize the roll-call groups study sessions to review the rules and regulations.

(三) 检查验收检录用具的规格和数量。

7.3. Inspect and accept the specification and quantities of the roll-call items.

(四) 配合竞赛组织设计运动员进、退场流线, 设立检录处。

7.4. Work with the organizing committee to confirm the athlete entry and exit routes to the field of play and confirm the location of the roll-call area.

(五) 组织检录员参加模拟比赛联合演练。

7.5. Arrange for the roll-call group's member to participate in the mock competition rehearsal.

(六) 每场比赛开始 45 分钟前到达场馆, 做好各项准备工作。

7.6. Arrive at the venue 45 minutes prior to the start of the competition session and perform all necessary preparation work.

(七) 确保运动员的比赛器械和比赛服装符合规则要求。

7.7. Inspect weapons and uniforms of all competitors.

(八) 将检录最终结果及时书面通知编排记录长。

7.8. Deliver the final roll call list to the Chief Scheduler-Recorder on time.

八、编排员

8. Schedulers

(一) 按照编排记录长的安排开展工作。

8.1. Organize and prepare work in accordance with the Chief Scheduler-Recorder's requirements.

(二) 学习规则、规程, 参加模拟比赛演练。

8.2. Study the rules and regulations. Participate in the mock competition rehearsal.

(三) 按规程要求审查报名表, 包括报名人数和运动员姓名、出生日期、报项, 并作好统计。

8.3. Review the registration forms in accordance with the regulation requirements, including:

- Number of participants
- Athlete's full names
- Athlete's dates of birth
- Athlete's Registered Events



- Compile statistics

(四) 编排训练日程和竞赛日程, 编制秩序册。

8.4. Compile the meeting agendas, training schedules, and competition schedules. Compile the event booklets.

(五) 审核难度及规定内容申报表。

8.5. Review the Degree of Difficulty and compulsory content registration forms.

(六) 抽签后印发各项目运动员比赛顺序表并及时送达各参赛队伍。

8.6. Following the drawing of lots ceremonies, print each event's start list and deliver them to each participating team.

(七) 准备比赛所需的各类竞赛表格。

8.7. Prepare the various forms needed for the competition.

(八) 设立成绩公告栏, 及时张贴各项目比赛成绩公告。

8.8. Prepare the competition notice boards. Post the various announcements on these boards in a timely manner.

(九) 打印证书并及时发放。

8.9. Print the certificates and distribute them in a timely manner.

(十) 颁奖仪式开始前, 及时将领奖运动员名单送达检录长、宣告员和颁奖人员。

8.10. Prior to the start of each medal awarding ceremony, deliver the athlete name lists to the Chief Registrar, the announcers and the medal awarding group.

(十一) 编制、印发成绩册。

8.11. Prepare, print and distribute the results booklets.

九、记录员

9. Score-Recorders (Utilized when no electronic scoring system is available)

(一) 学习规则、规程及有关竞赛规定, 参加模拟比赛演练。

9.1. Study the rules, regulations and related competition standards. Participate in the mock competition rehearsal.

(二) 准确记录每位裁判员的评判结果并进行统计, 计算出运动员的动作质量分、演练水平分、难度分和最后得分, 经编排记录长审核后及时报告裁判长。

9.2. Accurately record each judge's evaluation result and calculate athlete's Quality of Movements score (Execution score), Overall Performance score (Performance score), Degree of Difficulty score (Difficulty score) and Final score. Report each athlete's score to the Head Judge in a timely manner after being reviewed by the Chief Scheduler-Recorder.

十、检录员

10. Roll-Call Officials

(一) 按照检录长的安排开展工作。

10.1. Organize and prepare work as in line with the Chief Registrar's requirements.

(二) 学习规则、规程及有关竞赛规定, 参加模拟比赛演练。

10.2. Study the rules, regulations and related competition standards. Participate in the mock competition rehearsal.

(三) 按照运动员比赛顺序, 于赛前 30 分钟进行第一次检录, 赛前 20 分钟进行第二次检录, 赛前 10 分钟进行最后一次检录。检录时, 要核对运动员信息, 并确认运动员的比赛器械和比赛服装符合规则要求。

10.3. Perform the first roll-call 30 minutes prior to the start of the event concerned. Perform the second roll-call 20 minutes prior to the start of the event concerned. Perform the third roll-call 10 minutes prior to the start of the event concerned. Check and confirm each athlete's details at each roll call session. Ensure that each athlete's weapon(s) and uniform conform to the regulations.

(四) 本项目比赛开始 5 分钟前, 将运动员集中到运动员指定候场区域。

10.4. Five (5) minutes prior to the start of the event concerned, lead the athletes to the designated waiting area.

(五) 引导运动员入场, 向裁判长行抱拳礼后递交检录确认后的比赛顺序表和评分记录总表。

10.5. Lead the athletes into the field of play and instruct them to perform the palm and fist salute towards the Head Judge and then hand over the roll call start list and Score Recording Form to the Head Judge.

(六) 运动员入场比赛前, 核实运动员身份卡, 查验比赛服装、比赛器械和号码布 (如适用)。

10.6. Prior to the athletes entering the field of play, check their accreditation card and confirm their identity. Inspect the competition attire, weaponry and the competition bib (if applicable).

(七) 引导运动员进场比赛和赛后退场。

10.7. Lead the athletes to the field of play and lead them out after their competition.

(八) 颁奖仪式开始前, 对领奖运动员 (队) 进行检录

10.8. Conduct roll-call prior to the commencement of the medal awarding ceremony.

第三节 其他竞赛人员

Section 3 - Other Competition Staff

一、宣告员

1. Announcers

(一) 熟悉本次比赛的规程、规则、项目特点、武术套路运动的知识, 以及观赛注意事项和有关宣传材料

1.1. Have a good grasp and understanding of the competition regulations, event rules, wushu characteristics, and other



important aspects related to the event.

(二) 熟悉运动员、裁判员、仲裁委员会人员的相关信息。

1.2. Be familiar with the information about athletes, judges, and Jury of Appeals members' information.

(三) 参加模拟比赛演练。

1.3. Participate in the mock competition rehearsal.

(四) 每场赛前一小时到场, 介绍本次比赛情况和武术套路运动的知识, 以及本场比赛项目的特点等, 宣告“观众观赛须知”。

1.4. Arrive at the venue 1 hour prior to the start of the competition session. Introduce aspects of that particular competition as well as knowledge of competitive wushu in general, the particular event characteristics. Announce the points of interest to the audience.

(五) 宣告比赛开始。介绍仲裁委员会和临场裁判员。

1.5. Announce the start of the competition. Introduce the Jury of Appeals members as well as the judges that are serving during a session.

(六) 宣告每名运动员比赛的最后得分。

1.6. Announce each athlete's final score.

(七) 宣读组委会通知。如遇突发事件, 按应急预案及时播报。

1.7. Announce notices from the organizing committee. In case of emergency, announce the steps to be taken by all in a timely manner.

(八) 主持颁奖仪式。

1.8. Direct the medal awarding ceremony.

二、放音员

2. Sound Technicians

(一) 准备礼仪曲目以及音像宣传材料。

2.1. Prepare ceremonial music and other promotional audio/visual materials.

(二) 在运动队训练时为运动员播放音乐并做好电脑备份。

2.2. Play respective routine music for the athletes during their training sessions. Store the respective music in the correct location on the PC.

(三) 参加模拟比赛演练。

2.3. Participate in the mock competition rehearsal.

(四) 每场赛前一小时到场, 播放音像宣传材料。

2.4. Arrive at the venue 1 hour prior to the start of the competition session and play the respective promotion audio/visual materials.

(五) 配合比赛进程和颁奖仪式, 播放礼仪曲目。

2.5. Play the required ceremonial music during the event as well as the medal awarding ceremony.

(六) 配乐项目比赛时, 播放比赛音乐。

2.6. Play each athlete's respective music during his or her performance.

三、仲裁录像

3. Jury of Appeals Camera Operators

(一) 检查摄、录像器材, 确保工作正常进行。

3.1. Inspect all the video recording cameras and related equipment to ensure they are functioning properly.

(二) 参加模拟比赛演练。

3.2. Participate in the mock competition rehearsal.

(三) 对每名运动员整个比赛套路进行不间断录像, 确保影像完整、清晰。

3.3. Clearly record each competitor's performance in full without interruption.

(四) 根据工作需要, 负责播放相关录像。

3.4. Playback the video in line with the requirements during the competition.

(五) 赛后需经仲裁委员会主任同意后方能离开赛场。

3.5. May only leave the competition venue after the end of a session with the approval of the chairman of the jury of appeals.

(六) 妥善保管整个比赛的全部录像, 赛后交到国际武术联合会秘书处存档。

3.6. Ensure proper safekeeping of all videos of the entire competition. Upon conclusion of the competition, supply all the competition video recordings to the IWUF Secretariat for archival purposes.

四、计时记分系统人员

4. Scoring System Operators

(一) 按规程要求按时开启和关闭在线报名系统, 对各运动队的报名信息保密, 不得泄露。

4.1. Open and close the online registration system in line with the event regulations. Keep all submitted information confidential.

4.2. 接收在线报名和难度及规定内容申报, 统计参加人数和比赛项次。 Accept all information and registrations submitted



online including participants' information, registered event information, Degree of Difficulty registration as well as compulsory content registration. Compile full competition statistic packages including number of participants and events.

(二) 完成难度及规定内容申报数据的录入工作。

4.3. Enter all registered Degree of Difficulty and compulsory content into the electronic scoring system.

(三) 提供各种竞赛表格。

4.4. Supply all relevant competition forms.

(四) 参与技术会议并操作电脑抽签，协助编排记录长排定运动员的比赛顺序。

4.5. Participate in the technical meeting. Operate the drawing of lots session and assist the chief scheduler-recorder to confirm each event's start list.

(五) 为裁判员赛前评分演练提供技术服务，参加模拟比赛联合演练。

4.6. Provide technical service to the judges during the judge's refresher sessions. Participate in the mock competition rehearsal.

(六) 比赛开始一小时前到场，维护整个比赛过程中电子计分系统的正常运行。

4.7. Arrive at the venue 1 hour prior to the start of the competition session. Ensure that the electronic scoring system is in proper operation throughout the entire duration of each competition session.

(七) 提供各项目成绩公告。

4.8. Supply each events results form.

附录一 主要动作的基本要求 Appendix 1 - Basic Requirements for Main Techniques

第一节 长拳主要动作的基本要求

Section 1 - Basic Requirements for Changquan

一、手型

1. Shǒu Xíng (Hand Forms/Shapes)

(一) 拳：四指并拢卷握，拇指紧扣食指和中指的第二指节，拳握紧，拳面平，直腕。

- 1.1. Quán (Fist): The four fingers excluding the thumb are held together and curled into the grip. The thumb is clasped tightly on the 2nd section (intermediate phalanges) of the index and middle fingers. The fist must be held tightly with the face of the fist level, and the wrist and fist aligned (forming a straight line).

(二) 掌：四指并拢伸直，拇指弯曲紧扣于虎口处。

- 1.2. Zhǎng (Palm): The four fingers excluding the thumb are held together and straight, and the thumb is bent and held in tightly.

(三) 勾：五指第一指节捏拢在一起，屈腕。

- 1.3. Gōu Shǒu (Hook): The wrist is fully bent and hooked with the five fingers clasped tightly together at their tips.

二、拳法

2. Quán Fǎ (Fist Techniques)

(一) 冲拳：拳从腰间向前打击，直臂，力达拳面。

- 2.1. Chōng Quán (Thrust Punch): The fist is thrust out straight forward from the waist. The arm locks straight with the focus of force on the face of the fist.

(二) 劈拳：拳自上向下劈落，直臂，力达拳轮。

- 2.2. Pī Quán (Chopping Fist): The fist travels from up to down in a chopping action. The arm locks straight with the focus of force on the bottom of the fist.

(三) 撩拳：拳自下向前上方弧形直臂撩起，力达拳眼或拳心。

- 2.3. Liāo Quán (Upward Arc Punch: The fist travels from down to the upper front in an arc. The arm locks straight with the focus of force on the eye or center (heart) of the fist.

(四) 贯拳：拳从侧下方向斜上方弧形横打，臂微屈，拳眼斜向下，力达拳面。



- 2.4. Guàn Quán (Hook Punch): The fist travels from the lower side of the body diagonally upwards to the opposite side of the body horizontally in an arc. The arm is slightly bent, with the fist held vertically and the focus of force on the face of the fist.

(五) 崩拳: 臂由屈至伸, 拳从腹部向前弹击, 力达拳面。

- 2.5. Bēng Quán (Crushing Punch): The arm transitions from bent to straight, with the fist thrusting out forwards from the abdomen with the focus of force on the face of the fist.

(六) 砸拳: 拳由上向下随屈臂下砸, 拳心向上, 力达拳背。

- 2.6. Zà Quán (Pounding Fist): The fist travels from up to down, smashing as the arm bends with the center (heart) of the fist facing upwards and the focus of force on the back of the fist.

三、掌法

3. Zhǎng Fǎ (Palm Techniques)

(一) 推掌: 掌从腰间立掌向前推击, 直臂, 力达掌外沿。

- 3.1. Tuī Zhǎng (Pushing Palm): The palm is held vertically and pushed out straight forward from the waist. The arm locks straight with the focus of force on the outer edge of the palm.

(二) 挑掌: 掌由下向上翘腕立掌上挑, 力达四指。

- 3.2. Tiāo Zhǎng (Upward Snapping Palm): The palm travels from down to up with the wrist flicking the palm upwards and the focus of force on the four fingers excluding the thumb.

(三) 穿掌: 臂由屈至伸, 掌沿身体某一部位穿出, 力达指尖。

- 3.3. Chuān Zhǎng (Threading Palm): The arm transitions from bent to straight, following along a particular part of the body, with the focus of force on the finger tips.

(四) 插掌: 臂由屈至伸, 掌向下或斜下插出, 直腕, 力达指尖。

- 3.4. Chā Zhǎng (Inserting Palm): The arm transitions from bent to straight, travelling downwards or obliquely downwards with the palm and the forearm aligned (forming a straight line) and the focus of force on the fingertips.

(五) 撩掌: 掌心向前上, 直臂向前撩出, 力达掌心。

- 3.5. Liāo Zhǎng (Upward Arcing Palm): The arm travels forward and upward in an arc with the center of the palm facing forward and upwards, and the focus of force on the center of the palm.

(六) 劈掌: 由上向下侧掌劈落, 直臂, 力达掌外沿。

- 3.6. Pī Zhǎng (Chopping Palm): The palm travels from up to down in a chopping action. The arm locks straight with the focus of force on the outer edge of the palm.

(七) 砍掌: 仰掌或俯掌向左或向右砍击, 力达掌外沿。

- 3.7. Kǎn Zhǎng (Horizontal Palm Chop): With the palm facing upwards or downwards, chop either to the left or the right with

the focus of force on the outer edge of the palm.

(八) 按掌: 自上向下按压, 掌心向下, 力达掌心。

3.8. Àn Zhǎng (Pressing Palm): Press the palm downwards with the focus of force on the center of the palm.

四、肘法 (进攻性肘法)

4. Zhǒu Fǎ (Elbow Techniques/Methods) (Offensive Elbow Techniques)

顶肘: 屈肘握拳, 拳心向下, 肘尖前顶或侧顶, 力达肘尖。

Dǐng Zhǒu (Nailing Elbow): The elbow is bent with the hand clenched into a fist with the center (heart) of the fist facing downwards. The tip of the elbow strikes forwards or to the side with the focus of force on the tip of the elbow.

五、步型

5. Bù Xíng (Stances)

(一) 弓步: 一腿半蹲, 大腿成水平, 脚尖微内扣, 膝约与脚尖垂直; 另一腿伸直, 脚尖内扣斜向前方, 两脚全脚着地。

5.1. Gōng Bù (Bow Stance): The front leg is bent into a half squat with the thigh parallel to the floor and the toes slightly drawn inwards and the knee vertically above the instep of the foot. The rear leg is straight, with the toes drawn in obliquely pointing forwards. The soles of both feet are completely flat on the floor.

(二) 马步: 两腿半蹲, 大腿成水平, 脚尖正对前方, 膝不超过脚尖, 两脚全脚着地, 两脚间距约为脚长的三倍。

5.2. Mǎ Bù (Horse Stance): Both legs are bent into a half squat with the thighs parallel to the floor. The toes of both feet are pointing directly forwards. The knees do not surpass the toes vertically. The horizontal distance between the two feet is roughly three foot lengths. The soles of both feet are completely flat on the floor.

(三) 仆步: 一腿全蹲, 大腿和小腿靠紧, 臀部接近小腿, 膝与脚尖外展; 另一腿平铺伸直, 脚尖内扣, 两脚全脚着地。

5.3. Pū Bù (Crouching Stance): One leg is fully squatted with the rear of the thigh in contact with the calf, and the buttocks almost in contact with the calf. The knee and the toes of the squatted leg are opened to the side. The other leg is extended out straight, with the toes drawn inwards. The soles of both feet are completely flat on the floor.

(四) 虚步: 一腿半蹲, 大腿达水平, 脚尖外展; 另一腿屈膝前伸, 前脚掌虚点地面; 身体重心落于后腿。

5.4. Xū Bù (Empty Stance): One leg is bent into a half squat, with the thigh parallel to the floor and the toes turned out. The other leg is slightly bent and extended out to the front with the front portion of the sole in contact with the floor. The center of gravity is predominantly on the rear leg.

(五) 歇步: 两腿交叉屈膝全蹲, 前脚全脚着地, 脚尖外展; 后脚脚跟离地, 臀部坐于后小腿接近脚跟处。

5.5. Xiē Bù (Cross-Legged Crouching Stance): Both legs are crossed and fully squatted. The sole of the front foot is completely flat on the floor with the toes turned out to the side. The heel of the rear foot is off the floor, with the buttocks sitting on the calf of the rear leg, in close proximity to the raised heel.



六、腿法

6. Tuí Fǎ (Leg Techniques)

(一) 直摆性腿法

6.1. Leg Swinging Techniques/Methods with the Leg Straight

1. 正踢腿：支撑腿伸直，全脚着地；另一腿伸直，脚尖勾起前踢，接近前额；上体保持正直。

6.1.1. Zhèng Tī Tuǐ (Front Stretch Kick): The supporting leg is straight with the sole of the foot completely flat on the floor, the other leg is kicked upwards while held straight and hooking the toes back close to the forehead at its apex. The upper body is kept upright.

2. 斜踢腿：支撑腿伸直，全脚着地；另一腿伸直，脚尖勾起向异侧耳边踢起；上体保持正直。

6.1.2. Xié Tī Tuǐ (Oblique Stretch Kick): The supporting leg is straight with the sole of the foot completely flat on the floor, the other leg is kicked obliquely upwards while held straight and hooking the toes back close to the opposite side ear at its apex. The upper body is kept upright.

3. 侧踢腿：支撑腿伸直，全脚着地；另一腿伸直，脚尖勾起，经体侧踢向脑后；上体保持正直。

6.1.3. Cè Tī Tuǐ (Side Stretch Kick): The supporting leg is straight with the sole of the foot completely flat on the floor, the other leg is kicked upwards to the side of the body while held straight and hooking the toes back close to the back of the head at its apex. The upper body is kept upright.

4. 里合腿：支撑腿自然伸直，全脚着地；另一腿上踢，脚尖勾起，经面前向异侧做扇面摆动落下；上体保持正直。

6.1.4. Lǐ Hé Tuǐ (Inward Crescent Kick): The supporting leg is straight with the sole of the foot completely flat on the floor, the other leg is kicked upwards and swung inwards to cross the face and return to the floor in a crescent motion while held straight and hooking the toes back. The upper body is kept upright.

5. 外摆腿：支撑腿自然伸直，全脚着地；另一腿向异侧上踢，脚尖勾起，经面前向同侧做扇面摆动落下；上体保持正直。

6.1.5. Wài Bǎi Tuǐ (Outward Crescent kick): The supporting leg is straight with the sole of the foot completely flat on the floor, the other leg is kicked upwards and swung outwards to cross the face and return to the floor in a crescent motion while held straight and hooking the toes back. The upper body is kept upright.

6. 后撩腿：支撑腿伸直；另一腿脚跟向后上方撩踢；上体前俯，抬头挺胸。

6.1.6. Hòu Liāo Tuǐ (Rear Arc Kick): The supporting leg is straight with the sole of the foot completely flat on the floor, the other leg's heel is kicked to the back and swung up in an arc. The upper body is bent forwards, with the head held up and the chest expanded.

(二) 屈伸性腿法

6.2. Flexion & Extension Leg Techniques

1. 弹腿：支撑腿伸直或稍屈；另一腿由屈至伸，脚尖向前弹出，高不过腰，脚面绷平，力达脚尖。

6.2.1. Tàn Tuǐ (Snap Spring Kick): The supporting leg is straight or slightly bent. The other leg transitions from bent to straight with the toes snapping out to the front not higher than the waist, the top of the foot extended flat horizontally and the focus of force reaching the toes.

2. 蹬腿: 支撑腿伸直或稍屈; 另一腿由屈至伸, 脚尖勾起蹬出, 高不过胸, 低不过腰, 力达脚跟。

6.2.2. Dēng Tuǐ (Heel Push Kick): The supporting leg is straight or slightly bent. The other leg transitions from bent to straight with the toes hooked back to the front not higher than the chest or lower than the waist. The focus of force is on the heel.

3. 端腿: 支撑腿伸直或稍屈; 另一腿由屈至伸, 脚尖勾起内扣向同侧端出, 力达脚跟。

6.2.3. Chuài Tuǐ (Side Kick): The supporting leg is straight or slightly bent. The other leg transitions from bent to straight out to the side with the toes hooked back. The focus of force is on the heel.

(三) 扫转性腿法

6.3. Sweep Type Leg Techniques

1. 前扫腿: 支撑腿全蹲, 前脚掌为轴; 扫转腿伸直, 脚尖内扣, 脚掌擦地, 向前扫转一周以上。

6.3.1. Qián Sǎo Tuǐ (Front Sweep): The supporting leg is fully squatted with the front portion of the sole of its foot acting as the rotation axis. The sweeping leg is straight, with its foot hooked inwards, and the front portion of the sole in contact with the floor. The front sweep is executed with at least one full rotation.

2. 后扫腿: 支撑腿全蹲, 前脚掌为轴; 扫转腿伸直, 脚尖内扣, 脚掌擦地, 向后扫转一周。

6.3.2. Hòu Sǎo Tuǐ (Back Sweep): The supporting leg is fully squatted with the front portion of the sole of its foot acting as the rotation axis. The sweeping leg is straight, with its foot hooked inwards, and the front portion of the sole in contact with the floor. The back sweep is executed with one full rotation.

七、平衡 (持久性平衡, 保持静止状态的时间必须达到两秒钟以上)

7. Píng Héng (Balance Techniques) (Long Time Balance techniques require that the static state be maintained for at least 2 seconds)

(一) 提膝平衡: 支撑腿直立站稳; 另一腿屈膝高抬过腰, 小腿斜垂里扣, 脚面绷平内收。

7.1. Tí Xī Píng Héng (Single Knee Raised Balance): The supporting leg is upright and stable, the raised leg is bent at the knee which is held above waist height, the lower leg drawn in and hanging obliquely vertically. The foot of the raised leg is extended with the surface flat and drawn inwards.

(二) 侧身平衡: 支撑腿直立站稳; 另一腿伸直举于体侧, 高于水平, 脚面绷平或脚尖勾起; 躯干侧倒成水平。

7.2. Cè Shēn Píng Héng (Sideways Leaning Balance): The supporting leg is upright and stable, the other leg is straight and raised out to the side of the body above horizontal level. The foot of the raised leg is either extended with its surface flat, or with the toes hooked inwards. The torso is leaning to the side at horizontal level.

(三) 燕式平衡: 支撑腿直立站稳; 后举腿伸直, 高于水平, 脚面绷平; 躯干前俯略高于水平, 挺胸展腹。



7.3. Yàn Shì Píng Héng (Swallow Balance): The supporting leg is upright and stable, the other leg is straight and raised to the rear higher than horizontal level and its foot extended with its surface flat. The torso is leaning forward slightly higher than horizontal level with the chest expanded and the abdomen drawn in.

(四) 仰身平衡: 支撑腿伸直或稍屈站稳; 另一腿伸直举于体前, 高于水平, 脚面绷平; 躯干后仰接近水平。

7.4. Yǎng Shēn Píng Héng (Backward Leaning Balance): The supporting leg is straight or slightly bent and stable, the other leg is straight and extended out to the front of the body higher than horizontal level and its foot extended with its surface flat. The torso is leaning to the back close to horizontal level.

(五) 扣腿平衡: 支撑腿半蹲, 大腿成水平; 另一腿屈膝外展, 踝关节紧扣于支撑腿的膝后腘窝处。

7.5. Kòu Tuǐ Píng Héng (Rear Cross-legged Balance): The supporting leg is bent into a half squat and its thigh held at horizontal level. The other leg is bent at the knee which is extended out to the side and its ankle closely locked in behind the knee (popliteal fossa) of the supporting leg.

(六) 盘腿平衡: 支撑腿半蹲; 另一腿屈膝外展, 踝关节放在支撑腿的大腿上。

7.6. Pán Tuǐ Píng Héng (Front Cross Legged Balance): The supporting leg is bent into a half squat and its thigh held at horizontal level. The other leg is bent at the knee which is extended out to the side and its ankle on top of the thigh of the supporting leg.

(七) 探海平衡: 支撑腿直立站稳; 后举腿伸直, 高于水平, 脚面绷平; 躯干前俯略低于水平, 挺胸抬头。

7.7. Tàn Hǎi Píng Héng (Exploring the Ocean Balance): The supporting leg is upright and stable, the other leg is straight and raised to the rear higher than horizontal level and its foot extended with its surface flat. The torso is leaning forward lower than horizontal level with the chest expanded and the head raised.

(八) 望月平衡: 支撑腿伸直或稍屈站稳; 另一腿小腿屈收上抬, 脚面绷平, 脚底朝上; 躯干侧倾向支撑腿同侧方拧腰上翻, 挺胸塌腰。

7.8. Wàng Yuè Píng Héng (Gazing at the Moon Balance): The supporting leg is straight or slightly bent and stable, the other leg is raised and bent at the knee and drawn in and its foot extended with its surface flat and the sole facing upwards. The torso is inclined to the side in the direction of the supporting leg, with the waist twisted and the chest expanded and the back of the waist drawn in.

(九) 卧鱼平衡: 支撑腿伸直或稍屈站稳; 后举腿小腿屈收上抬, 大腿高于水平, 脚面绷平, 脚底斜向上; 躯干斜倾接近水平, 挺胸拧腰展腹。

7.9. Wò Yú Píng Héng (Lying Fish Balance): The supporting leg is straight or slightly bent and stable, the other leg is raised to the rear while being bent and drawn in with the thigh above horizontal level and its foot extended with its surface flat and the sole of the foot obliquely facing upwards. The torso is slanted close to horizontal level, with the waist twisted, the chest expanded and the abdomen drawn in.

第二节 剑术主要动作的基本要求

Section 2 - Basic Requirements for Jianshu

一、剑法

1. Jiàn Fǎ (Sword Techniques)

(一) 刺剑：立剑，剑尖向前直出，臂与剑身成一直线，力达剑尖。

- 1.1. Cì Jiàn (Straight Sword Thrust): With the sword orientated vertically, the tip of the sword is thrust out forwards straight. The blade and the arm are aligned and the focus of force is on the tip of the blade.

(二) 挂剑：立剑，剑尖由前向上、向后或向下、向后贴身立圆环绕，力达剑身前段。

- 1.2. Guà Jiàn (Sword Hooking Parry): With the sword orientated vertically and kept close to the body, the tip of the sword travels downwards from the front or to the rear with the focus of force on the upper portion of the blade.

(三) 撩剑：立剑，由下向前上方弧形撩起，力达剑刃前段。

- 1.3. Liāo Jiàn (Sword Uppercut): With the sword orientated vertically, the sword travels from low upwards ahead to the front in an uppercutting arc with the focus of force on the upper portion of the blade.

(四) 点剑：立剑，提腕，剑尖向前下方点击，力达剑锋。

- 1.4. Diǎn Jiàn (Straight Sword Pointing): With the sword orientated vertically, the wrist rises while the tip of the sword forcefully points forward and downwards with the focus of force on the tip edge.

(五) 劈剑：立剑，由上向下劈落，力达剑刃。

- 1.5. Pī Jiàn (Straight Sword Chop): With the sword orientated vertically, the sword chops downwards with the focus of force on the edge of the blade.

(六) 崩剑：立剑，沉腕，剑尖向前上方弹击，力达剑尖。

- 1.6. Bēng Jiàn (Upward Sword Tilt): With the sword orientated vertically, the wrist sinks while the tip of the blade travels upwards and forwards forcefully with the focus of force on the tip of the blade.

(七) 截剑：剑刃斜向上或斜向下摆击，力达剑刃前段。

- 1.7. Jié Jiàn (Straight Sword Intercept): The edge of the sword travels obliquely upwards or downwards to intercept, with the focus of force on the upper edge of the blade.

(八) 剪腕花：以腕为轴，立剑在臂两侧向前下贴身立圆环绕，力达剑锋。

- 1.8. Jiǎn Wǎn Huā (Straight Sword Figure 8): Utilizing the wrist as the rotational axis, the blade of the sword rotates forward on a vertical plane closely on either side of the arm. The focus of force is on the edge of the blade.

二、步型

2. Bù Xíng (Stances)

(一) 弓步：同长拳的弓步。

- 2.1. Gōng Bù (Bow Stance): Same as Gōng Bù (Bow Stance) for Changquan.



(二) 马步: 同长拳的马步。

2.2. Mǎ Bù (Horse Stance): Same as Mǎ Bù (Horse Stance) for Changquan.

(三) 仆步: 同长拳的仆步。

2.3. Pū Bù (Crouching Stance): Same as Pū Bù (Crouching Stance) for Changquan.

(四) 虚步: 同长拳的虚步。

2.4. Xū Bù (Empty Stance): Same as Xū Bù (Empty Stance) for Changquan.

(五) 歇步: 同长拳的歇步。

2.5. Xiē Bù (Cross-Legged Crouching Stance): Same as Xiē Bù (Cross-Legged Crouching Stance) for Changquan.

第三节 刀术主要动作的基本要求

Section 3 - Basic Requirements for Daoshu

一、刀法

1. Dāo Fǎ (Broadsword Techniques)

(一) 缠头: 刀尖下垂, 刀背沿左肩贴背绕过右肩, 力达刀背。

1.1. Chán Tóu (Broadsword Twining): With the tip of the broadsword pointing downwards, the back of the broadsword on the back of the left shoulder, the broadsword circles to the right shoulder with the focus of force on the spine of the broadsword.

(二) 裹脑: 刀尖下垂, 刀背沿右肩贴背绕过左肩, 力达刀背。

1.2. Guǒ Nǎo (Wrapping with the Broadsword): With the tip of the broadsword pointing downwards, the back of the broadsword on the back of the right shoulder, the broadsword circles to the left shoulder with the focus of force on the spine of the broadsword.

(三) 劈刀: 立刀, 由上向下劈落, 力达刀刃。

1.3. Pī Dāo (Broadsword Chop): With the sword orientated vertically, the sword chops downwards with the focus of force on the edge of the blade.

(四) 扎刀: 立刀, 刀尖向前直刺, 臂与刀身成一直线, 力达刀尖。

1.4. Zhā Dāo (Broadsword Thrust): With the sword orientated vertically, the tip of the sword is thrust out forwards straight. The blade and the arm are aligned and the focus of force is on the tip of the blade.

(五) 斩刀: 平刀, 刀刃向左或向右砍击, 高不过头, 低不过肩, 力达刀刃。

1.5. Zhǎn Dāo (Broadsword Hack): With the broadsword blade orientated horizontally, the broadsword hacks out to the left or to the right not higher than the head or lower than shoulder height. The focus of force is on the edge of the blade.

(六) 挂刀: 立刀, 刀尖由前向上、向后或向下、向后贴身立圆环绕, 力达刀身前段。

1.6. Guà Dāo (Broadsword Hooking Parry): With the sword orientated vertically and kept close to the body, the tip of the sword travels downwards from the front or to the rear with the focus of force on the upper portion of the blade.

(七) 云刀: 刀身在头顶或头前上方平圆绕环, 力达刀背。

1.7. Yún Dāo (Broadsword Cloud Waving): The broadsword rotates on a horizontal plane above or above slightly ahead of the head. The focus of force is on the back of the blade.

(八) 背花刀: 以腕为轴, 刀在身前、背后向下贴身立圆绕环, 力达刀身。

1.8. Bèi Huā Dāo (Broadsword Wrist Figure 8 Behind the Back): With the wrist as the axis of rotation, the broadsword rotates on a vertical plane travelling from the front of the body to behind the back of the performer while behind kept as close to the body as possible. The focus of force is on the blade.

二、步型

2. Bù Xíng (Stances)

(一) 弓步: 同长拳的弓步。

2.1. Gōng Bù (Bow Stance): Same as Gōng Bù (Bow Stance) for Changquan.

(二) 马步: 同长拳的马步。

2.2. Mǎ Bù (Horse Stance): Same as Mǎ Bù (Horse Stance) for Changquan.

(三) 仆步: 同长拳的仆步。

2.3. Pū Bù (Crouching Stance): Same as Pū Bù (Crouching Stance) for Changquan.

(四) 虚步: 同长拳的虚步。

2.4. Xū Bù (Empty Stance): Same as Xū Bù (Empty Stance) for Changquan.

(五) 歇步: 同长拳的歇步。

2.5. Xiē Bù (Cross-Legged Crouching Stance): Same as Xiē Bù (Cross-Legged Crouching Stance) for Changquan.

第四节 枪术主要动作的基本要求

Section 4 - Basic Requirements for Qiangshu

一、枪法

1. Qiāng Fǎ (Spear Techniques)

(一) 拦枪: 枪尖向外划弧, 高不过头, 低不过胯, 力达枪身前段。

1.1. Lán Qiāng (Outward Blocking with the Spear): The tip of the spear travels outwards in an arc, not higher than the head or lower than the hips. The focus of force is on the upper portion of the spear shaft.



(二) 拿枪: 枪尖向内划弧, 高不过头, 低不过胯, 力达枪身前段。

1.2. Ná Qiāng (Inward Blocking with the Spear): The tip of the spear travels inwards in an arc, not higher than the head or lower than the hips. The focus of force is on the upper portion of the spear shaft.

(三) 扎枪: 枪尖向前直出, 后手触及前手, 力达枪尖。

1.3. Zhā Qiāng (Spear Thrust): The spear head is thrust out straight ahead forcefully, the rear hand makes contact with the front hand. The focus of force is on the tip of the spear.

(四) 穿枪: 枪杆贴近喉或腰或臂部直线穿出。

1.4. Chuān Qiāng (Spear Piece): The spear shaft is held tightly close to the throat, or the waist or the arm, and pierces out straight.

(五) 崩枪: 枪尖向上或向左右弹击, 力达枪尖。

1.5. Bēng Qiāng (Spear Tilt): The spear head forcefully travels upwards or to the side. The focus of force is on the tip of the spear.

(六) 点枪: 枪尖由上向下点击, 力达枪尖。

1.6. Diǎn Qiāng (Spear Dotting): The tip of the spear forcefully points forward and downwards with the focus of force on the tip of the spear head.

(七) 舞花枪: 枪杆贴近身体左右立圆绕行。

1.7. Lì Wǔ Huā Qiāng (Vertical Figure 8 with the Spear): With the shaft of the spear held tightly close to the body, the spear revolves on a vertical plane on the left and right sides of the body.

(八) 挑把: 枪把由下向上挑起, 力达把段。

1.8. Tiāo Bǎ (Upwards Handle Strike): The handle of the spear is forcefully flicked upwards. The focus of force is on the handle of the spear.

二、步型

2. Bù Xíng (Stances)

(一) 弓步: 同长拳的弓步。

2.1. Gōng Bù (Bow Stance): Same as Gōng Bù (Bow Stance) for Changquan.

(二) 马步: 同长拳的马步。

2.2. Mǎ Bù (Horse Stance): Same as Mǎ Bù (Horse Stance) for Changquan.

(三) 仆步: 同长拳的仆步。

2.3. Pū Bù (Crouching Stance): Same as Pū Bù (Crouching Stance) for Changquan.

(四) 虚步: 同长拳的虚步。

2.4. Xū Bù (Empty Stance): Same as Xū Bù (Empty Stance) for Changquan.

(五) 歇步: 同长拳的歇步。

2.5. Xiē Bù (Cross-Legged Crouching Stance): Same as Xiē Bù (Cross-Legged Crouching Stance) for Changquan.

第五节 棍术主要动作的基本要求

Section 5 - Basic Requirements for Gunshu

一、棍法

1. Gùn Fǎ (Cudgel Techniques)

(一) 平抡棍: 棍梢在胸部以上向左或向右成平圆绕行半周以上, 力达梢段。

1.1. Píng Lūn Gùn (Horizontal Cudgel Windmill Wave): With the tip of the cudgel higher than chest height, it sweeps out to the left or to the right horizontally, for at least half a revolution or more. The focus of force is on the upper section of the shaft.

(二) 劈棍: 棍由上向下劈打, 力达梢段。

1.2. Pī Gùn (Cudgel Chop): The cudgel chops downwards with the focus of force on the upper section of the cudgel.

(三) 云棍: 棍在头前上方或上方平圆绕环一周, 力达梢段。

1.3. Yún Gùn (Cudgel Cloud Waving): The cudgel rotates on a horizontal plane above or above slightly ahead of the head for a full revolution. The focus of force on the upper/tip section of the cudgel.

(四) 崩棍: 棍梢向上或向左右弹击, 力达梢段。

1.4. Bēng Gùn (Cudgel Tilt): The tip of the cudgel forcefully travels upwards or to the side. The focus of force on the upper/tip section of the cudgel.

(五) 绞棍: 棍梢或棍把向内或向外绕立圆, 高不过肩, 低不过膝, 力达梢段或把段。

1.5. Jiǎo Gùn (Cudgel Enveloping): The tip or the handle end of the cudgel rotates in a vertical plane either inwards or outwards, not higher than shoulder height and not lower than knee height. The focus of force is on the tip end section or handle end section.

(六) 戳棍: 棍梢或棍把直线向前、向侧或向后顶击, 力达梢端或把端。

1.6. Chuō Gùn (Cudgel Poke): The tip or handle end of the cudgel is forcefully thrust forwards, or to the rear or to the side. The focus of force is on the tip end section or handle end section.

(七) 舞花棍: 棍身贴近身体左右立圆连贯绕行。

1.7. Lì Wǔ Huā Gùn (Vertical Figure 8 with the Cudgel): With the shaft of the cudgel held tightly close to the body, the cudgel revolves on a vertical plane on the left and right sides of the body.



(八) 提撩花棍: 棍身贴近身体, 棍梢在身体两侧由下向前上连续左右立圆舞动。

1.8. Shuāng Shǒu Tí Liāo Huā Gùn (Vertical Uppercutting Cudgel with Both Hands): With the shaft of the cudgel held tightly close to the body, the upper portion of the cudgel revolves upwards on a vertical plane on the left and right sides of the body.

二、步型

2. Bù Xíng (Stances)

(一) 弓步: 同长拳的弓步。

2.1. Gōng Bù (Bow Stance): Same as Gōng Bù (Bow Stance) for Changquan.

(二) 马步: 同长拳的马步。

2.2. Mǎ Bù (Horse Stance): Same as Mǎ Bù (Horse Stance) for Changquan.

(三) 仆步: 同长拳的仆步。

2.3. Pū Bù (Crouching Stance): Same as Pū Bù (Crouching Stance) for Changquan.

(四) 虚步: 同长拳的虚步。

2.4. Xū Bù (Empty Stance): Same as Xū Bù (Empty Stance) for Changquan.

(五) 歇步: 同长拳的歇步。

2.5. Xiē Bù (Cross-Legged Crouching Stance): Same as Xiē Bù (Cross-Legged Crouching Stance) for Changquan.

第六节 南拳主要动作的基本要求

Section 6 - Basic Requirements for Nanquan

一、手型

1. Shǒu Xíng (Hand Forms/Shapes)

虎爪: 五指用力张开, 第二、三指骨弯曲, 除拇指外, 其余四指第一节指骨尽力向手背一面伸展, 使掌心凸出。

Hǔ Zhǎo (Tiger's Claw): The five fingers are forcefully spread apart, the second and third joints of the fingers are bent and hooked. The fingers are forcefully drawn back so that the center of the palm is protruding.

二、拳法

2. Quán Fǎ (Fist Techniques)

(一) 挂盖拳

2.1. Guà Gài Quán (Hanging & Covering Fist)/(Reverse Back Fist & Capping Fist)

1. 挂拳: 拳自上向下快速摆击, 臂微屈, 力达拳背。

2.1.1. Guà Quán (Hanging Fist): The fist is rapidly swung from up to down with the arm slightly bent. The focus of force is on the back of the fist.

2. 盖拳: 拳自上向下弧形扣击, 臂微屈, 力达拳心。

2.1.2. Gài Quán (Covering Fist): The fist is swung downward and inwards in an arc with the arm slightly bent. The focus of force is on the center (heart) of the fist.

(二) 抛拳: 拳自下向上弧形挥摆, 臂微屈, 力达拳眼。

2.2. Pāo Quán (Tossing Punch): The fist is swung from down to up in an arc with the arm slightly bent. The focus of force is on the eye of the fist.

三、桥法

3. Qiáo Fǎ (Bridge Techniques)

滚桥: 前臂向前下伸出, 同时向内旋转, 力达前臂内侧。

Gǔn Qiáo (Rolling Bridge): The forearm is extended out forward and down while rotating inwards. The focus of force is on the inner portion of the forearm.

四、步型

4. Bù Xíng (Stances)

(一) 弓步: 一腿半蹲, 脚尖微内扣, 膝约与脚尖垂直; 另一腿伸直, 脚尖内扣斜向前方, 两脚全脚着地。

4.1. Gōng Bù (Bow Stance): The front leg is bent into a half squat and the toes slightly drawn inwards and the knee vertically above the instep of the foot. The rear leg is straight, with the toes drawn in obliquely pointing forwards. The soles of both feet are completely flat on the floor.

(二) 马步: 两腿半蹲, 脚尖正对前方, 膝不超过脚尖, 两脚全脚着地, 两脚间距约为脚长的三倍。

4.2. Mǎ Bù (Horse Stance): Both legs are bent into a half squat. The toes of both feet are pointing directly forwards. The knees do not surpass the toes vertically. The horizontal distance between the two feet is roughly three foot lengths. The soles of both feet are completely flat on the floor.

(三) 仆步: 一腿全蹲, 大腿和小腿靠紧, 臀部接近小腿, 膝与脚尖外展; 另一腿平铺伸直, 脚尖内扣, 两脚全脚着地。

4.3. Pū Bù (Crouching Stance): One leg is fully squatted with the rear of the thigh in contact with the calf, and the buttocks almost in contact with the calf. The knee and the toes of the squatted leg are opened to the side. The other leg is extended out straight, with the toes drawn inwards. The soles of both feet are completely flat on the floor.

(四) 虚步: 一腿半蹲, 脚尖外展; 另一腿屈膝前伸, 前脚掌虚点地面; 身体重心落于后腿。

4.4. Xū Bù (Empty Stance): One leg is bent into a half squat and the toes turned out. The other leg is slightly bent and extended out to the front with the front portion of the sole in contact with the floor. The center of gravity is predominantly on the rear leg.



(五) 蝶步

4.5. Dié Bù (Butterfly Stance)

1. 单蝶步：一腿下蹲；另一腿跪地，小腿及脚内侧贴地。

4.5.1. Dān Dié Bù (Single Butterfly Stance): One leg is fully squatted, the other leg is knelt with the inner portion of the calf and foot in contact with the floor.

2. 双蝶步：两膝靠拢，两小腿及两脚内侧贴地。

4.5.2. Shuāng Dié Bù (Double Butterfly Stance): The two knees are drawn in next to one another with the inner portion of the two calves and feet in contact with the floor.

(六) 骑龙步：一腿半蹲，全脚掌着地；另一腿下跪，小腿成水平，脚跟提起，两脚间相距约三脚长。

4.6. Qí Lóng Bù (Dragon Riding Stance): One leg is bent into a half squat with the entire sole of its foot in contact with the floor. The other leg is bent and dropped in a kneeling position with the shin parallel to the floor and the heel of its foot raised off the floor. The horizontal distance between the two feet is roughly three-foot lengths.

五、步法

5. Bù Fǎ (Footwork Techniques)

麒麟步：两腿连续向左右斜向横脚交叉迈步，膝微屈。

Qílin Bù (Kirin Steps): The two legs take continuous cross-over steps diagonally to the left and right with the knees bent.

六、腿法

6. Tuǐ Fǎ (Leg Techniques)

横钉腿：一腿稍屈站稳；另一腿脚尖勾起，向异侧前方由屈至伸横踢，力达脚掌外沿。

Héng Dīng Tuǐ (Horizontal Nail Kick): The supporting leg is slightly bent and stable. The toes of the kicking foot are hooked inwards while kicked out horizontally across the body with the leg transitioning from bent to straight. The focus of force is on the outer portion of the sole.

第七节 南刀主要动作的基本要求

Section 7 - Basic Requirements for Nandao

一、刀法

1. Dāo Fǎ (Broadsword Techniques)

(一) 缠头：刀尖下垂，刀背沿左肩贴背绕过右肩，力达刀背。

1.1. Chán Tóu (Broadsword Twining): With the tip of the broadsword pointing downwards, with the back of the broadsword on the back of the left shoulder, the broadsword circles to the right shoulder with the focus of force on the spine of the broadsword.

(二) 裹脑: 刀尖下垂, 刀背沿右肩贴背绕过左肩, 力达刀背。

- 1.2. Guǒ Nǎo (Wrapping with the Broadsword): With the tip of the broadsword pointing downwards, the back of the broadsword on the back of the right shoulder, the broadsword circles to the left shoulder with the focus of force on the spine of the broadsword.

(三) 劈刀: 立刀, 由上向下劈落, 臂与刀身成一直线, 力达刀刃。

- 1.3. Pī Dāo (Broadsword Chop): With the sword orientated vertically, the sword chops downwards with the forearm and the blade aligned. The focus of force on the edge of the blade.

(四) 抹刀: 平刀, 由前向左或向右弧形抽回, 高度在胸腹之间, 力达刀刃。

- 1.4. Mǒ Dāo (Broadsword Slicing): With the blade of the sword orientated horizontally, the blade is drawn inwards to the left or the right in an arcing slicing motion at the height of the solar plexus. The focus of force is on the edge of the blade.

(五) 格刀: 刀身垂直, 向左或向右格挡, 力达刀身。

- 1.5. Gé Dāo (Broadsword Parry): With the blade of the sword is orientated vertically, block out to the left or to the right with the focus of force on the blade of the sword.

(六) 截刀: 刀刃斜向上或斜向下摆击, 力达刀刃前段。

- 1.6. Jié Dāo (Broadsword Intercept): The edge of the sword travels obliquely upwards or downwards to intercept, with the focus of force on the upper edge of the blade.

(七) 扫刀: 平刀, 向左或向右横扫, 与踝关节同高, 力达刀刃。

- 1.7. Sǎo Dāo (Broadsword Sweeping): With the sword orientated horizontally, it is sweeps to the left or to the right horizontally at the height of the ankles. The focus of force is on the edge of the blade.

(八) 剪腕花刀: 以腕为轴, 刀在臂两侧贴身立圆绕环, 刃背分明。

- 1.8. Jiǎn Wǎn Huā Dāo (Straight Sword Figure 8): Utilizing the wrist as the rotational axis, the blade of the sword rotates forward on a vertical plane closely on either side of the arm. The focus of force is on the edge of the blade, and the edge and the back of the blade are clearly differentiated in the process.

二、步型

2. Bù Xíng (Stances)

(一) 弓步: 同南拳的弓步。

- 2.1. Gōng Bù (Bow Stance): Same as Gōng Bù (Bow Stance) for Nanquan.

(二) 马步: 同南拳的马步。

- 2.2. Mǎ Bù (Horse Stance): Same as Mǎ Bù (Horse Stance) for Nanquan.

(三) 仆步: 同南拳的仆步。



2.3. Pū Bù (Crouching Stance): Same as Pū Bù (Crouching Stance) for Nanquan.

(四) 虚步: 同南拳的虚步。

2.4. Xū Bù (Empty Stance): Same as Xū Bù (Empty Stance) for Nanquan.

(五) 蝶步: 同南拳的蝶步。

2.5. Dié Bù (Butterfly Stance): Same as Dié Bù (Butterfly Stance) for Nanquan.

(六) 骑龙步: 同南拳的骑龙步。

2.6. Qí Lóng Bù (Dragon Riding Stance): Same as Qí Lóng Bù (Dragon Riding Stance) for Nanquan.

三、步法

3. Bù Fǎ (Footwork Techniques)

麒麟步: 同南拳的麒麟步。

Qílín Bù (Kirin Steps): Same as Qílín Bù (Kirin Steps) for Nanquan.

四、腿法

4. Tuǐ Fǎ (Leg Techniques)

横钉腿: 同南拳的横钉腿。

Héng Dīng Tuǐ (Horizontal Nail Kick): Same as Héng Dīng Tuǐ (Horizontal Nail Kick) for Nanquan.

第八节 南棍主要动作的基本要求

Section 8 - Basic Requirements for Nangun

一、棍法

1. Gùn Fǎ (Cudgel Techniques)

(一) 劈棍: 棍由上向下为劈打, 力达梢段。

2.1. Pī Gùn (Cudgel Chop): The cudgel chops downwards with the focus of force on the upper section of the cudgel.

(二) 崩棍: 棍梢向上或向左右弹击, 力达梢段。

2.2. Bēng Gùn (Cudgel Tilt): The tip of the cudgel forcefully travels upwards or to the side. The focus of force on the upper/tip section of the cudgel.

(三) 绞棍: 棍梢或棍把向内或向外绕立圆, 高不过肩, 低不过膝, 力达梢段或把段。

2.3. Jiǎo Gùn (Cudgel Enveloping): The tip or the handle end of the cudgel rotates in a vertical plane either inwards or outwards, not higher than shoulder height and not lower than knee height. The focus of force is on the tip end section or handle end section.

(四) 滚压棍: 两手握棍同时回拉, 前手臂外旋, 手心向上, 后手臂内旋, 手心向下, 快速用力压于大腿上方, 力达梢段。

- 2.4. Gǔn Yā Gùn (Cudgel Rolling Press): With the two hands gripping the cudgel it is drawn back inwards, the front arm forearm rotates outwards with the centre (heart) of the palm facing upwards, while the rear arm forearm rotates inwards with the centre (heart) of the palm facing downwards, with a fast motion the cudgel is pressed down onto the thighs. The focus of force is on the upper portion of the cudgel.

(五) 格棍: 棍身竖直, 在身前向左或向右格挡, 力达棍身。

- 2.5. Gé Gùn (Cudgel Parry): With the cudgel orientated vertically, block out ahead to the left or to the right with the focus of force on the body of the cudgel.

(六) 击棍: 棍梢或棍把向左右横向打击, 力达梢段或把段。

- 2.6. Jī Gùn (Horizontal Cudgel Strike): The tip or the handle of the cudgel strikes out horizontally to the left or to the right. The focus of force is on the tip section or the handle section of the cudgel.

(七) 顶棍: 棍梢端向前上顶撞, 把端柱地, 力达梢端。

- 2.7. Dǐng Gùn (Cudgel Handle Planting): The tip of the cudgel is nailed out and upwards direction with the handle firmly planted on the ground. The focus of force is on the tip section of the cudgel.

(八) 抛棍: 棍由下向上抛击, 力达梢段。

- 2.8. Pāo Gùn (Upward Cudgel Strike): The cudgel is explosively struck out in an upward direction. The focus of force is on the tip section of the cudgel.

二、步型

2. Bù Xíng (Stances)

(一) 弓步: 同南拳的弓步。

- 2.1. Gōng Bù (Bow Stance): Same as Gōng Bù (Bow Stance) for Nanquan.

(二) 马步: 同南拳的马步。

- 2.2. Mǎ Bù (Horse Stance): Same as Mǎ Bù (Horse Stance) for Nanquan.

(三) 仆步: 同南拳的仆步。

- 2.3. Pū Bù (Crouching Stance): Same as Pū Bù (Crouching Stance) for Nanquan.

(四) 虚步: 同南拳的虚步。

- 2.4. Xū Bù (Empty Stance): Same as Xū Bù (Empty Stance) for Nanquan.

(五) 蝶步: 同南拳的蝶步。

- 2.5. Dié Bù (Butterfly Stance): Same as Dié Bù (Butterfly Stance) for Nanquan.



(六) 骑龙步：同南拳的骑龙步。

2.6. Qí Lóng Bù (Dragon Riding Stance): Same as Qí Lóng Bù (Dragon Riding Stance) for Nanquan.

三、步法

3. Bù Fǎ (Footwork Techniques)

麒麟步：同南拳的麒麟步。

Qílín Bù (Kirin Steps): Same as Qílín Bù (Kirin Steps) for Nanquan.

四、腿法

4. Tuǐ Fǎ (Leg Techniques)

横钉腿：同南拳的横钉腿。

Héng Dīng Tuǐ (Horizontal Nail Kick): Same as Héng Dīng Tuǐ (Horizontal Nail Kick) for Nanquan.

第九节 太极拳主要动作的基本要求

Section 9 - Basic Requirements for Taijiquan

一、手型、手法

1. Shǒu Xíng, Shǒu Fǎ (Hand Forms/Shapes, Hand Techniques)

(一) 揽雀尾

1.1. Lǎn Què Wěi (Grasp the Peacock's Tail)

1. “棚”，臂呈弧形，前臂由下向上、向外张架，手高不过口，低不过胸，肘关节稍低于手，劲力圆满，有张力，有弹性。
 - 1.1.1. Péng (Ward Off): The arm is curved with the front arm traveling upwards while bracing outwards, with the hand not higher than mouth height and not lower than the chest, and the elbow is slightly lower than the hand. The force is full and rounded with both a strong bracing structural quality as well as flexibility.
2. “捋”，两手一前一后、掌心一下一上相辅助，随腰旋转向后下方弧形回捋运行。
 - 1.1.2. Lǚ (Roll Back): Positioned one hand in front of the other with the front palm facing downwards and the rear palm facing upwards in a complementary manner, the waist rotates to the rear drawing the hands in an arc in a down/backward direction.
3. “挤”，前手手背向外，另一手辅助，手臂呈弧形向前方挤出，前臂高不过口。
 - 1.1.3. Jǐ (Press): With the back of the front hand facing outwards and the rear hand pressing/supporting it, the front arm is rounded and pressed out forwards at a height no higher than one's mouth.
4. “按”，两手沿立圆运行，向前、向下按压。

1.1.4. Àn (Push): The two hands travel on a vertical circular plane, pushing out in a forward and downward direction.

以上动作中，虚实转换必须与身、手、步协调一致；身体要保持中正，转动时以腰为轴，不可手动腰不动。平圆转换的揽雀尾或懒扎衣动作，回转时要以腰带动两臂旋转，不可只用两臂转动或直抽直推。

When executing the above described techniques, substantial and unsubstantial transmission should be coordinated fully between the body, hands and footwork in a harmonious and unified manner. The body should maintain its centered and upright posture throughout, with the waist acting as the core axis and leading the techniques. The hands should not move independently without the waist. The connections and changes between techniques during Lǎn Què Wěi (Grasp the Peacock's Tail) / Lǎn Zhā Yī (Lazily Tying Coat) are executed on a horizontal circular plane and rely on the waist initiating and leading the motions of the arms. It is not acceptable to utilize the arms alone.

(二) 野马分鬃：两臂保持弧形，前手高不过头，低不过肩；前弓腿膝盖不可超过脚尖。

1.2. Yě Mǎ Fēn Zōng (Part the Wild Horse's Mane): With the two arms maintaining a rounded shape with the front hand not higher than the top of the head and not lower than the shoulder. The knee of the front leg may not surpass the toes of its foot.

(三) 搂膝拗步：搂手不可直臂，推掌须经耳旁向前推出；上步时后脚不可拖地，支撑腿不可跪膝；前弓腿膝盖不可超过脚尖。

1.3. Lōu Xī Āo Bù (Brush Knee with Opposite Step): The arm executing the brushing technique must not be straightened fully, and the pushing palm must travel past the side of the ear to be pushed out forward. When executing the advancing step, the rear foot must not dragged, and the supporting leg must not buckle and become misaligned with the knee. The knee of the front leg must not surpass the toes of its foot.

(四) 云手：以腰为轴带动两手在体前翻转拧裹立圆云拨，手高不过眉；重心平稳。

1.4. Yún Shǒu (Cloud Hands Wave): Utilizing the waist as the core movement axis, it leads the two hands to rotate, twist and wave on a vertical circular plane in front of the chest. The hands must not exceed the height of the eyebrows. The centre of gravity should be stable throughout.

(五) 穿梭：两手上托和前推要协调一致，两臂成弧形，前推手高不过眉，低不过腰；沉肩垂肘，松腰敛臀。

1.5. Chuān Suō (Works the Shuttle): The upper block and forward push of both hands must be well coordinated with the front foot, the two arms are rounded. The front pushing hand should not be higher than the eyebrow or lower than the waist. The shoulder should be sunk, and the elbow should be dropped. The waist should be relaxed, and the buttocks drawn in.

(六) 掩手肱捶：拳随前臂内旋由肋间向前冲出，高不过胸，低不过腰，力达拳面。

1.6. Yǎn Shǒu Gōng Chuī (Strike with Concealed Fist): The fist follows the lead of the front arm and rotates inwards while at the side of the ribcage. The fist is then thrust out ahead forcefully at a height not higher than the chest or lower than the waist. The focus of force is on the face of the fist.

(七) 倒卷肱：前推手高不过眉，低不过肩；退步轻灵，身体平稳。

1.7. Dào Juǎn Gōng (Retreat with Arms Curling): The hand pushing out ahead is not higher than the eyebrow or lower than the shoulder. The retreating step is light and lively, and the body is stable throughout the technique.



(八) 搬拦捶: 手臂不可伸直, 搬 (压) 拳和拦掌动作要有明显的弧度, 不可直来直往; 身体转动与两臂动作要配合恰当。

- 1.8. Bān Lán Chuī (Deflect, Parry & Punch): The arm cannot be fully straightened, the deflect (pressing) fist and the parrying palm should have a clearly defined arc in their motions and cannot travel in straight lines. The turning and rotation of the body should be fully coordinated with the motions of the two arms.

二、步型

2. Bù Xíng (Stances)

(一) 弓步: 一腿半蹲, 大腿成水平, 脚尖微内扣, 膝约与脚尖垂直; 另一腿伸直, 脚尖内扣斜向前方, 两脚全脚着地。

- 2.1. Gōng Bù (Bow Stance): The front leg is bent into a half squat with the thigh parallel to the floor and the toes slightly drawn inwards and the knee vertically above the instep of the foot. The rear leg is straight, with the toes drawn in obliquely pointing forwards. The soles of both feet are completely flat on the floor.

(二) 一腿全蹲, 大腿和小腿靠紧, 臀部接近小腿, 膝与脚尖外展; 另一腿平铺伸直, 脚尖内扣, 两脚全脚着地。

- 2.2. Pū Bù (Crouching Stance): One leg is fully squatted with the rear of the thigh in contact with the calf, and the buttocks almost in contact with the calf. The knee and the toes of the squatted leg are opened to the side. The other leg is extended out straight, with the toes drawn inwards. The soles of both feet are completely flat on the floor.

(三) 虚步: 一腿半蹲, 脚尖外展; 另一腿屈膝前伸, 前脚掌虚点地面; 身体重心落于后腿。

- 2.3. Xū Bù (Empty Stance): One leg is bent into a half squat and the toes turned out. The other leg is slightly bent and extended out to the front with the front portion of the sole in contact with the floor. The center of gravity is predominantly on the rear leg.

第十节 太极剑主要动作的基本要求

Section 10 - Basic Requirements for Taijijian

一、剑法

1. Jiàn Fǎ (Sword Techniques)

(一) 刺剑: 立剑, 剑尖向前直出, 臂与剑身成一直线, 力达剑尖。

- 1.1. Cì Jiàn (Straight Sword Thrust): With the sword orientated vertically, the tip of the sword is thrust out forwards straight. The blade and the arm are aligned, and the focus of force is on the tip of the blade.

(二) 挂剑: 立剑, 剑尖由前向上、向后或向下、向后贴身立圆环绕, 力达剑身前段。

- 1.2. Guà Jiàn (Straitsword Hooking Parry): With the sword orientated vertically and kept close to the body, the tip of the sword travels downwards from the front or to the rear with the focus of force on the upper portion of the blade.

(三) 撩剑: 立剑, 由下向前上撩起, 力达剑刃前段。

- 1.3. Liāo Jiàn (Straitsword Uppercut): With the sword orientated vertically, the sword travels upwards from below to the front

in an uppercutting arc with the focus of force on the upper portion of the blade.

(四) 点剑: 立剑, 提腕, 剑尖向前下点击, 力达剑锋。

- 1.4. Diǎn Jiàn (Straight Sword Dotting): With the sword orientated vertically, the wrist rises while the tip of the sword forcefully dot forward and downwards with the focus of force on the tip edge.

(五) 劈剑: 立剑, 由上向下劈落, 力达剑刃。

- 1.5. Pī Jiàn (Straight Sword Chop): With the sword orientated vertically, the sword chops downwards with the focus of force on the edge of the blade.

(六) 截剑: 剑刃斜向上或斜向下摆击, 力达剑刃前段。

- 1.6. Jié Jiàn (Straight Sword Intercept): The edge of the sword travels obliquely upwards or downwards to intercept, with the focus of force on the upper edge of the blade

(七) 抹剑: 平剑, 由前向左或向右弧形抽回, 高度在胸腹之间, 力达剑刃。

- 1.7. Mǒ Jiàn (Straight Sword Slicing): With the blade of the sword orientated horizontally, the blade is drawn inwards to the left or the right in an arcing slicing motion at the height of the solar plexus.

(八) 绞剑: 平剑, 剑尖向左或向右小立圆绕环, 力达剑刃前段。

- 1.8. Jiǎo Jiàn (Straight Sword Enveloping): With the straight sword orientated horizontally, the tip of the sword rotates in a circle to the left or to the right on a vertical plane. The focus of force is on the tip section of the blade.

二、步型

2. Bù Xíng (Stances)

(一) 弓步: 同太极拳的弓步。

- 2.1. Gōng Bù (Bow Stance): Same as Gōng Bù (Bow Stance) for Taijiquan.

(二) 仆步: 同太极拳的仆步。

- 2.2. Pū Bù (Crouching Stance): Same as Pū Bù (Crouching Stance) for Taijiquan.

(三) 虚步: 同太极拳的虚步。

- 2.3. Xū Bù (Empty Stance): Same as Xū Bù (Empty Stance) for Taijiquan.

第十一节 太极扇主要动作的基本要求

Section 11 - Basic Requirements for Taijishan

一、扇法

1. Shàn Fǎ (Fan Techniques)



(一) 开扇: 扇面完全打开, 两根扇大骨呈一直线 (180°)。

1.1. Kāi Shàn (Fan opening): The fan opens completely. Two major fan ribs must be in a straight line (180°).

(二) 合扇: 两大扇骨合拢重叠。

1.2. Hé Shàn (Fan Closing): The fan closes, and two major fan ribs are overlapped.

(三) 刺扇: 合扇, 向前直出, 臂与扇骨呈一直线, 力达扇骨顶端。

1.3. Cì Shàn (Fan Thrust): The closed fan thrusts straight forward, the arm and the fan are aligned in a line and the focus of force on the tip of fan.

(四) 挂扇: 合扇, 立腕, 由前向下、向后贴身呈立圆绕环挂挡, 力达上板。

1.4. Guà Shàn (Fan Hooking Parry): The fan is closed with wrist rising vertically and keep close to the body, the tip of the fan travels from the front head down or to the rear with focus of force on the upper portion of the fan.

(五) 撩扇: 开扇, 由下向前上贴身呈立圆撩起, 臂与扇大骨呈一直线, 力达扇沿边; 合扇, 立腕, 由下向前上贴身呈立圆撩起, 力达上板。

1.5. Liāo Shàn (Fan Uppercut): The opened fan travels upwards from below to the front in an uppercutting arc with the focus of force on the curved edge at the top of the fan face, the forearm and the major ribs must be aligned. With the closed fan orientated vertically, the fan travels upwards from below to the front in an uppercutting arc with the focus of force on the upper portion of fan.

(六) 点扇: 合扇, 上板向前下点击, 力达上板顶端外缘。

1.6. Diǎn Shàn (Fan Dotting): With the fan closed, and fan head points forward and downward with the focus of force on the front of fan head.

(七) 劈扇: 合扇, 由上向下劈, 力达扇身。

1.7. Pī Shàn (Fan Chop): The closed fan chops downwards with the focus of force on the fan body.

(八) 抛接扇: 开扇抛离身体, 扇子在空旋转 (翻转) 不少于 360° 后再接握下板; 合扇抛离身体, 扇子在空翻转不少于 180° 后再接握上板或下板。

1.8. Pāo Jiē Shàn (Fan Toss/Throw & Catch): The opened fan throws away the body. The fan rotates (turns over) not less than 360° in the air before holding the fan root; when the closed fan is thrown away the body, the fan rotates (turns) no less than 180° in the air before holding the fan's head.

二、步型

2. Bù Xíng (Stances)

(一) 弓步: 同太极拳的弓步。

2.1. Gōng Bù (Bow Stance): Same as Gōng Bù (Bow Stance) for Taijiquan.

(二) 仆步：同太极拳的仆步。

2.2. Pū Bù (Crouching Stance): Same as Pū Bù (Crouching Stance) for Taijiquan.

(三) 虚步：同太极拳的虚步。

2.3. Xū Bù (Empty Stance): Same as Xū Bù (Empty Stance) for Taijiquan.



附录二 评分操作

Appendix 2 - Scoring Operation

第一节 基本要求

Section 1 - Basic Requirements

裁判员应熟练掌握各项目动作分类方法和编码, 熟记难度确认方法和扣分标准, 现场做到反应及时、评断准确、操作正确的基本要求。
Scoring judges should be proficient in the classification and coding of the techniques and movements of each event, including memorizing the difficulty confirmation method and the deduction criteria, and meet the basic requirements of timely response, accurate judgment, and correct operation.

裁判员应注意紧跟运动员现场演练的节奏, 抓好动态(跟综动作的全过程)、静态(观察动作姿态)、动态与静态之间(静态—动态—静态)等各时间段的难度完成情况和出现的动作错误、其他错误及编排错误, 按照各自岗位的职责, 力求做到评判准确无误。

Scoring judges should follow closely and pay attention to the rhythm of the athlete's on-site performance and attentively monitor the dynamic (the movements in its entirety), static (observing the posture of the athlete), transitions between dynamic and static (static-dynamic-static) and other stages of completing a difficulty technique, the occurrence of any technical errors, other errors and choreography errors. All the three groups of scoring judges should, in accordance with the duties of their respective positions, make sure to judge accurately and objectively.

第二节 电子评分操作

Section 2 - Grading Operation with Electronic Scoring System

一、A 组裁判员

1. Group A Judges (Quality of Movement)

A 组裁判员根据运动员现场完成的动作质量情况, 如发现动作错误内容, 迅速按键确认, 同时将扣分编码准确地记录在动作质量评分记录表上。当运动员完成全套动作后, 按先后顺序输入扣分编码, 按回车键进行确认, 评判结束。

Group A judges score according to the quality of the movements completed by the athlete(s) during their performance. Should any error of the movement be found, the deduction button must be quickly pressed, and the deduction code should be accurately recorded on the score-recording form of Quality of Movement. When the athlete completes the full set of movements, Group A judges should input the deduction code(s) in the correct order, pressing the "Enter key" to confirm.

当运动员在比赛中一个动作同时出现多种错误时, 现场扣分顺序应按照以下方法进行, 即先扣动作错误的分, 后扣其他错误的分; 先扣下肢动作错误的分, 后扣上肢动作错误的分; 先扣肢体动作错误的分, 再扣器械方法错误的分。

Should an athlete commit multiple errors at the same time in one movement, the order of the deduction shall be carried out according to the following methods:

- Deduction of the errors in movement first, followed by the other error points.

- Deduction of the errors in movement of the lower limbs first, and then upper limbs.
- Deduction of the errors in the athlete's body movement first, and then those in the weapon's movement.

二、B 组裁判员

2. Group B Judges (Overall Performance)

B 组裁判员根据运动员的整套完成情况, 按照演练水平评分标准中的三档九级分数段, 经纵向比较后将确定的演练水平分记录在演练水平评分记录表上。当运动员演练结束后, 迅速在键盘输入分数, 按回车键进行确认, 评判结束。

Group B judges score athletes' Overall Performance of the routine according to the "three classes and nine levels scores standards." The final Overall Performance scores are recorded in the Group B scoring-recording form. When the athlete finishes his/her performance, judges must input the scores using the keyboard, pressing the "Enter key" to confirm.

三、C 组裁判员

3. Group C Judges (Degree of Difficulty)

C 组裁判员根据运动员申报的难度动作和连接动作在套路中的先后编排顺序, 与运动员现场演练的难度动作和连接动作按顺序逐一进行同步对照, 对申报与演练一致并符合标准的按“确认键”予以确认, 对申报与演练不一致或不符合标准的按“不确认键”不予以确认。完成对运动员所有难度评判后, 按回车键进行确认, 评判结束。

Group C Judges score according to a performing athlete's registered Degree of Difficulty techniques and connections in the routine. Group C Judges should observe the Degree of Difficulty techniques and Degree of Difficulty connections synchronously in sequence. Should the registered Degree of Difficulty techniques and Degree of Difficulty connections be consistent with those performed by the athletes and conform to the judging criteria exactly, then judges should press the "Confirmation key; otherwise, judges should press the "Non-confirmation key." After completing all the Degree of Difficulty techniques evaluations for the performing athlete(s), Group C judges press the "Enter key" to confirm and the evaluation ends.

四、副裁判长

4. Assistant Head Judge

副裁判长根据运动员现场演练的动作与运动员自选项目申报的动作或规定项目的动作, 按顺序逐一进行同步对照检查。若一致, 按“确认键”予以确认; 若不一致, 按“不确认键”不予以确认。完成对运动员整套动作检查后, 按回车键进行确认, 评判结束。

The Assistant Head Judge should check and inspect all the registered optional techniques or compulsory routines one-by-one in sequence against those of the athlete's actual performance. If they match, He should press the "Confirmation key"; if not, he/she should press the "Non-confirmation key." After completing the check and inspection of the athlete's entire routine, He should press the "Enter key" to confirm and the inspection ends.

五、裁判长

5. Head Judge

根据副裁判长提示, 裁判长回放该运动员的比赛视频并迅速作出判断。若确认运动员出现编排方面的错误, 应将编排扣分的编码记录在套路检查记录表中, 然后在键盘上输入编排扣分编码, 按回车键进行确认, 评判结束。如果出现“完成套路时间不足或超出规



定的扣分”或“创新难度的加分”的内容，经检查无误后，按回车键进行确认，评判结束。

The Head Judge replays the athlete's performance video according to the notification of the Assistant Head Judge, and makes an immediate evaluation. If it is confirmed that the athlete has committed choreography error(s) in his/her routine, the corresponding deduction code(s) of the error(s) shall be recorded in the routine inspection record table; meanwhile, the deduction code(s) will also be input into the Timing-Scoring System. After these steps are completed, the Head Judge shall press the "Enter key" on the keyboard to complete the judging procedure. Should there be any "deductions for routine duration under time or over time" or "awarded points for Innovative Degree of Difficulty Technique", the Head Judge shall press the "Enter key" to confirm after ensuring the evaluations are correct.

六、最后得分的计算与示分

6. Final Score Calculation and Display

计时记分系统按照规则自动计算出运动员的最后得分，最后得分在显示屏上公开示分。

The Timing-Scoring System automatically calculates the final score of the athlete according to the judging conclusions, and the final score is publicly displayed on the LED screens.

第三节 人工评分操作

Section 3 - Grading Operation Without Electronic Scoring System

一、A 组裁判员

1. Group A Judges (Quality of Movement)

当运动员演练时出现动作错误和其他错误时，A 组裁判员应迅速在动作质量评分记录表中记录扣分编码及分值。当运动员完成全套动作后，将记录下来的扣分编码按顺序书写在示分牌上，听候裁判长的指令进行公示。记录员将每一位 A 组裁判员的评判结果收集汇总，对至少两人确定的相同的扣分编码进行统计，计算出动作质量的扣分，然后按规则换算成运动员的动作质量分。

Group A judges score according to the quality of the movements completed by the athlete(s) during their performance. Should any technique errors and other errors of the movement be found, the deduction code(s) must be quickly confirmed, and the deduction code should be accurately recorded on the score-recording form of Quality of Movement. When the whole routine is finished, Group A Judges shall write down all the recorded deduction code(s) in sequence on the scoreboard to be displayed publicly upon instruction from the Head Judge. The Score-Recorder collects all results from each Group A Judge, and counts the same deduction code(s) determined by at least two Group A Judges, calculates the deducted points for Quality of Movement, and then converts that into the athlete's final score for Quality of Movement (Execution score) according to the judging rules.

二、B 组裁判员

2. Group B Judges (Overall Performance)

B 组裁判员根据运动员的整套完成情况，按照演练水平评分标准中的三档九级分数段，经纵向比较后将确定的演练水平分记录在演练水平评分记录表上和写在示分牌上，听候裁判长的指令进行公示。记录员将每一位 B 组裁判员的评判结果收集汇总，计算出演练水平分。

Group B Judges score athletes' Overall Performance of the routine according to the "three classes and nine levels scores

standards." The judging methods for the Overall Performance of each on-site athlete may be determined by the sequential comparison of Group B Judges, after which scores shall be written down in the score-recording form for Overall Performance and the scoreboard, which shall be displayed publicly upon receiving permission from the Head Judge. The Score-Recorder collects all results from each Group B Judge, and calculates the score for Overall Performance (Performance score).

三、C 组裁判员

3. Group C Judges (Degree of Difficulty)

C 组裁判员根据运动员申报的难度动作和连接动作在套路中的先后编排顺序, 与运动员临场演练的难度动作和连接动作按顺序逐一进行同步对照确认。对符合要求的难度画“√”予以确认, 对于不符合要求的难度画“×”不予确认。当运动员完成整套动作后, 将记录下来的难度确认结果书写在示分牌上, 听候裁判长的指令进行公示。记录员将每一位 C 组裁判员的评判结果收集汇总, 对至少两人同时确认的难度进行统计, 累计计算出运动员的难度分。

Group C Judges score according to a performing athletes registered Degree of Difficulty techniques and connections in the routine. Group C Judges should observe the Degree of Difficulty techniques and Degree of Difficulty connections synchronously in sequence. If the Degree of Difficulty techniques and connections are confirmed by the Group C Judges according to the judging criteria, judges should make a "√"; if the techniques and connections are not confirmed, judges should mark an "X". When the entire routine is finished, the judges shall write down all the confirmation results for the Degree of Difficulty techniques and connections on the scoreboard, which shall be displayed publicly upon receiving permission from the Head Judge. The Score-Recorder shall collect the judging results (confirmed by at least two people at the same time) from each Group C Judge and calculate the final Degree of Difficulty score (Difficulty score) for each athlete after they have performed.

四、副裁判长

4. Assistant Head Judge

副裁判长根据运动员现场演练的动作与运动员自选项目申报的动作或规定项目的动作, 按顺序逐一进行同步对照检查。对完成的动作画“√”予以确认, 对缺少或不符编排要求的动作画“×”不予确认。当运动员完成整套动作后, 将记录下来的结果传递给裁判长进行确认。

The Assistant Head Judge should check and inspect all the registered optional techniques or compulsory routines one-by-one in sequence against those of the athlete's actual performance. If techniques or movements are executed correctly, the inspector should mark a "√" to confirm; if any techniques or movements are missed or do not conform to the arrangement requirements, the inspector should mark an "X". When the athlete completes his/her entire routine, the recorded results shall be passed to the Head Judge for final confirmation.

五、裁判长

5. Head Judge

裁判长将确认的编排扣分的编码、完成套路时间不足或超出规定的扣分、以及“创新难度的加分”书写在示分牌上进行公示。记录员记录编码和分数, 并算出编排错误的扣分。

The Head Judge shall confirm and display the deduction code(s) of routine choreography, deductions for under time/over time of routine execution, and awarded points for Innovative Degree of Difficulty on the scoreboard. The Score-Recorder shall record



all the codes and the deductions, and calculate the score of routine choreography.

六、最后得分的计算与示分

6. Final Score Calculation and Display

记录员按照规则计算出运动员的最后得分，并将最后得分书写在示分牌上公开示分。

The Score-Recorder calculates each athlete's final score according to the rules and records it on the scoreboard.