

2024 US Challenge Rules and Regulations

1. Date: August 10-11, 2024
2. Location: Washington Education Zone, Wagner Hall
6511 Princess Garden Parkway
Lanham, Maryland 20706
USA
3. Organizers: United States Wushu Academy

Center for Culture Exchange

United States Health Qigong Association
4. Co-organizers: Tiger Claw.com

Kung Fu Magazine

World Swordsmen Federation

5. Competition Divisions and Dates

Saturday, August 10, 2024

First Timer Division

- A. First Timer Athletes

Wushu Challenge Division

- B. Wushu Barehanded and Weapons
- C. Wushu Two Person Choreographed Fighting Set
- D. May tryout for 2025 US Kung Fu Team

Traditional Kung Fu Division

- E. Traditional Southern Kung Fu Barehanded and Weapons
- F. Traditional Northern Kung Fu Barehanded and Weapons
- G. Traditional Kung Fu Two Person Choreographed Fighting Set
- H. May tryout for 2025 US Kung Fu Team

Elite Wushu Division

- I. Elite Wushu Championship
- J. May tryout for 2025 US Kung Fu Team

Padded Weapon Division

- K. Padded Weapon Matches

5. Competition Divisions and Dates (Continue)

Sunday, August 11, 2024

Internal Division

Open Ceremony “Celebration of Harmony with Tai Chi”

- L. Simplified 24 Tai Chi
- M. Yang Style Tai Chi and Weapons
- N. Chen Style Tai Chi and Weapons
- O. Other Styles Tai Chi and Weapons
- P. Bagua
- Q. Xingyi
- R. Other Internal Style Barehanded and Weapons
- S. Internal Style Two Person Choreographed Fighting Set
- T. May tryout for 2025 US Kung Fu Team

Celebration of Harmony with Tai Chi

Everyone started learning Tai Chi for many reasons, mostly for personal hobbies or to pursue peace of mind. No one ever thinks to learn Tai Chi for competition. Many Tai Chi enthusiasts have a mental block or uncomfortable feeling about competing and shy away from it.

Simplified 24 Tai Chi is one of the most popular Tai Chi routines in the world. We are offering every Tai Chi enthusiast an opportunity to join us in a group practice of Simplified 24 Tai Chi at the opening of our US Challenge Internal Division on Sunday, August 11, 2024.

By registering in this celebration and purchasing a souvenir T-Shirt to wear during the group practice, we offer you fee pass to observe the Internal Division events.

We hope your participation in this group practice will allow you to meet more Tai Chi enthusiasts like you. We hope you can feel the

friendship among all the participants. We hope to broaden your perspective and that you consider competing.

6. US Challenge Events and Dates

Saturday, August 10, 2024

First Timer Division

- A. First Time: No separation of age, gender, and style of art.

Wushu Challenge Division

- B. Wushu Challenge Events are separated by age and gender. May compete in international compulsory routine or self-compulsory routine in Changquan, Nanquan, Traditional Barehand, Broadsword, Spear, Sword, Staff, Flexible Weapon and/or Double Weapons.
- C. Wushu Two Person Choreographed Fighting Set have no separation of age and gender.

Barehand vs Barehand, Barehand vs Weapon or Weapon vs Weapon are all in one group.

Traditional Kung Fu Challenge Division

- D. Traditional Southern Style Kung Fu Events are separated by age and gender. May compete in Traditional Southern Kung Fu Barehand, Broadsword, Spear, Sword, Staff, Flexible Weapon and/or Double Weapons.
- E. Traditional Northern Style Kung Fu Events are separated by age and gender. May compete in Traditional Southern Kung Fu Barehand, Broadsword, Spear, Sword, Staff, Flexible Weapon and/or Double Weapons.
- F. Traditional Kung Fu Two Person Choreographed Fighting Set have no separation of age and gender.

Barehand vs Barehand, Barehand vs Weapon or Weapon vs Weapon are all in one group.

Elite Wushu Division

- G. Elite Wushu Championship adopted the 2019 International Wushu Federation Competition Rules and Regulations. Events are separated by age and gender.
 - 1. A Group competes in third set of International Compulsory Routines or Self-Compulsory Routines.
 - 2. B Group competes in first set of International Compulsory Routines.
 - 3. C Group competes in International Elementary Compulsory Routines.
 - 4. Adult Group competes in Self Compulsory Routines. No Nandu requirement.

Padded Weapon Division

- H. Padded Weapon Events are separated by age with coed genders. Each age group is limited to 8 fighters with the exception that the adult group is limited to 16 fighters.

Round-robin matches winners will advance to elimination matches for the grand championship.

6. US Challenge Events and Dates (Continue)

Sunday, August 11, 2024

Internal Division

Open Ceremony “Celebration of Harmony with Tai Chi”

- I. Simplified 24 Tai Chi event is separated by ages and gender.
- J. Yang Style Tai Chi events in Barehand and Weapons are separated by age and gender.
- K. Chen Style Tai Chi events in Barehand and Weapons are separated by age and gender.
- L. Other Style Tai Chi events in Barehand and Weapons are separated by age and gender.
- M. Bagua events are separated by age and gender.
- N. Xingyi events are separated by age and gender.
- O. Other Internal Style Barehand and Weapons are separated by age and gender.
- P. Internal Style Two Person Choreographed Fighting Set is not separated by age and gender.

Barehand vs. Barehand, Barehand vs. Weapon, and Weapon vs. Weapon are all in one group.

7. US Challenge Rules and Regulations

- A. Wushu and Traditional Kung Fu schools or clubs from various countries and regions, as well as Chinese Martial Arts enthusiasts can form a team, or individuals are welcome to participate in the US Challenge competition.
- B. First Timer Division is specially designed division to encourage Chinese Martial Arts practitioners to enjoy competition's excitement. The division is not separated by age, gender, or events.
- C. Music without lyrics is encouraged in Internal Division events in Tai Chi, Bagua, Xingyi and other Internal Barehand and Weapons.
- D. Music without lyrics is encouraged in the Two Person Choreographed Fighting Sets
- E. Two Person Choreographed Fighting Set is not separated by age and gender.
- F. All competitors should fill in the registration form truthfully.
- G. Injuries and medical expenses incurred during the US Challenge competition are the sole responsibility of the individual competitor.
- H. If a competitor is unable to participate in the US Challenge competition for any reason, all competition registration fees will be forfeit and not refunded.
- I. A written request is needed to change submitted registration event(s), and a fee of US\$25 will be charged for each written request. Late and no payment with the written request will not be honored and no change of the submitted registration will be made. The last date to request submitted registration change is on or before July 5, 2024.
- J. All competitors please bring proof of age documents or ID when checking-in.
- K. All competitors should report on time at designated competition ring. A Ring Manager will conduct roll call for you to check in your competition event. When your event has begun in your designated ring, and you have not check in with your Ring Manager, your event will count as forfeit.

8. US Challenge Age Group

A. First Timer Division is not separated by age, gender, or style of art.

B. Wushu Challenge Division

1. A Group is 15 to 17 years old.
Born between January 1, 2007 and December 31, 2009
2. B Group is 12 to 14 years old.
Born between January 1, 2010 and December 31, 2012
3. C Group is 8 to 11 years old.
Born between Jan 1, 2013 and December 31, 2016
4. D Group is 5 to 7 years old.
Born between January 1, 2017 and December 31, 2019
5. Adult Group is 18 years old and above.
Born on and before December 31, 2006

C. Elite Wushu Division

1. A Group is 15 to 17 years old.
Born between January 1, 2007 and December 31, 2009
2. B Group is 12 to 14 years old.
Born between January 1, 2010 and December 31, 2012
3. C Group is 6 to 11 years old.
Born between January 1, 2013 and December 31, 2018
4. Adult Group is 18 years old and above.
Born on and before December 31, 2006

D. Traditional Southern Kung Fu Challenge Division

1. A Group is 15 to 17 years old.
Born between January 1, 2007 and December 31, 2009
2. B Group is 12 to 14 years old.
Born between January 1, 2010 and December 31, 2012
3. C Group is 8 to 11 years old.
Born between Jan 1, 2013 and December 31, 2016
4. D Group is 5 to 7 years old.
Born between January 1, 2017 and December 31, 2019
5. Adult Group is 18 years old and above.
Born on and before December 31, 2006

E. Traditional Northern Kung Fu Challenge Division

1. A Group is 15 to 17 years old.
Born between January 1, 2007 and December 31, 2009
2. B Group is 12 to 14 years old.
Born between January 1, 2010 and December 31, 2012
3. C Group is 8 to 11 years old.
Born between Jan 1, 2013 and December 31, 2016
4. D Group is 5 to 7 years old.
Born between January 1, 2017 and December 31, 2019
5. Adult Group is 18 years old and above.
Born on and before December 31, 2006

F. Padded Weapon Division

1. Children Division is 6 to 9 years old.
Born between January 1, 2015 and December 31, 2018
2. Teen Division is 10 to 14 years old.
Born between January 1, 2010 and December 31, 2014
3. Adult Division is 15 to 49 years old.
Born between January 1, 1975 to December 31, 2009
4. Seniors Division is 50 to 59 years old.
Born between January 1, 1965 and December 31, 1974
5. Elders Division is 60 years old and above.
Born on December 31, 1964 and before

G. Internal Division

1. Junior Division is 17 years old and younger.
Born on December 31, 2007 and before
2. Adult Division is 18 to 54 years old.
Born between January 1, 1970 and December 31, 2006
3. Seniors Division is 55 to 64 years old.
Born between January 1, 1960 and December 31, 1969
4. Elders Division is 65 years old and above.
Born on December 31, 1959 and before

9. US Challenge Competition Time Requirement

Saturday, August 10, 2024

- A. First Timer Division:
First timer competitors are not separated by age, gender, or style of art. Each event is limited up to 2 minutes to perform. When competitor exceeds the specified time, the chief judge shall ask the competitor to stop the event routine without penalty.
- B. Wushu Challenge Division:
Each event in Wushu Challenge in Barehand, Long and Short Weapons, Traditional Barehand, Flexible and Double Weapons is limited to 2 minutes to perform. When competitor exceeds the specified time, the chief judge shall ask the competitor to stop the event routine without penalty.
- C. Traditional Kung Fu Challenge Division:
Each event in Traditional Kung Fu Challenge in Barehand, Long and Short Weapons, Flexible and Double Weapons is limited to 2 minutes to perform. When competitor exceeds the specified time, the chief judge shall ask the competitor to stop the event routine without penalty.
- D. Elite Wushu Division:
The Elite Wushu Championship time requirement is based on the 2019 International Wushu Federation's Rules and Regulations.
- E. Traditional Kung Fu and Wushu
Two Person Choreographed Fighting Set:
Traditional Kung Fu and Wushu Two Person Choreographed Fighting Set have a minimum of 40 seconds and maximum of 2 minutes and 0.1 shall be deducted for every 2 seconds that is under or over the required time.
- F. Padded Weapon Division:
Each competitor fights 3 rounds of 2 minutes match, with 30 seconds break in between each round. The Children Division fights 3 rounds of 1 minute, with 30 seconds break in between each round.

9. US Challenge Competition Time Requirement (Continue)

Sunday, August 11, 2024

- G. Internal Division Simplified 24 Tai Chi:
Simplified 24 form time requirement is a maximum of 6 minutes. Competitor will have 0.1 deducted from the final score for every 5 seconds that is over the required time. Chief judge will announce a time mark at 4 minutes.
- H. Internal Division Barehand:
All Internal Styles Barehand routine includes Yang Style Tai Chi, Chen Style Tai Chi, Other Style Tai Chi, Bagua and Xingyi have a minimum of 2 minutes and a maximum of 5 minutes. Competitor will have 0.1 deducted from the final score for every 5 seconds that is less or over the required time. Chief judge will announce a time mark at 4 minutes.
- I. Internal Division Weapon:
All Internal Style Weapon routines includes Yang Style Tai Chi, Chen Style Tai Chi, Other Style Tai Chi, Bagua and Xingyi have a minimum of 1 minutes and a maximum of 5 minutes. Competitor will have 0.1 deducted from the final score for every 5 seconds that is less or over the required time. Chief judge will announce a time mark at 4 minutes.
- J. Internal Division Two Person Choreographed Fighting Set:
Internal Two Person Choreographed Fighting Set have a minimum of 2 minimum and maximum of 5 minutes and 0.1 shall be deducted for every 5 seconds that is under or over the required time.

10. Awards and Placement of US Challenge

- A. First Timer Division every competitor will receive First Timer's Bravery Medal with the inscription "Courage is knowing what not to fear".
- B. Challenge Division in Wushu, Traditional Kung Fu and Internal Styles each event is separated by age and gender. Each event's top five competitors will receive Challenge Medal with the inscription "Character is Destiny".
- C. Wushu Elite Junior Championship each event is separated by age and gender. Each event's top five competitors will receive Elite Medals with the inscription "Courage is the greatest quality of the mind next to Honor".
- D. Padded Weapon Division separated by age but with coed gender. The top four fighters of each age group will receive Warrior Medal with the inscription "Greatness without Arrogance".

11. US Kung Fu Team Tryouts
 - A. The US Challenge competition is one of the qualifying tournaments under USAWKF's sanction to try out for the US Kung Fu Team.
 - B. The competition results from the US Challenge can be used to qualify for the US Kung Fu Team.
 - a. If you score 8.0 or higher in any of the Wushu, Traditional Kung Fu and Internal events in the US Challenge, you are eligible to be a member of the USAWKF's US Kung Fu Team to represent the United States at the 2025 World Kung Fu Championships in Ermeishan, Sichuan, China.
 - b. You must be a U.S. citizen or Permanent Resident to represent the US Kung Fu Team.
 - c. If you had qualified for the US Kung Fu Team in the 2023 US Challenge, you don't need to compete in the 2024 US Kung Fu Team Tryout again. You are already an active US Kung Fu Team member for the 10th World Kung Fu Championship in 2025.
 - d. Membership in the USAWKF is also required to become a member of the US Kung Fu Team.

12. US Challenge Registration and Spectators Fee
 - A. No On-Site registration.
 - B. Registration is open from April 1, 2024 to June 30, 2024
 - C. Register on the website at <https://www.uswushuacademy.org>
 - D. Registration Fee for individual events from April 1 – April 30, 2024:
 1. First individual event to register in April is US\$60
 2. For each additional individual is US\$10
 - E. Registration Fee for individual events from May 1 – May 30, 2024:
 1. First individual event to register in May is US\$70
 2. For each additional individual is US\$10
 - F. Registration Fee for individual events from June 1 – June 30, 2024:
 1. First individual event to register in June is US\$80
 2. For each additional individual is US\$10
 - G. US Kung Fu Team Tryouts fee is \$50 per Division
 - H. Both Competitors must register for the Two Person Choreographed Fighting Sets
 - I. Changes to events after registration will incur a US\$25 charge
 - J. On-Site spectator ticket is US\$15 per person, cash or check only
 - K. Saturday and Sunday require separate spectator tickets.
 - L. Spectator wearing Hanfu (汉服) is admitted free
 - M. First responders, police officers, and active military personnel are admitted free with proof of ID
 - N. Seniors 65 years old and over and children under 5 are admitted free with proof of age