



詠 春 體 育 會
VING TSUN ATHLETIC ASSOCIATION LTD.

會址：九龍旺角水渠道三號長寧大廈三樓C座 3, NULLAH ROAD, 2C/FL., KOWLOON, HONG KONG.
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2017-10-7 葉問系詠春擒手比賽賽例

規格：

採用保護地壁疊起而成2米 x 2米(八仙檯)擂台，比賽必需配帶大會指定之護甲及拳套(均由大會供應)，均需穿著上衣、運動長褲及赤腳，另外護檔及護齒膠(均需自備)必需配帶，以作比賽之用。參賽者在比賽中不得穿帶任何飾物，身體各部份亦不得塗上任何油性物質，亦必需修剪好指甲。每方參賽者祇可有教練及助手共2人在台邊協助。

賽例：

以單循環淘汰賽形式進行，每場比賽3局，每局1分鐘30秒，中隔1分鐘休息，採用3局2勝制，並於每局比賽結束時，依據邊裁判的判定每局勝負，先勝2局者為此場勝方，便毋須舉行第3局。

比賽方式：

參賽者在開始比賽、暫停後或台上裁判分開後，必須回台中以詠春之二字鉗羊馬及雙擒手形式盤手5下後得裁判示意才可過手。只可使用詠春之各種攻防技法，包括拳、掌、步法、勾腳及圈腳(但非腳擊)。

計分方式：- 得分 -

- 明顯擊中對方護甲部位，可得1分
- 如攻方取得優勢時，可繼續連環以手法步法進攻(非單一招式)可連續得分(最高3分)
- 運用詠春手法或步法，令對方失去平衡無法站穩腳步另腳掌以上的身體任何部份觸及地面或出界可得1分

- 不得分 -

- 方法不清楚、效果不明顯，不得分
- 純用雙手持續直推對手出台，不得分
- 雙方互纏、亂打，互不得分
- 雙方同時或先後倒地或出界，互不得分



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技術犯規：

- a. 非詠春手法(包括大勾搥、鞭搥、劈搥、大拋搥、插搥、掃腿、鞭腿)等動作。
- b. 處於不利狀況時要求暫停或有意拖延比賽時間。
- c. 未經裁判允許而自行脫去護甲或拳套。
- d. 拉扯護具。
- e. 消極摟抱對方；出界後或暫停後故意不返回台中再開始。

若觸犯以上技術犯規條例中其中一項，警告會被扣 1 分，再犯扣 3 分。

嚴重犯規：

- a. 蓄意攻擊頸及頸以上部位(包括頭、喉嚨、後頸)及襠部。
- b. 使用手肘、膝攻擊。
- c. 使用反關節動作。
- d. 用逼使對方頭部先著地的摔法或有意砸壓對方。
- e. 攻擊已倒地的對手。
- f. 對裁判有不禮貌行為或不服從裁判指示。
- g. 一場比賽內該選手累計觸犯 3 次技術犯規

若觸犯以上嚴重犯規條例中其中一項，該選手將喪失比賽資格。

勝負評定：

- a. 賽事一面倒實力懸殊的情況下，裁判可中止比賽，判技術較強者為勝方。
- b. 比賽中一方嚴重犯規時，判對方勝。
- c. 一場比賽，先勝兩局者為勝方。

大會裁判長之決定為最終決定，不設上訴。



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Rules of Ip Man Ving Tsun Sticking Hands Match to be held on 7th October 2017

Specification:

Protective mats will be piled up as 2 x 2 square meter arena (Pat Sin Table style). Contestants must wear the chest protector and boxing gloves to be provided by our association; bring and wear his own upper outer garment, long sport trouser, crotch protector and tooth protector; and participate the match in barefoot. Contestants should not wear articles for personal adornment or paint with greasing products in any part of the body in the course of competition, and should have proper nail cut. Only one coach and one assistant are allowed for providing assistance for each contestant outside the arena.

Competition Rules:

Single round-robin elimination system is implemented. Each bout has three rounds. Each round lasts for two minutes with one minute break between two rounds in a single bout. One must win two out of three rounds in one bout. Sideline Referees shall determine the result of each round during round break. Winner of first two rounds shall win the bout, and as a result the third round of the same bout will not be held.

Competition Method:

During the commencement of any bout, after temporary suspension of any round or separation of participating contestants by Arena Referee, paired contestants shall come to center position of the arena and stand in Ving Tsun Character Two Abduction Stance for rolling hands 5 times in double sticking hands style with each other plus instruction to start by referee before starting the attack. Only Ving Tsun attacking and defending techniques are allowed, such as punch, palm, leg techniques, hooking leg and circle leg (but not any kicking techniques).

Scoring Method:

Scoring:

- a. Apparently successful hit on opponent's chest protector (gain 1 point)
- b. If the attacking side gains the advantageous situation, he/ she can continuously apply hand and leg techniques (Not a single technique). Attacker can continuously gain points (gain up to 3 points).
- c. Applying Ving Tsun hand or leg techniques, and causing the other party to lose balance and touching the floor by any part of body over the foot or stepping out of the arena (gain 1 point)



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No scoring:

- a. No point for unclear or ineffective technique
- b. No point for mere direct pushing (with two hands) the opponent out of the arena
- c. No point for any contestant for their fighting in intertwined or disorder manner
- d. No point for any contestant if the contestants both fall or step out of the arena one by one or at the same time

Technical Fouls:

- a. Apply non-Ving Tsun techniques including big hooking fist, whipping fist, splitting fist, throwing fist, inserting fist, or sweeping leg, whipping leg etc.
- b. Request for suspension or intentionally delay the course of competition during personal disadvantageous situation
- c. Taking off chest protector or boxing glove without the approval of the referee
- d. Pulling protective equipment
- e. Holding the opponent passively; intentionally refuse to come back to center of the arena for re-starting the competition after ring out or suspension

Single breach of Technical Foul (warning with deduction of 1 point); repeated breach of Technical Foul (deduct 3 points)

Serious Fouls:

- a. Intentionally attack neck or any position over neck (including head, throat, back neck) or crotch
- b. Apply elbow or knee attack
- c. Apply joint locking technique
- d. Apply wrestling technique in order to cause opponent's head hitting on floor, or intend to use pressure drop technique
- e. Attack the fallen opponent
- f. Impolite manner towards referee or disobedience of instruction from referee
- g. Three Technical Fouls (cumulative total for one contestant) in one single match

Contestant shall be disqualified from the whole competition if he/she is in breach of any of the Serious Fouls.



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Adjudication:

- a. If there is one-sided bout, referee can order discontinuance of the bout and adjudicate winning of the bout to the technically stronger contestant
- b. If there is Serious Foul of one side, referee can adjudicate winning by the other side
- c. First winner of two rounds in a bout shall win

Final adjudication shall be made by the Chief Referee. No appeal is allowed.