

新加坡武术龙狮总会 联合 新加坡体育理事会
**Singapore Wushu Dragon and Lion Dance Federation &
Sport Singapore**
2025 年 Pesta Sukan - 武术锦标赛
Pesta Sukan – Wushu Championship 2025
比赛项目与规则
Events and Rules for Competition

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比赛日期: 2025 年 07 月 12 日至 15 日

Date of Competition: 12th to 15th July 2025

时间: 下午 6 点至晚上 10 点 (周内)
上午 9 点至晚上 10 点 (周末)

Time: 6pm to 10pm (Weekdays)
9am to 10pm (Weekends)

地点: 立达 ActiveSG 体育馆
Venue: ActiveSG Delta Sports Hall

武术联系: 电邮 nwsc@wuzong.com
Wushu Contact: Email

Competition Fee:

Young Children & Children Category (maximum of 3 events)*	\$10/pax/event
Junior to Open Category (maximum of 3 events)*	\$15/pax/event
Senior & Elderly Category (Age 55 and above) (maximum of 3 events)*	\$5/pax/event

**Note:* Any further events (after three events) will be forfeited, and no refund will be given.

Please see article 2a for specifications.

报名截止日期: 2025 年 6 月 6 日

Deadline for Registration: 6th June 2025

1. Competitive Events

少年组: 12 岁至 14 岁

出生于 2011 年 1 月 1 日至 2013 年 12 月 31 日之间 Junior Category: 12 to 14 years old Individuals born between 1 st January 2011 and 31 st December 2013							
代号 Code	项目 Event	代号 Code	项目 Event	代号 Code	项目 Event	代号 Code	项目 Event
Events B0-1, B0-2, B0-3 & B0-4 are for <u>12 years old</u> participants ONLY.							
B0-1	Junior 4 duan broadsword	B0-2	Junior 4 duan spear	B0-3	Junior 4 duan sword	B0-4	Junior 4 duan cudgel
B1-1	Junior 5 duan nanquan	B1-2	Junior 5 duan changquan	B1-3	Junior 24 taijiquan	B1-4	Junior 5 duan broadsword
B1-5	Junior 5 duan spear	B1-6	Junior 5 duan sword	B1-7	Junior 5 duan cudgel	B1-8	Junior 32 taijijian
儿童组: 11 岁或以下 出生于 2014 年 1 月 1 日或之后 Children Category: 11 years old and below Individuals born on 1 st January 2014 and later							
代号 Code	项目 Event	代号 Code	项目 Event	代号 Code	项目 Event	代号 Code	项目 Event
C1-1	Children 3 duan nanquan						
C2-1	Children 5 duan nanquan	C2-2	Children 5 duan changquan	C2-3	Children 5 duan broadsword	C2-4	Children 5 duan spear
C2-5	Children 5 duan sword	C2-6	Children 5 duan cudgel				
C3-1	Children 1 international nanquan	C3-2	Children 1 international changquan	C3-3	Children 42 taijiquan	C3-4	Children 1 international broadsword
C3-5	Children 1 international spear	C3-6	Children 1 international sword	C3-7	Children 1 international cudgel	C3-8	Children 1 international nandao
C3-9	Children 1 international nangun	C3-10	Children 42 taijijian				
幼儿组: 7 岁或以下 出生于 2018 年 1 月 1 日或之后 Young Children Category: 7 years old and below Individuals born on 1 st January 2018 and later							
代号 Code	项目 Event	代号 Code	项目 Event	代号 Code	项目 Event	代号 Code	项目 Event

Y1-1	Young Children wubuquan	* 须以左右方向演练各一次， 服装可依照传统规则 * To perform routine twice in different directions, may follow traditional costume rules
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个人单项传统套路 (不得演练规定 24/42 式太极拳或 32/42 式剑套路)

Individual Traditional Routine (Not to perform 24/42 form taijiquan or 32/42 form taijijian)

T1. 幼儿组: 9 岁或以下, 出生于 2016 年 1 月 1 日或之后

Young Children: 9 years old and below: born on 1st January 2016 and later

代号 Code	项目 Event	代号 Code	项目 Event	代号 Code	项目 Event
T1-1	长拳	T1-9	短器械	T1-15	长器械
T1-2	南拳	T1-10	双器械	T1-16	太极/内家长器械
T1-3	八极拳, 八卦掌, 形意拳	T1-11	软器械		
T1-4	象形拳 (包含翻子拳, 劈卦掌, 通臂拳, 醉拳)	T1-12	太极/内家短器械		
T1-5	杨氏太极拳	T1-13	太极/内家双器械		
T1-6	陈氏太极拳	T1-14	太极/内家软器械		
T1-7	其它太极拳 (包含吴氏, 武氏, 孙氏)				
T1-8	其它内家拳 (包含六合八法)				

T2. 儿童组: 10 岁至 12 岁, 出生于 2013 年 1 月 1 日至 2015 年 12 月 31 日之间

Children: 10 to 12 years old born between 1st January 2013 and 31st December 2015

代号 Code	项目 Event	代号 Code	项目 Event	代号 Code	项目 Event
T2-1	长拳	T2-9	短器械	T2-15	长器械
T2-2	南拳	T2-10	双器械	T2-16	太极/内家长器械
T2-3	八极拳, 八卦掌, 形意拳	T2-11	软器械		
T2-4	象形拳 (包含翻子拳, 劈卦掌, 通臂拳, 醉拳)	T2-12	太极/内家短器械		
T2-5	杨氏太极拳	T2-13	太极/内家双器械		
T2-6	陈氏太极拳	T2-14	太极/内家软器械		

T2-7	其它太极拳 (包含吴氏, 武氏, 孙氏)				
T2-8	其它内家拳 (包含六合八法)				

T3. 少年组: 13 岁至 17 岁, 出生于 2008 年 1 月 1 日至 2012 年 12 月 31 日之间

Teenage: 13 to 17 years old born between 1st January 2008 and 31st December 2012

代号 Code	项目 Event	代号 Code	项目 Event	代号 Code	项目 Event
T3-1	长拳	T3-9	短器械	T3-15	长器械
T3-2	南拳	T3-10	双器械	T3-16	太极/内家长器械
T3-3	八极拳, 八卦掌, 形意拳	T3-11	软器械		
T3-4	象形拳 (包含翻子拳, 劈卦掌, 通臂拳, 醉拳)	T3-12	太极/内家短器械		
T3-5	杨氏太极拳	T3-13	太极/内家双器械		
T3-6	陈氏太极拳	T3-14	太极/内家软器械		
T3-7	其它太极拳 (包含吴氏, 武氏, 孙氏)				
T3-8	其它内家拳 (包含六合八法)				

T4. 青年组: 18 岁至 35 岁, 出生于 1990 年 1 月 1 日至 2007 年 12 月 31 日之间

Youth: 18 to 35 years old born between 1st January 1990 and 31st December 2007

代号 Code	项目 Event	代号 Code	项目 Event	代号 Code	项目 Event
T4-1	长拳	T3-9	短器械	T3-15	长器械
T4-2	南拳	T3-10	双器械	T3-16	太极/内家长器械
T4-3	八极拳, 八卦掌, 形意拳	T3-11	软器械		
T4-4	象形拳 (包含翻子拳, 劈卦掌, 通臂拳, 醉拳)	T3-12	太极/内家短器械		
T4-5	杨氏太极拳	T3-13	太极/内家双器械		
T4-6	陈氏太极拳	T3-14	太极/内家软器械		
T4-7	其它太极拳				

	(包含吴氏, 武氏, 孙氏)				
T4-8	其它内家拳 (包含六合八法)				

T5. 中年组: 36 岁至 54 岁, 出生于 1971 年 1 月 1 日至 1989 年 12 月 31 日之间

Middleage: 36 to 54 years old born between 1st January 1971 and 31st December 1989

代号 Code	项目 Event	代号 Code	项目 Event	代号 Code	项目 Event
T5-1	长拳	T5-9	短器械	T5-15	长器械
T5-2	南拳	T5-10	双器械	T5-16	太极/内家长器械
T5-3	八极拳, 八卦掌, 形意拳	T5-11	软器械		
T5-4	象形拳 (包含翻子拳, 劈卦掌, 通臂拳, 醉拳)	T5-12	太极/内家短器械		
T5-5	杨氏太极拳	T5-13	太极/内家双器械		
T5-6	陈氏太极拳	T5-14	太极/内家软器械		
T5-7	其它太极拳 (包含吴氏, 武氏, 孙氏)				
T5-8	其它内家拳 (包含六合八法)				

T6. 资深组: 55 岁至 69 岁, 出生于 1956 年 1 月 1 日至 1970 年 12 月 31 日之间

Senior: 55 to 69 years old born between 1st January 1956 and 31st December 1970

代号 Code	项目 Event	代号 Code	项目 Event	代号 Code	项目 Event
T6-1	长拳	T6-9	短器械	T6-15	长器械
T6-2	南拳	T6-10	双器械	T6-16	太极/内家长器械
T6-3	八极拳, 八卦掌, 形意拳	T6-11	软器械		
T6-4	象形拳 (包含翻子拳, 劈卦掌, 通臂拳, 醉拳)	T6-12	太极/内家短器械		
T6-5	杨氏太极拳	T6-13	太极/内家双器械		
T6-6	陈氏太极拳	T6-14	太极/内家软器械		
T6-7	其它太极拳 (包含吴氏, 武氏, 孙氏)				

T6-8	其它内家拳 (包含六合八法)				
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T7. 耆英组: 70 岁或以上, 出生于 1955 年 12 月 31 日或之前

Elderly: 70 years old and above born on 31st December 1955 and earlier

代号 Code	项目 Event	代号 Code	项目 Event	代号 Code	项目 Event
T7-1	长拳	T7-9	短器械	T7-15	长器械
T7-2	南拳	T7-10	双器械	T7-16	太极/内家长器械
T7-3	八极拳, 八卦掌, 形意拳	T7-11	软器械		
T7-4	象形拳 (包含翻子拳, 劈卦 掌, 通臂拳, 醉拳)	T7-12	太极/内家短器械		
T7-5	杨氏太极拳	T7-13	太极/内家双器械		
T7-6	陈氏太极拳	T7-14	太极/内家软器械		
T7-7	其它太极拳 (包含吴氏, 武氏, 孙 氏)				
T7-8	其它内家拳 (包含六合八法)				

2. 参赛注意事项

2. Notes on Entry of Competition

- 每位单项选手最多可参加三项项目；一项拳术，一项短或双器械和一项长或软器械。
- 参赛者不能在同一个项目出现超过一次。
- 参赛者不能同时参加两个年龄组别；
例: 不能参加单项少年组南拳，也同时参加公开组南刀。
- 参赛者可以穿插于竞赛和传统套路；
例: 竞赛第二套长拳，传统短器械 和 传统太极长器械。
此情况，允许参赛者参加竞赛和传统各别符合的年龄组别。

(如参赛人数不足，工委会有权另做安排)

- For individual event, the Participant may participate in a total of three events. I.e., One bare-fist routine, one short or double routine and one long or soft weapon routine.
- Participant cannot appear more than once in the same event.
- Participant is not allowed to participate in two or more age groups. Example: cannot participate in a Single Children Nanquan, but also participate in the Open Nan sword.

d. Participant may mix routines between Competitive and Traditional; Eg: 2nd International Changquan, Traditional Short Weapon and Traditional Taiji Long Weapon.

In such case, Participant may participate in the age groups corresponding to his/her age in both Competitive and Traditional Categories.

(If the number of participants is insufficient, the Organising Committee reserves the right to make alternative arrangements)

3. 竞赛分组

3. Competition Grouping

五步拳，段位套路，国际竞赛套路

Wubuquan, Duan Routines and International Routines.

幼儿组: 7 岁或以下

出生于 2018 年 1 月 1 日或之后

Young Children Category: 7 years old and below

Individuals born on 1st January 2018 and later

儿童组: 11 岁或以下

出生于 2014 年 1 月 1 日或之后

Children Category: 11 years old and below

Individuals born on 1st January 2014 and later

少年组: 12 岁至 14 岁

出生于 2011 年 1 月 1 日至 2013 年 12 月 31 日之间

Junior Category: 12 to 14 years old

Individuals born between 1st January 2011 and 31st December 2013

青年组: 15 岁至 18 岁

出生于 2007 年 1 月 1 日至 2010 年 12 月 31 日之间

Youth Category: 15 to 18 years old

Individuals born between 1st January 2007 and 31st December 2010

公开组: 无年龄限制

Open Category: No age restriction

太极乐龄太极组(规定套路): 55 岁或以上

出生于 1970 年 12 月 31 日或之前

Senior Taiji Category (Compulsory Routines): 55 years old and above

Individuals born on 31st December 1970 and earlier

传统套路

Traditional Routines

T1. 幼儿组: 7 岁或以下

出生于 2018 年 1 月 1 日或之后

Junior: 7 years old and below

Individuals born on 1st January 2018 and later

T2. 儿童组: 8 岁至 12 岁

出生于 2013 年 1 月 1 日至 2017 年 12 月 31 日之间

Children Category: 8 to 12 years old

Individuals born between 1st January 2013 and 31st December 2017

T3. 少年组: 13 岁至 17 岁

出生于 2008 年 1 月 1 日至 2012 年 12 月 31 日之间

Teenage Category: 13 to 17 years old

Individuals born between 1st January 2008 and 31st December 2012

T4. 青年组: 18 岁至 35 岁

出生于 1990 年 1 月 1 日至 2007 年 12 月 31 日之间

Youth Category: 18 to 35 years old

Individuals born between 1st January 1990 and 31st December 2007

T5. 中年组: 36 岁至 54 岁

出生于 1971 年 1 月 1 日至 1989 年 12 月 31 日之间

Middle-aged Category: 36 to 49 years old

Individuals born between 1st January 1971 and 31st December 1989

T6. 资深组: 55 岁至 69 岁

出生于 1956 年 1 月 1 日至 1970 年 12 月 31 日之间

Senior Category: 55 to 69 years old

Individuals born between 1st January 1956 and 31st December 1970

T7. 耆英组: 70 岁或以上

出生于 1954 年 12 月 31 日或之前

Elderly Category: 70 years old and above

Individuals born on 31st December 1955 and earlier

4. 竞赛时间

4. Competition Time

a. 五步拳（须做左右两次演练）: 无时间要求

b. 段位术规定套路: 无时间要求

c. 国际规定竞赛套路

- o 长拳/南拳/器械: 不得少过 1 分 20 秒

- o 24 式太极拳: 只限 2 至 4 分钟

- o 42 式太极拳: 只限 5 至 6 分钟

- o 32 式太极剑: 只限 2 至 4 分钟

- o 42 式太极剑: 只限 3 至 4 分钟

d. 传统套路

- o 外家拳/长短双软器械：不得少过 50 秒
- o 传统太极拳/其他内家拳类：只限 3 至 6 分钟
- o 传统太极器械：只限 1 至 6 分钟

裁判长会在各别太极套路的起势动作和规定时间截止前一分钟鸣哨提示。

a. Basic 5-steps Routine (perform twice in different directions): no time requirement

b. Duan Routine: no time requirement

c. International Competition Routine

- o Changquan / Nanquan / weapon: Not less than 1 minute 20 seconds
- o 24 Style Taijiquan: limited to within 2 to 4 min
- o 42 Style Taijiquan: limited to within 5 to 6 min
- o 32 Style Taiji Sword: limited to within 2 to 4 min
- o 42 Style Taiji Sword: limited to within 3 to 4 min

d. Traditional Routine

- o External quan / long or short double soft weapon: not less than 50 seconds
- o Traditional Taijiquan / other Internal quan types: limited to within 3-6 minutes
- o Traditional Taiji weapon: limited to within 1 to 6 minutes

The Head Judge shall whistle for each Taiji routine upon the Starting action and one minute before the prescribed time.

5. 名次录取

5. Ranking Admission

所有组别各人项目奖励法：根据参赛员的最后得分颁发一至三等奖奖牌。

一等奖：凡参赛员实得分排名在项目前 40%以内，颁发‘一等奖’奖牌。

二等奖：凡参赛员实得分排名在项目下个 40%以内，颁发‘二等奖’奖牌。

三等奖：凡参赛员实得分排名在项目后 20%以内，颁发‘三等奖’奖牌。

Award method for All Group or Individual events: to award First to Third medal based on final score of participants.

First Prize : Actual score within the top 40% of Event, awarded 'First Prize' medal.

Second prize : Actual score within the next 40% of Event, awarded 'Second Prize' medal.

Third Prize : Actual score within the bottom 20% of Event, awarded 'Third Prize' medal.

6. 上诉

6. Appeal

对大会给予团体/运动员的判决有异议者，若要上诉，须由领队将上诉表格，连同现金 S\$300.00 手续费 (不退还)，在该项目赛后十五分钟内，呈交大会竞赛处。上诉者只能针对

自己，根据大会录像器材为准。大会将保持原判，但会对上诉事项做内部处理以便日后改良。

Anyone who wishes to appeal against the decision given by the Judges' panel to the Organisation / athlete should submit an Appeal form, together with administrative fee of S\$300.00 in cash to the Competition Counter within 15 minutes of that event. The appeal shall only be directed against own performance and based on the video clip recorded by the Organiser. The decision shall remain, but the appeal will be dealt with internally for improvement / future use.

7. 纪律处罚

7. Disciplinary action

所有参赛者 (运动员，教练，领队) 须严格遵守大会章程。如有任何运动员，教练 (武总注册或非注册教练，无论是否指导此次比赛)，领队或团体成员犯规，将受严厉纪律处罚，并需自行承担法律责任。犯规行为包括以粗暴言语或不雅手势无理恐吓、威胁、挑衅、辱骂任何大会裁判或工作人员，或干扰赛会。

All participants (athletes, coaches, leaders) shall strictly abide by the Competition Rules set by the Organiser. Non-compliance by any athlete, coach (whether Federation-certified or not), the leader or member of the Organisation shall subject to severe disciplinary action and shall be liable to legal responsibility. Non-compliance includes unreasonably intimidates, threatens, provokes, verbally abuses any Judges or staff member using crude language or indecent gestures, or interferes with the competition.

8. 竞赛细则

8. Competition Details

- a. 各项竞赛经大会编订后，不得要求更换。
- b. 参赛者不得无故弃权；若无故弃权，则判该选手于来届停赛一届。
- c. 参赛者于赛前六十分钟，在竞赛处播报所参赛的项目时，须亲自到检录处报到，违例者当弃权论
- d. 参赛者必须穿武术平底鞋，规定武术表演服装（附图表一份），违例者扣 0.5 分。
- e. 竞赛时若有任何意外或损伤、赛会将不承担任何责任。参赛者必须签责任声明书并连同报名表格呈交于武总。
- f. 任何选手不得同时代表两间团体参赛，违例者将被取消参赛资格或名次，并判停赛一届。
- g. 在宣告员宣布参赛者/队伍出场后一分钟未出场者，当弃权论。

各项目运动员需携带居民证或学生证以供查证。

- a. Each competition event, after being scheduled, cannot be amended.

- b. Participants shall not drop out of Competition without valid reason, otherwise, he shall be suspended for one (next) Championship.
- c. Participant shall report in person to the Registration Counter within 60 minute after announcement of Event by the Competition Counter. Failing which he shall be deemed as having dropped out of competition.
- d. Participant must don flat-base Wushu shoes and required Wushu performance attire (see appended chart), failing which a 0.5 point will be deducted.
- e. In the event of any accident or injury during the Competition, the Organiser will not be liable. Participants must sign a Declaration of Indemnity and submit it to Organiser together with the Registration Form.
- f. No Participant shall represent two Organisations at a same event. Failing which, he will be disqualified from or ranking nulled in the event and suspended for one (next) Championship.
- g. After one minute of announcement and the Participant / team has not reported, the Participant / team shall be deemed to have dropped out of the event.

Participants are required to carry Identity Card or Student ID card for verification.

9. 裁判长评分调整

9. Head Judge's Score Adjustment

- a. 裁判长执行对套路时间不足或超出规定的扣分。
 - 内家集体/太极类单项目，不足或超出规定时间在 5 秒以内者（含 5 秒），扣 0.1 分；在 5 秒以上至 10 秒以内者（含 10 秒），扣 0.2 分，依次类推。
 - 外家集体，长拳，南拳，剑术，刀术，枪术，棍术，南刀，南棍，对练项目不足规定时间在 2 秒以内者（含 2 秒），扣 0.1 分；在 2 秒以上至 4 秒以内者（含 4 秒），扣 0.2 分，依次类推。
- b. 如裁判员在评分中出现明显不合理的现象或明显错误时，在示出运动员的最后得分前，裁判长经总裁判长同意后，可作调整。
- a. the Head Judge awards deduction points for insufficient or exceeding the required set time.
 - Internal-Style Group / Taiji Single event, less than or beyond specified time of 5 sec (including), deduct 0.1 point;
 - External-style Group, Changquan, Nanquan, Sword, Sabre, Spear, Cudgel, Nan Sabre, Nan Cudgel, Duet, less than prescribed time of within 2 sec (including), deduct 0.1 points; within 4 sec (including), deduct 0.2 points, and so on.
- b. If a Judge appears manifestly unreasonable or obviously err in scoring, the Head Judge may make adjustments with the consent of the Chief Judge before showing the final score of the athlete.

10. 国际竞赛器械规格，必须配合国际要求

10. Competition Equipment Specifications meeting International requirements

- a. 刀术：长度以直臂垂肘抱刀的姿势为准，刀尖不得低于本人的耳上端，必须有刀彩

- b. 剑术：长度以直臂垂肘反手持剑的姿势为准，剑尖不得低于本人的耳上端，必须有剑穗
- c. 枪术：枪术全长不得短于本人直臂上举时，以脚底到中指端的长度，必须有枪缨
- d. 棍术：全长不得短于本人身高
- e. 枪术与棍术：棍中线以下任何部位的直径不得小于如下规定：
成人：男子 - 2.30 厘米、女子 - 2.10 厘米。
少年：男子 - 1.90 厘米、女子 - 1.75 厘米。
规定棍/枪，直径不在此规定范围内，按照国际武联认证的厂家出厂时的直径即可
- f. 南棍：全长不得短于本人身高，棍(白蜡杆)中线以下任何部位的直径不得小于如下规定：
成人：男子 2.80 厘米，女子 2.65 厘米
少年：男子 2.30 厘米，女子 2.20 厘米
- g. 规定南棍，直径不在此规定范围内，按照国际武联认证的厂家出厂时的直径即可
- h. 南刀：长度以直臂垂肘抱刀的姿势为准，刀尖不得低于本人的下巴。

- a. Sabre: the length of the straight arm hanging elbow holding the position of the knife, the tip of the knife must not be lower than the upper end of my ear, must have a knife color
- b. Sword: the length of the straight arm elbow back holding the sword posture, the tip of the sword must not be lower than the upper end of my ear, there must be a sword spike
- c. Spear: The total length of the gun must not be shorter than when lifted on my straight arm, with the soles of the feet to the middle finger of the length, there must be a gun
- b. Cudgel: The length of the body shall not be shorter than my height
- c. Spear and Cudgel: The diameter of any part below the middle line of the stick shall not be less than as follows:
Adult: Male - 2.30cm, Female - 2.10cm.
Youth: Men - 1.90cm, Women - 1.75cm.
The specified Cudgel/Spear, the diameter is not within the scope of this regulation, in accordance with the IWUF certified manufacturers at the factory diameter can be
- d. Nan Cudgel: the total length shall not be shorter than my height, the diameter of any part below the middle line of the stick (white wax rod) shall not be less than the following provisions:
Adult: men 2.80 cm, women 2.65 cm
Youth: men 2.30 cm, women 2.20 cm
- e. Nan Cudgel: the diameter is not within the scope of this provision, as long as it is in accordance with the IAF certified manufacturers' factory diameter
- f. Nan Sabre: the length of the straight arm hanging elbow holding knife posture, knife tip must not be lower than my chin.

11. 参赛服装规格，必须配合国际要求

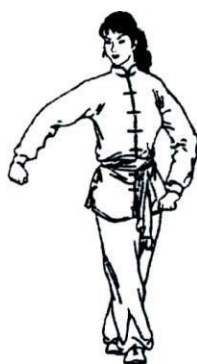
11. Attire specifications meeting International requirements

- a. 长拳、刀、剑、枪、棍、太极拳及其他项目的规格要求：
 - i. 对襟小褂，中式立领，七对正式直绊（长、短袖子自定），太极类必须长袖，上衣长度不超过本人直臂下垂时中指指尖；
 - ii. 灯笼袖，袖口环扣；
 - iii. 中式灯笼裤；软腰巾（太极类不可配软腰巾或腰带）可用不同单色面料；
 - b. 南拳类服装款式及规格要求：
 - i. 对襟、无领，七对中式直绊，女子为短袖上衣，男子为无袖背心；
 - c. 中式灯笼裤：软腰巾，可用不同单色面料；
-
- a. Specifications for Changquan, Sabre, Sword, Spear, stick, Taijiquan and other events:
 - i. For the cardigan, Chinese collar, seven-pair formal straight tripping (optional long, short sleeves), Taiji classification - must be long sleeves, the length of the jacket should not exceed middle fingertip when the straight arm is lowered;
 - ii. Lantern-style sleeves, cuff buckles;
 - iii. Chinese Lantern-style pants; soft waist scarf (Taiji not available with soft waist scarf or belts) can be used in different monochrome fabrics;
 - b. Nanquan Attire and specification requirements:
 - i. Pairs of cardigans, collarless, seven-pair Chinese straight tripping, women - short-sleeved tops, men - sleeveless vests;
 - c. Chinese Lantern pants: Soft waist scarf, available in different monochrome fabrics;



男/女太极拳

Men/Women Taijiquan



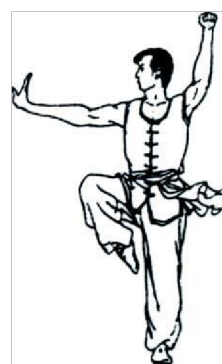
男/女长拳

Men/Women Changquan



女子南拳

Women Nanquan



男子南拳

Men Nanquan

幼儿组五步拳项目以及传统项目服饰除以上 a、b、c 外，也允许穿单色 T 恤，配武术灯笼裤和武术鞋但衣服不可印有团体及学院名称和有明显的品牌及商业用途的商标呈现在外。

Junior Category 5 steps routine and Traditional Category Attire: in addition to the above a, b, c, also allow the wearing of monochrome T-shirts, with martial arts lantern pants and martial arts

shoes, but clothing may not be printed with the name of the group and college and trademarks with obvious brand and commercial uses.

12. 附则

12. By-laws

- a. 总会在竞赛时为参赛者所摄之照片和影像将归武总所有，武总有权在任何情况下使用照片和影像，不必征求参赛者的同意。
- b. 本章程如有未尽善处，得由工委会随时增删之。
 - c. 除本章程所规定之外，其它规则不明之处，将依据《2005 年国际武术竞赛规则裁判法》执行。

- a. Photographs and images of participants taken during the competition will be owned by the Federation, which has the right to use them under any circumstances without seeking the consent of the participants.
- b. If there exists discrepancy of any article above, the Organising Committee reserves the rights to add or delete it at any time.
- c. Other than those provided for in this Charter, any other rules that are unclear will be enforced in accordance with the International Wushu Competition Rules Adjudication Act 2005.

Sanda Pesta Sukan 2025 Rules and Regulations

1. Aim

- a. To develop and promote the sport of Wushu Sanda, and to provide a platform for Sanda athletes to compete and learn from each other
- b. To share and promote the spirit of Wushu

1. Competition Details

- a. Date: 13th July 2025
- b. Time: 1pm
- c. Location: Delta Sports Hall
- d. The Weigh-In will be done at the Singapore Wushu Dragon & Lion Dance Federation Training Hall, on __11th July 2025__ at __8pm__

2. Events

- a. Divisions
 - i. **Youth Division**: 15 to 17 years old (Born between January 1, 2008, and December 31, 2010)
 - ii. **Adult Division**: 18 to 40 years old (Born between January 1, 1985, and December 31, 2007)
- b. Weight Categories
 - i. **Youth Category**: 48/52/56/60/65/70/75/80 KG
 1. Kicking to the opponent's head is prohibited.
 2. Consecutive punches to the opponent's head are prohibited.
 - ii. **Adult Category**: 48/52/56/60/65/70/75/80/85/90/90+ KG

3. Rules

- a. Sanda Pesta Sukan 2025 will follow the 2017 edition of the **Wushu Sanda Competition Rules** by the International Wushu Federation (IWUF). You may find the link to the IWUF rules here: <https://www.iwuf.org/wp-content/uploads/2018/12/IWUF-Wushu-Sanda-Competition-Rules-Judging-Method-2017.pdf>
 - i. Rules for the Youth category will be adjusted as such: Kicking to the opponent's head will be strictly prohibited.

4. Protective Gear Requirements

- a. Both youth and adult categories must wear Sanda **headguards, chest protectors, mouthguards, groin protectors, and gloves**. Additionally, wearing **foot protectors or instep guards** is mandatory.
- b. Singapore Wushu Dragon & Lion Dance Federation will provide Sanda headguards, chest protectors and gloves



Foot Protectors 护脚



Instep Guards 护脚背

- c. Athletes are to bring their own mouth guards, groin guards, hand wraps, and instep guards or foot protectors

5. Others

- a. There will be Emergency Medical Services on standby for the duration of the Sanda Pesta Sukan 2025
- b. All athletes that are participating in the Sanda Pesta Sukan 2025 will be required to sign and submit a Health Declaration and Waiver of Liabilities (**Annex**)

- c. Athletes under the age of 18 years old will also need their parents to sign on the Health Declaration and Waiver of Liabilities
- d. All athletes are required to take part in the Weigh-In in order to participate in the Sanda Pesta Sukan 2025
 - i. It will be done at the Singapore Wushu Dragon & Lion Dance Federation Training Hall, on __11th July 2025__ at __8pm__
 - ii. Athletes that did not participate in the Weigh-In will not be able to participate in the Sanda Pesta Sukan 2025

6. Registration

- a. Athletes are to register for Sanda Pesta Sukan 2025 via the ActiveSG platform
- b. Athletes are required to upload their signed Health Declaration and Waiver of Liabilities to successfully complete their registration
- c. The closing date and timing for registration is __6th June 2025__
- d. Any queries regarding the Sanda Pesta Sukan 2025 can be directed to the email hp_manager@wuzong.com