



新加坡武术龙狮总会

Singapore Wushu Dragon and Lion Dance Federation

**NATIONAL TRADITIONAL WUSHU
CHAMPIONSHIPS 2025
RULES & REGULATIONS
(English)**

CONTENT PAGE

- 1. DATES**
- 2. VENUE**
- 3. COMPETITION EVENTS**
- 4. ENTRY REQUIREMENT**
- 5. COMPETITION METHOD**
- 6. PLACING & AWARDS**
- 7. EVENT CODE**
- 8. ATTIRE SPECIFICATIONS**
- 9. ENTRIES**
- 10.FEES**
- 11.APPEAL**
- 12.DISCIPLINARY ACTION**
- 13.MATTERS**
- 14.CONTACT METHOD**

1. DATES

8 to 10 December 2025

2. VENUE

Venue Partner: Singapore Chinese Cultural Centre

Competition Venue: Multipurpose Hall

Address: 1 Straits Blvd, Singapore 018906

3. COMPETITION EVENTS

External Style	Internal Style
Individual – Barehand	
1. Changquan 2. Nanquan 3. Bajiquan, Baguazhang, Xingyiquan 4. Xiangxingquan (Including Fanziquan, Piguaquan, Tongbeiquan, Zuiquan)	1. Yang Style Taijiquan 2. Chen Style Taijiquan 3. Other Taijiquan (including Wu2, Wu3, and Sun Style) 4. Other Neijiaquan (including Liuhebafa) 5. Compulsory 24 Style Taijiquan 6. Compulsory 42 Style Taijiquan
Individual – Short, Double or Soft	
5. Short Weapons 6. Double Weapons 7. Soft Weapons	7. Taiji Neijia Short Weapons 8. Taiji Neijia Double Weapons 9. Taiji Neijia Soft Weapons 10. Compulsory 32 Style Taijijian 11. Compulsory 42 Style Taijijian
Individual - Long Weapon	
8. Long Weapons	12. Taiji Neija Long Weapons
Sparring	
9. Barehand 10. Barehand vs Weapon 11. Weapon	No Events
Group	
12. Barehand 13. Weapon	13. Taiji Neijia Barehand 14. Taiji Neijia Weapon

4. ENTRY REQUIREMENT

- This competition is open only to Singapore Citizens, Permanent Residents, and students currently studying in Singapore.
- Each club/ school is not limited to the number of teams.
- Club / school should name each team in alphabetical order. i.e. XXX Club A Team
- Each team may sign-up not more than ten (10) competitors.
- Each team is limited to enter thirty (30) Individual Events, three (3) different group Sparring Events, and two (2) Group Event.
- Each team is limited to enter two (2) people per Individual Event in the same age and gender category.
- Each competitor may enter up to eight (8) events including: three (3) Individual Events, three (3) Sparring Event, and two (2) Group Event.
- Three (3) participants from three (3) different organisations are required to form an event. If less than three (3), event may be subjected to combination with another age category.

4.1 Age Groups

T1. Junior: 9 years old and below: born on 1st January 2016 and later

T2. Children: 10 to 12 years old born between 1st January 2013 and 31st December 2015

T3. Teenage: 13 to 17 years old born between 1st January 2008 and 31st December 2012

T4. Youth: 18 to 35 years old born between 1st January 1990 and 31st December 2007

T5. Middle-aged: 36 to 50 years old born between 1st January 1975 and 31st December 1989

T6. Senior: 51 to 65 years old born between 1st January 1960 and 31st December 1974

T7. Elderly: 66 years old and above born on 31st December 1959 and earlier

4.2 Sparring Event:

- Sparring Competitors: Composed by two (2) or three (3) competitors
- Weapon only, barehand only or weapon vs barehand
- No restriction based on age or gender.

4.3 Group Event:

Each team in the group event must be composed of six (6) competitors from the same registered team only, with no restriction on the gender and age category (i.e. it can be a combination of male and female competitors of all ages). The event **must** be performed with music (no vocal accompaniment) and with verbal commands. Failure to comply will result in a deduction of points.

5. COMPETITION METHOD

The Rules and Methods may be interpreted solely at the discretion of the International Wushu Federation (IWUF). In case of any disagreement in the interpretation of the rules, the Chinese version shall prevail. Unless otherwise stated within these regulations, the competition will be conducted in accordance with

《IWUF Traditional Wushu Competition Rule and Judging Methods (Trial) 2019》.

5.1 Time limits:

- External Style Events 40 seconds to 2 minutes
- Internal Style Bare-handed Events 3 - 4 minutes
- Internal Style Weapon Events 2 - 4 minutes
- Compulsory 42 Style Taijiquan: 5 - 6 minutes
- Compulsory 42 Style Taijijian: 4 - 5 minutes
- Compulsory 24 Style Taijiquan: 4 - 5 minutes
- Compulsory 32 Style Taijijian: 3 - 4 minutes
- Sparring 40 seconds to 2 minutes
- External Style Group Event 50 seconds to 2 minutes
- Internal Style Bare-handed Group Event 3 – 4 minutes
- Internal Style Weapon Group Event 2 – 4 minutes

6. PLACING & AWARDS

6.1 Team Awards

Team with the highest points: Champion Trophy

Team with the 2nd highest points: 1st Runner-up Trophy

Team with the 3rd highest points: 2nd Runner-up Trophy

6.2 Team ranking will be based on league points from events:

Placing	Individual Events	Sparring Events	Group Events
1 st place	9 points	11 points	11 points
2 nd place	7 points	9 points	9 points
3 rd place	5 points	7 points	7 points
4 th place	3 points	5 points	5 points
5 th place	2 points	3 points	3 points
6 th to 8 th place	1 point	1 point	1 point

6.3 Event Awards

1st place: Gold Medal + Certificate

2nd place: Silver Medal + Certificate

3rd place: Bronze Medal + Certificate

4th to 8th Place: Participation Medal + Certificate

9th Place onwards: Participation Medal

- Prize presentation ceremony will only be conducted for the top three (3) participants of each event. All other participants are to collect their participation medal and certificate from the prize counter by the end of the session for the stipulated event (i.e. morning session, afternoon session or evening session).

6.4 3-Event All-rounder Awards

- 3-Event All-rounder Awards will be calculated based on total number of gold medals attained in individual events. They are categorised by gender, external or internal styles, age groups, with a total of 28 awards.
- In the event of a tie in the number of gold medals for the 3-Event All-rounder Award, the following tie-breakers will be used in order:
 - (1) Type of remaining medals (i.e. silver followed by bronze);
 - (2) If still tied, the total score from the three events will be compared.
- To be eligible for the 3-Event All-rounder Award, all three (3) individual events must be from either the External category or Internal category. Mixed entries across both categories are not allowed.
- Participant must indicate interest in 3-Event All-rounder Award in the registration form by selecting the correct event types in the registration form.

First Event	Second Event	Third Event
One of the fist routines	One of the short, double or soft weapon routines	One of the long weapon routine

- Participants who do not wish to be considered for the 3-Event All-rounder Award are free to register for any three events within their age group.
- Results from the 3-Event All-rounder Award shall not be counted towards the overall team points for Team Championship ranking.

7. EVENT CODE

T1. Junior: 9 years old and below: born on 1st January 2016 and later

Code	Event	Code	Event	Code	Event
T1-1	Changquan	T1-11	Short Weapons	T1-19	Long Weapons
T1-2	Nanquan	T1-12	Double Weapons	T1-20	Taiji Neija Long Weapons
T1-3	Bajiquan, Baguazhang, Xingyiquan	T1-13	Soft Weapons		
T1-4	Xiangxingquan (Including Fanziquan, Piguaquan, Tongbeiquan, Zuiquan)	T1-14	Taiji Neijia Short Weapons	T0-21	Barehand Sparring
T1-5	Yang Style Taijiquan	T1-15	Taiji Neijia Double Weapons	T0-22	Barehand vs Weapon Sparring
T1-6	Chen Style Taijiquan	T1-16	Taiji Neijia Soft Weapons	T0-23	Weapon Sparring
T1-7	Other Taijiquan (Including Wu2, Wu3, and Sun Style)	T1-17	Compulsory 32 Style Taijijian		
T1-8	Other Neijiaquan (Including Liuhebafa)	T1-18	Compulsory 42 Style Taijijian	T0-24	Group Barehand
T1-9	Compulsory 24 Style Taijiquan			T0-25	Group Weapon
T1-10	Compulsory 42 Style Taijiquan			T0-26	Taiji Neijia Group Barehand
				T0-27	Taiji Neijia Group Weapon

T2. Children: 10 to 12 years old born between 1st January 2013 and 31st December 2015

Code	Event	Code	Event	Code	Event
T2-1	Changquan	T2-11	Short Weapons	T2-19	Long Weapons
T2-2	Nanquan	T2-12	Double Weapons	T2-20	Taiji Neijia Long Weapons
T2-3	Bajiquan, Baguazhang, Xingyiquan	T2-13	Soft Weapons		
T2-4	Xiangxingquan (Including Fanziquan, Piguaquan, Tongbeiquan, Zuiquan)	T2-14	Taiji Neijia Short Weapons	T0-21	Barehand Sparring
T2-5	Yang Style Taijiquan	T2-15	Taiji Neijia Double Weapons	T0-22	Barehand vs Weapon Sparring
T2-6	Chen Style Taijiquan	T2-16	Taiji Neijia Soft Weapons	T0-23	Weapon Sparring
T2-7	Other Taijiquan (Including Wu2, Wu3, and Sun Style)	T2-17	Compulsory 32 Style Taijijian		
T2-8	Other Neijiaquan (Including Liuhebaifa)	T2-18	Compulsory 42 Style Taijijian	T0-24	Group Barehand
T2-9	Compulsory 24 Style Taijiquan			T0-25	Group Weapon
T2-10	Compulsory 42 Style Taijiquan			T0-26	Taiji Neijia Group Barehand
				T0-27	Taiji Neijia Group Weapon

T3. Teenage: 13 to 17 years old born between 1st January 2008 and 31st December 2012

Code	Event	Code	Event	Code	Event
T3-1	Changquan	T3-11	Short Weapons	T3-19	Long Weapons
T3-2	Nanquan	T3-12	Double Weapons	T3-20	Taiji Neijia Long Weapons
T3-3	Bajiquan, Baguazhang, Xingyiquan	T3-13	Soft Weapons		
T3-4	Xiangxingquan (Including Fanziquan, Piguaquan, Tongbeiquan, Zuiquan)	T3-14	Taiji Neijia Short Weapons	T0-21	Barehand Sparring
T3-5	Yang Style Taijiquan	T3-15	Taiji Neijia Double Weapons	T0-22	Barehand vs Weapon Sparring
T3-6	Chen Style Taijiquan	T3-16	Taiji Neijia Soft Weapons	T0-23	Weapon Sparring
T3-7	Other Taijiquan (Including Wu2, Wu3, and Sun Style)	T3-17	Compulsory 32 Style Taijijian		
T3-8	Other Neijiaquan (Including Liuhebaifa)	T3-18	Compulsory 42 Style Taijijian	T0-24	Group Barehand
T3-9	Compulsory 24 Style Taijiquan			T0-25	Group Weapon
T3-10	Compulsory 42 Style Taijiquan			T0-26	Taiji Neijia Group Barehand
				T0-27	Taiji Neijia Group Weapon

T4. Youth: 18 to 35 years old born between 1st January 1990 and 31st December 2007

Code	Event	Code	Event	Code	Event
T4-1	Changquan	T4-11	Short Weapons	T4-19	Long Weapons
T4-2	Nanquan	T4-12	Double Weapons	T4-20	Taiji Neijia Long Weapons
T4-3	Bajiquan, Baguazhang, Xingyiquan	T4-13	Soft Weapons		
T4-4	Xiangxingquan (Including Fanziquan, Piguaquan, Tongbeiquan, Zuiquan)	T4-14	Taiji Neijia Short Weapons	T0-21	Barehand Sparring
T4-5	Yang Style Taijiquan	T4-15	Taiji Neijia Double Weapons	T0-22	Barehand vs Weapon Sparring
T4-6	Chen Style Taijiquan	T4-16	Taiji Neijia Soft Weapons	T0-23	Weapon Sparring
T4-7	Other Taijiquan (Including Wu2, Wu3, and Sun Style)	T4-17	Compulsory 32 Style Taijijian		
T4-8	Other Neijiaquan (Including Liuhebaifa)	T4-18	Compulsory 42 Style Taijijian	T0-24	Group Barehand
T4-9	Compulsory 24 Style Taijiquan			T0-25	Group Weapon
T4-10	Compulsory 42 Style Taijiquan			T0-26	Taiji Neijia Group Barehand
				T0-27	Taiji Neijia Group Weapon

T5. Middle-aged: 36 to 50 years old born between 1st January 1975 and 31st December 1989

Code	Event	Code	Event	Code	Event
T5-1	Changquan	T5-11	Short Weapons	T5-19	Long Weapons
T5-2	Nanquan	T5-12	Double Weapons	T5-20	Taiji Neijia Long Weapons
T5-3	Bajiquan, Baguazhang, Xingyiquan	T5-13	Soft Weapons		
T5-4	Xiangxingquan (Including Fanziquan, Piguaquan, Tongbeiquan, Zuiquan)	T5-14	Taiji Neijia Short Weapons	T0-21	Barehand Sparring
T5-5	Yang Style Taijiquan	T5-15	Taiji Neijia Double Weapons	T0-22	Barehand vs Weapon Sparring
T5-6	Chen Style Taijiquan	T5-16	Taiji Neijia Soft Weapons	T0-23	Weapon Sparring
T5-7	Other Taijiquan (Including Wu2, Wu3, and Sun Style)	T5-17	Compulsory 32 Style Taijijian		
T5-8	Other Neijiaquan (Including Liuhebaifa)	T5-18	Compulsory 42 Style Taijijian	T0-24	Group Barehand
T5-9	Compulsory 24 Style Taijiquan			T0-25	Group Weapon
T5-10	Compulsory 42 Style Taijiquan			T0-26	Taiji Neijia Group Barehand
				T0-27	Taiji Neijia Group Weapon

T6. Senior: 51 to 65 years old born between 1st January 1960 and 31st December 1974

Code	Event	Code	Event	Code	Event
T6-1	Changquan	T6-11	Short Weapons	T6-19	Long Weapons
T6-2	Nanquan	T6-12	Double Weapons	T6-20	Taiji Neijia Long Weapons
T6-3	Bajiquan, Baguazhang, Xingyiquan	T6-13	Soft Weapons		
T6-4	Xiangxingquan (Including Fanziquan, Piguaquan, Tongbeiquan, Zuiquan)	T6-14	Taiji Neijia Short Weapons	T0-21	Barehand Sparring
T6-5	Yang Style Taijiquan	T6-15	Taiji Neijia Double Weapons	T0-22	Barehand vs Weapon Sparring
T6-6	Chen Style Taijiquan	T6-16	Taiji Neijia Soft Weapons	T0-23	Weapon Sparring
T6-7	Other Taijiquan (Including Wu2, Wu3, and Sun Style)	T6-17	Compulsory 32 Style Taijijian		
T6-8	Other Neijiaquan (Including Liuhebafa)	T6-18	Compulsory 42 Style Taijijian	T0-24	Group Barehand
T6-9	Compulsory 24 Style Taijiquan			T0-25	Group Weapon
T6-10	Compulsory 42 Style Taijiquan			T0-26	Taiji Neijia Group Barehand
				T0-27	Taiji Neijia Group Weapon

T7. Elderly: 66 years old and above born on 31st December 1959 and earlier

Code	Event	Code	Event	Code	Event
T7-1	Changquan	T7-11	Short Weapons	T7-19	Long Weapons
T7-2	Nanquan	T7-12	Double Weapons	T7-20	Taiji Neijia Long Weapons
T7-3	Bajiquan, Baguazhang, Xingyiquan	T7-13	Soft Weapons		
T7-4	Xiangxingquan (Including Fanziquan, Piguaquan, Tongbeiquan, Zuiquan)	T7-14	Taiji Neijia Short Weapons	T0-21	Barehand Sparring
T7-5	Yang Style Taijiquan	T7-15	Taiji Neijia Double Weapons	T0-22	Barehand vs Weapon Sparring
T7-6	Chen Style Taijiquan	T7-16	Taiji Neijia Soft Weapons	T0-23	Weapon Sparring
T7-7	Other Taijiquan (Including Wu2, Wu3, and Sun Style)	T7-17	Compulsory 32 Style Taijijian		
T7-8	Other Neijiaquan (Including Liuhebafa)	T7-18	Compulsory 42 Style Taijijian	T0-24	Group Barehand
T7-9	Compulsory 24 Style Taijiquan			T0-25	Group Weapon
T7-10	Compulsory 42 Style Taijiquan			T0-26	Taiji Neijia Group Barehand
				T0-27	Taiji Neijia Group Weapon

8. ATTIRE SPECIFICATIONS

- a. Specifications for Changquan: the top must include a Chinese collar along with seven buttons (long or short sleeve at the participant's discretion), paired with Wushu Lantern-style pants with a soft waist sash (belt).
- b. Specifications for Internal style events: participants must don a top with the same requirements (as Changquan) and with long sleeves not exceeding the tip of the middle finger when arms are lowered and straightened. Long sleeves must have lantern-style sleeves with cuff buckles.
- c. Specifications for Nanguan: The top must be collarless with seven buttons; short sleeves for women and sleeveless for men, paired with Wushu Lantern pants with a soft waist sash (belt).
- d. Participants may wear solid-coloured T-shirts with Wushu Lantern pants and wushu shoes. A soft waist sash belt must be donned regardless of event and age category. The names and logos of teams, clubs and their affiliates must not be printed on the attire.
- e. In addition to the specifications outlined in points above, participants are permitted to wear event-specific Wushu attire or traditional Wushu garments that reflect the cultural heritage of the respective competition event.
- f. Non-compliance with the attire specifications will result in a deduction of 0.2 points.
- g. **Teams need not be in the same set of costumes for Sparring and group events.**

9. ENTRIES

All entries must be submitted through the Singapore Wushu Dragon & Lion Dance Federation's online registration platform via <https://tinyurl.com/ntwc2025registration>, including payment.

9.1 Entries

- 9.1.1 The registration period is from **1 September 2025 to 30 September 2025, 23:59**.
- 9.1.2 Teams must submit the completed registration form through the officially designated Google Form provided by the Federation and ensure payment is made in order to successfully complete the registration process.
- 9.1.3 Each team will receive the payment receipt via email after registration has closed.
- 9.1.4 Amendments will be accepted at the sole discretion of the Federation, and no refunds will be given.

9.2 Late Registration or Amendments

9.2.1 In the case of special circumstances, late entries or changes are subject to the approval of the Singapore Wushu Dragon & Lion Dance Federation and must be requested and confirmed via email. If accepted, teams will be subject to a fee of S\$100 (before GST) per person per event.

10. FEES

10.1 Members

- Members include: Registered Singapore Wushu Dragon & Lion Dance Federation Clubs, All People's Association Community Clubs, Residents' Networks, etc. and all Ministry of Education schools, and University/ ITE/ Polytechnic/ Independent Schools.

10.1.1 Member's Team Registration Fee

- S\$100 (before GST) per team.

10.1.2 Individual Event

- S\$50 (before GST) per event.

10.1.3 Sparring/ Group Event

- S\$50 (before GST) per person.

10.2 Non-Members

10.2.1 Non-member's Team Registration Fee

- S\$150 (before GST) per team.

10.2.2 Individual Event

- S\$50 (before GST) per event.

10.2.3 Sparring/ Group Event

- S\$50 (before GST) per person

11. APPEAL

Team leaders who wish to appeal against the decision made by the Judges' Panel must submit an Appeal Form, along with a non-refundable administrative fee of S\$300.00 (before GST) in cash, to the Competition Counter within 15 minutes after the end of the event. **Appeals may only concern their own team's performance and must be based on the video footage recorded by the Organiser.** The original decision will remain unchanged, but the appeal will be reviewed internally for improvement and future reference.

12. DISCIPLINARY ACTION

All participants (athletes, coaches, team leaders), as well as associated individuals such as parents or guardians, are expected to strictly abide by the Competition Rules set by the Organiser. Any non-compliance—whether by a team leader, member, or associated individual—may result in severe disciplinary action and potential legal liability on the part of the team's leader and/or the individuals involved. Non-compliance includes, but is not limited to, any form of cheating, unreasonable acts of intimidation, threats, provocation, verbal abuse involving crude language, indecent gestures directed at judges or staff, or any form of interference with the competition.

13. MATTERS

13.1 Each competition event, after being scheduled, cannot be amended.

13.2 Participants shall not drop out of Competition without valid reason, otherwise, he/she shall be suspended for one (next) Championship.

13.3 Participant shall report in person to the Registration Counter 60 minutes before the event. Failing which he shall be deemed as having dropped out of competition.

13.4 No Participant shall represent two teams. Failing which, he/she will be disqualified from or ranking, nulled in the event and suspended for one (next) Championship.

13.5 If the participant(s) fails to enter the competition carpet within 1 minute after being called by the head judge, it will be considered a forfeit. All participants must bring their identity card or student card for verification for each event.

14. CONTACT METHOD

Singapore Wushu Dragon & Lion Dance Federation (Secretariat)

Address: 7 Bedok North Street 2, Singapore 469646

Telephone: +65 6382 3638

E-mail: singaporentwc@gmail.com



新加坡武术龙狮总会

Singapore Wushu Dragon and Lion Dance Federation

2025 年全国传统武术锦标赛 竞赛规程 (中文版)

目录

1. 日期
2. 地点
3. 竞赛项目
4. 参赛办法
5. 竞赛办法
6. 录取与奖励
7. 项目代号
8. 参赛服装规格
9. 报名
10. 费用
11. 上诉
12. 纪律处罚
13. 重要事项
14. 联系方式

1. 日期

2025 年 12 月 8 日至 10 日

2. 地点

场地合作伙伴： 新加坡华族文化中心

比赛场地： 多功能礼堂

地址： 1 Straits Blvd, Singapore 018906

3. 竞赛项目

外家	内家
拳类	
1. 长拳 2. 南拳 3. 八极拳，八卦，形意拳 4. 象形拳 (包含翻子拳，劈挂掌，通臂拳，醉拳)	1. 杨氏太极拳 2. 陈氏太极拳 3. 其它太极拳（包含吴氏，武氏，孙氏） 4. 其它内家拳（包含六合八法） 5. 规定套路 24 式太极拳 6. 规定套路 42 式太极拳
短/双/软兵器类	
5. 短器械 6. 双器械 7. 软器械	7. 太极/内家短器械 8. 太极/内家双器械 9. 太极/内家软器械 10. 规定套路 32 式太极剑 11. 规定套路 42 式太极剑
长兵器类	
8. 长器械	12. 太极/内家长器械
对练	
9. 徒手对徒手 10. 徒手对器械 11. 器械对器械	无项目
集体	
12. 徒手 13. 器械	13. 太极/内家徒手 14. 太极/内家器械

4. 参赛办法

- 本赛事仅开放予新加坡公民、永久居民，以及目前在新加坡就读的学生。
- 每个团体不限队伍数量。
- 团体应按 A 到 Z 字母顺序命名每个队伍。例如 XXX 武术院 A 队。
- 每支队伍的参赛者人数不得超过十 (10) 人。
- 每支队伍限报三十 (30) 项个人套路、三 (3) 项不同组的对练项目、及两 (2) 项集体项目。
- 每支队伍限报两 (2) 个人于同一个年龄和性别的个人单项目。
- 每位参赛者最多可参加八 (8) 项项目：三 (3) 项个人套路、三 (3) 项对练、和两 (2) 项集体项目。
- 各项目须三 (3) 名分别代表三 (3) 个不同团体的参赛员方可成立。如有项目少于三 (3) 人，将与别的年龄层合并。

4.1 年龄组别

T1. 幼儿组: 9 岁或以下,出生于 2016 年 1 月 1 日或之后

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

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

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

T5. 中年组: 36 岁至 50 岁,出生于 1975 年 1 月 1 日至 1989 年 12 月 31 日之间

T6. 资深组: 51 岁至 65 岁,出生于 1960 年 1 月 1 日至 1974 年 12 月 31 日之间

T7. 耆英组: 66 岁或以上,出生于 1959 年 12 月 31 日或之前

4.2 对练项目

- 对练人数: 2 人或 3 人
- 项目有: 器械、徒手、徒手对器械。
- 组别: 不论年龄或性别。

4.3 集体项目

集体项目必须以 六(6)人参赛, 来自同一间注册队伍。男女及组别不限(男女运动员, 无论年龄, 可任意搭配)。**需备配乐**(音乐不得有伴唱), 可喊口令。未遵守规定将导致扣分。

5. 竞赛办法

竞赛规则的解释权属于国际武术联合会。对竞赛规则的解释有争议时, 以中文版为准。

除非本规程上另有规定,比赛采用国际武术联合会审定的

《国际武联传统武术套路竞赛规则与裁判法（2019 年试行版）》。

5.1 完成套路时间规定

- 外家项目为 40 秒至 2 分钟。
- 内家拳项目为 3 - 4 分钟。
- 内家器械项目为 2 - 4 分钟。
- 太极拳(42 式)为 5 - 6 分钟。
- 太极剑(42 式)为 4 - 5 分钟。
- 太极拳(24 式)为 4 - 5 分钟。
- 太极剑(32 式)为 3 - 4 分钟。
- 对练套路为 40 秒至 2 分钟。
- 外家集体项目时间为 50 秒至 2 分钟。
- 内家拳集体项目时间为 3 - 4 分钟。
- 内家器械集体项目时间为 2 - 4 分钟。

6. 录取与奖励

6.1 队伍奖

积分最高的队伍：团体总冠军

积分第二高的队伍：团体亚军

积分第三高的队伍：团体季军

6.2 队伍排名将基于项目的积分

排名积分	个人项目	对练项目	集体项目
第一名	九分	十一分	十一分
第二名	七分	九分	九分
第三名	五分	七分	七分
第四名	三分	五分	五分
第五名	两分	三分	三分
第六名至第八名	一分	一分	一分

6.3 项目奖

- 第一名：金牌+证书
- 第二名：银牌 + 证书
- 第三名：铜牌 + 证书
- 第四名至第八名：优胜奖牌 + 证书
- 第九名之后： 优胜奖牌

- 颁奖仪式仅对每个项目的前三 (3) 名获奖者进行。其他所有参与者须于当场赛事结束前（即上午场、下午场或晚间场）到颁奖处领取奖牌与证书。

6.4 三项全能奖

- 三项全能奖以参赛者个人单项获得金牌者多为准。分男女，外家内家，年龄组别，一共 28 项。
- 若三项全能奖出现金牌数目相同的情况，将依以下顺序作为评选标准
 - (1) 其余两项的奖牌等级（银牌优于铜牌）；
 - (2) 若仍相同，则比较三项成绩总分，分数较高者获奖。
- 欲角逐三项全能奖，三项个人单项必须全属外家类或全属内家类，不可混合报项。
- 参赛者须在报名表格填写有意参加三项全能奖。

第一项	第二项	第三项
任何一项拳类	任何一项短/双/软兵器类	一项长兵器类

- 若参赛者无意角逐三项全能奖，可自由选择所属年龄组别内的任何三项项目报名，不限类别或类型。
- 三项全能奖之得奖成绩将不计入团队总积分，亦不影响团体总冠军排名。

7. 项目代号

T1. 幼儿组：9 岁或以下，出生于 2016 年 1 月 1 日或之后

代号	项目	代号	项目	代号	项目
T1-1	长拳	T1-11	短器械	T1-19	长器械
T1-2	南拳	T1-12	双器械	T1-20	太极/内家长器械
T1-3	八极拳，八卦掌， 形意拳	T1-13	软器械		
T1-4	象形拳 (包含翻子拳，劈挂 掌，通臂拳， 醉拳)	T1-14	太极/内家短器械	T0-21	徒手对徒手对练
T1-5	杨氏太极拳	T1-15	太极/内家双器械	T0-22	徒手对器械对练
T1-6	陈氏太极拳	T1-16	太极/内家软器械	T0-23	器械对器械对练
T1-7	其它太极拳 (包含吴氏，武氏，孙 氏)	T1-17	规定套路 32 式太极剑		
T1-8	其它内家拳 (包含六合八法)	T1-18	规定套路 42 式太极剑	T0-24	徒手集体
T1-9	规定套路 24 式太极拳			T0-25	器械集体
T1-10	规定套路 42 式太极拳			T0-26	太极/内家徒手集体
				T0-27	太极/内家器械集体

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

代号	项目	代号	项目	代号	项目
T2-1	长拳	T2-11	短器械	T2-19	长器械
T2-2	南拳	T2-12	双器械	T2-20	太极/内家长器械
T2-3	八极拳，八卦掌， 形意拳	T2-13	软器械		
T2-4	象形拳 (包含翻子拳，劈挂 掌，通臂拳， 醉拳)	T2-14	太极/内家短器械	T0-21	徒手对徒手对练
T2-5	杨氏太极拳	T2-15	太极/内家双器械	T0-22	徒手对器械对练
T2-6	陈氏太极拳	T2-16	太极/内家软器械	T0-23	器械对器械对练
T2-7	其它太极拳 (包含吴氏，武氏，孙 氏)	T2-17	规定套路 32 式太极剑		
T2-8	其它内家拳 (包含六合八法)	T2-18	规定套路 42 式太极剑	T0-24	徒手集体
T2-9	规定套路 24 式太极拳			T0-25	器械集体
T2-10	规定套路 42 式太极拳			T0-26	太极/内家徒手集体
				T0-27	太极/内家器械集体

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

代号	项目	代号	项目	代号	项目
T3-1	长拳	T3-11	短器械	T3-19	长器械
T3-2	南拳	T3-12	双器械	T3-20	太极/内家长器械
T3-3	八极拳, 八卦掌, 形意拳	T3-13	软器械		
T3-4	象形拳 (包含翻子拳, 劈挂 掌, 通臂拳, 醉拳)	T3-14	太极/内家短器械	T0-21	徒手对徒手对练
T3-5	杨氏太极拳	T3-15	太极/内家双器械	T0-22	徒手对器械对练
T3-6	陈氏太极拳	T3-16	太极/内家软器械	T0-23	器械对器械对练
T3-7	其它太极拳 (包含吴氏, 武氏, 孙 氏)	T3-17	规定套路 32 式太极剑		
T3-8	其它内家拳 (包含六合八法)	T3-18	规定套路 42 式太极剑	T0-24	徒手集体
T3-9	规定套路 24 式太极拳			T0-25	器械集体
T3-10	规定套路 42 式太极拳			T0-26	太极/内家徒手集体
				T0-27	太极/内家器械集体

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

代号	项目	代号	项目	代号	项目
T4-1	长拳	T4-11	短器械	T4-19	长器械
T4-2	南拳	T4-12	双器械	T4-20	太极/内家长器械
T4-3	八极拳, 八卦掌, 形意拳	T4-13	软器械		
T4-4	象形拳 (包含翻子拳, 劈挂 掌, 通臂拳, 醉拳)	T4-14	太极/内家短器械	T0-21	徒手对徒手对练
T4-5	杨氏太极拳	T4-15	太极/内家双器械	T0-22	徒手对器械对练
T4-6	陈氏太极拳	T4-16	太极/内家软器械	T0-23	器械对器械对练
T4-7	其它太极拳 (包含吴氏, 武氏, 孙 氏)	T4-17	规定套路 32 式太极剑		
T4-8	其它内家拳 (包含六合八法)	T4-18	规定套路 42 式太极剑	T0-24	徒手集体
T4-9	规定套路 24 式太极拳			T0-25	器械集体
T4-10	规定套路 42 式太极拳			T0-26	太极/内家徒手集体
				T0-27	太极/内家器械集体

T5. 中年组: 36 岁至 50 岁, 出生于 1975 年 1 月 1 日至 1989 年 12 月 31 日之间

代号	项目	代号	项目	代号	项目
T5-1	长拳	T5-11	短器械	T5-19	长器械
T5-2	南拳	T5-12	双器械	T5-20	太极/内家长器械
T5-3	八极拳, 八卦掌, 形意拳	T5-13	软器械		
T5-4	象形拳 (包含翻子拳, 劈挂 掌, 通臂拳, 醉拳)	T5-14	太极/内家短器械	T0-21	徒手对徒手对练
T5-5	杨氏太极拳	T5-15	太极/内家双器械	T0-22	徒手对器械对练
T5-6	陈氏太极拳	T5-16	太极/内家软器械	T0-23	器械对器械对练
T5-7	其它太极拳 (包含吴氏, 武氏, 孙 氏)	T5-17	规定套路 32 式太极剑		
T5-8	其它内家拳 (包含六合八法)	T5-18	规定套路 42 式太极剑	T0-24	徒手集体
T5-9	规定套路 24 式太极拳			T0-25	器械集体
T5-10	规定套路 42 式太极拳			T0-26	太极/内家徒手集体
				T0-27	太极/内家器械集体

T6. 资深组: 51 岁至 65 岁, 出生于 1960 年 1 月 1 日至 1974 年 12 月 31 日之间

代号	项目	代号	项目	代号	项目
T6-1	长拳	T6-11	短器械	T6-19	长器械
T6-2	南拳	T6-12	双器械	T6-20	太极/内家长器械
T6-3	八极拳, 八卦掌, 形意拳	T6-13	软器械		
T6-4	象形拳 (包含翻子拳, 劈挂 掌, 通臂拳, 醉拳)	T6-14	太极/内家短器械	T0-21	徒手对徒手对练
T6-5	杨氏太极拳	T6-15	太极/内家双器械	T0-22	徒手对器械对练
T6-6	陈氏太极拳	T6-16	太极/内家软器械	T0-23	器械对器械对练
T6-7	其它太极拳 (包含吴氏, 武氏, 孙 氏)	T6-17	规定套路 32 式太极剑		
T6-8	其它内家拳 (包含六合八法)	T6-18	规定套路 42 式太极剑	T0-24	徒手集体
T6-9	规定套路 24 式太极拳			T0-25	器械集体
T6-10	规定套路 42 式太极拳			T0-26	太极/内家徒手集体
				T0-27	太极/内家器械集体

T7. 菁英组: 66 岁或以上, 出生于 1959 年 12 月 31 日或之前

代号	项目	代号	项目	代号	项目
T7-1	长拳	T7-11	短器械	T7-19	长器械
T7-2	南拳	T7-12	双器械	T7-20	太极/内家长器械
T7-3	八极拳, 八卦掌, 形意拳	T7-13	软器械		
T7-4	象形拳 (包含翻子拳, 劈挂 掌, 通臂拳, 醉拳)	T7-14	太极/内家短器械	T0-21	徒手对徒手对练
T7-5	杨氏太极拳	T7-15	太极/内家双器械	T0-22	徒手对器械对练
T7-6	陈氏太极拳	T7-16	太极/内家软器械	T0-23	器械对器械对练
T7-7	其它太极拳 (包含吴氏, 武氏, 孙 氏)	T7-17	规定套路 32 式太极剑		
T7-8	其它内家拳 (包含六合八法)	T7-18	规定套路 42 式太极剑	T0-24	徒手集体
T7-9	规定套路 24 式太极拳			T0-25	器械集体
T7-10	规定套路 42 式太极拳			T0-26	太极/内家徒手集体
				T0-27	太极/内家器械集体

8. 参赛服装规格

- 长拳服装规定:** 上衣必须为中式立领, 配有七颗扣子 (长袖或短袖由参赛者自行选择), 下身须搭配武术灯笼裤, 并系上软腰带。
- 内家拳项目服装规定:** 参赛者须穿着与长拳相同要求的上衣, 且必须为长袖。袖长不得超过双臂自然下垂伸直时的中指指尖, 袖口需为灯笼袖并带有扣带。
- 南拳服装规定:** 上衣必须为无领设计, 扣子为七颗; 女性穿短袖, 男性穿无袖上衣。下身须搭配武术灯笼裤, 并系上软腰带。
- 参赛者可穿着纯色 T 恤搭配武术灯笼裤与武术鞋。无论项目或年龄组别, 必须佩戴软腰带。服装上不得印有队名、俱乐部名称或其相关标志。
- 除以上所列规定外, 参赛者也可穿着与比赛项目相关的专用武术服或具有传统文化特色的武术服装。
- 若不符合上述服装规定, 将被扣除 0.2 分。
- 对练项目及集体项目无需统一服装样式。**

9. 报名

通过新加坡武术龙狮总会网上报名平台提交并付款: <https://tinyurl.com/ntwc2025registration>

9.1 报名

9.1.1 报名时间为 2025 年 9 月 1 日至 2025 年 9 月 30 日 23:59。

9.1.2 队伍须通过本会提供的官方 Google Form 提交完整的报名表，并完成付款，以确保顺利完成报名手续。

9.1.3 报名结束后，各队将通过电子邮件收到付款收据。

9.1.4 任何修改仅可由本会酌情批准，恕不接受退款申请。

9.2 逾期报名或更改

9.2.1 在特殊情况下，迟交报名或更改项目需经新加坡武术龙狮总会批准，并须通过电子邮件提出申请并获得确认。如获批准，相关团体须支付每人每项 \$100 (before GST) 的费用。

10. 费用

10.1 会员

- 会员包含：凡新加坡武术龙狮总会会员、人民协会俱乐部、居民联系网等以及所有教育部、大学、工艺教育学院、理工学院和自主学校。

10.1.1 会员的队伍报名费

- 每一个队伍 S\$100 (before GST) 。

10.1.2 个人单项

- 每一个项目 S\$50 (before GST) 。

10.1.3 对练/集体项目

- 每一位队员 S\$50 (before GST) 。

10.2 非会员

10.2.1 非会员的队伍报名费

- 每一个队伍 S\$150 (before GST) 。

10.2.2 个人单项

- 每一个项目 S\$50 (before GST) 。

10.2.3 对练/集体项目

- 每一位队员 S\$50 (before GST) 。

11. 上诉

如欲对裁判团所作出的裁决提出申诉，**团体领队**必须在该项目结束后 15 分钟内，将申诉表格连同 \$300 (before GST) 的不退款行政费用以现金形式提交至竞赛处。**申诉仅限于本队的表现，并须依据主办方录制的视频片段。**原裁决将维持不变，但申诉将由主办方内部审议，以作为改进和日后参考之用。

12. 纪律处罚

所有参赛人员（包括运动员、教练、领队），以及相关人士如家长或监护人，均须严格遵守主办单位制定的竞赛规则。若有任何违反行为——无论是由领队、队员或相关人士所为——其队伍领队和/或相关人员将可能面临严厉的纪律处分，并承担相应的法律责任。违规行为包括但不限于：任何形式的作弊、无理恐吓、威胁、挑衅，使用粗俗语言进行言语辱骂，向裁判或工作人员做出不雅手势，或以任何方式干扰比赛进行。

13. 重要事项

13.1 各项竞赛经大会编订后，不得要求更换。

13.2 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。

13.3 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。

13.4 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。

13.5 若参赛者在裁判长宣布上场后 1 分钟内未进入比赛地毯，则视为弃权。所有参赛者须在每个项目中携带居民身份证或学生证以供查验。

14. 联系方法

新加坡武术龙狮总会(秘书处)

地址： 7 Bedok North Street 2, Singapore 469646

电话： +65 6382 3638

电子邮箱： singaporentwc@gmail.com