



2023 Eagle Claw Cup



International Kung Fu Championship

武林一家



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When: 8:00am to 6:00pm, Saturday, July 29, 2023

Where: Sequoia High School Gym1 (1201 Brewster Ave, Redwood City, CA 94062)

The Northern California Chinese Culture-Athletic Federation (NCCCAF) was founded in 2003 in Fremont, California, and is North America's largest non-profit (non-regional, non-political) Chinese sports and cultural organization. Our mission is to propagate Chinese culture and athletics through various events around the United States. NCCCAF also wishes to link Chinese communities throughout the United States and around the world. Through the organization of cultural and sports activities in Northern California, NCCCAF promotes the understanding and development of Chinese culture.

2023 Eagle Claw Cup - International Kung Fu Championship is an authoritative, unique and constructive international exchange competition. It is guided by Grandmaster of Eagle Claw Lily Lau. We hope there's more martial arts schools, cultural and educational organizations to join us, and work together to inherit and promote the fine traditional Chinese culture. It is the belief and purpose of this competition to promote the fine traditional Chinese culture.

美国北加州华人文化体育协会（简称华体会）是北美最大的华人文化体育非牟利民间组织。华体会自 2003 年起连续举办运动赛事，创下海外华人运动竞赛之记录，现为港、澳、台及中国大陆地区之外华人最大的运动盛会。人们有国籍和民族之分，但是对和平、健康和快乐生活的追求却是相同的，而我们优秀的武术文化为人们相互沟通和追求美好生活提供了一种媒介。

2023 鹰爪杯 - 国际功夫锦标赛是一场具权威性，独特性，建设性的国际交流大赛，由一代宗师鹰爪门刘莉莉师傅指导。希望携手更多武术，文化教育组织，来共同致力于传承与弘扬中华优秀传统文化，是本次比赛的信念和宗旨。

Organizer: Northern California Chinese Culture Athletic Federation

Co-organizer: Lily Lau Eagle Claw Kung Fu Federation

Kung Fu Tao Group

International Wushu Sanshou Dao Association

Chinese Traditional Martial Arts and Cultural Exchange Association

Kungfu Tai Chi Magazine

Email: Kungfulesson@hotmail.com

Tel:(408)823-0688

www.ncccaf.org

Dear Parents and Competitors, Please review the following rules and procedures for the wushu Routine competition.

This competition is for individual competitors. Performances will be graded based on the 1996 Wushu Form Competition Grading Rules. It will be based on performance standards, not on difficulty level.

Performance Uniform, Weapons Etiquette, Entering Performance Area, Exiting Performance Area, Opening Move, Closing Move, Timekeeping, and Forfeiture Rules

Judges: shall wear uniforms and emblems

Competitors: shall wear wushu performance costumes

Etiquette: Competitors shall greet the head judge with 'palm and fist' salute upon hearing his/her name called to start their performance, after the performance, and after receiving his/her final score (Stand attentively with feet together, left palm and right fist press against each other at chest level about 20-30cm away from the chest). When bowing with broadsword or straight sword, your weapon should be pointed downward behind you; with staffs and spears, right hand holds the weapon vertically while the other hand is open against the right hand.

Opening and Closing Move: Competitors should open and close their form in the same spot on the performance area facing the same direction. If the competitor starts the opening move with his/her back toward the head judge, the competitor shall bring feet together and then turn to the head judge when the finishing move is done. The competitor shall not be permitted to turn while doing the finishing move.

Time Requirement:

Modern Form: minimum length 1:20 min

Traditional Form: minimum length 45 sec

Taichi: 5-6 min (Judges will blow a whistle at the 5 min mark)

Taichi Weapon, Mulan Fist, Mulan Weapon, Taichi Rouli: 3-4 min (Judges will blow a whistle at the 3 min mark)

Once any part of the competitor's body begins to move, the performance is considered to have started and the time starts to count. When the competitor's feet are brought together in the finishing move, the watch is stopped. The judge's stopwatch is the official time keeper.

Note: Beginner and Intermediate level has no time limit requirement or weapons size/length requirement

Standard Rules for Competition Scoring

(In all events, the highest score shall be 10 points)

The quality of movements accounts for six points.

0.05 point shall be deducted whenever a slight inconformity with the technical specifications occurs in any hand form, stance, hand technique, footwork, leg technique, jumping, balance and weapons technique. A slight inconformity shall cost 0.1 point, and a serious one 0.2 point. The number of the appearances of sword finger is counted only in fixed postures, and deduction of points is made only once in a total, but it would not be more than 0.2 point. If the same mistake is made on the same movement several times, the deduction should not be more than 0.2 point. If the competitor lets the sharp edge of the broadsword or sword touch any part of his/her body, or mixes the use of straight sword with that of the broadsword, he or she shall be penalized for committing an inconformity in the quality of movements

Power and coordination account for two points.

Full points (two points) are given to the competitor who performs vigorously and smoothly with accurate and proper application of power and with clear-cut, coordinated hand, eye and body movements and footwork (weapon and body should also be coordinated in a weapons play). For slight inconformity with the specifications, 0.1-0.5 point shall be deducted, for more serious inconformity 0.6-1.0 points shall be taken out, and for the worst inconformity a maximum of 2.0 points shall be deducted.

Spirit, rhythm and style account for two points.

Full points (two points) are given to the competitor who performs in high spirits, in good rhythm, and with distinctive style. 0.1 - 0.5 point is deducted for slight inconformity to the requirements, 0.6-1.0 point for medium inconformity and 1.1-2.0 points for serious inconformity.

Deduction Criteria for Other Errors

(The below deductions will be implemented by the head judge) Incomplete form, forgetting, costume or weapon interfering with movements, lack of balance, going outside the performance area, not meeting time requirement, opening and closing movement.

Scoring Method

1, Judge's Scores: The scores given by judges are given according to the competitor's actual performance after making deductions for faults in the various aspects in accordance with the scoring criteria for the event concerned. The score given by the judge can be one digit with two digits after the decimal point. In this case, the second digit after the point should be either 5 or 0.

2, Earned Score: The earned scores of competitors are the average points of the three middle scores out of the five scores given by the five judges, with the highest and lowest scores left out. The earned score can be one with two digits after the decimal point. If there is a third digit, it should be deleted (not to be rounded).

3, Final scores: The final scores are the points given by the head judge after making deductions from the actual scores for those items of 'the other errors' which he has power over.