



1st Athens European Shaolin Wushu Kung fu Open Tournament

The 1st Athens European Shaolin Wushu Kung fu Open Tournament, organized by the Sports Clubs of The Source of the Young Forest of Dafne, Egaleo and Heraklio, under the auspices of the Hellenic Wushu Federation, is the first European Shaolin Open Tournament held in Greece. It will be held in Athens -Greece on 1st December 2024 in the Olympic Stadium of Boxing G. Stefanopoulos Stadium.

We wish to give special thanks to the Hellenic Wushu Federation for enabling us to organize this highly important event.

It's essential to clarify that this event will primarily highlight Shaolin kung fu routines. To ensure clarity and maintain the integrity of the competition, only the traditional and some modern styles explicitly mentioned in the regulations will be accepted for participation.

We look forward to welcoming all participants and enthusiasts to this exciting event, where we will celebrate the art, athleticism, love and passion that define Shaolin kung fu and Wushu in general.

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1. Date and Location

The 1st Athens European Shaolin Wushu Kung fu Open Tournament will take place on 1st December 2024 in Athens, Greece.

All activities will take place in the Olympic Stadium of Boxing G.Stafenopoulos Stadium in Peristeri - Athens.

2. Participation methods

The eligibility of the athlete

- All athletes must have citizenship of the country they represent.
- Athletes who have dual citizenship can only represent one (1) country/ region in the championship

3. Team composition

- Each Team can comprise both Taolu and Sanda/Light Sanda athletes.
- Each athlete can enter additional traditional or modern Taolu events, not both.
- Athletes that compete in taolu, either traditional or modern, cannot compete in Sanda or Light Sanda and vice versa.
- The number of registered athletes is unlimited to each Team
- One (1) Team leader
- One or Two (2) Team coaches
- The number of registered observers is unlimited

4. Judges

In order to have a fair tournament , if any of the foreign teams have judges who wishes to participate on the tournament, please register the name of the judge in the table send to you.

Each team is entitled to one (1) judge.

5. Competition Rules Traditional Taolu events

- Each athlete can enter traditional or modern Taolu events, not both.
- Traditional Taolu events will have seniors, adults, juniors, children.
- Each age category will have A level for advanced athletes, B for medium level and C for beginners.
- AGE REQUIREMENTS TAOLU – ADULTS & SENIORS. There is no upper age limit for senior/adult Traditional Taolu athletes.

Adults: 18 years old -39, 2006-1986 and

Seniors: (40+) 1984-.

- AGE REQUIREMENTS TAOLU – JUNIORS: Taolu Category A, B, C: years of birth: 2007, 2008, 2009
- AGE REQUIREMENTS TAOLU – JUNIORS: Taolu Category A, B, C: years of birth: 2010,2011,2012
- AGE REQUIREMENTS TAOLU – CHILDREN A: Taolu Children A, B, C : years of birth: 2013,2014,2015



- AGE REQUIREMENTS TAOLU – CHILDREN B: 2016 and under only one level category
 - Each athlete may enter a maximum of four (4) of the following Taolu events in each age category:
 - Traditional bare-hand routine is split up into the following events:
 - Shaolin Quan (Hong Quan, Luohan Quan, Pao Quan)
 - Northern styles
 - Southern styles. (Cailifo, HongJia, or similar)
 - Imitation styles. (Tanglangquan, Yingzhaoquan, Ditangquan or similar)
 - Tai ji Quan Chen Style
 - Tai ji Quan other styles
 - Wing Chun styles
 - Internal styles (Wu Dang with internal characteristics, Xin Yi, bagua etc)
 - Duilian quan (mixed up to 3 people)
 - Duilian taijiquan (mixed, up to 3 people)
 - Jiti quan (mixed, 4 people and above)
 - Jiti taiji quan (mixed, 4 people and above)
 - Traditional weapon routine is split up into the following events:
 - Shaolin Qun
 - Short weapons (dao, jian)
 - Other style weapon or flexible (such as jiujiebian, sanjiegungun or similar)
 - Double weapons
 - Long weapons (such as qiang, pudao, other style gun etc)
 - Tai ji weapons
 - Each Team may enter at most one Duilian event total.
 - -Duilian quan (mixed up to 3 people)
 - -Duilian taijiquan (mixed up to 3 people)
 - -Jiti weapon (mixed, 4 people and above)
 - -Jiti taiji weapon (mixed, 4 people and above)
- Mixed-sex, level and age Duilian/Jities are allowed. After the registration, categories with four (4) or fewer participants may be merged with other similar categories.

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- The events may be split up into more granular or merged depending on the number of registrations.
- The name of the routine and/or style that will be performed has to be provided in the registration so the athlete will be placed in the correct event in case of splitting or merging events.

Rules in traditional taolu events

For the traditional Taolu events, the competition will be conducted according to the:

- Traditional Wushu Competition Rules and Judging Methods (Trail) 2019.

Routine time limits: Individual event's routine durations must be between 40 seconds and 2 minutes in total.

Uniforms. Uniforms according to the traditional performed style are mandatory.



6. Competition Rules Modern Taolu events

- Modern Taolu events will have age categories, adults, juniors(A level)
- AGE REQUIREMENTS MODERN TAOLU – ADULTS: There is age limit for adult Modern Taolu athletes (18 years old-39) 2006-1986
- AGE REQUIREMENTS TAOLU – JUNIORS
- Taolu Junior Age Category A: years of birth: 2007, 2008, 2009
- Taolu Junior Age Category B: years of birth: 2010, 2011, 2012
- Taolu Junior Age Category C: years of birth: 2013, 2014, 2015, 2016
Athletes from the lower age categories in Taolu can participate in the higher age categories (not vice versa).
- MODERN TAOLU EVENTS - ADULTS Each athlete may enter a maximum of two (2) of the following Taolu events:
 - One (1) bare hand routine: Changquan, Nanquan
 - One (1) short weapon routine: Daoshu, Jianshu, Nandao,
 - One (1) long weapon routine: Gunshu, Qiangshu, Nangun
- MODERN TAOLU EVENTS – JUNIORS Each athlete may enter a maximum of two (2) of the following Taolu events:
 - Taolu Junior Age Category C (years of birth 2013, 2014, 2015, 2016): Elementary Routines No. 3: Changquan, Daoshu, Jianshu, Gunshu, Qiangshu, Nanquan, Nandao, Nangun.
 - Taolu Junior Age Category B (years of birth 2010, 2011, 2012): 1st Set of International Wushu Competition Routines: Changquan, Daoshu, Jianshu, Gunshu, Qiangshu, Nanquan, Nandao, Nangun.
 - Taolu Junior Age Category A (years of birth 2006, 2007, 2008, 2009): Optional Routines: Changquan, Daoshu, Jianshu, Gunshu, Qiangshu, Nanquan, Nandao, Nangun,
- RULES MODERN TAOLU Unless otherwise stated within these regulations, the competition will be conducted in accordance with the:
IWUF Wushu Taolu Competition Rules & Judging Methods (Excerpt) 2019 For all Modern Taolu events, The Scoring Method and Criteria for Events Without Degree of Difficulty. Competition Rules & Judging Methods will be implemented

MANDATORY TECHNIQUES All Optional Taolu athletes are required to execute their optional routine's relevant compulsory/ mandatory techniques, and failure to do so will result in deductions as stipulated in the Rules.

ROUTINE TIME LIMITS Adults: • Changquan, Jianshu, Daoshu, Qiangshu, Gunshu, Nanquan, Nandao, Nangun Routines: no less than one (1) minute and twenty (20) seconds (1min. 20s).



7. Competition Rules Light Sanda

LIGHT SANDA WKFE 2023 Light Sanda Competition Rules & Judging Methods will be adopted. Each team may enter a maximum of one (1) athlete per weight category. The same athlete can only enter Light Sanda not both.

Each athlete may enter a maximum of one (1) weight division. The competition will be Individual Competition. The single knockout system will be adopted. If the number of competitors is three (3) or less, a single round-robin method will be adopted.

All Light Sanda athletes must weigh in the morning prior the competition.

- Shin guards are mandatory and athletes must provide their own.

LIGHT SANDA UNIFORM & EQUIPMENT

- All competitors shall wear approved clothing and protective gear. Approved clothing for men includes Sanda shorts and a vest; for women, it includes Sanda shorts and a t-shirt. The shorts and vest will be the same colour, red or blue.

- Competitors must provide their clothing, including one (1) set in red and one (1) in blue. Protective gear is separated into two colours, namely red and blue.

Protective gear includes headgear, chest protector. All will be provided by the organizing authority.

- Competitors must provide gum guards, groin cups, hand wraps, gloves and shin guards.

- The groin cups must be worn under the trunks.

- The length of hand wraps shall be between 3.5m and 4.5m.

LIGHT SANDA AGE CATEGORIES AND WEIGHT CLASSES

- Juniors – AGE 15-17 (Age on 30 November 2024)

- o Male 48 Kg, 52 Kg, 56 Kg, 60 Kg, 65 Kg, 70 Kg, 75 Kg, 80 Kg

- o Female 48 Kg, 52 Kg, 56 Kg, 60 Kg, 65 Kg, 70 Kg, 75 Kg

- Adults – AGE 18-40 (Age on 30 November 2024)

- o Male 48 Kg, 52 Kg, 56 Kg, 60 Kg, 65 Kg, 70 Kg, 75 Kg, 80 Kg, 85 Kg, 90 Kg, +90 Kg

- o Female 48 Kg, 52 Kg, 56 Kg, 60 Kg, 65 Kg, 70 Kg, 75 Kg

*In case you have athletes to register younger the age of 15, please inform us to add another category



8. Parawushu Events

Adult/Juniors both wheel chair or standing performances.

- Taolu (all styles) Men
- Taolu (all styles) Women
- Mixed weapon category Men
- Mixed weapon category Women
- Taiji Quan Men
- Taiji Quan Women
- Internal fist Men
- Internal fist Women

9. Financial information

The international airfare and related travel expenses, as well as accommodation/participation fees of all participants, shall be borne by the teams themselves.

Participation fees: 30€+5€ for each taolu (up to 4 taolu categories), 30€ Light Sanda.

10. Entries

-Preliminary entries

- The preliminary competition entries will be done in an Excel table send to you.

Deadline: 30 September 2024

-Final entries

- The final competition entries will be done in an online competition system <https://livecup.gr>

The online system will open on **30 September 2024**.

Deadline: 15 November 2024 time 23:59.

The Registration Day is on 30th November 2024, the exact location will be sent to you.

11. Awarding

There will be separate awards for all the events.

The awarding will be conducted following the Rules.

Taolu:

- Children 11 years old and under will all be awarded
- All 1st places of A level categories, will receive a medal and a cup for Athletes 12 years old and above.

Light Sanda:

- In categories with 4 or more participants: 1st, 2nd and two 3rd places will be awarded.
- In categories with 3 participants (round-robin system): 3 medals will be awarded.
- In categories with 2 participants: 1st and 2nd places will be awarded.



12. Insurance and medical documents

All competitors must show a health certificate signed by a doctor to the organizer upon registration.

In English, the health certificate should state that the athlete is in good health condition to participate in the 1st Athens European Shaolin Wushu Kung fu Open Tournament (template attached).

The health certificate is only valid if issued 30 days or less before the competition.

All competitors must have issued accident insurance at their own discretion.

13. Other notes

Each team is required to bring the following:

- The original Final Entry Form signed by the President of the respective team with the official seal of the team
- Passport for each participant;
- The 1st Athens European Shaolin Wushu Kung fu Open Tournament “Waiver of Liabilities” for each participant;
- Medical documents and insurance as described in chapter 12 above;
- For competitors under 18, the parent or legal guardian must sign the written agreement for participation and the liability waiver.

For more information about the tournament, please contact:
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