



快乐中国年

少林功夫  
网络考功大赛  
竞赛规程



HAPPY CHINESE NEW YEAR

**Shaolin Kung Fu  
Online Contest  
Rules and Information**



少林功夫是中国国家级非物质文化遗产，享誉世界。少林文化，人类共享。为增进人类的和平、友谊、健康，体现少林功夫健身、明心、和谐的价值，供全世界少林爱好者欢度“2022快乐中国年”，中国嵩山少林寺与世界五大洲少林文化中心联合发起、举办“少林功夫网络考功大赛”。目前，在世界各国积极应对新冠肺炎疫情的情况下，希望通过本次云比赛，能使全世界习练、爱好少林功夫的朋友们收获健康、快乐，传承好少林功夫，充满正能量！

釋永信

2021年12月15日



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## 一、组织机构

支持单位：	全国学校体育联盟（教学改革） 《中华武术》杂志
主 办：	中国嵩山少林寺/国家级非遗少林功夫传承中心
联 办：	世界五大洲124个城市“少林文化中心（馆、校）” 世界少林功夫传习联盟 河南大学武术学院 华南师范大学体育科学学院/少林文化与健康科学研究中心 河南省非物质文化遗产保护中心 郑州市非遗保护中心/郑州市文化馆 登封少林友谊学校
承 办：	河南少林文化交流中心
技术支持：	河南君道体育发展有限公司
平台支持：	 腾讯会议
海外联动：	YouTube, Instagram, Facebook, tiktok
信息发布平台：	少林寺官方网站 少林app
奖品支持：	

## 二、活动主题

和平/友好·健康/快乐·传承/共享

## 三、参赛单位

全世界各类学校、幼儿园、社会团体、武术机构、俱乐部、少林文化中心（馆、校）等组织机构或个人均可报名参赛。





## 四、报名/比赛时间

- (一) 报名时间: 2022 年1月20日24:00 之前 (当地时间)
- (二) 视频上传: 2022年1月21日至30日 (当地时间)
- (三) 裁判评审: 2022年2月9日至2月12日 (北京时间)
- (四) 成绩公示: 2022年2月15日 (北京时间)

## 五、颁奖典礼 (五大洲分赛区网络直播)

- (一) 北美洲赛区颁奖典礼: 2月16北京时间8:00
- (二) 南美洲赛区颁奖典礼: 2月16北京时间10:00
- (三) 亚洲/大洋洲赛区颁奖典礼: 2月16北京时间14:00
- (四) 大中华(含港澳台)赛区颁奖典礼: 2月16日北京时间16:00
- (五) 欧洲/非洲赛区颁奖典礼: 2月16日北京时间20:00

■ 十七种语言频道可供同传: 英、法、意、葡、西、日等





## 六、竞赛项目

比赛项目设有个人项目、对练项目和集体项目

### （一）个人项目

- 1、少林功夫拳法、器械套路
- 2、少林功夫对练项目（徒手对练、器械对练、徒手器械对练）
- 3、少林功夫段位制一至九段传统套路、精要套路、精要套路对打、七至九段棍术套路
- 4、少林一招功（附件1）

### （二）集体项目

- 1、集体少林拳
- 2、集体少林器械（含器械和拳法混编）

### （三）家庭项目

家庭少林功夫演练（附件2）

## 七、竞赛形式

本次大赛采用线上提交比赛视频（附件3）与线下载判员评判相结合的形式进行。





## 八、参赛办法

- (一) 全世界以学校、幼儿园、社会团体、武术机构、俱乐部、少林功夫传习单位等为组织单位或个人均可报名参赛。
- (二) 参赛人员须拥有与其所代表的国家/地区相同的国籍。拥有双重国籍的参赛人员只能代表一个国家参加比赛。
- (三) 每个代表队限报领队、教练员各1人，运动员人数不限，每名运动员可报3项个人项目（拳法、器械、对练各1项），同时可兼报集体项目和家庭组项目各1项。个人参赛者可兼领队和教练。申报五项全能的参赛者不受上述限制。
- (四) 各组别男、女参赛人数不足6人的单项，原则是按拳法、器械分别编组，先在同组别内进行项目合并，如仍不足6人，则并入相邻组别同类项目中编组。
- (五) 个人竞赛项目年龄分组

A 组:	3 ~ 8岁	(2013年1月1日至2018年12月31日)
B 组:	9 ~ 12岁	(2009年1月1日至2012年12月31日)
C 组:	13 ~ 17 岁	(2004年1月1日至2008年12月31日)
D 组:	18 ~ 29 岁	(1992年1月1日至2003年12月31日)
E 组:	30 ~ 39 岁	(1982年1月1日至1991年12月31日)
F 组:	40 ~ 49 岁	( 1972年1月1日至1981年12月31日)
G 组:	50 ~ 59 岁	(1962年1月1日至1971年12月31日)
H 组:	60 ~ 69 岁	(1952年1月1日至1961年12月31日)
I 组:	70岁以上	(1951年12月31日之前出生者)





## 九、竞赛办法

- (一) 本次比赛使用《少林功夫竞赛规则》执行。
- (二) 为确保比赛的公平和透明,比赛将进行直播。具体的播出渠道和时间安排将通过少林寺官方网站公布。
- (三) 完成套路时间
  - 1、少林拳法、器械时间不得超过2分钟;
  - 2、集体项目为3-5分钟;
  - 3、家庭组比赛项目时间不超过3分钟。
- (四) 完成少林规定拳法、器械套路必须按照动作顺序演练,不得增加或删改动作。每增减或改变一个动作一次扣0.2分,累计扣分;
- (五) 集体项目必须配乐,音乐中不得出现说唱内容,若出现说唱内容,由裁判长扣0.1分,未配乐,总扣0.1分。
- (六) 家庭组比赛项目,时间不超过3分钟,音乐中不得出现说唱内容,若出现说唱内容,由裁判长扣0.1分,未配乐,总扣0.1分。家庭组参赛单位不得少于2人,否则不予评分。







## 十、录取名次与奖励

### 甲类奖项

#### (一) 各年龄组别(男子组和女子组)拳术、器械、对练、集体项目、家庭组、按以下比例获得奖项:

- 1、五项全能全场总冠军:7人(6大洲赛区+中国含台港澳赛区)
- 2、单项全场总冠军:35人;
- 3、一等奖授予20%;
- 4、二等奖授予30%;
- 5、三等奖授予30%。

#### (二) 获奖人员及证书

- 1、获奖人员可获得少林寺颁发的电子证书,在少林寺官方网站直接下载打印;
- 2、获奖证书显示少林寺方丈释永信大和尚签名;
- 3、获奖证书显示少林寺唯一认可编码;
- 4、疫情过后,获五项全能和各单项全场总冠军奖和一等奖获奖者可到少林寺常住院深入体验研学3天2晚(食宿全免,不包含往返路费用)并与方丈合影;
- 5、前往少林寺常住院领取获奖证书的获奖人可以和释永信大和尚合影留念。

#### (三) 获得前三等奖的运动员成绩名单,除由大赛组委会统一在赛事网站公布外,还将通过国内、外专业媒体协办单位及多媒体网络进行一系列的宣传报道。

特步作为此次功夫网络大赛的支持企业,将为五项全能、单项全能、全场大奖和一等奖获得者,每一位获奖者提供一双价值369元的少林X特步联合打造专业练功功夫鞋一双。米、黑、白三色任选其一,尺码(38-44码段),如无合适的尺码,可提供相关尺码,特步亦将提供同等价值的运动鞋服产品奖励获奖参赛者。

### 乙类奖项

#### 网络评奖:

- 1、根据网络点赞和转发量由高至低按“少林真功夫奖”20%，“少林功夫人气奖”30%，“少林功夫传承奖”50%分别录取;
- 2、评奖组别:8岁以下组、9-12岁组、13-17岁组、18-29组、30-59岁组和60岁以上组(不分项目、分男女)。
- 3、获得“少林真功夫”奖的运动员将获得由少林寺方丈释永信大和尚编著《少林功夫秘籍》丛书一套。
- 4、获得“少林真功夫奖”的个人或家庭组将得到在少林寺研学体验2天1晚(仅限个人或全家组一等奖获得者)全免并领取获奖证书。





## 十一、费用及规定

### (一) 费用内容

- 1、参赛费用包含报名费和报项费；
- 2、报名费包含参加1个项目的费用；
- 3、除报名费外，每增报一个项目另行收费(国内、国外)标准如下，增报费用累积计算。

### (二) 收入使用

1. 国内外报名费收入，将本着独立自办、共建共享原则，全部用于本次考功大赛的专用网络比赛技术和设备、视频影像制作、裁判组与赛事支持团队、全球全媒体传播、奖品设计制作等支出。不足部分接受捐助。
2. 报名费使用情况，在少林寺官方网站公开，接受查询。

### (三) 海外费用标准

- 1、报名费:20美金/欧元(含1项报项费)
- 2、每增报1个项目:13美金/欧元

### (四) 国内费用标准

- 1、报名费:150元人民币(含1项报项费)
- 2、每增报1个项目:70元人民币

### (五) 各团队需于2021年1月20日前通过汇款(转账)方式向组委会支付所有比赛款项。

#### 1.人民币账户信息

账户名称:登封少林功夫传习有限公司  
开户银行:中国银行股份有限公司登封支行  
账户号码:249476531530  
银行地址:河南省登封市少林大道186号

#### 2.美元/欧元账户信息

银行名称:BANK OF CHINA HENAN BRANCH BANKING DEP  
账户名称:Dengfeng Shaolin Kungfu Chuanxi Co., Ltd.  
账户号码:欧元:249479106182  
美元:254679092627  
银行地址:NO.186 SHAOLIN ROAD DENG FENG ZHENGZHOU HENAN CHINA  
SWIFT CODE:BKCHCNBJ530  
联系电话: +86 13838383693





## 十二、报名参赛

- 1、参赛单位及个人均应于**2022年1月20日24时前**将报名表(附件5)提交至以下邮箱：  
**656061751@qq.com**,同时将参赛人员近期一寸免冠照片及自愿参赛责任书签字扫描件发送至上述邮箱。
- 2、所有参赛作品均应为最终参赛作品,并于**2022年1月30日前**提交至以下邮箱：  
**656061751@qq.com**,视频文件和参赛报名表名称一致,格式为:**国家+姓名+组别+套路名称**(例:中国+张三+男子+A组+七星拳.mp4)。

注:为减少工作量,报名表、参赛作品上传视频文件名只允许是中文或英文,不接受其他语种报名。

## 十三、裁判员及仲裁委员

### (一)裁判员

本次少林功夫网络大赛的所有独立裁判员将由少林功夫考功裁判委员会向少林功夫网络考功竞赛组委会聘请。

### (二)仲裁委员

本次少林功夫网络考功仲裁委员由少林功夫网络考功竞赛组委员会选聘。





## 十四、联系方式

### (一) 技术支持

技术支持: 河南君道体育发展有限公司  
Email: 656061751@qq.com  
电 话: 13592031112  
地 址: 河南省洛阳市老城区春都路158号

### (二) 少林寺常住院竞赛处

少林寺少林功夫网络考功大赛办公室  
Email: shaolingongfuil@hotmail.com  
电 话: +86 371 67300086  
地 址: 中国河南登封少林寺常住院  
邮 编: 452491

## 十五、参赛单位职责

参赛单位负责确保所有参赛成员遵守法律法规。参赛单位应确保所有参赛者在赛事期间的所有行动都符合最高标准要求。

### (一) 基本原则

违反本次考功大赛规定、原则、利益或宗旨的个人会面临暂停比赛或取消参赛资格等惩罚。

### (二) 参赛者精神风貌

参赛者是以前少林功夫传习者身份参加考功大赛,应展现禅武合一的精气神和威仪风范;同时将代表其所在国家/城市的参赛单位参赛,各国参赛单位对其队员的整体精神风貌和举止全权责任。

### (三) 参赛者的形象

各参赛单位有责任确保国家级非遗少林功夫非遗传承中心有权利使用每位参赛者的个人形象,由少林功夫非遗传承中心酌情决定用于各种形式的宣传活动。

### (四) 保险

各参赛单位全权负责在本次赛事期间为其参赛运动员提供人身伤害和第三方风险(公众责任)保险。

### (五) 新冠病毒卫生预防

本次赛事旨在促进新冠疫情期间安全有效的开展少林功夫大赛活动,提高武术活动参与者的科学防疫意识,并帮助各参赛单位科学预防新冠病毒和安全开展少林功夫活动。有关更多详细信息,请参阅《新冠病毒防疫指南和建议》。参赛者务须保持身心健康,参加有规律的少林功夫训练,根据身体状况选择参赛项目。如果运动员在录制视频的过程中感觉不适,请立即停止录制并立即就医。





## 十六、其它

### (一) 比赛场地要求

建议在不小于7米×7米、平坦安全、背景单纯的练功场上进行比赛练习。出于安全考虑，建议使用优质的塔塔米和(或)地面保护罩。参赛者须对比赛和练习场地的条件和其自身的运动能力进行充分评估，避免意外伤害。

### (二) 参赛视频背景要求

代表所属少林文化中心(馆、校)的参赛者，凡有条件的，建议以所在国家、城市名称和所属机构标识制作为背景板；条件不具备者，背景自选，以整洁为宜。背景不允许出现其它文字和标语。

### (三) 服装要求

每名参赛者在所有比赛项目中都应穿着符合少林功夫比赛规则的鞋服。所有参赛者须自行准备鞋服。

### (四) 器械要求

所有参赛者需自行准备器械装备。

(五) 各单位提交参赛视频的所有权归少林寺（少林功夫非遗传承中心）所有。

(六) 每参赛单位需要签订少林寺（少林功夫非遗传承中心）免责声明，并在线报名后提交。（附件4）

(七) 为维护比赛平台的公平公正，严禁出现任何作弊行为。一旦发现参赛运动员作弊，该选手的所有个人作品将被取消参赛资格。

(八) 未尽事宜，将于少林寺官方网站（[www.shaolin.org.cn](http://www.shaolin.org.cn)）、少林app另行通知，敬请关注少林寺官方网站，下载少林app获取大赛最新动态。

## 十七、本规程最终解释权归本次考功大赛组委会



# 附件1

## 少林一招功竞赛项目



### (一) 一招功技术要求

- 1、参赛运动员根据个人所学, 演练属于少林功夫的“一招”同时需要口述所演练“一招”名称。
- 2、参赛运动员使用“一招”击打目标。(目标可为实物或双人配合)

### (二) 一招功视频内容要求

- 1、需上传“一招”静止照片；
- 2、需上传完整演练“一招”的视频同时口述“一招”名称；
- 3、需上传“一招”击中、击破、击倒目标视频。



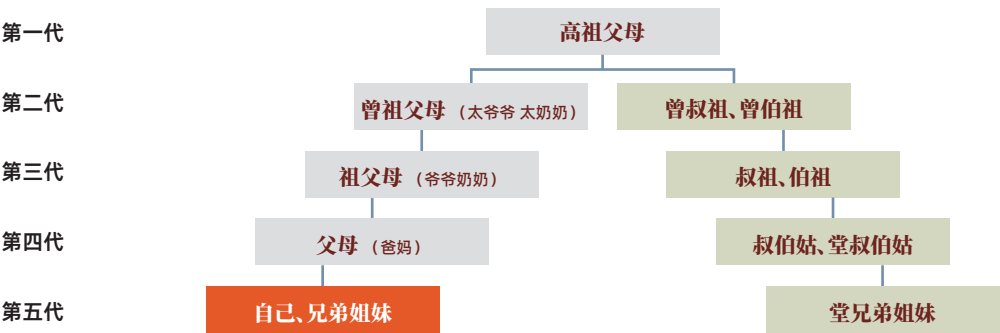
# 附件2

## 家庭比赛项目

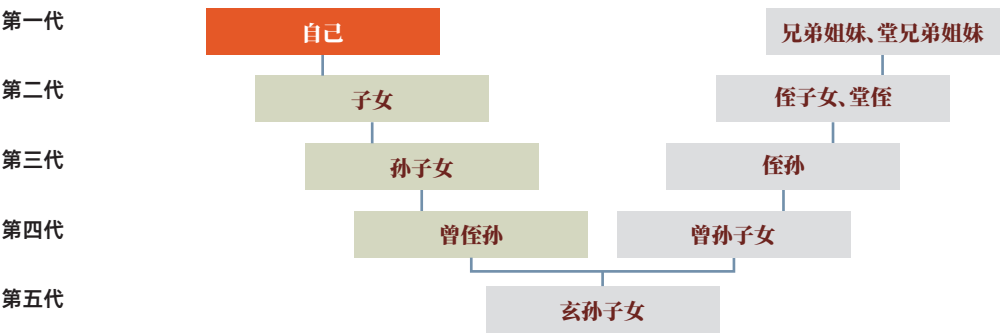
- (一) 以家庭为单位报名参赛;
- (二) 必须是有血缘关系的家庭成员组成;
- (三) 比赛项目:少林功夫拳术, 器械, 功法, 少林易筋经;
- (四) 项目分组:2 代组、3 代组、4 代组、5 代组;
- (五) 以家庭为单位 2 代、3 代、4 代、5 代组合参赛;
- (六) 家庭辈分说明:

### 家庭成员辈分

如果你的辈分最高, 由高到低分别是



如果你的辈分最小, 由低到高分别是



# 附件3

## 比赛视频

### （一）视频拍摄要求

所有参赛视频均可通过手机、摄像机等智能设备进行拍摄。在拍摄参赛视频的整个过程中,运动员的全身须保持在摄影相框内,否则会被扣分(具体扣除标准见本规程)。

- 1、相框:摄影相框的中心应保持在运动员的臀部和肩部之间。拍摄装置可沿运动员在动作开始时面向的套路地毯边线进行水平移动,不要进入比赛场地,也不要将拍摄角度从前边线改为边线。
- 2、稳定性:确保视频稳定性的最佳方法是将智能设备连接到三脚架上或便携式稳定器上。如果没有这些设备,您可以将智能手机靠在面前的支撑物上,或者用手握住它,从而保持足够的稳定性。
- 3、灯光:建议在室内对表演进行拍摄,要求最低照度为1000 勒克斯,否则,请确保室外的光线与室内光线的要求一致,并且要利用阳光,不要让阳光成为干扰。
- 4、音频:在拍摄决赛表演视频时,请尽量保持最小的场地背景噪音,这样,在评审时评委在您的表演视频中能够清晰地听到您的声音,而不会被其它噪音干扰。

### （二）视频图文内容格式要求

- 1、所有参赛图像视频均为近期拍摄,以往参加比赛视频不得参赛。
- 2、参赛图文视频必须是横版拍摄的MP4或MOV格式,视频文件大小不超过300MB。画面清晰,图像稳定。
- 3、参赛图文视频严禁出现违反中华人民共和国和所在国家法律法规内容;严禁出现一切违反人类和平的言语、图文和肢体动作;严禁出现有争议场景或地标建筑。(以奥林匹克条文为准)

### （三）参赛视频上传

参赛视频应通过进行上传。参赛人员必须在以下规定的时间内完成其所有比赛项目的拍摄和上传。未在规定时限内拍摄和提交的参赛视频将视为无效,不予评分。

### （四）与不符合拍摄规定要求的扣分

评判标准	扣分
运动员肢体或身体的某一部分出框	0.1
运动员整个身体出框	0.2
持续光线不足和/或强光干扰	注： 由主裁判决定报名条件是否合格以及录像是否计分。
噪音干扰过大	
视频卡了3次以上和/或稳定性很差	





# 附件4

## 自愿参赛责任及风险告知书

- 一、本人(队)自愿报名参加2022年快乐中国年/少林功夫网络考功大赛并签署本责任书。
- 二、本人(队)自愿遵守大会的所有规程、规则、规定及采取的措施,且对比赛强度、赛制赛程和时间安排明确知晓并自觉遵守。
- 三、本人(队)完全了解自己的身体状况,确认自己身体健康状况良好,没有任何身体不适或疾病(包括先天性心脏病、风湿性心脏病、心肌炎、其他心脏病、冠状动脉病、严重心律不齐、高血压、脑血管疾病等以及其他不适合参与本次赛事的疾病),具备参赛条件,已为参赛做好充分准备,并在比赛前购买了“人身意外伤害保险”;监护人经审慎评估,确认被监护人身体状况符合参赛条件,并自愿承担相应风险。
- 四、本人(队)充分了解本次比赛可能出现的风险,且已准备必要的防范措施,以对自己(学生)安全负责的态度参赛。
- 五、本人(队)愿意承担比赛期间发生的自身意外风险责任,且同意对于非大会原因造成的意外、伤害等任何形式的损失大会不承担任何形式的赔偿及法律责任。
- 六、本人(队)同意接受大会在比赛期间提供的现场急救性质的医务治疗,但在离开现场后,在医疗救治等发生的相关费用由本人(队)负担。
- 七、本人(队)承诺以自己的名义参赛,决不冒名顶替、弄虚作假。
- 八、本人(队)在新冠疫情常态化防控下,参赛人员要科学做好个人防护,同时必须严格按照大会要求,做好疫情防控有关工作。
- 九、本人(队)已认真阅读并全面理解以上内容,且对上述所有内容予以确认并自愿签署及承担相应的法律责任。

单位全称及盖章				
项目	组别	领队签字	教练员签字	日期
				2021年 月 日
以下为本组所有参赛运动员签名(请用楷体字填写,务必清晰可辨,表格不够请自行复制)				

备注： (1) 本《告知书》每队单独1份,必须有领队、教练和所有参赛运动员签名,并加盖单位公章,在比赛报到时交给大会(或按通知要求快递给大会)。

(2) 参赛单位要对本《告知书》上的签名和盖章真实性负责。

(3) 表格不够请自行复制。



附件5

2022 快乐中国年·少林功夫考功网络大赛报名表

参赛单位(盖章):

领队:

教练:

联系方式:

编号	姓名	性别	出生日期	国家	城市	师承	参赛项目							备注
							拳术类项目		器械类项目		对练项目	集体项目	家庭组项目	
							项目	套路名称	项目	套路名称				
1														
2														
3														
4														
5														
6														
7														
8														
9														
10														

说明：

1、必须以打印方式上报；  
2、“项目”栏填写竞赛规程中规定的参赛项目，“套路名称”填写演练套路名称。  
3、对练项目，请在同一组运动员相应栏里填写相同对练名称，如：张三和李四对练，在张三和李四对应对练项目列中写“对练1”即可，第二组可写“对练2”，依次类推；  
4、请于2022年1月20日前将报名表EXCEL表格版本发送至收下电子邮箱：656061751@qq.com。

5、请于2022年1月30日前将参赛视频发送至收下电子邮箱：656061751@qq.com。  
6、欢迎大家提供一分钟功夫结缘视频。  
7、报名人数多时可进行插入行操作。  
8、请在下面留下您的通讯地址及电子邮箱，以便于赛事联络。

通讯地址：

电子邮箱：

教练员签字：

填表日期：

年

月

日



HAPPY CHINESE NEW YEAR

# Shaolin Kung Fu Online Contest Rules and Information

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Shaolin Kung Fu is one of national level intangible cultural heritages in China which is well known all over the world , and the Shaolin Culture is shared by the entire human. In order to promote the peace, friendship and health of mankind, and make the value of Shaolin Kung Fu' s fitness, enlightenment and harmony more visible, we are inviting Shaolin enthusiasts from all over the world to celebrate the Chinese New Year 2022. “Shaolin Kung Fu Virtual Contest” is being issued and going to be hosted by Shaolin Temple in China together with Shaolin Culture Centers from five continents. Currently, the whole world is fighting against the COVID-19 pandemic. Through this virtual contest, we hope enthusiasts can inherit the skill of Shaolin Kung Fu, benefit in health, obtain happiness, and be full of positive energy.

釋永信

December 15, 2021




# Catalogue



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## 1.Organizing Institutions

Support unit:	The National School Physical Education Leagues (Educational Reform) Chinese Wushu Magazine
Organizer:	China Songshan Shaolin Temple/ National Shaolin Kung Fu Intangible Cultural Heritage Inheritance Center
Joint sponsors:	Shaolin Cultural Centers (academies, schools and bases) in 124 cities of the world (See Annex for details), World Shaolin Kung Fu Inheritance Leagues Wushu School of Henan University Shaolin Culture center of school and sports of Physical Education and Sports Science, SCNU Henan Intangible Cultural Heritage Preserve Center Zhengzhou Intangible Cultural Heritage Preserve Center Zhengzhou Cultural Center Dengfeng Shaolin Friendship School
Sponsor:	Henan Shaolin Cultural Exchange Center
Technical support:	Henan JunDao Sports develop Co., Ltd
Network support:	Tencent Conference Room
Overseas media:	Facebook, YouTube, Instagram, TikTok
Information release platform:	Shaolin Temple office Website, Shaolin App
Prize support:	

## 2.Event Theme

**Peace/friendship. Health/happiness. Inheritance/sharing**

## 3.Range of Participants

All kinds of schools, kindergartens, social organizations, martial arts institutions, clubs, Shaolin Cultural Center (academies and schools) and other organizations or individuals all over the world can sign up for the contest.





## 4. Contest Schedule

- (1) Registration time: before 24:00 on January 20, 2022 (local time)
- (2) Video uploading: January 21-30, 2022 (local time)
- (3) Judge review: February 9-12, 2022 (Beijing time)
- (4) Results publicity: February 15, 2022 (Beijing time)

## 5. Award Ceremony (webcast on five continents)

- (1) North American division award ceremony: 8:00 Beijing time on February 16 / US Pacific Time 16:00 on February 15
- (2) South American division award ceremony: 10:00 Beijing time on February 16 / local time :St Paul time 23:00 15th February.
- (3) Asian / Oceania division award ceremony: 14:00 Beijing time on February 16 / Local time: Sydney time:16:00 16th February.
- (4) Greater China division award ceremony (including Hong Kong, Macao and Taiwan): 16:00 Beijing time on February 16/ Local time: Beijing time.
- (5) Europe / Africa division award ceremony: 20:00 Beijing time on February 16/Local time: European Central Time 13:00.

Channels of seven languages simultaneous interpretation: English, French, Italian, Portuguese, Spanish and Japanese.





## 6. Contest Events

There are Individual, Pair Training, Group and Family events

### **(1) personal project:**

- a. Shaolin Kung Fu boxing or routine performance
- b. Shaolin Kung Fu Pair Training (unarmed, equipment, and unarmed vs equipment training)
- c. Shaolin Kung Fu grading system boxing or equipment routine, Essential routine, Essential routine Pair fighting, 7 to 9 Section routine with staff.
- d. Shaolin Kung Fu “one move” **(see Appendix 1)**

### **(2) Group event**

- a. Group Shaolin Boxing
- b. Group Shaolin performance with equipment (including mixed equipment and boxing)

### **(3) Family event**

1. Family Shaolin Kung Fu performance **(see Appendix 2)**

## 7. Contest Modality

The contest is conducted by online submission of contest video **(see Appendix 3)** and evaluate align with the technical skill officials.







## 8. Entry Rules and Application

- (1) Schools, kindergartens, social organizations, martial arts institutions, clubs, Shaolin Kung Fu teaching units and other organizational units or individuals are eligible sign up for the contest.
- (2) Contestants must have the citizenship of the country / region they represent. Contestants with dual citizenships can only represent one country.
- (3) Each team is limited to one team leader and one coach. There is no limit on the number of athletes. Each athlete can apply for two individual events (one boxing and one equipment), and can also apply for pair events. Individual contestant can also be the team leader and coach. All rounded overall athletes are not limit by this regulation.
- (4) If each individual male or female event has less than 6 contestants, it will base on the boxing and equipment event being regroup with the same kind. If there is still less than 6 contestants, they shall be regroup with the similar events.
- (5) Age group of the Individual contest event

Group A:	3 ~ 8 years old	(January 1, 2013 to December 31, 2018)
Group B:	9 ~ 12 years old	(January 1, 2009 to December 31, 2012)
Group C:	13 ~ 17 years old	(January 1, 2004 to December 31, 2008)
Group D:	18 ~ 29 years old	(January 1, 1992 to December 31, 2003)
Group E:	30 ~ 39 years old	(January 1, 1982 to December 31, 1991)
Group F:	40 ~ 49 years old	(January 1, 1972 to December 31, 1981)
Group G:	50 ~ 59 years old	(January 1, 1962 to December 31, 1971)
Group H:	60 ~ 69 years old	(January 1, 1952 to December 31, 1961)
Group I:	over 70 years old	(born before December 31, 1952)





## 9. Contest Details

- (1) The contest will be conducted in accordance with the Shaolin Kung Fu competition rules.
- (2) In order to ensure the fairness and transparency of the contest, it will be broadcasting live. The specific broadcast channel and schedule will be announced through the official website of Shaolin Temple.
- (3) Time Limits
  - a. Time limit for Shaolin boxing and equipment performance shall not exceed 2 minutes;
  - b. 3-5 minutes for Pair events;
  - c. Time limit for Family events shall not exceed 3 minutes.
- (4) To complete the boxing and instrument routines stipulated by Shaolin, you must perform in the right order. Movements shall not be added, omitted or modified. 0.2 points will be deducted for each addition, omission or modified of movement, and points deducted accumulatively;
- (5) Music must be provided for Group events, and NO Rap shall be within the music. For Rap Background music, 0.1 point will be deducted by the head judge. If no background music, 0.1 point will be deducted in the total score.
- (6) Time limit for Family events shall not exceed 3 minutes and Rap shall not appeared in the music. For Rap Background music, 0.1 point will be deducted by the head judge. If no background music, 0.1 point will be deducted in the total score. The number of participants in the Family group shall not less than 2, otherwise no score will be given.





## 10. Awards and Prizes

### “A” Category Award

**(1) All age groups (men's group and women's group) won awards for Boxing, Equipment, Pair Training, Group and Family events in the following proportion: a. All Rounded Overall Champion: 7 person;**

- b. Individual overall champion: 35 person;
- c. The first prize is awarded to 20%;
- d. The second prize is awarded to 30%;
- e. The third prize is awarded to 30%.

**(2) Winners and certificates**

- a. Winners will obtain the electronic certificate issued by the Shaolin Temple, which is officially registered in Shaolin Temple download and print directly from the website;
- b. The award certificate shows the signature of the Shaolin Abbot Shi Yongxin;
- c. The award certificate will shows an unique code recognized by the Shaolin Temple;
- d. After the Pandemic, winners of the overall champion award and the first prize of each individual event can visit and experience in the Shaolin Temple for 3 days 2 nights (FREE) , and take a group photo with Master Shi Yongxin (abbot).
- e. Winners who go to Shaolin Temple to receive their award certificate can take a photo with Master Shi Yongxin (abbot).

**(3) The list of athletes who have won the first three prizes shall be posted on the contest official website by the committee. In addition, a series of publicity and reports will be carried out through professional media co-sponsor and multimedia networks nationwide and abroad.**

As the supporting enterprise of this Kung Fu online competition, XTEP will provide a pair of professional kung fu shoes which jointly created by Shaolin with XTEP , valuing 369 RMB for the winners of pentathlon, single all-round, grand prize and first prize. You can choose one of the three colors: off-white, black and white, and size 38-44 will be provided. If there is no suitable size, you can give us exact corresponding model. XTEP will also provide sports shoes and clothing products of the same value to reward the winners.

### “B” Category Award

#### Network Award

- a. According to the amount of “Likes” and shares on the internet, "Authentic Shaolin Kung Fu Award" will be awarded to the top 20%, “Shaolin Kung Fu Popularity Award” will be awarded to the top 30%, and “Shaolin Kung Fu Inheritance Award” to top 50%.
- b. Award groups: under 8 years old, 9-12 years old, 13-17 years old, 18-29 years old, 30-59 years old and over 60 years old (regardless of events, but men's and women's group).
- c. Athletes who win the “Authentic Shaolin Kung Fu Award” will receive a series of the Secrets Compiled of Shaolin Kung Fu by Master Shi Yongxin, abbot of Shaolin Temple.
- d. The Individual or Family Group who win the “Authentic Shaolin Kung Fu Award” will receive the FREE 2 days 1 night Shaolin Temple Study Camp experience (ONLY the first prize winners of Individual or Family Group) and receive the award certificate.





## 11. Fees and Regulations

### (1) Fee Coverage

- a. It includes registration fee, and entry fee for each event.
- b. Each registration fee includes one entry event.
- c. In addition to the registration fee, each addition entry will be charge (domestic and foreign rate).

### (2) Use of the Income

Based on the principle of independent operation, construction and sharing, the income from registration fees at home and abroad will be used for the special network competition technology and equipment, video image production, referee team and event support team, global media communication, prize design and other expenses of this merit test competition, and the insufficient part will be donated.

### (3) Foreign Fee Rate

- a. Registration fee: US\$20/Euro (includes one entry)
- b. Every Additional entry: US\$13/ (Euro)

### (4) Domestic Fee Rate

- a. Registration fee: ¥150yuan (RMB) (includes one entry)
- b. Every Additional: ¥70 yuan (RMB)

**Each team must pay all competition funds to the organizing committee by remittance (transfer) before January 20, 2022.**

#### • Foreign currency payment

Bank name:	BANK OF CHINA HENAN BRANCH BANKING DEP
Account name:	Dengfeng Shaolin Kungfu Chuanxi Co., Ltd.
Account number:	249479106182 (Euro) 254679092627 (USD)
Bank address:	No.186 SHAOLIN ROAD DENGFENG ZHENGZHOU HENAN CHINA
Swift Code:	BKCHCNBJ530
TEL:	+86 13838383693





## 12. Admission to the Contest

- a. All entries form (Appendix 5) shall be sent through the Shaolin Temple online registration system (Email: 656061751@qq.com), before 24:00 20th January 2022. At the same time, send the recent one inch bareheaded photos of the participants and the signed scanned copies of the voluntary letter of responsibility to the above mailbox.
- b. All entries should be the final entries and submitted to the following email 656061751@qq.com before January 30, 2022. The video file is consistent with the name of the entry form. Mode: Name+ team + Routines name(John+ Men's A team + Seven stars .mp4)

Note:

In order to reduce the workload, only Chinese or English are allowed in the registration form and the file name of the uploaded video of the entry, and registration in other languages is not accepted.

## 13. Referees and Arbitration Committee

### (1) Referees

All independent professional officials of the Shaolin Kung Fu Virtual Contest are hired by the Shaolin Temple Contest Committee are recommendation by the Shaolin Temple Judges Committee.

### (2) Arbitration Committee

The arbitration committee of the Shaolin Kung Fu Virtual Contest is selected by the Shaolin Temple Contest committee.





## 14. Contact Information

### (1) Technical Support

Henan Jundao Sports Develop Limit.Co.  
Email: 656061751@qq.com  
TEL:+86 13592031112  
Address:NO.158 chundu road old city District LuoYang  
city Henan Provence.

### (2) Contest Office of the Shaolin Temple

Email: shaolingongfuil@hotmail.com  
TEL:+86 371 6730086  
Address:ShaoLin Temple HeNan.China.  
Post Code:452491

## 15. Responsibilities of Participating Units

Participating units are responsible to ensure all participants in your unit comply with the laws and regulations. The participating units shall also ensure the behavior of all participants meet the highest standard of the requirements during the contest.

### (1) Basic Rules

Individuals who violate the rules, principles, interests or purposes of the contest might result in suspension or disqualification on the contest.

### (2) Sportsmanship and Sprit of Representative

Athletes are representing the units of their countries in the contest. Participating units of all countries are fully responsible for the overall spiritual appearance and behavior of their athletes.

### (3) Athletes' images

All participating units are responsible for ensuring that Shaolin Temple has the right to use the personal images of their athletes' images for various forms of publicity activities at the discretion of the Shaolin Temple.

### (4) Insurance

Each participating unit is solely responsible for providing personal injury and third-party risk (public liability) insurance for its participating athletes during this event.

### (5) COVID-19 Health Prevention

The purpose of this contest is to promote the safe and effective implementation of Shaolin Kung Fu competition during COVID-19, improve the awareness of scientific epidemic prevention for participants in martial arts activities, and help participating units to scientifically prevent COVID-19 and safely developing Shaolin Kung Fu activities. For more information, please refer to COVID-19 Guidelines and Recommendations. Athletes shall maintain their physical and mental wellbeing, participate in regular Shaolin Kung Fu training, and choose the entries according to their health condition. If an athlete feels unwell during the video recording, it shall stop immediately and seek for medical attention.





## 16.Others

### **(1) Venue requirements**

It is recommended to practice on the standard Wushu routine carpet. If there is no standard martial arts routine carpet available, it can also carry out on an open and flat area. For safety reasons, it is recommended to use high-quality tatami and / or ground protective covers. Athletes must fully evaluate the conditions of the contest and practice venues and their own ability to avoid accidental and any injuries.

### **(2) Requirements for the background of the participating video**

Participants representing the Shaolin Culture Center (library, school) to which they belong, if conditions permit, it is recommended use the country, city name and affiliated organization logo as the background board; those who do not meet the requirements, the background is self-selected, so it's better to be tidy. Other text and slogans are not allowed in the background.

### **(3) Dress Code**

All athletes shall wear Shaolin Kung Fu uniform in all entry events. All contestants shall prepare their own outfit.

### **(4) Equipment requirements**

All contestants shall bring their own equipment.

### **(5) Ownership of all submitted videos by each unit will belongs to the Shaolin Temple.**

### **(6) Each participant shall sign the Shaolin Temple disclaimer and submit after online registration. (See Appendix 4)**

### **(7) In order to maintain the fairness of the competition platform, any cheating act is strictly prohibited. Once a cheating act is proved, all the personal entries of the contestant will be disqualified.**

### **(8) Matters not covered here shall be notified by Shaolin temple official website ([www.shaolin.org.cn](http://www.shaolin.org.cn)) or Shaolin App**

## 17. The final interpretation of this regulation belongs to the organizing committee of this merit test contest





## Appendix 1

### The entry event of the Shaolin Kung Fu “one move” Shaolin Kung Fu “one move”

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#### 1. Technical requirements for “One Move”

- (1) According to what the contestants have learned, perform “one move” of the Shaolin Kung Fu. Contestants are required to speak out the name of the move at the same time.
- (2) Contestant apply “one move” to the target (the target can be an object or work in pair).

#### 2. “One move” video content requirements

- (1) Contestants need to upload still photos of “one move”;
- (2) Contestants shall upload a complete video of “one move” and speak out the name of the “one move”;
- (3) Contestants need to upload the videos of “one move” hitting, breaking and knocking down the target.

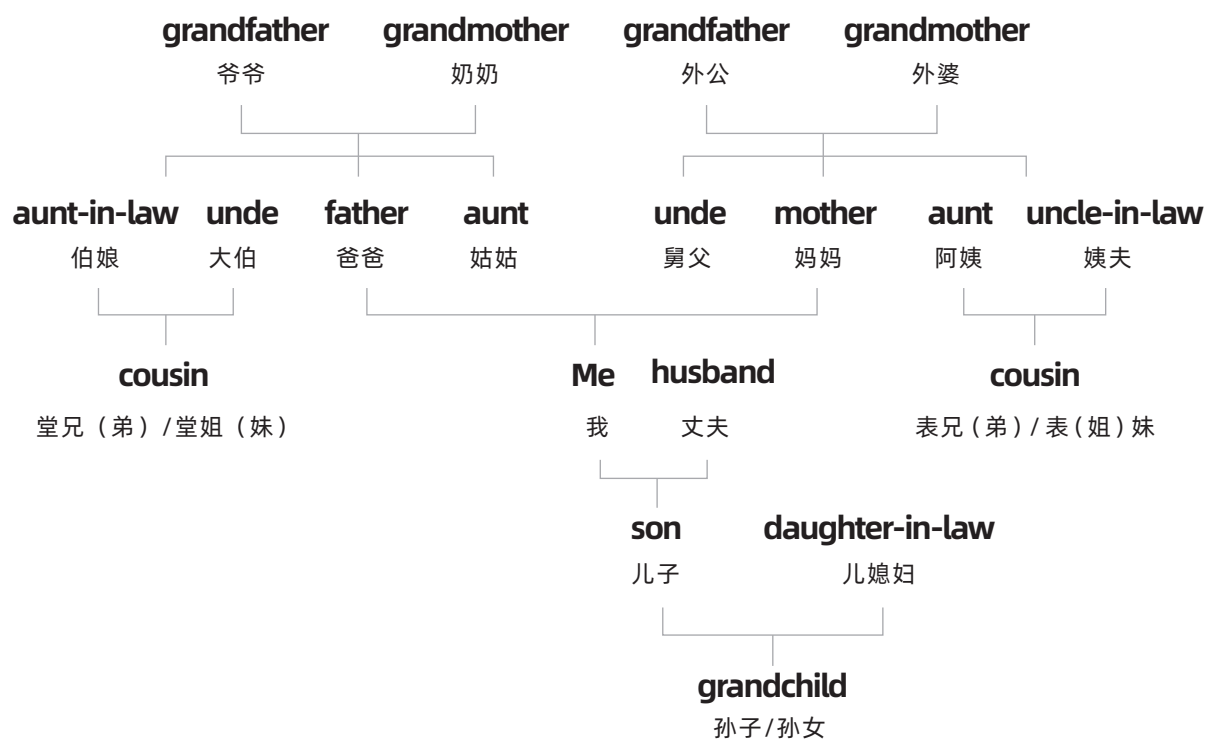




## Family events

- 1.For Family registration;
- 2.It must be composed of blood related family members;
- 3.Entry events: Shaolin Kung Fu boxing, equipment, skill, Shaolin Yi Jin Jing;
- 4.Entry groups: 2, 3, 4 and 5 generations groups;
- 5.Take the family as an unit, and compete in the 2, 3, 4 or 5 generations groups;
- 6.Family generation hierarchy description:

## THE TITLE OF FAMILY MEMBERS





## Appendix 3

# Video of Contest

### 1. Video Requirements

All participating videos shall be captured and submitted through the application of “JUSTTOOL Competition Shooting Master”. The application can be accessed and downloaded from the home page of the online registration system. Video must capture full body of the athletes during the whole contest video, otherwise points will be deducted (see this procedure for specific deduction standards).

- (1) Photo frame: the center of the photo frame should be kept between the athlete's hips and shoulders. The shooting device can move horizontally along the sideline of the routine carpet facing the athlete at the beginning of the action. Do not enter the competition field, and do not change the shooting angle from the front sideline to the sideline.
- (2) Stability: the best way to ensure video stability is to connect the smart device to a tripod or portable stabilizer. If you don't have these devices, you can lean your smartphone against the support in front of you or hold it with your hand to maintain sufficient stability.
- (3) Lighting: it is recommended to shoot the performance indoors, and the minimum illumination is 1000 lux. Otherwise, please ensure that the outdoor light is consistent with the indoor light, and make use of the sunlight to avoid interference.
- (4) Audio: when shooting the final performance video, please try to keep the minimum background noise, so that the judges can clearly hear your voice in your performance video without being disturbed by other noise.

### 2. Format requirements for video graphic content

- (1) All participating images and videos are taken recently, and previous participating videos are not allowed to participate.
- (2) The participating graphic video must be in MP4 or MOV format taken horizontally, the video file size does not exceed 300MB. The picture is clear and stable. (3) No content in violation of the laws and regulations of the people's Republic of China and the country is allowed in the participating graphics and videos; All words, pictures and body movements that violate human peace are strictly prohibited; Controversial scenes or landmark buildings are strictly prohibited. (subject to the Olympic provisions)

### 3. Competition video upload

Competition videos should be uploaded via. Participants must complete the shooting and uploading of all their competition items within the time specified below. Any video not taken and submitted within the specified time limit will be deemed invalid and will not be scored.

Deduct points for those who do not meet the requirements of shooting regulations

Evaluation criteria	Deduct points
An athlete' s body or part of the body is out of the lens	0 . 1
The athlete' s whole body is out of the lens	0 . 2
Continuous lack of light and / or strong light interference	Note: the referee decides whether the registration conditions are qualified and whether the video is scored.
Excessive noise interference	
The video is too lag (has been used more than 3 times) and / or the stability is poor.	



## Appendix 4

### Voluntary participation responsibility and risk notification

1. (our team) voluntarily sign up for the “Chinese New Year 2022” Shaolin Kung Fu Virtual Contest and sign this letter of responsibility.
2. (our team) voluntarily abide by all the rules, rules, regulations and measures of the contest, and clearly know and consciously abide by the contest intensity, competition system, schedule and time arrangement.
3. (our team) fully understand our own physical condition and confirm that we are in good health without any physical discomfort or disease (including congenital heart disease, rheumatic heart disease, myocarditis, other heart diseases, coronary artery disease, severe arrhythmia, hypertension, cerebrovascular disease and other diseases that are not suitable to participate in the contest), we have the conditions to participate in the contest, are fully prepared for the contest, and have purchased “personal accident insurance” before the contest ; After careful evaluation, the guardian confirms that the guardian’s physical condition meets the contest conditions and voluntarily assumes the corresponding risks.
4. (our team) fully understand the possible risks of this contest, and have prepared necessary preventive measures to participate in the contest with a responsible attitude towards my (student) safety.
5. (our team) is willing to bear its own accident risk liability during the contest, and agrees that the conference will not bear any form of compensation and legal liability for accidents, injuries and other losses not caused by the conference.
6. (our team) agrees to accept the on-site first-aid medical treatment provided by the general assembly during the contest, but after leaving the scene, the relevant expenses incurred in medical treatment shall be borne by ourselves (team).
7. (our team) promise to participate in the contest in my own name and never impersonate or cheat.
8. Under the normal control and prevention of COVID-19, the participants should do scientific personal protection and do well in the work of epidemic prevention and control in strict accordance with the requirements of the general assembly.
9. I have carefully read and fully understood the above contents, and have confirmed all the above contents and signed and assumed corresponding legal liabilities voluntarily.

Full name and seal of the unit				
Project	Group	Signature of the leader	The trainer's signature	Date
				(DD) / (MM) / (YY)
The following are the signatures of all the athletes in this group (please fill in it in italics. Be sure it is clear and recognizable. If the form is not enough, please copy it yourself)				

- Note:**
- (1) Each team shall have a separate copy, which must be signed by the team leader, coach and all participating athletes, and stamped with the official seal of the unit. It shall be submitted to the general assembly (or sent to the general assembly as required by the notice).
  - (2) the participating unit shall be responsible for the authenticity of the signature and seal on this notice.
  - (3) if the form is not enough, please copy it yourself.

## Appendix 5

### “Chinese New Year 2022” Shaolin Kung Fu Online Competition Registration form

PARTICIPANT UNIT (SEAL):

LEADER:

COACH:

TEL:

No.	Name	Gender	Date of birth	Country	City	Learn from who	Competition events						Remark	
							Boxing events		Equipment events		Pair training events	Group events	Family group events	
							Events	Routine name	Events	Routine name				
1														
2														
3														
4														
5														
6														
7														
8														
9														
10														

Note:

1. The report must be printed out;
2. The “event” column should be filled in with the competition items stipulated in the competition rules, and the “routine name” should be filled in with the name of the rehearsal routine.
3. For the pair training item, please fill in the same name of the pair exercise in the corresponding column of the same group of athletes, such as: John and Mark pair exercise, write “Pair exercise 1” in the column of John and Mark corresponding pair exercise item. The second group can be written “Pair Practice 2”, and so on;
4. Please send the EXCEL version of the registration form to the receiving email address: 656061751@qq.com before January 20, 2022.
5. Please send the participating videos to the receiving email address: 656061751@qq.com before January 30, 2022.
6. Welcome everyone to provide a one-minute kung fu video.
7. When the number of applicants is large, the insert row operation can be performed.
8. Please leave your mailing address and e-mail address below to facilitate the match contact.

Address:

E-mail:

Coach Signature:

Date of filling: (DD) / (MM) / (YY)

