



KICK PUNCH FU JUST HAND RULES

General:

- Just Hand events will be run for Limited Step Pushing Hands and Freestyle Pushing Hands.
- The chief evaluator/referee has full authority.

Minimum Requirements:

- Competitors are required to attend the rules meeting prior to the competition in order to be eligible to compete.

Time:

- Matches consist of two 90-second rounds that are continuous unless a penalty is called.

Equipment:

- Competitors wear t-shirt, long pants, and shoes.
- No jewelry (except wedding ring), watches, or fingernails longer than an eighth of an inch are allowed.

Competition Ring Space:

- LIMITED STEP Events Format:
 - The field is an alley 4 feet wide and 10 feet long.
 - Competitors are limited to a single shuffle step at a time, and may not reverse stance or change direction.
- FREESTYLE Events Format:
 - The field is a circle 12 feet in diameter.
 - Scoring is the same as in limited step, except that individual judges award 2 marks to the competitor whose opponent steps out-of-bounds if the judge feels the force used to effect the out-of-bounds was appropriate.

Scoring:

- The judging staff consists of a referee and 3 judges.
- No points are awarded for specific interactions.
- Judges mark tallies during the match based on expert observation of significant exchanges.



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- Judges score competitors after each round using a five-point must system.

Penalties:

- For every warning, scorekeepers deduct a point from a competitor's score for each round.
- Competitors will be disqualified for committing three personal or technical violations, or one serious violation
- Coaching is not permitted during the rounds.