**Appendix 7**

**The 15th Hong Kong International Wu Shu Competition 2023**

**The 1st International Shoot Boxing Championship**

1. **Competition Event:** Shoot Boxing
2. **Participant Requirement**
3. Open for public.
4. Priority will be given to athletes who have participated and won Energy Fight competitions.
5. Priority will be given to athletes recommended by affiliated members.
6. Apply for Competition

Athletes/coaches are responsible for registration

Team accompanying personnel: each athlete can only have one coach accompanying the team

1. **Age, weight grades and qualifications checking**
2. Children Group A: Division A1-A2 3-5 years old     (born after 1 Jan 2018) Regardless of gender

Weight grades: 15kg-, 20kg, 25kg, 25kg+

1. Children Group B: Division A3-A5 6-8 years old    (born between 2015-2017) Regardless of gender

Weight grades: 25kg-, 30kg, 35kg, 35kg+

1. Children Group C: Division A6-A8 9-11 years old    (born between 2012-2014) Regardless of gender

Weight grades: 30kg-, 35kg, 40kg, 40kg+

1. Teenagers Group A: Division B1-B3 12-14 years old  (born between 2009-2011)

Boys & Girls in different group Weight grades: 40kg-, 45kg, 48kg, 51kg, 53kg, 53kg+

1. Teenagers Group B: Division B4-B6 15-17 years old   (born between 2006-2008)

Boys & Girls in different group

Weight grades: 45kg-, 48kg, 51kg, 53kg, 55kg, 60kg, 63kg, 65kg, 67kg, 67kg+

1. Amateur Group: Division C1 18 years old or above (born in or before 2005)

Male & Female in different group

Weight grades: 48kg-, 51kg, 53kg, 55kg, 57kg, 60kg, 63kg, 65kg, 67kg, 70kg, 72kg, 75kg, 80kg, 85kg, 85kg+

1. **Competition Method**
2. The individual competition is divided into age groups and weights: each group can only be played by two or more people. If the group is one person, the group event will be cancelled.
3. Shoot Boxing Group Competition: 5 players per group, according to the below format while each player should play one round. The order of competition is based on groups and weights as below.

Number of players in each group and round time

Children Group: 1 people (below 11 years old) (1.5mins in 1 round)

Teenager Group: 3-4 people (between 12-17 years old) (2mins in 1 round)

Amateur Group 0-1 people (Above 18 years old) (2mins in 1 round)

There should be 4 groups or above in the Shoot Boxing Group Competition, the event uses a single knockout cycle.

1. **Competition System and Scoring**
2. The Shoot Boxing competition is conducted in accordance with the Children, Teenager and Amateur rules established by the Shoot Boxing Association.
3. The game adopts single elimination system. (Two rounds for Children, 1.5 minutes each; Three rounds for Teenager, 2 minutes each; Three rounds for Amateur, 2 minutes each).
4. The scoring standard will be based on the total score of the three side judges for striking, effective throwing or effective choking skills, joint locks and countdowns. After deleting the highest and lowest scores, the difference in the score of boxing certificates will be used as the total score, for example:

Score 10 to 9 will get 1 point;

Score 10 to 8 will get 2 points;

Score 10 to 7 will get 3 points;

Score 10 to 6 will get 4 points;

If there is a KO in the round, 5 points will be scored directly.

1. If all rounds are completed and the total score is a draw, the captain of each team (that is, the player who played last) will immediately conduct an extra round.
2. **Clothing & Equipment**
3. Equipment provided by the organizer: Boxing gloves, shin guards, chest guards and helmets, children's helmets with face shields;
4. Equipment prepared by athelets: Hand wraps, mouth guard, groin supporter, tops and long tights;
5. Athletes are required to play barefoot during the competition.
6. **Doping**

In accordance with the requirements of the International Olympic Committee and the World Anti-Doping Agency, doping control will be carried out during the 15th Hong Kong International Wushu Competition and the First International Shoot Boxing Championship, and will be in accordance with the "IWUF Anti-Doping Regulations" The prescribed procedure is carried out.

The number of tests is determined by the Hong Kong Shoot Boxing Association. Once an athlete is found to have tested positive for doping, he/she will be punished according to the IWUF Anti-Doping Rules.

1. **Awards**
2. The winner of the individual competition will be awarded a gold medal with certificate and a set of Shoot Boxing sportswear. The second place will be awarded a silver medal with certificate, and the third place will be awarded a bronze medal with certificate.
3. The winner of the group competition will be awarded a gold medal with certificate and a bonus of HK$2,500. The second place in the team competition will be awarded a silver medal and a bonus of HK$1,500. All athletes will be awarded certificates.
4. All the details of competition date, venue, registration, check-in, cost & fee, remittance…are executed according to the 15th Hong Kong International Wushu Competition Rules.
5. **Remarks**
6. Athletes must agree to the terms of disclaimer and statement when registering: I declare and agree to abide by the terms of disclaimer and rules stipulated by the Hong Kong Shoot Boxing Association (hereinafter referred to as the "General Assembly").
7. Each participating team shall pay their own travel expenses.
8. All participating teams must strictly abide by the rules and regulations and compete fairly. Those who violate the regulations will be severely punished in accordance with the relevant regulations of the World Shoot Boxing Association.
9. The right to interpret the rules and regulations belongs to the Hong Kong Shoot Boxing Association. In case of any dispute over the interpretation of the rules and regulations, please refer to the Chinese version for prevail.