

一、自选动作内容及扣分标准 □ □ □ □ □ □ □ □
1.1 Deduction Criteria for Errors in Standards of Movements in Optional Events

(一) 自选动作内容及扣分标准(表)
1.1.1 Deduction Criteria for Errors in Standards of Movements in Optional Changquan (Table 1-1)

Type	Movement	Errors for Deduction	Code I	Code II
Balances	Bring leg to head level and hold it with heel up (side kick with heel up) in standing position	Supporting leg bent	1	10
		Raised leg bent		
	Back kick and hold leg in standing position	Supporting leg bent		11
		Upper body over 45° in forward bend		
	Yangshen Pingheng YSPH Backward balance	Raised leg below horizontal level		12
	Shizi Pingheng SZPH Balance with arms spread sideways	Upper body below horizontal level		13
Cross-leg balance	Thigh of supporting leg not near horizontal level	14		
Leg Techniques	Qiansaotui QST Front sweep	Thigh of supporting leg above horizontal level	2	20
		Sole of sweeping foot off carpet		
		Sweeping leg bent		
	Huosaotui HST Back sweep	Sole of sweeping foot off carpet		21
		Sweeping leg bent		
	Diecha DC Landing to front split	Toes of front foot off carpet		22
		Legs not aligned		
Tantui TK Snap kick Chuitui CT Side kick with sole	Kicking leg not fully extended from bend	23		
Jumps	Tengkong Feijiao TKFJ Xuanfengjiao XFJ and Tengkong Bailian TKBL Kick in flight, tornado kick and lotus kick	Kicking leg below shoulder level	3	30
		Slap missing		
	Tengkong Zhengtitui TKZTT Front straight kick in flight	Hanging leg bent		31
	Cekongfan CKF, CKF 360° Aerial cartwheel and aerial cartwheel with full twist	Leg bent obviously		32
	Xuanzi XZ, Xuanzi Zhuanti XZZT Butterfly and butterfly with twist	Upper body higher than 45° in aerial twist Legs obviously bent during twist in flight		33
	Tengkongjiantan TKJT Front snap kick in flight	Take-off leg not fully extended during snap kick Kicking leg below horizontal level		34
	Stances	Gongbu GB Bow stance		Knee of front leg not over instep
Thigh of front leg not level				
Heel of rear foot off carpet Toes of rear foot not turned inward				
Mabu MB Horse-riding stance		Upper body bent obviously forward Thighs not level Feet not wide apart enough Heels off carpet Toes point outward	51	
Xubu XB Empty stance	Heel of rear foot off carpet Thigh of bent leg not level	52		

Notes: 1. 0.10 point will be deducted for more than two (2) errors in standards in one (1) movement.
2. A balance should be held motionless for at least two (2) seconds.

(三) 自选南拳动作内容及扣分标准(表)

1.1.3 Deduction Criteria for Errors in Standards of Movements in Optional Nanquan (Table 1-3)

Type	Movement	Errors for Deduction	Code I	Code II
Leg Techniques	Qiansaotui QST Front sweep	Thigh of supporting leg above level Sole of sweeping foot off carpet Sweeping leg bent	2	22
	Hengdingtui HDT Horizontal nail kick	Kicking leg not kept straight after kick No nail kick to opposite side		28
Jumps	Tengkongfeijiao TKFJ Xuanfengjiao XFJ Tengkong Waibaitui TKWBT Kick in flight, tornado kick and outward kick in flight	Toes of slapped leg below shoulder level Slap missing in flight	3	30
Tumbles	Tengkong Pantui 360° Cepu TKPTCP Cross-leg kick in flight with full twist to land on side	Swing leg below head level	4	40
	Liyudating Zhili LYDTZL Kip-up	Lift-up on support of hands		41
	Tengkong Shuangcechuai TKSCC Double side kick with sole in flight	Kicking legs not close together Kicking legs bent		42
Stances	Gongbu GB Bow stance	Front leg not bent into near half squat Heel of rear foot off carpet	5	50
	Mabu MB Horse-riding stance	Upper body obviously bent forward Legs not bent into near half squat Thighs below horizontal level Feet not far apart enough Heels off carpet		51
	Xubu XB Empty stance	Heel of rear leg off carpet Rear leg not bent to near right angle		52
	Pubu PB Crouch stance	Rear leg not bent completely Front leg bent Sole of front foot not turned inward and flat on carpet		53
	Diebu DDB Butterfly stance	Inner side of calf of kneeling leg not on carpet Inner side of heel of kneeling leg not on carpet		55
	Guihu GB Bent-knee stance	Bent knee on carpet Buttocks not on calf of bent leg		56

Note: 1. 0.10 point will be deducted for more than two (2) errors in standards in one (1) movement.

Evaluation of Overall Performance

一、自□□目演□水平等□分□分□准和□排□□内容及扣分□准□(表2-1)

2.1 Criteria for Grading and Evaluating Overall Performance and Deductions for Choreographical Errors in Optional Events (Table 2-1)

LEVEL	GRADE	Points	CRITERIA
“Superior”	1□	3.00--2.91	“Superior” for correct movements and techniques, full power flowing smoothly to the right points, for good harmony between hands and eyes, between body and steps, and between body and apparatus; for distinct rhythm and conspicuous style; and for accord between movements and accompanying music
	2□	2.90--2.71	
	3□	2.70--2.51	
“Average”	4□	2.50--2.31	“Average” for above-mentioned elements to a fairly good degree
	5□	2.30--2.11	
	6□	2.10--1.91	
“Inferior”	7□	1.90--1.61	“Inferior” for lack of above-mentioned elements
	8□	1.60--1.31	
	9□	1.30--1.01	
Choreography	Code	Errors for Deduction	
Contents	01-08 86-88	Deduction of 0.2 point for missing one movement in optional routine	
Structure	81	Pause for more than three seconds in a motionless posture (except for longtime balance), or pause before a difficult movement in taijiquan or taijijian	
	82	Unmethodical pause	
Composition	83	No full use of one of the four corners or center of competition area	

一、自选项目主要动作名称编码对照表（表2-2）

2.2 Codes of Major Movements in Optional Events (Table 2-2)

项目 Event											
长拳	GB	XB	PB	TT	CT	HST	DZ	KTPH	Q	Z	G
Long Fist	弓步	虚步	仆步	弹腿	踹腿	后扫腿	顶肘	扣腿平衡	拳	掌	勾
Changquan	Bow Stance	Empty Stance	Drop Stance	Snap Kick	Side Kick	Back Sweep	Elbow	Bent Leg Balance	Fist	Palm	Hook
	Gongbu	Xubu	Pubu	Tantui	Chuitui	Housaotui	Dingzhou	Koutui Pingheng	Quan	Zhang	Gou
南拳	GB	XB	MB	QLOB	DB	QLIB	HZ	GGQ	PQ	GQ	HDT
Southern Fist	弓步	虚步	马步	骑龙步	蝶步	麒麟步	虎爪	挂盖拳	抛拳	滚桥	横钉腿
Nanquan	Bow Stance	Empty Stance	Horse Stance	Dragon Riding Stance	Butterfly Stance	Unicorn Stance	Tiger Claw	Double Downward Fist	Tossing Fist	Rolling Bridge	Nail Kick
	Gongbu	Xubu	Mabu	Qilongbu	Diebu	Qilinbu	Huzhao	Guagaiquan	Paoquan	Gunqiao	Hengdingtui

自□□度内容及等□身份□确定□(表4-1)
Grades and Values of Difficult Movements in Optional Changquan (Table 4-1)

Difficulty Movements					Difficulty Connections						
Type	Grade	Value	内 容	Contents	Code	Type of Connection	Grade	Value	内 容	Contents	Code
Balances	A	0.2	搬腿朝天直立	Bring leg to head level in standing position	111A	A	0.1	旋风脚360度 + 马步	Tornado kick with full twist (360°) to horse-riding stance	323A + 1A	
			侧踢抱脚直立	Side kick and hold leg in standing position	112A			腾空摆莲360度 + 马步	Lotus kick with full twist (360°) to horse-riding stance	324A + 1A	
	仰身平衡	Backward balance	123A	旋风脚360度 + 跌竖叉	Tornado kick with full twist (360°) to front split			323A + 4A			
	十字平衡	Balance with arms outspread	133B	旋子转体360度 + 跌竖叉	Butterfly with full twist (360°) to front split			353B + 4A			
Leg Techniques	A	0.2	后踢抱脚直立	Back kick and hold leg in standing position	112C			腾空摆莲360度 + 跌竖叉	Lotus kick with full twist (360°) to front split	324A + 4A	
			直身前扫540度	Front sweep with one and a half twist (540°)	244A			侧空翻 + 跌竖叉	Aerial cartwheel to front split	335A + 4A	
Jumps	A	0.2	直身前扫900度	Front sweep with two and half twists (900°)	244B			旋风脚360度 + 坐盘	Tornado kick with full twist (360°) to sitting position	323A + 6A	
			旋风脚360度	Tornado kick with full twist (360°)	323A			腾空摆莲360度 + 坐盘	Lotus kick with full twist (360°) to sitting position	324A + 6A	
			旋子	Butterfly	333A			旋子 + 坐盘	Butterfly to sitting position	333A + 6A	
			腾空摆莲360度	Lotus kick with full twist (360°)	324A			腾空飞脚 + 坐盘	Kick in flight to sitting position	312A + 6A	
	B	0.3	侧空翻	Aerial cartwheel	335A			前扫腿540度 + 坐盘	Front sweep with one and a half twist (540°) to sitting position	244A + 6A	
			腾空飞脚(斜飞脚、双飞脚)	Kick in flight (slant and double-leg flying kicks)	312A			腾空摆莲360度 + 弓步	Lotus kick with full twist (360°) to bow stance	324A + 7A	
			旋风脚540度	Tomado kick with one and a half twist (540°)	323B	抛 + 抢背 + 接	Throw and dive shoulder roll to catch	445A + 8A			
			旋子转体360度	Butterfly with full twist (360°)	353B	抛 + 腾空飞脚 + 接	Throw and kick in flight to catch	312A + 8A			
			腾空摆莲540度	Lotus kick with one and a half twist (540°)	324B	腾空飞脚 + 侧空翻(1步内)	Kick in flight followed by aerial cartwheel (within 1 step)	312A+335A(B)			
			侧空翻转体360度	Aerial cartwheel with full twist (360°)	355B	腾空飞脚 + 旋子转体720度(4步内)	Tornado kick with full twist (360°) followed by butterfly with double twists (720°) (within 4 steps)	323A+353C(B)			
			腾空正踢腿	Front kick in flight	312B	旋风脚540度 + 马步	Tornado kick with one and a half twist (540°) to horse-riding stance	323B + 1B			
			侧空翻转体720度	Aerial cartwheel with double twists (720°)	355C	腾空摆莲540度 + 马步	Lotus kick with one and a half twist (540°) to horse-riding stance	324B + 1B			
	C*	0.3*	旋子转体720度	Butterfly with double twists (720°)	353C	旋风脚360度 + 提膝独立	Tornado kick with full twist (360°) to stand with one knee raised	323A + 3B			
			腾空摆莲720度	Lotus kick with double twists (720°)	324C	腾空摆莲360度 + 提膝独立	Lotus kick with full twist (360°) to stand with one knee raised	324A + 3B			
			旋风脚720度	Tomado kick with double twists (720°)	323C	旋风脚540度 + 跌竖叉	Tornado kick with one and a half twist (540°) to front split	323B + 4B			
			旋子转体720度	Butterfly with double twists (720°)	353C	抛 + 旋风脚360度 + 接	Throw and tornado kick with full twist (360°) to catch	323A + 8B			
D*	0.15*	腾空摆莲720度	Lotus kick with double twists (720°)	324C	抛 + 腾空摆莲360度 + 接	Throw and lotus kick with full twist (360°) to catch	324A + 8B				
		旋风脚720度 + 马步	Tornado kick with double twists (720°) to horse-riding stance	323C + 1C	旋子转体360度 + 旋风脚720度(4步内)	Butterfly with full twist (360°) followed by tornado kick with double twists (720°) (within 4 steps)	353B+323C(C)				
		旋风脚540度 + 提膝独立	Tornado kick with one and a half twist (540°) to stand with one knee raised	323B + 3C	旋风脚720度 + 马步	Tornado kick with double twists (720°) to horse-riding stance	323C + 1C				
		腾空摆莲540度 + 提膝独立	Lotus kick with one and a half twist (540°) to stand with one knee raised	324B + 3C	旋风脚540度 + 跌竖叉	Tornado kick with one and a half twist (540°) to front split	323B + 4B				
	0.15*	腾空摆莲720度 + 马步	Lotus kick with double twists (720°) to horse-riding stance	324C + 1D	腾空摆莲720度 + 马步	Lotus kick with double twists (720°) to horse-riding stance	324C + 1D				
		旋风脚720度 + 跌竖叉	Tornado kick with double twists (720°) to front split	323C + 4D	旋子转体720度 + 跌竖叉	Butterfly with double twists (720°) to front split	353C + 4D				

* NOTE: For CMA16 C and D class difficulties will be awarded points as B class difficulties. C and D class difficulties will still be judged according to their grade even though the points awarded will only be at the B Grade.
(i.e. If a competitor writes down he/she will be doing a Lotus kick with double twists (720°) [324C] but at competition completes only Lotus kick with one and a half twist (540°), no points shall be awarded even though he/she completed the requirements of a Lotus kick with one and a half twist (540°)[324B].

自□南拳□度内容及等□身□确定□(表4-3)
 Determination of Grades and Values of Difficult Movements in Optional Nanquan (Table 4-3)

Difficulty Movements				Difficulty Connections				
Type	Grade	Value	内 容 Contents	Type of Connection	Grade	Value	内 容 Contents	
Leg Techniques	A	0.2	直身前扫1540度 Front sweep with one and a half twist (540°)				旋□脚360度+□空□(2步内) Tornado kick with full twist (360°) followed by kick in flight (within 2 steps)	
	B	0.3	直身前□900度 Front sweep with two and half twists (900°)				旋□脚360度+□跳后空翻(2步内) Tornado kick with full twist (360°) followed by single-step back somersault (within 2 steps)	
Jumps	A	0.2	旋□脚360度 Tornado kick with full twist (360°)		A	0.1	□空外□脚60度+□步 Outward kick in flight with full twist (360°) to horse-riding stance	
			□空外□脚60度 Outward kick in flight with full twist (360°)				旋□脚360度+蝶步 Tornado kick with full twist (360°) to butterfly stance	
			□空脚 Kick in flight				□空□脚+推膝独立 Kick in flight to stand with one knee raised	
				原地后空翻 Stationary back flip				旋□脚360度+□跳后空翻(2步内) Tornado kick with full twist (360°) followed by single-step back butterfly with full twist (360°)(within 2 steps)
	B	0.3	旋□脚540度 Tornado kick with one and a half twist (540°)		B	0.15	□空外□脚40度+□步 Outward kick in flight with one and a half twist (540°) to horse-riding stance	
			□跳后空翻 Single-step back flip				原地后空翻+蝶步 Stationary back flip to butterfly stance	
			□空□脚向内□30度 Kick in flight with inward half twist (180°)				□跳后空翻+蝶步 Single-step back flip to butterfly stance	
			旋风脚720度 Tornado kick with double twists (720°)				旋□脚540度+蝶步 Tornado kick with one and a half twist (540°) to butterfly stance	
	C*	0.3*	腾空外摆腿720度 Outward kick in flight with double twists (720°)			C*	0.15*	□空□脚向内□30度+推膝独立 Kick in flight with inward half twist (180°) to stand with one knee raised
			单跳后空翻360度 Single-step back butterfly with full twist		旋□脚360度+推膝独立 Tornado kick with full twist (360°) to stand with one knee raised			
□空双端 Double sideward sole kicks in flight [Double Jump Side Kick]				□空外□脚60度+推膝独立 Outward kick in flight with full twist (360°) to stand with one knee raised				
Tumbles	A	0.2	□空□脚60度□卦 Cross legs in flight with full twist (360°) to land on side [Jump Inside Fall]		D*	0.15*	□跳后空翻360度+蝶步 Single-step back butterfly with full twist (360°) to butterfly stance	
			□空打挺直立 Kip-up				旋□脚720度+□步 Tornado kick with double twists (720°) to horse-riding stance	
	C*	0.3*						
							□空打挺直立+推膝独立 Kip-up to stand with one knee raised	

* NOTE: For CMAT16 C and D class difficulties will be awarded points as B class difficulties. C and D class difficulties will still be judged according to their grade even though the points awarded will only be at the B Grade.

(i.e. If a competitor writes down he/she will be doing a Lotus kick with double twists (720°)[324C] but at competition completes only Lotus kick with one and a half twist (540°), no points shall be awarded even though he/she completed the requirements of a Lotus kick with one and a half twist (540°)[324B].