

GENERAL REGULATIONS SHAOLIN GAMES COMPETITION 2025

ORGANIZATION COMMITTEE OF
THE OCEANIA SHAOLIN GAMES

June 2025





LETTER FROM

VENERABLE ABBOT SHI YONGXIN OF THE SHAOLIN TEMPLE OF CHINA

To all the leaders, masters, and coaches of Shaolin Culture Centers across Australia and those who offer Shaolin Kung Fu courses at various schools, halls, and associations;
To all practitioners and enthusiasts of Shaolin Kung Fu from different ethnicities;
To the governments at all levels, communities, and businesses in Australia that have long supported and cared for the inheritance of Shaolin traditions; and to all the kind-hearted individuals and friends, greetings to you all!

The Shaolin Temple, located on Mount Song in China, known as the "Zen ancestral home and Kung Fu holy land," has been renowned worldwide. Since its founding 1,530 years ago, the temple has adhered to the Buddha's compassionate mission to benefit all beings and alleviate suffering. Through simple living, the Shaolin Temple has dedicated itself to the physical, mental, and spiritual health of humanity. With the progress of society and the development of technology, the connections between people around the world have become increasingly close. The Shaolin Temple seizes this opportunity to engage in equal exchanges and civilizational dialogues with people from all countries, sharing Shaolin culture with the masses.

As the essence of Shaolin culture, Shaolin Kung Fu is increasingly recognized by more and more people. A growing number of practitioners have joined the Shaolin family.

A Millennium of Culture Achieves a Healthy Life: Stars Gather for the Great Shaolin Competition

In 2023-2024, over the span of two years, we successfully completed the Shaolin Kung Fu Intercontinental Competitions across six continents, culminating in the World Finals. From tens of thousands of Shaolin Kung Fu practitioners of all races, ethnicities, and ages—representing 101 countries—who participated, the "Top Ten Shaolin Kung Fu Stars" of 2024 were selected, showcasing the Shaolin spirit of harmony, compassion, unity of Zen and martial arts, and perseverance. This spirit truly touched the world.

Three-Level Competitions Link the World, Forge Ahead to Create a Bright Future Together

The year 2025 will mark the national-level Shaolin Kung Fu competition year. The national-level competitions will take place in different countries across the six continents from January 1 to November 1. Participants from Shaolin Kung Fu schools and halls across Australia, from various states and cities, will gather in the state capital of Queensland, Brisbane, the "Sunshine City" of Australia, known for its vibrant growth and global renown, and the hosting city for the 2032 Summer Olympics. The event will be organized by the Oceania Shaolin Federation and hosted by the Shaolin Kung Fu Guan.

Witness True Skill, Witness the True Self, Witness Tolerance, Witness Unity

In the Shaolin Kung Fu competitions, victory or defeat is secondary. Externally, we witness true skills; internally, we witness the true self. I hope that every participant will have the opportunity to witness the awakening of life, the growth of teams, and the transmission and promotion of the Shaolin spirit. With the implementation of the three-level Shaolin Kung Fu competition system, the promotion of the Shaolin Kung Fu ranking system, the organization of the Intercontinental Shaolin Federation, and the launch of the "Shaolin Kung Fu Digital Interactive Learning Platform," we will further strengthen our commitment to the mission, improve our ability, build stronger teams, and develop institutional frameworks. Together, we will work towards the Shaolin Kung Fu competitions, where we will witness true skill, witness the true self, witness tolerance, and witness unity. Through this, we will cultivate an open, inclusive, shared, and symbiotic ecosystem for the inheritance of Shaolin Kung Fu as an intangible cultural heritage.

This will contribute to building a diverse, healthy, and harmonious Australia, and to the role that Shaolin people should play in this.

Here, I sincerely thank the Brisbane City Government and all individuals and organizations who have helped and supported the 2025 Oceania Shaolin Kung Fu Competition. I wish the competition great success and hope that the "Sunshine City," the sports capital of Brisbane, will have an even brighter future! Amitabha Buddha!

At the Shaolin Temple, Mount Song, China
June 6, 2025



PART 1: THEME

By sharing the achievements of Shaolin Kung Fu, the intangible cultural heritage across six continents, it establishes an interactive platform for the exchange of teaching and management experiences among Shaolin Cultural Centers and Kung Fu institutions around the world and discusses the sustainable development of Shaolin Kung Fu through jointly building, co-sharing, and coexisting. By constructing a global three-tiered system for Shaolin Kung Fu evaluation and competitions, it aims to promote the standardization, rejuvenation, and modernization of Shaolin Kung Fu, integrating it into contemporary developments, serving societal well-being, and contributing to human health, happiness, and peace.

PART 2: ORGANIZATION COMMITTEE

Host: Shaolin Oceania Association, Shaolin Temple (China), Shaolin Kung Fu Guan

Organizer: The 2025 Oceania Shaolin Games Organizing Committee

Date: 31st of July to the 3rd of August,

Location: Various venues

Events	Dates	Locations
Oceania Shaolin Games Competition	2/8/2025	Eagles Sports Complex 109 Weedon St W, Mansfield, QLD, 4122
Shaolin Duan Pin Training	31/7/2025 and 1/8/2025	Shaolin Kung Fu Guan 2/238 Newnham Road, Upper Mount Gravatt, QLD, 4122
Shaolin Duan Pin Examination	2/8/2025	Shaolin Kung Fu Guan 2/238 Newnham Road, Upper Mount Gravatt, QLD, 4122
Buddhist Ceremony and Gathering	3/8/2025	Shaolin Kung Fu Guan 2/238 Newnham Road, Upper Mount Gravatt, QLD, 4122
Charity Gala Night	3/8/2025	Queensland Multicultural Centre 102 Main Street, Kangaroo Point, QLD, 4169

PART 3: PARTICIPANTS

This competition is open to authorized entities, organizations, and individuals in the Oceania region, embracing but not limited to Shaolin Cultural Centers (institutions, schools), kindergartens, social organizations, martial arts bodies, clubs, etc. All participants are required to engage with the organizing committee's contact for online registration and entry. Admission to the contest is contingent upon approval by the Organization Committee of the 2025 Oceania Shaolin Games, with official confirmation needed prior to participation.

PART 4: COMPETITION CONTENTS

1. 2025 Oceania Shaolin Games Competition Rules (Appendix 1)

PART 5: REGISTRATION

All participants must enroll via the website, on Shaolin Games Competition Registration System.

1. Enrollment

1. Website :

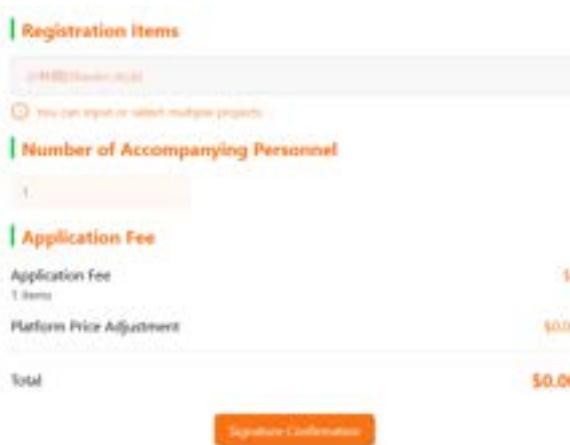
https://apishaolin.shaolingames.com/page/activity-home?activity_id=QUFidWJoeHZscEg4ZmFKeWRZb29DVVE9PQ==

2. Contact : OceaniaSG2025@outlook.com



3. Online Registration Process:

Step 1 - Visit registration page of the Oceania Shaolin Games by following the link or scanning the QR code	https://apishaolin.shaolingames.com/page/activity-home?activity_id=QUFidWJoeHZscEg4ZmFKeWRZb29DVVE9PQ== 
Step 2 - Fill in registration information	
Step 3 - Select categories for competition that you will be competing in. Limit of 3 events per competitor	

Step 3 - Pay registration fee	
Step 4 - Send payment confirmation to - OceaniaSG2025@outlook.com	Confirmation letter will be sent to your email address once confirmed! Once approval has been done participant can complete step 6
Step 5 - Sign wavier	https://forms.gle/44t5LP5tdtXyAWw17 
Step 6 - Signature confirmation on Shaolin Games website	



2. Participation-Related Matters

Organizations and individuals who have received an invitation from the organization committee are required to confirm the details of the competitors and their arrangements with the 2025 Oceania Shaolin Games Competition Organization Committee by email before June 1, 2024, and to arrange preparation for their invitation letters simultaneously.

On July 19, 2025, the organizing committee will publish the program of this Kung Fu Competition

Failure to submit registration and signing up information as required will result in the competition results not being recognized and a global unified participation certificate and award certificate not being issued.

PART 6: COMPETITION RULES

The competition is conducted according to the "Shaolin Games Competition Rules" (Trial Version) ratified by the Shaolin Temple (see Appendix 1).

PART 7: COMPETITION EVENTS

Contestants can sign up for various competition categories including Shaolin Fist Form techniques, Weapon Forms, Sparring Set, Group events, One-movement Technique, and the Duanpin system, as specified in the "Shaolin Kung Fu Routine Catalogue" (Trial) officially published by the Shaolin Temple. There are also categories for Tai Chi, Wing Chun and Contemporary Kung Fu. Non-Shaolin forms will be scored using the regulations of the local region's governing body.

PART 8: COMPETITION REWARDS

1. Certificate

1. The award certificate displays the signature of Shi Yongxin, the abbot of Shaolin Temple. ;

2. Awards

1. Gold, silver, and bronze medalists, will be awarded to the three highest scoring competitors as per the competition rules
2. From all events 10 'Kung Fu Stars' will be selected to represent the Oceania Region in the world Shaolin Kung Fu Games

PART 9: FEES AND REGULATIONS

3. Fees

1. All competitors are required to register on the official Shaolin Games Finals website and submit a registration fee of USD \$64 per person.

2. Certificates and medals are provided free of charge.
3. Duanpin system. The charges for the International Shaolin Duanpin Certification Training will be announced separately.

4. Travel Expenses

Participants are responsible for their own international round-trip airfare, accommodation, transport, food and drink and all other expenses relating to this event.

PART 10: REFEREES AND JUDGES

1. Honored Guests/Judges

All honored guests and judges will be invited by the 2025 Oceania Shaolin Games Organization Committee.

2. Referees

All referees required for the 2025 Oceania Shaolin Games must participate in the "Shaolin Kung Fu Referee Training Class" organized by the Shaolin Temple and will be hired upon successfully passing the examination.

3. Volunteer Personnel

Shaolin Temple will uniformly recruit personnel needed for volunteer work at the 2025 Oceania Shaolin Games.

PART 11: CONTACT INFORMATION

2025 Oceania Shaolin Games Organization Committee

Contact person :

William Thompson Tel: 0424766680

Email : OceaniaSG2025@outlook.com

Address : Shaoling Kung Fu Guan, 2/238 Newnham Road, Upper Mt Gravatt, 4122



PART 12: PARTICIPANTS RESPONSIBILITIES

Each Participants or individuals must comply with the laws and regulations of the host to ensure that all actions taken during the competition meet the highest requirements

1. Basic Principles

Individuals who violate the basic principles, rules, interests, or purposes of this Kung Fu Games may face penalties such as suspension of the competition or disqualification.

2. Spirit and Morale

The contestant participates in this Kung Fu Games as a Shaolin Kung Fu practitioner and should demonstrate the spirit and morale of Zen and martial arts; At the same time, participating units representing their respective countries/cities are fully responsible for the overall spiritual appearance and behavior of their team members.

3. Image/ Portrait Rights

Each participating unit is responsible for ensuring that the 2025 Oceania Shaolin Games Organization Committee has the right to use the personal image of each contestant, which will be decided at the committee's discretion, for various promotional activities.

4. Insurance

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

5. Health Precautions

Each participants must maintain physical and mental health, engage in regular Shaolin Kung Fu training, and choose competition events according to their physical condition. If athletes feel unwell during the competition, please stop and seek medical attention immediately.

PART 13: MISCELLANEOUS

1. Dress Code

Each participant should wear shoes and clothing that comply with the rules of Shaolin Games. (All participants are required to prepare their own shoes and clothing). Other participants for individual events, sparring sets, and group/family events should wear shoes and clothing that comply with the rules of games, and barefoot competition is prohibited. (All participants are required to prepare their own shoes and clothing).

2. Weapons Requirements

All participants of the 2025 Shaolin Games Competition must prepare their own weapons and equipment.

3. Disclaimer

Each participating unit needs to sign a Shaolin Temple (Shaolin Kung Fu Intangible Cultural Heritage Inheritance Center) disclaimer and submit it after online registration. (Appendix 2)

4. Penalties for Violations

To be fair and impartial, any cheating behavior is strictly prohibited. Once it is discovered that a participating athlete has cheated, all individual scores of that athlete will be cancelled and the athlete is disqualified. Matters not covered will be notified on the official website of Shaolin Temple (www.shaolin.org.cn) and Shaolin app. Please follow the official website of Shaolin Temple and download the Shaolin app to obtain the latest updates of the competition.

PART 14: DECLARATION

The final interpretation right of this regulation belongs to the 2024 organizational committee of Shaolin Games.



SHAOLIN GAMES COMPETITION RULES (TRIAL)

Reviewed and used by Shaolin Temple

CHAPTER 1: ORGANIZATIONAL STRUCTURE OF THE COMPETITION

PART 1: THE COMPETITION SUPERVISION COMMITTEE

1. Consisting of 1 director and several deputy directors
2. Being the highest authority of the competition

PART 2: THE ARBITRATION COMMITTEE

Consisting of 1 director, 1-2 deputy directors, and 3-5 committee members

Accepting appeals from the sports team and making timely rulings

PART 3: REFEREES

(1) SCORING REFEREE

1. Chief Judge 1
2. Deputy Chief judges 1-2
3. Head Judge 1
4. Referees 5-8
5. Score Keeper 1
6. Chief Inspector 1

(2) ASSISTANT REFEREE

1. Score/Time Keeper 3-5.
2. Inspector 3-5
3. Announcer 1-2
4. Photographer 1-3.
5. Electronic video personnel 1-2.

PART 4: REFEREE RESPONSIBILITIES

(1) Chief Judge:

Fully responsible for judging work (business learning, referee management, referee organization)

(2) Deputy Chief judges: Assist the Chief Judge in his work

(3) Referee (Head Referee):

1. Obeying the Chief Judge's management and strictly follow the rules for scoring
2. Taking disciplinary and legal responsibility for their own scoring.

(4) Arrangement recorder:

1. Responsible for registration,
2. Responsible for event arrangement,
3. Responsible for Program writing,
4. Responsible for the competition forms
5. Review the competition results and the ranking

(5) Assistant referees:

1. Obey the management of the general judge
2. Assisting in scoring and judging work

CHAPTER 2: SCORING METHODS AND CRITERIA

PART 1: SCORING CONTENT:

The referee comprehensively evaluates the athletes on the field from five aspects: etiquette, clothing, physical form, technique, and skills.

(1) Etiquette and Clothing

It refers to Etiquette and Clothing of the participating officials, team leaders, coaches, and contestants.



1. Before and after the official competition, contestants must perform a Buddhist prayer gesture or a clasping fist gesture.
2. Participating officials, team leaders, coaches, and contestants must dress appropriately to participate in meetings, events, and other activities organized by the organizing committee.

(2) Physical Form

It refers to the physical form of contestants during their Shaolin Kung Fu and other Chinese Martial Arts practice in static and moving routines

1. Static Forms:

- (1) Hands and feet Harmony
- (2) Elbows and knees Harmony
- (3) Shoulders and hips Harmony.

2. Moving Forms: rise, fall, forward, backward, reverse, side, withdrawing, and stretching.

- (1) Rise and fall, rise horizontally, and fall smoothly
- (2) Forward and backward, forward when lowering one's trunk, backward with a high foundation.
- (3) Withdrawing and stretching: withdraw like a crouching cat, stretch like setting a tiger free.

3. Body Movement

It refers to the order and the way contestants demonstrate the movement and power sequences of Shaolin Kung Fu and other Chinese Martial Arts.

1. Strikes: When extended, raised, stopped, and intercepted, hands come out from the waist, as if rolling out, neither fully bent nor fully straight, striking like a fire blaze, and withdrawing like extinguishing a fire.
2. Eyes: The hands and eyes move in coordination, focusing the gaze intently.
3. Footwork: Small step, skipping step, passing step, and arrow step
4. Body: Start, follow, and chase, as if rolling in and out. Roll out and roll in your trunk with your feet and hands following, and the three segments can be aligned.
5. Power Technique: Strength in three segments should be aligned. The elbows and knees are tip segments, the waist and abdomen are at the middle segments, and the feet as the root segments. The power originates from the root segment, follows through the middle segment, and reaches the tip segment.

4. Skills

Contestants must demonstrate well-inherited Shaolin Kung Fu and other Chinese Martial Arts.

5. Power

Contestants must demonstrate the power of Shaolin Kung Fu and other Chinese Martial Arts. When practicing fists or weapons, it is necessary to achieve three internal harmonies, with the four tips aligned, and the internal force should be released. (Hair is the 'tip' of blood, finger is the 'tip' of muscle, teeth is the 'tip' of bone, and tongue is the 'tip' of flesh).

The hair stands on end

Fingers pierce bones

Teeth sever tendons

Tongue pushes against teeth

The heart and mind are in harmony

The mind and Qi are in harmony

Qi and power are in harmony

PART 2: SCORING METHODS

Individual, Sparring Set, Team and family events

1. Full score: 10 points.

2. Scoring

The referee shall conduct a comprehensive evaluation based on the on-site performance of the contestants in accordance with the "Shaolin Games Competition Rules", and determine the grade score, which is the overall performance score of the athlete (the score can be rounded to 2 decimal places, with a final digit of 0-9).

3. Reserved points

Five referees shall evaluate the scores of the contestants, and the average excluding one of the highest and one of the lowest scores shall be the performance score of the contestant. The score should be taken to two decimal places, and the third digit should not be rounded.

Chief judge deduction



The chief judge will deduct corresponding points for contestants' etiquette and clothing, redo appears, practice time delay, and other errors.

Final Score

The final score for a contestant is obtained by subtracting the scores deducted by the chief judge for etiquette and clothing, redo appears, practice time delay, and other errors from the performance score given by the referees.

PART 3: SCORING CRITERIA

Individual events, sparring set, and team/family events.

Scoring criteria

The scoring criteria are divided into 3 grades and 9 levels. Among them, a score of 10.00-9.01 is excellent; a score of 9.00-7.51 is considered good; a score of 7.50-6.00 is considered poor. (See Appendix Table 1).

Characteristics

Reflection of the characteristics of Shaolin fist forms: correct physical form and techniques, and smooth strength flowing in three segments reaching four tips.

Reasonable arrangement of routines

Routine choreography should be reasonable, with well-structured layout and harmonious music. The formation should be neat, and movements should be unified (applicable only to group and family events). Points will be deducted for other errors. (seen in Attachment Table 2)



TABLE 1 INDIVIDUAL, GROUP AND FAMILY EVENTS SCORING CRITERIA

	Deductions
Mistakes	Upper body swaying, foot movement, or unstable lower limbs during a fixed position, or additional support(deduct 0.2 points)
	Falling or slipping due to a movement error (deduct 0.3 points)
	Weapon slips from grip or hits the body
	Weapon breaks or deforms (deduct 0.2 points)
	Weapon drops to the ground (deduct 0.3 points)
	Dropping of knife tassel, sword tassel, spear tassel, clothing, or headgear; weapon entangling hand or body; clothing buttons coming undone or tearing; shoes falling off
Etiquette and Clothing	Failure to perform the Buddha hands or Bao Quan salute (deduct 0.2 points)
	Untidy clothing, shoes, or socks (deduct 0.5 points)
Team/Family	Uneven formation when stationary (deduct 0.1 points, cumulative deductions up to 0.5 points)
	Lack of synchronization in the same movement when starting (deduct 0.1 points, cumulative deductions up to 0.5 points)



Table 2: Other Errors and Corresponding Deduction Standards

Grade	Level	Score Range	Scoring Criteria
Excellent	①Level	10.00~9.71	1. Correct physical form and techniques, and smooth strength flowing in three segments reaching four tips 2. Reasonable arrangement of routines; harmonious structure, layout, and music; Neat formation and synchronized movements (only applicable to group and family events).
	②Level	9.70~9.41	
	③Level	9.40~9.01	
Good	④Level	9.00~8.51	1. Relatively correct physical form and techniques, and relatively smooth strength flowing in three segments reaching four tips 2. Relatively reasonable arrangement of routines; harmonious structure, layout, and music; Neat formation and synchronized movements (only applicable to group and family events).
	⑤Level	8.50~8.01	
	⑥Level	8.00~7.51	
Poor	⑦Level	7.50~7.01	1. Body posture is not standard, techniques are incorrect, power does not flow smoothly through the three sections, and force does not reach the four tips. 2. Routine choreography is unreasonable, with an unstructured layout and disharmonious music; formation is not neat, and movements are not unified.
	⑧Level	7.00~6.51	
	⑨Level	6.50~6.00	

中国少林寺方丈释永信大和尚的信

致 辞

澳大利亚各少林文化中心及所有开设少林功夫课程的院、馆、协会负责人、师父和教练，
各个民族的少林功夫传习者、爱好者，
长期以来关心、支持少林传承的澳洲各级政府、社团和企业，
各位有缘人、朋友们，
大家吉祥！

“禅宗祖庭，功夫圣地”——享誉世界的中国嵩山少林寺，建寺1530年来，始终秉承着佛陀慈悲济世、普利众生的宗旨，用最朴实的生活方式，致力于服务全人类身心健康。随着社会的进步、科技的发展，世界各国人民的联系越发紧密。少林寺借此契机，与世界各国人民平等交流、文明互鉴，与大众共同分享少林文化。作为少林文化的精髓，少林功夫当下已被越来越多的民众所熟知和认可，越来越多的少林功夫习练者加入了少林大家庭。

千年文化成就健康生活，群星荟萃共襄考功盛举

2023-2024年，我们用两年时间，圆满完成了少林考功六大洲洲际大赛，并成功举办了世界总决赛，从101个国家、不同种族、不同肤色、不同年龄、甚至四世同堂的数万名少林功夫传习者中的洲际少林功夫之星中，决出2024年度世界十大“少林功夫之星”，展现了圆融慈悲、禅武合一、自强不息的少林精神，真心感动了世界。

三级赛事链接世界，砥砺前行共创美好未来

2025年度国家级少林考功赛事年。国家级大赛分别在世界六大洲不同国家展开。2025年___月___日至___日，澳大利亚联邦不同州不同城市的少林功夫馆校的选手，将汇聚到昆士兰州州府、澳大利亚最具增长活力、享誉世界的“阳光之城”、2023年夏季奥运会举办地布里斯班市，参加大洋洲少林联合会主办、布里斯班少林功夫馆承办的全澳大利亚少林功夫考功大会。

见真功、见自性、见包容、见团结

少林考功大赛，胜负输赢之间，在外见真功，在内证自性。我期待，每位参与者都有机会见证生命的觉醒、团队的成长，见证少林精神的传承和弘扬。我希望，伴随少林考功三级赛事系统落地展开、少林功夫段位品制推广普及、洲际少林联合会组织推进、以及“少林考功”数字互动交流学习平台的上线，进一步坚定我们的信愿行证，明确自己的使命和担当，不断加强自身能力建设、队伍建设、制度建设，协同努力，在“少林考功大赛”上，见真功、见自性、见包容、见团结，进而培育开放、包容、共享、共生的少林功夫非遗文化传承生态，为建设多元、健康、和谐的澳洲，作出少林人应有的贡献。

在此，我衷心感谢对2025年度澳大利亚少林功夫考功大赛给予帮助和支持的布里斯班市政府和社会各界人士。预祝2025年度澳大利亚少林功夫考功大赛圆满顺利！祈愿阳光之城、体育之都布里斯班明天更美好！

阿弥陀佛！

于中国嵩山少林寺

2025年6月6日





第一部分:主题

通过展示少林功夫在六大洲的非物质文化遗产成就,搭建一个全球少林文化中心及功夫机构之间交流教学与管理经验的互动平台,共同探讨通过共建、共享、共存的方式,实现少林功夫的可持续发展。

通过构建全球三层级的少林功夫评定与竞赛体系,推动少林功夫的标准化、年轻化与现代化发展,使其融入当代社会进程,服务社会福祉,为人类的健康、幸福与和平作出贡献。

第二部分:组织委员会

主办单位:少林大洋洲协会、中国少林寺、少林功夫馆

承办单位:2025年大洋洲少林大会组委会

时间:7月31日至8月3日(澳东时间)

地点:多个场馆

活动名称	日期	地点
大洋洲少林功夫比赛	2025年8月2日	Eagles 体育馆 109 Weedon St W, Mansfield, QLD, 4122
少林段品培训	2025年7月31日和8月1日	少林功夫馆 2/238 Newnham Road, Upper Mount Gravatt, QLD, 4122
少林段品考试	2025年8月2日	少林功夫馆 2/238 Newnham Road, Upper Mount Gravatt, QLD, 4122
佛教法会与联谊	2025年8月3日	少林功夫馆 2/238 Newnham Road, Upper Mount Gravatt, QLD, 4122
慈善晚宴	2025年8月3日	昆士兰多元文化中心 102 Main Street, Kangaroo Point, QLD, 4169

第三部分:参会人员

本次比赛面向大洋洲地区获授权的单位、组织及个人开放,范围包括但不限于少林文化中心(机构、学校)、幼儿园、社会团体、武术组织、俱乐部等。所有参赛人员须通过组委会指定联系人进行网上报名和登记。参赛资格需经2025年大洋洲少林大会组委会审核批准,并在收到正式确认后方可参赛。

第四部分:比赛内容

详见《2025年大洋洲少林大会比赛规则》(附录一)

第五部分:报名注册

所有参赛人员须在少林大会比赛注册系统上进行报名。

1. 报名注册

网站:

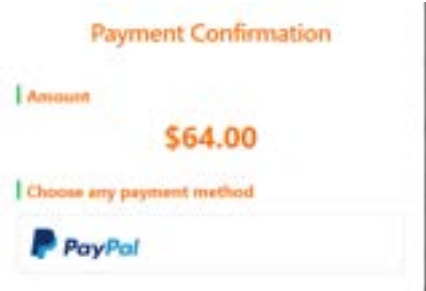
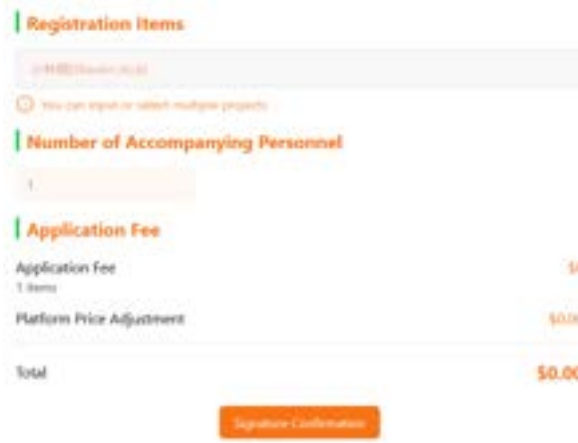
https://apishaolin.shaolingames.com/page/activity-home?activity_id=QUFidWJoeHZscEg4ZmFKeWRZb29DVVE9PQ==

联系方式:OceaniaSG2025@outlook.com



4. Online Registration Process:

第1步 - 通过点击链接或扫描二维码访问大洋洲少林大会的报名页面。	https://apishaolin.shaolingames.com/page/activity-home?activity_id=QUFidWJ0eHZscEg4ZmFKeWRZb29DVVE9PQ== 
第2步 - 填写报名信息	
第3步 - 选择您将参赛的比赛项目。每位选手最多可报名参加3个项目。	

第3步 - 支付报名费用	
第4步 - 将付款确认发送至： OceaniaSG2025@outlook.com	确认函将在确认后发送至您的电子邮箱！批准通过后，参赛者即可完成第六步
第五步 - 签署免责声明	https://forms.gle/44t5LP5tdtXyAWw17 
第六步 - 在少林大会官网确认签名	



2. 参赛相关事项

收到组委会邀请的单位和个人须于**2024年6月1日**前, 通过电子邮件向**2025年大洋洲少林大会**比赛组委会确认参赛选手及相关安排的具体信息, 并同时准备邀请函。

2025年7月19日, 组委会将公布本次功夫比赛的比赛日程。

如未按要求提交报名和登记信息, 比赛成绩将不被认可, 且不会颁发全球统一的参赛证书及获奖证书。

第六部分: 比赛规则

赛按照少林寺批准的《少林大会比赛规则》(试行版)进行(详见附录一)。

第七部分: 比赛项目

参赛选手可报名参加多个比赛项目, 包括少林拳法套路、兵器套路、对练套路、团体项目、一招一式技法以及段品体系, 具体内容参照少林寺正式发布的《少林功夫套路目录》(试行版)。比赛项目还包括太极拳、咏春拳和现代功夫类别。非少林套路将按照当地相关管理机构的规定进行评分。

第八部分: 比赛奖励

1. 证书

- a. 获奖证书上将展示少林寺方丈释永信的签名。

2. 奖项

- a. 金、银、铜奖将根据比赛规则, 颁发给得分最高的前三名选手。
- b. 从所有项目中将评选出**10位**“功夫之星”, 代表大洋洲地区参加世界少林功夫大会。

第九部分: 费用与规定

费用

1. 所有参赛选手须在少林大会决赛官方网站注册, 并缴纳每人**64美元**的报名费。
2. 证书和奖牌免费提供。
3. 段品体系的国际少林段品认证培训费用将另行公布。

差旅费用

参与者需自行承担与本次活动相关的所有费用，包括国际往返机票、住宿、交通、餐饮及其他一切开支。

第十部分:裁判与评委

贵宾/评委

所有贵宾和评委均由**2025年大洋洲少林大会**组委会邀请。

裁判

所有参加**2025年大洋洲少林大会**的裁判必须参加由少林寺组织的“少林功夫裁判培训班”，并通过考试后方可受聘。

志愿者人员

少林寺将统一招聘**2025年大洋洲少林大会**所需的志愿者人员。

第十一部分:联系方式

2025年大洋洲少林大会组委会

联系人：

William Thompson

电话：**0424 766 680**

邮箱：**OceaniaSG2025@outlook.com**

地址：澳大利亚昆士兰州**Upper Mt Gravatt, Newnham**路238号2单元，邮编**4122**，少林功夫馆

第十二部分:参赛者责任

每位参赛者或个人必须遵守主办方所在国的法律法规，确保比赛期间的所有行为符合最高要求。

1. 基本原则

违反本次功夫大会基本原则、规则、利益或宗旨的个人，可能面临暂停比赛或取消参赛资格等处罚。

2. 精神风貌

参赛选手作为少林功夫传承者，应展现禅武精神与风貌；参赛单位代表其所在国家/城



市, 对团队成员的整体精神面貌和行为负全面责任。

3. 形象/肖像权

各参赛单位须确保**2025**年大洋洲少林大会组委会有权使用参赛选手的个人形象, 用于各种宣传活动, 具体使用权由组委会自行决定。

4. 保险

各参赛单位须为其运动员在比赛期间提供个人伤害及第三方责任(公众责任)保险, 承担全部责任。

5. 健康防护

参赛者必须保持身心健康, 定期进行少林功夫训练, 并根据自身状况选择比赛项目。比赛中如感身体不适, 应立即停止比赛并寻求医疗帮助。

第十三部分: 其他事项

1. 着装规定

每位参赛者应穿着符合少林大会规则的鞋服。(所有参赛者需自备鞋服)。个人项目、对练及团体/家庭项目的其他参赛者应穿着符合比赛规则的鞋服, 禁止赤脚比赛。(所有参赛者需自备鞋服)。

2. 武器要求

2025年少林大会所有参赛者必须自备武器和装备。

3. 免责声明

各参赛单位需签署少林寺(少林功夫非物质文化遗产传承中心)免责声明, 并于网上报名后提交。(见附录两)

4. 违规处罚

为保证公平公正, 严禁任何作弊行为。一旦发现参赛选手作弊, 该选手所有个人成绩将被取消, 且选手将被取消比赛资格。未尽事宜将通过少林寺官方网站

第十四部分: 声明

本规则的最终解释权归**2024**年少林大会组委会所有。

Appendix 1

附录一

少林大会比赛规则

(试行版)

经少林寺审定并使用

第一章： 比赛组织结构

第一部分:比赛监督委员会

1. 由1名主任和若干副主任组成
2. 作为比赛的最高管理机构

第二部分:仲裁委员会

1. 由1名主任、1至2名副主任及3至5名委员组成
2. 负责受理运动队的申诉并及时做出裁决

第三部分:裁判员

(1)评分裁判

- 主审裁判:1名
- 副主审裁判:1-2名
- 首席裁判:1名
- 裁判员:5-8名
- 记分员:1名
- 总监察员:1名

(2)助理裁判

- 记分/计时员:3-5名
- 监察员:3-5名
- 播音员:1-2名
- 摄影师:1-3名
- 电子视频人员:1-2名



第四部分:裁判职责

(1)主审裁判:

全面负责裁判工作(业务学习、裁判管理、裁判组织)。

(2)副主审裁判:

协助主审裁判开展工作。

(3)裁判(首席裁判):

服从主审裁判管理,严格按照规则进行评分。

对自己的评分结果承担纪律和法律责任。

(4)赛事记录员:

负责登记注册、赛事安排、节目编写和比赛表格管理。

负责审核比赛结果及排名。

(5)助理裁判:

服从总裁判管理,协助评分和裁判工作。

第二章:

评分方法与标准

第一部分:评分内容

裁判从礼仪、服装、体态、技巧和功力五个方面综合评价现场运动员。

(1)礼仪与服装

指参赛官员、领队、教练和选手的礼仪与服装。正式比赛前后,选手须行合十礼或抱拳礼。参赛官员、领队、教练及选手须着装得体,参加组委会组织的会议、活动等。

(2)体态

指选手在少林功夫和其他中国武术静态和动态套路中的身体形态。

1. 静态体态:

- 手足协调
- 肘膝协调
- 肩膀协调

2. 动态体态:升、降、前、后、反、侧、收、伸。

- 升降平稳流畅
- 前后动作, 前倾躯干, 后坐扎实
- 收如蹲猫, 伸如放虎

(3) 身体动作

指选手展示少林功夫和其他中国武术动作与力的顺序与方式。

- 打击: 出手时如从腰间滚出, 手臂不过分弯曲或伸直, 出招如火焰般猛烈, 收招如灭火般迅速。
- 眼神: 手眼配合, 目光专注。
- 步法: 小步、跳步、穿步、箭步。
- 身体: 起、跟、追, 如滚入滚出, 躯干旋转, 手足随动, 三段协调。
- 力量技巧: 三段力量一致。肘膝为尖端段, 腰腹为中段, 脚为根基段。力从根基发出, 经中段传至尖端。

技巧

选手必须展现传承良好的少林功夫和其他中国武术。

功力

选手必须展现少林功夫和其他中国武术的内力。拳械练习时须达到“三内合一, 四尖一致”, 并释放内劲。(发为血之尖, 指为筋之尖, 牙为骨之尖, 舌为肉之尖)

- 发竖起
- 指穿骨
- 牙断筋
- 舌顶牙
- 心与意合
- 意与气合
- 气与力合



第二部分:评分方法

个人、对练、团体及家庭项目

满分:10分

评分

裁判根据选手现场表现,依据《少林大会比赛规则》进行综合评价,确定等级分,即运动员的综合表现分(分数可保留两位小数,末位为**0-9**)。

保留分

由五名裁判为选手评分,去掉一个最高分和一个最低分后,取剩余分数的平均值作为选手表现分。分数保留两位小数,第三位数字不进位。

主裁减分

主裁判将针对选手的礼仪与服装、重做、练习时间延误及其他错误进行相应扣分。

最终得分

最终得分 = 裁判给出的表现分 - 主裁判扣除的分数(礼仪与服装、重做、练习时间延误及其他错误)。

第3部分:评分标准

个人项目、对练项目及团体/家庭项目

评分标准

评分标准分为**3**个等级和**9**个级别。

其中,得分在**10.00**至**9.01**之间为优秀;

得分在**9.00**至**7.51**之间为良好;

得分在**7.50**至**6.00**之间为及格较差。(详见附录表1)

特点

体现少林拳法的特点:动作形体和技术正确,力量流畅贯穿三节至四尖。

套路编排合理

套路编排应合理,布局结构清晰,配乐和谐。阵型整齐,动作统一(仅适用于团体及家庭项目)。

其他错误将扣分。(见附件表2)



表1 个人、团体及家庭项目评分标准

错误类型	扣分说明
上身摇摆、站立时脚步移动或下肢不稳, 或需额外支撑	扣0.2分
因动作失误导致跌倒或滑倒	扣0.3分
武器从手中滑落或击中身体	
武器断裂或变形	扣0.2分
武器掉落地面	扣0.3分
刀穗、剑穗、枪穗、服饰或头饰掉落;武器缠绕手或身体;服装纽扣松开或撕裂;鞋子掉落	扣分
礼仪与服装	
未行佛手礼或抱拳礼	扣0.2分
服装、鞋袜不整洁	扣0.5分
团体/家庭项目	
静止时阵型不齐	扣0.1分, 累计最多扣0.5分
起势时动作不同步	扣0.1分, 累计最多扣0.5分

表-2 其他错误内容及扣分标准

等级	级别	分数范围	评分标准
优秀	①级	10.00~9.71	1. 体态与技法正确, 力量流畅贯穿三节达四尖。 2. 动作编排合理;结构、布局 and 音乐和谐;阵型整齐, 动作同步 (仅适用于团体及家庭项目)。
	②级	9.70~9.41	
	③级	9.40~9.01	



良好	④级	9.00~8.51	1. 体态与技法较为正确, 力量较为流畅贯穿三节达四尖。 2. 动作编排较为合理;结构、布局和音乐较为和谐;阵型整齐, 动作同步(仅适用于团体及家庭项目)。
	⑤级	8.50~8.01	
	⑥级	8.00~7.51	
较差	⑦级	7.50~7.01	1. 体态不规范, 技法错误, 力量不能顺畅贯穿三节, 力道未达到四尖。 2. 动作编排不合理, 结构松散, 音乐不和谐;阵型不整齐, 动作不统一。
	⑧级	7.00~6.51	
	⑨级	6.50~6.00	

