



2023 Ontario Winter Games – Renfrew County

*Wushu . Kung-Fu
Sanda Free Fighting*



**Renfrew County
2023**

Ontario
Winter Games

Jeux d'hiver de
l'Ontario

[Renfrew 2023 Ontario Winter Games \(renfrewcounty2023.ca\)](https://renfrewcounty2023.ca)

Venue: Arnprior District High School

Address: 59 Ottawa St., Arnprior, ON K7S 1X2



WUSHUONTARIO

Organized/Sanctioned by: WushuOntario



Recognized by: The Province of Ontario



In Support with the International Wushu Federation,
Pan Am Wushu Federation, WushuCanada and the Canadian Olympic Committee



Welcome!

The Ontario Winter Games is held every two years in the largest Province of Canada and is supported by the Provincial Government. The 2023 games involve over 3500 participants in 27 sports over 2 competition weekends. This year marks the third term of participation since Wushu was introduced as an official event in the games. In 2020 WushuOntario sent over 150 participants which included athletes together with coaches, judges, officials and managers to the games and was acknowledged for its' high caliber and spectator friendly events. The Wushu competition offers medaling opportunities in male and female categories in different age groups through a select number of Taolu, Sanda (free fighting) and Traditional Kung Fu events.

During the 4 day competition to be held in Renfrew County, Ontario, Canada, the athletes will showcase Wushu to many who have never seen it before or seen it in person. We hope to intrigue the audiences through the athleticism and abilities of the athletes and display the competition format and different sporting elements of Wushu.

All of Canada is very proud of the accomplishments of Wushu athletes and coaches in the Province of Ontario and continues to work with clubs and coaches in promoting and developing the sport in the country. This edition of the Winter Games will strive to continue the growth and passion towards the martial art of Wushu and we look forward to your participation and success.

Eileen Fauster
President, WushuOntario





GENERAL INFORMATION AND RULES

1. DATE

The Ontario Winter Games will be held on **February 9-12, 2023**.

2. GENERAL SCHEDULE

Registration/Check in – Thursday, Feb 9 noon-3:30pm
Opening Ceremonies – Thursday, Feb 9 6:00pm-8:00pm
Warm Up and Training – Friday, Feb 10, 10:00am-11:30am
Session 1 Competition – Friday, Feb 10, 11:30am-1:30pm
Session 2 Competition – Friday, Feb 10, 2:30pm-4:30pm
Warm Up and Training – Saturday, Feb 11, 9:00am-10:00am
Session 3 Competition – Saturday, Feb 11, 10:00am-12:30pm
Session 4 Competition – Saturday, Feb 11, 2:00pm-4:30pm
Warm Up and Training – Sunday, Feb 12, 9:00am-10:00am
Session 5 Competition – Sunday, Feb 12, 10:00am-12:30pm
Session 6 Competition – Sunday, Feb 12, 2:00pm-3:30pm
Session 7 Competition – Sunday, Feb 12, 4:00pm-4:30pm
Medal Ceremonies – Sunday, Feb 12, 3:30-5:30pm

3. COMPETITION VENUE

Arnprior District High School
Address: 59 Ottawa St., Arnprior, ON, K7S 1X2

4. ACCOMMODATIONS

All accommodations are provided by the Organizing Committee of the Ontario Winter Games as part of the registration package for Athletes, Coaches and Officials.

Attending Parents and spectators are separate and MUST locate and book accommodations outside the athlete's village. Recommended accommodations will be provided.

Check in is scheduled Thursday, February 9th, 2023 between 2:00pm-3:30pm

Check out is scheduled Sunday, February 12th, 2023 between 6:00am-8:00am

5. FOOD SERVICES:

Meals will be provided daily beginning on Thursday, February 9th, 2023 upon check in at accommodations.

February 9th – Dinner only 3:30pm-5:00pm at Accommodations

February 10th – Breakfast 7:00am-9:00am at Accommodations

Lunch 1:30pm-2:30pm at Venue

Dinner 6:00pm-7:30pm at Accommodations

February 11th – Breakfast 6:00am-8:00am at Accommodations

Lunch 1:00pm-2:00pm at Venue

Dinner 6:00pm-7:30pm at Accommodations

February 12th – Breakfast 6:00am-8:00am at Accommodations

Lunch 1:00pm-2:00pm at Venue



6. EVENTS:

- Wushu Taolu: Male/Female separate divisions
 - 1) U10 and 11-12 Wushu Challenge (Bare Hand/Weapon/Ninja Course Combined)
 - 2) 13+ Wushu Challenge (Bare Hand/Weapon/Ninja Course Combined)
 - 3) Combined M/F Broad Sword/Staff/Long Fist (U12 and 13-15 Years old)
 - 4) Combined M/F Straight Sword/Spear/Long Fist (U12 and 13-15 Years old)
 - 5) Combined M/F Southern Sword/Southern Staff/Southern Fist (U29)
 - 6) Combined M/F Short Weapon/Long Weapon/Bare Hand (16-29 Years old)
 - *U12 and 13+ Wushu Challenge may use any elementary Wushu Routines
 - *Compulsory routines only allowed for U12 (Group C) and 13-15 (Group B) divisions
 - *16-29 May use Group A or Optional Routines there is no difficulty requirements.
 - *There are a total of 16 Medals allocated to this category.**
 - *Each Registered Member Club is eligible to send a maximum of 4 athletes per division.**

- Kung Fu Taolu: Includes Wing Chun Participants in separate Division for Combined
 - 1) U10 and 11-12 Wushu Challenge (Bare Hand / Weapon/Ninja Course Combined)
 - 2) 13+ Wushu Challenge (Bare Hand/ Weapon/Ninja Course Combined)
 - 3) Combined Weapon and Bare Hand (U15)
 - 4) Combined Weapon and Bare Hand (16-29 Years old)
 - *For KungFu Challenge any Basic Routine is allowed.
 - *Participants MUST select 1 Weapon and 1 Bare Hand Routine to compete with.
 - *There are a total of 6 Medals allocated to this category. M/F separated if possible.**
 - *Each Registered Member Club is eligible to send a maximum of 6 athletes per division.**

- Sanda Free Fighting: Male/Female
 - 1) 13-14 years old
 - 2) 15-17 years old
 - 3) 18-29 years old
 - * There will be 8 total weight categories allotted based on age/gender bracket**
 - * Clubs must submit their Sanda athletes for consideration by December 31st, 2022.**
 - * Earlier submissions and experience levels will receive priority on qualification placement.**
 - * Competition will be held over 6 sessions in Round Robin Format.**
 - * Maximum 4-6 athletes per Bracket.**

5. PARTICIPATION ELIGIBILITY

ONLY 137 Athlete spots are allotted to the sport of Wushu.

Coaches/Officials must register prior to **December 31st, 2022** to confirm participation.

All participating athletes and clubs

- Participants MUST be **registered as an Athlete/Coach or Official** under WushuCanada.
- Schools/Clubs of competitive athletes must be club members of WushuCanada for recognition.
- Sanda Free Fighting athletes must provide medical requirements and have them uploaded and available on their online profile to be considered.
- Age of participant is as of January 1, 2023.
- Weight class of Sanda athletes are based on ACTUAL intended weight on day of competition. Athletes must weigh in at +/- 2lbs of their indicated weight or risk disqualification. Weigh in will be held on Check in Day February 9th, 2023.



6. PARTICIPATION FEES (all registrations will only be accepted online via www.wushucanada.com)

1. Athletes: \$150.00 + HST

Includes participation, local transport, meals and accommodations

2. Coaches: \$150.00 + HST

Includes participation, local transport, meals and accommodations

3. Officials: All participation, local transport, meals and accommodations are covered by WushuOntario and the Winter Games Organizing Committee.

- Payment and registrations must be completed online using a valid membership profile at www.wushucanada.com

7. DEADLINES

Registrations:

- All registrations on the Ontario Games System close December 31, 2022 at noon eastern time.
- Event registrations will be permitted until January 8th, 2023. \$100 Late Fee applies thereafter.
- Sanda preliminary registrations must be submitted by December 31st, 2022.
- Coaches/Officials must submit intention to attend by December 31st, 2022.

Inquiries:

WushuOntario

2370 Midland Avenue, Suite B23

Scarborough, Ontario M1S 5C6

Tel: (416) 801-5614

Email: info@wushucanada.com

8. SANDA FREE FIGHTING CATEGORIES:

- Qualifying divisions will be based on the WushuOntario Match system. Athletes will be matched based on a variance of no more than 10lbs amongst competitors.
- Sanda Rec Classes are assigned by age only.
- Combat Class and equipment requirements are based on age bracket.
- Class C Regulations 12-14, 15-17
- Class A/B Regulations 15-17/18-29

9. PLACING AND AWARDS

Wushu/KungFu Events:

1. Athletes shall be awarded Gold, Silver or Bronze medals in top 3 placing.
2. All other athletes will be Awarded Participation Certificates.

Sanda Free Fighting Events:

3. Sanda Combat Sparring will be awarded Gold, Silver, and Bronze.
4. All other athletes will be Awarded Participation Certificates.

10. ARBITRATION

WushuOntario will establish an Arbitration Committee for the purpose of resolving any competition



disputes. Prior to the completion of the whole competition, the participant or coach must inform the Chief Judge that they wish to file a complaint. A \$100 (non-refundable) fee in cash and a written complaint must be submitted to the Arbitration Committee within one hour commencing the completion of the whole event. Decisions made by the Arbitration Committee will be considered final. If a continued dispute arises refer to the WushuOntario Dispute Resolution Policy.

12. CODE OF CONDUCT

First and foremost, utmost respect amongst all athletes competing against each other. Coaches should lead by example and advise their athletes regardless of the outcome. Participants must always respect themselves, their fellow competitors, coaches and most importantly the judges. The behaviors of the athletes are a direct reflection of the coach and it is the responsibility of the coach to ensure that athletes conduct themselves in a responsible and respectful manner to all bodies within the competition. If a coach, participant and/or spectator does not adhere to any of the said above and displays a non-conducive manner of sportsmanship, it will be the right of the organizing committee to have the coach, participant and/or spectator suspended and/or removed from the premises and from all WushuCanada sanctioned events.

14. REQUIRED FORMS, MEDICAL AND EQUIPMENT:

The delegation of each team / athlete must UPLOAD online the following:

If participating in competition, you need:

- Provide proof of age via passport or Birth Certificate.
- Medical form completion by licensed physician for Sanda including ECG.

Participants are responsible to bring their own appropriate attire and equipment for each participating event i.e. Uniforms, weapons, apparatus, sanda equipment, etc.

IMPORTANT NOTICES:

- 1) In the case of emergency or unexpected accidents, the Competition Organizer has the right to cease the competition. There will be no refunds of fees paid.
- 2) Determination of Sanda Bouts: Upon analysis of all participants according to class and weights. Appropriate bouts shall be assigned and matched with a variance of no more than +/- 10lbs depending on assigned category within class regulations that shall maximize the safety of all participants within a competitive range.



Sanda Free Fighting

Preliminary Registration:

Athlete Surname: _____

Athlete First Name: _____

Date of Birth: mm ____ dd ____ yy ____

Age as at January 1, 2023: _____

Gender: Male ____ Female ____

Competition Actual Weight: _____(must be +/- 2lbs on weigh in)

Current Weight: _____ (as indicated on official medical form)

Experience / Level: Recreational ____ Class C ____ Class B ____ Class A

Club or School: _____

Recognized Club Member of WushuCanada

Coach Name: _____

Please use 1 form per athlete and return via email by January 8th, 2023.

Form may be exported and completed or printed and scanned/photo etc.

Athlete must be registered on the ONLINE system.

Registration for Ontario Winter Games process on LAST PAGE.

www.wushucanada.com



Wushu Taolu Event Registration: Club or School: _____

Coach Name: _____

1) U10: Wushu Challenge (Elementary Bare Hand/Weapon/Ninja Course Combined)

Male Athlete #1 _____ Athlete#2 _____ Athlete#3 _____

Female Athlete #1 _____ Athlete#2 _____ Athlete#3 _____

2) 11-12: Wushu Challenge (Elementary Bare Hand/Weapon/Ninja Course Combined)

Male Athlete #1 _____ Athlete#2 _____ Athlete#3 _____

Female Athlete #1 _____ Athlete#2 _____ Athlete#3 _____

3) 13+: Wushu Challenge (Elementary Bare Hand/Weapon/Ninja Course Combined)

Male Athlete #1 _____ Athlete#2 _____ Athlete#3 _____

Female Athlete #1 _____ Athlete#2 _____ Athlete#3 _____

4) Male: Combined Broad Sword/Staff/Long Fist –U12

Athlete #1 _____ Athlete#2 _____ Athlete#3 _____

5) Female: Combined Broad Sword/Staff/Long Fist –U12

Athlete #1 _____ Athlete#2 _____ Athlete#3 _____

6) Male: Combined Broad Sword/Staff/Long Fist –13-15

Athlete #1 _____ Athlete#2 _____ Athlete#3 _____

7) Female: Combined Broad Sword/Staff/Long Fist –13-15

Athlete #1 _____ Athlete#2 _____ Athlete#3 _____

8) Male Combined Straight Sword/Spear/Long Fist –U12

Athlete #1 _____ Athlete#2 _____ Athlete#3 _____

9) Female Combined Straight Sword/Spear/Long Fist –U12

Athlete #1 _____ Athlete#2 _____ Athlete#3 _____

10) Male Combined Straight Sword/Spear/Long Fist –13-15

Athlete #1 _____ Athlete#2 _____ Athlete#3 _____

11) Female Combined Straight Sword/Spear/Long Fist –13-15

Athlete #1 _____ Athlete#2 _____ Athlete#3 _____

12) Male Combined Southern Sword/Southern Staff/Southern Fist–U29

Athlete #1 _____ Athlete#2 _____ Athlete#3 _____

13) Female Combined Southern Sword/Southern Staff/Southern Fist–U29

Athlete #1 _____ Athlete#2 _____ Athlete#3 _____

14) Male Combined Short Weapon/Long Weapon/Bare Hand (16-29 Years old)

Athlete #1 _____ Athlete#2 _____ Athlete#3 _____

15) Female Combined Short Weapon/Long Weapon/Bare Hand (16-29 Years old)

Athlete #1 _____ Athlete#2 _____ Athlete#3 _____



Traditional Kung Fu Taolu

Preliminary Registration: Club or School: _____

Coach Name: _____

Event

1) Male: Combined Weapon and Bare Hand (U15) Indicate routine type besides name

Athlete #1 _____ Athlete#2 _____

Athlete #3 _____ Athlete#4 _____

2) Female: Combined Weapon and Bare Hand (U15) Indicate routine besides name

Athlete #1 _____ Athlete#2 _____

Athlete #3 _____ Athlete#4 _____

3) Male: Combined Weapon and Bare Hand (16-29 Years old) Indicate routine besides name

Athlete #1 _____ Athlete#2 _____

Athlete #3 _____ Athlete#4 _____

4) Female: Combined Weapon and Bare Hand (16-29 Years old) Indicate routine besides name

Athlete #1 _____ Athlete#2 _____

Athlete #3 _____ Athlete#4 _____

5) U10: Wushu Challenge (Elementary Bare Hand/Weapon/Ninja Course Combined)

Male Athlete #1 _____ Athlete#2 _____ Athlete#3 _____

Female Athlete #1 _____ Athlete#2 _____ Athlete#3 _____

6) 11-12: Wushu Challenge (Elementary Bare Hand/Weapon/Ninja Course Combined)

Male Athlete #1 _____ Athlete#2 _____ Athlete#3 _____

Female Athlete #1 _____ Athlete#2 _____ Athlete#3 _____

7) 13+: Wushu Challenge (Elementary Bare Hand/Weapon/Ninja Course Combined)

Male Athlete #1 _____ Athlete#2 _____ Athlete#3 _____

Female Athlete #1 _____ Athlete#2 _____ Athlete#3 _____



Registration for the 2023 Ontario Winter Games is now open!
The registration process consists of two steps.

1. Participants' registration with The Games Organizing Committee. Please send the link provided below to all Winter Games participants from your club (Athletes, Sport Assistants, Coaches, Managers, Trainers, and Officials).

At this point you will not be required to pay any fees yet. However, there is a liability waiver, so participants must register by themselves (parents/guardians for underage participants).

Link: <https://app.initlive.com/JE/j5cq8whrsb6w04>

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Everything you need to connect with your event team. Build your event with InitLive's staff and volunteer management software for an organized event day!

app.initlive.com

Please note that each participant registration must have a unique email address attached to it. If there are multiple participants per household, the person registering them must provide a different email address for each participant.

Accommodations Registration due date: December 31st, 2022 (Above Link)

2. Participants' registration for Events. Please complete the event forms (1 per club) and return to info@wushucanada.com

Event Registration due date: January 8th, 2023

Please ensure that all your participants are currently registered under the WushuCanada membership system as Athletes. If you have any questions do not hesitate to contact us.

info@wushucanada.com

416.801.5614



Wushu Warrior Challenge: Age Groups U10 / 11-12 / 13+

Male and Female Divisions - 6 Medal Events

Challenge 1 - Bare Hand Routine (10 points) Competitors will perform multiple times in elimination format.

Routine can be any style with no time requirements. Scoring Method: Based on presentation criteria: Strength, Speed of Movement, Intent, Balance and Performed without Hesitation or loss of Memory.

10 - Athlete performing at an Impressive high performance level in presentation

9.0 - Performance at a very good high performance level in presentation

8.0 - Performance at an average level in presentation

7.0 - Performance indicates a need for improvement in presentation

6.0 - Minimum score given including deductions

Additional 0.5 Deducted for each loss of balance or slight hesitation, lack of strength / speed on movements.

Focus of Presentation Scoring: Salute, walking onto competition floor, understanding of optimal place to begin routine, proper etiquette to completion of routine and exit.

Challenge 2 - Weapons Routine (10 points)

Scoring Method: Same as Bare Hand Routine

Challenge 3 - Strength and Core (10 points)

Push Ups: 1 point for every 2 fully completed (20 for full mark)

Scoring Method: Athletes will be placed on 2 elevated platforms, Palms touching edge of platform 1, Toes touching edge of platform 2. Chin MUST touch platform 1 to complete movement.

Challenge 4 - Horse Stance (10 points)

Athlete's back is placed against the wall. Toes pointed forward with feet slightly away from the wall. Thighs MUST be flat but not squatting with an indicator stick balancing on legs. Timer is stopped if back leaves wall, stick falls, or timer concludes.

10 - 2 minutes	8.5 - 1.30-1.39	7.0 - 1 - 1.09	5.5 - 30-39 seconds
9.5 - 1:50-1.59	8.0 - 1.20-1.29	6.5 - 50-59 seconds	5.0 - 20-29 seconds
9.0 - 1.40-1.49	7.5 - 1.10-1.19	6.0 - 40-49 seconds	4.5 - under 20 seconds

Challenge 5 - Rotational Jumps (10 Points)

Requirement 270 Degree Jump Minimum with a fully balanced landing.

Balanced landing is indicated when feet land with NO movement or wobbling.

Rotation can be in either direction. 1 point given for each successful attempt.



Challenge 6 - Single Leg Balance (10 points)

Event performed on an elevated platform. Athlete's knee is lifted up at or above waist level. Lifted toe pointed down with bottom leg straight. Lifted thigh MUST balance or squeeze indicator stick without dropping. Timer is stopped if bottom support leg (foot) moves position, indicator stick falls, or timer concludes,

10 - 2 minutes	8.5 - 1.30-1.39	7.0 - 1 - 1.09	5.5 - 30-39 seconds
9.5 - 1:50-1.59	8.0 - 1.20-1.29	6.5 - 50-59 seconds	5.0 - 20-29 seconds
9.0 - 1.40-1.49	7.5 - 1.10-1.19	6.0 - 40-49 seconds	4.5 - under 20 seconds

Challenge 7 - Handstand Balance (10 points)

Legs are placed on elevated mats (minimum 45 degree lift) or straight up on the wall with or without assistance. Athletes must hold in an inverted position without falling.

Timer is stopped if athlete falls down or timer concludes,

10 - 2 minutes	8.5 - 1.30-1.39	7.0 - 1 - 1.09	5.5 - 30-39 seconds
9.5 - 1:50-1.59	8.0 - 1.20-1.29	6.5 - 50-59 seconds	5.0 - 20-29 seconds
9.0 - 1.40-1.49	7.5 - 1.10-1.19	6.0 - 40-49 seconds	4.5 - under 20 seconds

Challenge 8- Squat Jumps (10 points)

NON-Stop squat jumps on the spot to a minimum reach of head level.

During each squat the athlete's hands MUST touch the floor then reach above head level height. Athletes MUST NOT stop the flow of jumping and must be completed in the 30 second time limit. 1 point for every 3 successful jumps.

Challenge 9 - Bar Hang (10 points)

Athletes hang on an elevated bar for the duration required. Timer is stopped if athlete releases grip and falls or timer concludes.

10 - 2 minutes	8.5 - 1.30-1.39	7.0 - 1 - 1.09	5.5 - 30-39 seconds
9.5 - 1:50-1.59	8.0 - 1.20-1.29	6.5 - 50-59 seconds	5.0 - 20-29 seconds
9.0 - 1.40-1.49	7.5 - 1.10-1.19	6.0 - 40-49 seconds	4.5 - under 20 seconds

Challenge 10 - Speed Race

Top time: 10 points	6th: 7.5 points
2nd: 9.5 points	7th: 7.0 points
3rd: 9.0 points	8th: 6.5 points
4th: 8.5 points	Minimum 6.0 points
5th: 8.0 points	