

RULES FOR TAI CHI PUSH HAND DIVISIONS

1. General Rules

- a. Competitors must be over 18 years of age, have practiced Tai Chi Kung Fu for more than 2 years, be able to show proof of coverage by a valid health insurance policy (a valid insurance card is sufficient), and be willing to sign the Liability Waiver. Competitors are required to follow the rules and demonstrate courtesy to the judges and officials, the audience, and fellow competitors.
- b. Competitors must obey instructions and decisions of the judges. Appeals on the judges' decisions must be requested by the competitor's coach or team leader.
- c. Coaches, team doctors, and personnel other than competitors must stay at designated areas outside of the ring. Coaches and team doctors can provide coaching and massage / treatment in designated areas during breaks between rounds or matches.
- d. Competitors cannot stop the competition while it is in progress. In the event that a competitor must stop the competition, the competitor needs to signal the Referee by raising his / her hand.

2. Weight Classes

1. Male < 145 Lbs 1. Female <135 Lbs
2. Male 146 - 165 Lbs 2. Female 136 Lbs and up
3. Male 166 - 180 Lbs
4. Male 181 - 195 Lbs
5. Male 196 - 210 Lbs
6. Male 211 Lbs and up

3. Weighing In

- a. The registration and recording staff shall be in charge of weighing in.
- b. Each competitor shall be weighed in during the period no more than 2 hours and no less than 1 hour prior to the commencement of the competition. Competitors who do not weigh in during this time period will be disqualified.
- c. A competitor must be weighed in with clothing. Shorts or trunks are allowed, but competitors cannot weigh in with only underwear or swimsuit.
- d. A competitor whose weight does not fit within the weight class for which he registered shall be moved to the appropriate weight class.

4. Drawing of Lots

- a. Drawing of lots will be performed after weighing in, starting with the lightest weight class to the heaviest. Competitors will be paired up and assigned color designation of "red" or "black".
- b. Drawing of lots will be performed for the competitor by his / her coach or team leader.

5. Etiquette at Start and End of the Match

- a. At the start of the match, competitors will enter the ring and stand on the sides of the Referee. The competitors will salute the audience with a Kung Fu bow done by pressing the right fist to the left palm. Then the competitors will face each other and salute each other with a Kung Fu bow.
- b. At the end of the match, the Referee will announce the winner. Then the competitors will salute the Referee with a Kung Fu bow, and then salute each other with a Kung Fu bow and handshake.

6. Costumes and Protective Equipment

- a. Shirts: Competitors are required to wear a short-sleeved T-shirt. School insignia is permitted unless specifically prohibited by the tournament committee. No long sleeved shirts will be permitted.
- b. Pants: Competitors shall wear martial arts pants or long athletic pants. No shorts are permitted.
- c. Shoes: Competitors shall wear martial arts style athletic shoes, which should be stable and flexible at the ankle and toe, and should have a low profile and good traction. Shoes from Tiger Claw are recommended.
- d. Jewelry: Competitors are not permitted to wear any jewelry or other objects that may cause injury to themselves or to opponents.
- e. Fingernails: Fingernails must be clipped as short as possible.
- f. Hair: Long hair must be securely tied back.
- g. Face: Vaseline or similar substances may be used on the face but is strictly prohibited from being used on any other part of the body.
- h. Injuries: injuries may be taped with authorization by the Referee. The taping must not present a hazard to the other competitor.
- i. Protective equipments: Competitors can choose to wear the following protective equipment at the competitors' own discretion: head gear, groin-cup (for males), well-fitting breast protectors and groin protection (for females), open finger gloves, and safety goggle or safety glasses for competitors who need corrective eyewear.

7. Forfeiture

- a. A competitor will forfeit his / her entry in the competition if there is no show after 3 calling of his / her name by the Referee.
- b. In the event that one competitor clearly demonstrates disadvantage over his / her opponent, the competitor or his / her coach can request immediate termination of the match. In such event, the competitor forfeits his / her entry and the other competitor wins the match.

8. Matching Rules

- a. The tournament committee decides on one of these elimination methods: round robin, single elimination bracket method, or double elimination bracket method.
- b. Each match consists of two 2-minute rounds with a 1-minute rest period.
- c. First round: Competitors face each other. Each places his / her right foot in the Tai Chi insignia at the center. Competitors make contact with the back of the right

wrist. The Referee gives the command to begin, at which the competitors are required to perform 1 revolution to the left and 1 revolution to the right before initiating any technique.

d. Second round: Competitors face each other. Each places his / her left foot in the Tai Chi insignia at the center. Competitors make contact with the back of the left wrist. The Referee gives the command to begin, at which the competitors are required to perform 1 revolution to the left and 1 revolution to the right before initiating any technique.

9. Restricted Steps Push Hands Legal Target Areas

a. Legal Target Areas: Techniques may be initiated within restricted areas of the body, from below the base of the neck to above the tail bone or bladder area.

b. Illegal Target Areas: Pushing the neck, head, bladder area, hip joint, or leg is illegal.

10. Restricted Steps Push Hands Violations

The following items are NOT allowed in the competition:

a. Using techniques excessive in strength

b. Grabbing the opponent's clothes

c. Double grabbing (grapping the opponent with both hands)

d. Holding on (grapping the opponent with one or both hands or reaching around the opponent's side or back) to prevent loss of balance

e. Attacking an illegal target area

f. Reversing the stance to gain advantage

g. Striking, hitting, punching

h. Attacking a female opponent's breast

i. Using the head to attack

j. Using the legs, knees, or feet to attack

k. Twisting the joints, grabbing, or qinna (chin na)

l. Using pressure points

m. Pulling hair

n. Biting the opponent

o. Attacking the groin area

p. Using any technique determined to cause injury to the opponent

q. Unsportsmanlike conduct

r. Not following instructions of the Referee

s. Not completing the mandatory number of revolutions

t. Receiving coaching during the round

11. Moving Steps Push Hands Legal Target Areas

a. Techniques may be made within restricted areas of the body, from below the base of the neck to above the waist, and the arms.

b. Illegal Target Areas: Neck, head, bladder area, hip joints, groin, and legs above and including the ankles.

c. Competitors may use one or both hands to grab or initiate techniques on the opponent's arms for a maximum of 3 seconds.

- d. Competitors may use one hand only to grab or initiate techniques on the opponent's waist for a maximum of 3 seconds
- e. Competitors may use his / her feet to trip the opponent BELOW the opponent's ankle, without lifting his / her feet off the ground. Kicking is not allowed.
- f. Competitors entangled with each other as a result of close contact of arms, hands, or bodies must separate after 3 seconds to prevent potential injuries.

12. Moving Step Push Hands Violations

The following items are NOT allowed in the competition:

- a. Using techniques excessive in strength
- b. Twisting, over-extending, or using techniques causing injuries of the opponent's joints in the legal target area (wrists, elbows, shoulders).
- c. Bending, twisting, grabbing, spraining, or attacking the opponent's thumbs or fingers
- d. Grabbing the opponent's waist or below with both hands (Competitors may use one hand to grab and initiate techniques on the opponent's waist for a maximum of 3 seconds.)
- e. Attacking an illegal target area
- f. Striking, hitting, punching
- g. Attacking a female opponent's breast
- h. Using the legs or knees to attack or initiate techniques
- i. Lift the feet off the ground to attack or initiate techniques above or at the opponent's ankle
- j. Using the head to attack
- k. Using pressure points
- l. Grabbing the opponent's clothes
- m. Pulling hair
- n. Biting the opponent
- o. Attacking the groin area
- p. Using any technique determined to cause injury to the opponent
- q. Unsportsmanlike conduct
- r. Not following instructions of the judges
- s. Not completing the mandatory number of revolutions
- t. Receiving coaching during the round
- u. Attack the opponent after the Referee signals stopping of the match

13. Penalties

- a. For each violation of the competitor, the opponent receives one point.
- b. A competitor will be disqualified for three violations within a match, and the opponent automatically wins the match.
- c. A competitor can be disqualified by the Referee for a single act of using illegal techniques willfully, attacking illegal target areas willfully, or causing injury to the opponent. The opponent automatically wins the match.

14. Restricted Steps Push Hands -- Awarding Points

- a. Competitors may take a step or steps forward or backward, with either the front or the back foot, but may not reverse the stance, i.e., the front foot must stay forward. One point is awarded to the opponent if the competitor reverses the stance.
- b. Competitors must keep to the orientation of the center line; they may not step to the side to defend or to gain an advantage in pushing. One point is awarded to the opponent if the competitor steps to the side to defend or to gain an advantage in pushing.
- c. One point is awarded to the opponent if the competitor shows loss of balance.
- d. One point is awarded to the opponent if the competitor takes a step to prevent loss of balance that results in reversing the stance.
- e. A competitor who accumulates 10 points consecutively (during which the opponent gains 0 point) wins the match immediately. The match terminates immediately.

15. Moving Steps Push Hands -- Awarding Points

- a. One point is awarded when the opponent steps outside of the red circle.
- b. One point is awarded when the opponent's hand, arm, elbow, or knee touches the ground.
- c. Two points are awarded when the opponent falls on the ground and the competitor remains on his / her feet.
- d. If both competitors fall on the ground at the same time, no point is awarded. If one competitor falls before the other, the competitor who falls last is awarded one point.
- e. If both competitors step outside of the red circle at the same time, no point is awarded. If one competitor steps outside the red circle before the other, the competitor who steps out last is awarded one point.
- f. If one competitor steps outside of the red circle and the other competitor falls, no point is awarded.
- g. Three points are awarded when the opponent steps outside of the red circle AND falls on the ground.
- h. Three points are awarded when a competitor uses effective Tai Chi technique to decisively make his / her opponent fall on the ground within the red circle.
- i. A competitor who accumulates 10 points consecutively (during which the opponent gains 0 point) wins the match immediately. The match terminates immediately.

16. Determining the Winner

- a. The competitor who has the most points at the end of the match wins the match.
- b. Tie breaker – In case of a tie, the match goes to the competitor with the lighter weight, then the least number of violations. If the tie is still not broken, additional rounds are played until the tie is broken.

17. Determination of Ranking

- a. Individual Ranking: First Prize, Second Prize, and Third Prize are awarded in each weight class among male competitors and each weight class among female competitors, based on the method of elimination.
- b. Group Ranking: The winning group is the group with the most group ranking points, based on individual results of individuals belonging to the group. The group is awarded 3 points for each individual's First Prize, 2 points for each individual's Second Prize, and 1 point for each individual's Third Prize.

18. Distribution of Prizes

- a. Prizes are given out according to the weight classes, from the lightest to the heaviest.
- b. Prizes are given out immediately following the completion of matches for each weight class.

19. Referee's Hand Signals

- a. Awarding Points: The Referee points to the competitor who gets the point(s) with one hand, while holding straight up the other hand with the index finger up for 1 point, with the index and middle fingers up for 2 points, or with the middle, ring, and small fingers up for 3 points.
- b. Violation: The Referee points to the competitor with the violation with one hand, while holding a fist with elbow bent with the other hand. The score keeper awards one point to the opponent.
- c. Serious Violation: Holding both fists up high with the arms crossed, facing the competitor committing the serious violation. The competitor is immediately disqualified. The opponent wins the match automatically.
- d. Pausing the Match and Stopping the Clock: Make a "T" with both hands, facing the time keeper. Time keeper stops the clock until the Referee signals "start" again.
- e. No Point Awarded: Extend arms straight downwards, wave the arms several times. No point is awarded to either competitor.
- f. Starting / Re-starting a match: Place vertical palm between the 2 competitors. Move vertical palm up from waist level to shoulder level while calling out "Start".
- g. Stopping a match: Move vertical palm down from shoulder level to waist level while calling out "Stop".

20. Ring Officials

- a. The Referee (or Chief Judge) whose duties shall include:
 - i. Overseeing the work of the Scoring Judges, Timekeeper, and Scorekeepers and generally ensuring smooth operation of his/her ring.
 - ii. Introducing the competitors and conducting the salute as they are presented.
 - iii. Ensuring color designation to competitors: one competitor shall be designated as "red" and the other as "black".
 - iv. Starting, stopping and generally controlling the match in accordance with the rules; ensuring that fighters use only legal techniques; and above all, ensuring the safety of the competitors.

- v. Directing the Timekeeper to stop the time clock as necessary for judges' consultation, or when an infringement of the rules, an injury, an argument, or a withdrawal occurs.
 - vi. Announcing the points according to the votes of the Scoring Judges.
 - vii. Issuing penalties to fighters in the form of calling out violations, or even disqualifications should the offense merit it. Note that the Referee has the final determination of whether a competitor has violated the rules, short of an appeal to Arbitration Committee of the tournament.
 - viii. Announcing in a loud and clear manner, the final result of each match.
 - ix. Presenting awards to competitors at conclusion of the weight class.
 - x. Conducting the salute to the competitors at the completion of the match.
 - xi. Acting as the arbiter of disputes that may occur in the course of any match.
 - xii. Note: The Referee's decision will be final on any judgment not explicitly covered in these rules.
 - xiii. Reporting to the chief official of the tournament when a judge departs from the rules or does not comply with his/her required duties.
- b. The Scoring Judges (two) whose duties shall include:
- i. Evaluating each competitor's performance independently according to the standards set out in this document.
 - ii. Awarding points to each competitor according to the scoring system in this document.
 - iii. Alerting the Referee when a violation of the rules occurs, and then identifying to the Referee what that foul is. In the event the Referee calls for confirmation, the judges should vote according to what they saw.
- c. The Scorekeepers (two) who shall:
- i. Record the names of all officials in his/her ring on each score sheet
 - ii. The names of the Scoring Judges shall be recorded in the order that they sit around the ring starting with the judge to the head table's right and proceeding around the ring in a counter-clockwise fashion.
 - iii. Inform the Referee of the names of the next two pairs of competitors in the order that they will compete, so that the Referee may announce them.
 - iv. Record the color designation of each competitor as assigned: one competitor shall be designated as "red" and the other as "black".
 - v. Record each point announced by the Referee on the score sheet next to the name of the competitor, and announce to the Referee the total number of points for each competitor.
 - vi. Record on the score sheet next to the name of the competitor each warning or other penalty announced by the Referee, and announce to the Referee the total number of warnings for that competitor.
 - vii. Record the score for each round on the score sheet, and announce to the Referee the final score for each competitor.
 - viii. Record on the score sheet any disqualification and reason for disqualification announced by the Referee. Note that in case of disqualification, the opponent will be advanced to the next round.
 - ix. At the conclusion of each match, inform the Referee of the winner.
- d. The Timekeeper who shall:

- i. Ensure that the stop watches are in working order and are set to the correct mode to record elapsed seconds.
- ii. Ensure that the necessary awards for each division are on hand at the beginning of the division.
- iii. Begin timing match when the Referee begins the action.
- iv. Pause the timing when the Referee calls "Stop" or "Break", or while the Referee calls for a point and verification and announces his/her decision, or when there is any cessation in the action of a match that exceeds 5 seconds in duration.
- v. Resume the timing when the Referee restarts the action.
- vi. Inform the Referee by loudly declaring "Time!" or by ringing a bell or gong when the time duration set for the round has been reached.
- vii. Keep time for any designated rest period between rounds.

21. Arbitration Committee

- a. The competitor, his / her coach, or his / her team leader must submit request for arbitration in writing to the Arbitration Committee. The written request must clearly state what particular error he / she believes was committed and what action or resolution is desired.
- b. The Arbitration Committee consists of a chairperson and 2 vice-chairpersons.
- c. The Arbitration Committee investigates the matter described in the request. The Committee may review the official records, examine equipment, and interview any persons involved in an official capacity with the event or action noted in the arbitration request, including the competitor, the Referee, Scoring Judges, Timekeeper, Scorekeeper, opponents in the match, and others as necessary. The arbitrator states his/her findings and decision in writing, responding to the specifics of the matter requested. The decision is final and binding on all parties involved.

22. Color Belts

- a. The competition provisions for 4 sets of color belts (1 red and 1 black in each set). The 2 Scoring Judges will each get 1 set. The remaining 2 sets are for competitors in the ring and the next upcoming set of competitors.

23. The Ring

- a. The ring is a 20' by 20' soft matt with a 13' diameter red circle in the middle, and a 2' diameter small circle (Tai Chi insignia) at the center.

TAI CHI GRAND CHAMPION:

Requirements: Competitor must compete in ALL of the following events:

- Tai Chi Hand and Weapon Form
- Push Hands

10 points are given for 1st place, 7 points for 2nd, and 5 points for 3rd. Highest total points determines winner.

Tie breaker: Empty Hand Form