

**Stichting Taijiquan Nederland
Competition Pushing Hands
Regulations**

2018

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1. Complaints procedure

On the outcome of a match can not be discussed with the referees or festival / competition organizers. However, a complaint can be handed over to the complaints committee after the paying € 50.

This amount is only refunded if the complaint is assessed as justified by the committee. The committee will present her vision and decision to the complainant. Complaints based on video-recordings will not be accepted.

2. Pushing hands competition

Participants in the pushing hands competition can participate in one or more types of pushing hands.

Caution!

The Stichting Taijiquan Nederland (S.T.N.) is not liable for any damage or injury sustained by a participant during participation in the competitions.

Only online registrations are accepted after acceptance and agreement of the regulations.

Participants can register in 3 types:

- fixed step with feet parallel
- fixed step with feet in front / backstance
- moving steps

Everyone is obliged to know the competition rules. Half an hour before the start of the first pushing hands contest, the rules of competition will be explained again.

2.1 Regulations FIXED STEP pushing hands with feet in parallel stance (Ping Xing Bu Tui Shou)

2.1.1 Categories

For the competition are the following weight classes:

<u>Gentlemen and Ladies</u>	<u>Gentlemen and Ladies Mixed</u>
1. 55-64 kg	Open, no weight class limit
2. 65-74 kg	
3. 75-84 kg	
4. 85-94 kg	

If it shows, that after the weight measurement, a participant should be in a higher weight class than registered, **disqualification** of the participant will follow.

The weight classes can be on basis of the enrolled number of participants adjusted. This is at the discretion of the competition management. About this is no discussion.

Rules of conduct

- The participant to be present 10 minutes before scheduled poule time, in order to avoid unnecessary searching.
- If the participant is not present at his / or her playtime, he or she will be **disqualified**.

2.1.2 Clothing

All participants are to wear appropriate sportswear, such as.:

- T-shirt, short, if T-shirt is long than to be worn inside the pants
- Shorts or training-/jogging pants of which the trouser legs do not fall over the feet.
- Only shoes with thin flat soles shall be worn.
- Nails should be cut short and long hair should be tied (or worn in a ponytail), feet clean and washed.
- There may be no watches, jewelry, piercings, spectacles or other injuries causing objects worn!

2.1.3 Poule system

During the competition a poule system per weight class will be used. The number of of participants per poule shall be minimum 3. After playing their matches the numbers 1 and 2 of each poule will go to the next round. With multiple poules per weight class semi-finals will be played.

If all matches in a poule are played and by an equal score no winner can be designated, the total score (points for and against, +/-) will be the decisive factor.

2.1.4 Competition field

The competition will take place on a field that is separated in two parts by a line.

2.1.5 The competition

A. The playing times

Each match will be accompanied by a Head and and Assistant Referee. A poule match lasts 2 x 1,5 minute continuous play time, where during the 1th half the right foot is placed in front, and during the second half the left foot is place in front.

Explanation: Continuous play time means that the time is not stopped during an intervention of the referee.

The duration of the Final amounts as in the group matches 2 x 1.5 minutes continuous playtime. If in the Final the match will end in a tie, it will be extended with 2 x 1.5 minutes. If this extension is also inconclusive, then the lightest player will be declared the winner, if this is also inconclusive than the oldest player will be declared the winner.

The timekeeper indicates the end of the game by a sound signal.

The Head Referee stops the game and waits for the results. Once this is known, the referee points to the winner.

B. The starting position

Participants are placed opposite each other with the outsides of the feet parallel next to each other shoulder width (distance between the participants depends on armlength of the participants).

The *right arm* is held relaxed at chest height in defense (Peng) position. The *wrist* of the right arm rests on that of the opponent (wrist on wrist).

The hand of the other arm is resting open and relaxed on the right elbow joint of the opponent.

At the signal of the referee, the participants rotate relaxed synchronously with the right arm a horizontal circle namely:

- 3 times the left (counter-clockwise), in which the rear foot can be moved optionally to correct the position.
- Then a second circular movement in the opposite direction (clockwise).

- The referee guides the hands till the signal START!, to be sure that the participants stay relaxed, when he raises his hands and steps back, the match and the time start.

Everytime that the referee signals START, at the start or during the match, the participants make **at least** one more horizontal circle in a relaxed way, before one of the participants attacks.

When the *second* half of the match begins, both the hands and the feet change position.

Note: the players must move the body weight from front to back clearly visible during the whole match.

Caution! At the start of the second half of the match there will be no (first) circular motion, intended for the possible relocation of the back foot. So this is no longer allowed.

The second circular motion is maintained, but is carried out in the opposite direction (in other words, move counter-clockwise)

C. What is not allowed and leads to an official warning

- It is not allowed to jerk on the arm of the opponent (yanking, to pull with a quick, strong movement).
- It is not allowed to grab the opponent, always use open hands techniques.
- Apply clamping techniques
- It is not allowed to embrace the opponent, to put the hand or hands on the back of the opponent.
- It is not allowed to push the opponent in the groin area, or lower.
- It is not allowed to stab the opponent in the arm pit.
- see also in section 2.1.7 'Violations directly leading to disqualification'

D. Permitted techniques to bring the opponent out of balance are:

Ward off (Peng)	Pluck / pull down (ts'ai) only with an open hand
Roll back (Lu)	Split (lieh)
Press (Ji)	Shoulder stroke/push (k'ao)
Push (An)	Elbow push (zhou) so do not point the point the elbow

2.1.6 The score

A. Awarding of points

To user A is:

1 point is awarded if participant B moves one of his feet (spontaneously or as a result of a regulatory technique performed by A)

2 points awarded if, by a technique properly undertaken, participant B either moves both feet or any other part of his body touches the ground.

3 points awarded if, by a technique properly undertaken, participant B with both feet simultaneously gets off the ground.

N.B. No point is awarded if both participants A and B, move a foot.

If a participant grabs or hooks the arms of the other as not to fall, when being pushed, his opponent will be awarded a point.

The referee stops the match, when needed, he will separate the contestants by stepping in with a stretched arm and giving the signal STOP. He will consult the Assistant Referee, explains if unclear why the match is stopped, and awards the point(s)

B. Penalties

Pulling on clothing and other irregular techniques (see also 2.1.7 'Violations directly leading to disqualification') will be punished by assigning to the harmed party 1 point, the referee must immediately communicate this with the scorekeeper.

C. Giving up and injury

- If a contestant gives up he has lost the match.
- If a contestant becomes so injured that he can not continue the game, in the opinion of the referee, his opponent is declared the winner if there is no question of an illegal action.
- If this is the case, then the injured is declared the winner. to be judged by the referee.

D. Results

The scorekeeper will process the points as indicated by the referee. Within the group matches is an equal score possible.

2.1.7 Violations (irregular actions) and disqualification

A. Violations directly leading to disqualification are:

- Attacks on the crotch, blows to the head, neck or neckline, clamping techniques, grabbing, attacks with outstretched fingers, attacks with elbow or knee, punching or kicking, foot attacks, sweeping, throwing, biting, spitting, pulling the hair or clothing, attacks after the referee has stopped the game, threads (with or without foul language) with referee, unsportsmanlike conduct.
- It is NEVER allowed to use extreme power explosions.
- In matches that women participate, it is forbidden to deliberately directly push the breasts.

B. Penalties following a violation:

If a participant commits an offense, the referee has the authority to take the following measures:

- Giving an official warning
- After 2x an official warning from the referee, a point is awarded to the opponent. Also, a warning for non-transfer of weight from front to back falls under this.
- After 3x an official warning from the referee, 2 points are awarded to the opponent.
- disqualification if a serious offense has been committed or after 4 official warnings.
- see 2.1.5 C for official warnings.

2.1.8 Results and scoring lists

The outcome of a match can not be discussed with the referees or competition organizers.

On this can be made a complaint to the Complaints Committee (see **1.**)

The point lists are filed by the organization. Copies thereof may be requested the participant (after putting a signature for agreement) issued by the organization.

2.2 Regulations FIXED STEP pushing hands with feet in forward / backward stance (Ding Bu Tui Shou)

2.2.1 Categories (see 2.1.1)

2.2.2 Clothing (see 2.1.2)

2.2.3 Poule system (see 2.1.3)

2.2.4 Competition field

The competition will take place on a field that is separated in two parts by a line.

2.2.5 The competition

A. The playing times

Each match will be accompanied by a Head and an Assistant Referee. A poule match lasts 2 x 1,5 minute continuous play time, where during the 1st half the right foot is placed in front, and during the second half the left foot is placed in front.

Explanation: Continuous play time means that the time is not stopped during an intervention of the referee.

The duration of the Final amounts as in the group matches 2 x 1.5 minutes continuous playtime. If in the Final the match will end in a tie, it will be extended with 2 x 1.5 minutes. If this extension is also inconclusive, then the lightest player will be declared the winner, if this is also inconclusive than the oldest player will be declared the winner.

The timekeeper indicates the end of the game by a sound signal.

The Head Referee stops the game and waits for the results. Once this is known, the referee points to the winner.

B. The starting position

Participants are placed opposite each other with their feet shoulder width in forward / backward stance. The feet of the participants are placed on the dividing line. The instep / front part of the foot is on this line. The *right arm* is held relaxed at chest height in defense (Peng) position. The *wrist* of the right arm rests on that of the opponent (wrist on wrist).

The hand of the other arm is resting open and relaxed on the right elbow joint of the opponent.

At the signal of the referee, the participants move alternately, **clearly**, their bodyweight from the front to the back foot. While they rotate relaxed synchronously with the right arm a horizontal circle namely:

- 3 times the left (counter-clockwise), in which the rear foot can be moved optionally to correct the position.
- Then a second circular movement in the opposite direction (clockwise).
- The referee guides the hands till the signal START!, to be sure that the participants stay relaxed, when he raises his hands and steps back, the match and the time start.

Everytime that the referee signals START, at the start or during the match, the participants make one more horizontal circle in a relaxed way, before one of the participants attacks.

When the *second* half of the match begins, both the hands and the feet change position.
Note: the players must move the body weight from front to back clearly visible during the whole match.

Caution! At the start of the second half of the match there will be no (first) circular motion, intended for the possible relocation of the back foot. So this is no longer allowed.
The second circular motion is maintained, but is carried out in the opposite direction (in other words, move counter-clockwise)

C. What is allowed and what is not (see 2.1.5 C and 2.1.5 D)

2.2.6 The score

A. Awarding of points

To user A is:

1 point is awarded if participant B moves one of his feet outside the rectangle (spontaneously or as a result of a regulatory technique performed by A).

Caution! It is permitted to move the feet as long as the heel or the ball of the feet remains on the floor. It is not permitted to move /shuffle the feet.

2 points awarded if, by a technique properly undertaken, participant B either moves both feet outside the rectangle or any other part of his body touches the ground.

3 points awarded if, by a technique properly undertaken, participant B with both feet simultaneously gets off the ground.

N.B. No point is awarded if both participants A and B, move a foot.

If a participant grabs **or hooks the arms of** the other as not to fall, when being pushed, his oponent will be awarded a point.

The referee stops the match, when needed, he will seperate the contestants by stepping in with a streched arm and giving the signal STOP. He will consult the Assistant Referee, explains if unclear why the match is stopped, and awards the point(s)

B. Penalties (see 2.1.6 B)

C. Giving up and injury (see 2.1.6 C)

D. Results (see 2.1.6 D)

2.2.7 Violations (irregular actions) and disqualification (see 2.1.7)

2.2.8 Results and scoring lists (see 2.1.8)

2.3 Regulations MOVING STEP pushing hands (Tui Shou)

2.3.1 Categories see 2.1.1

2.3.2 Clothing see 2.1.2

2.3.3 Poule system see 2.1.3

2.3.4 Competition field

The competition takes place on a circular field with a diameter of 4 meters. (with judo mats). Participants can move freely in this.

Caution! The boundaries of the field serve to localize competition field only. Pushing the opponent off the field without the use of an approved technique properly undertaken delivers no point!

Stepping out of the field deliberately to prevent being pushed is not allowed.

If a participant is outside the field, the referee stops the match and lets start again as described below in Section 2.3.5 B.

2.3.5 The competition

A. Responsibilities and playing times

Each match is led by a Head Referee who is assisted by an Assistant Referee. The duration of a poule match is 2 minutes running time.

Explanation: Continuous play time means that the time is not stopped during an intervention of the Head Referee.

The duration of the final amounts 2 minutes continuous playtime. The timekeeper will indicate when the total playing time has elapsed.

If in the final the match will end in a tie, it will be extended with 2 x 1.5 minutes. If this extension is also inconclusive, then the first player to score a point will be declared the winner.

B. The starting position

Both participants are on the circle facing each other. On the sign of the referee they walk to the center of the circle and stand with the right arm in the defense (peng) position facing each other. The right wrists cross each other. On the next sign of the referee participants walk clockwise around the center of the circle until the referee gives the signal START! After the signal START the participants keep moving.

When one or both participants, in the opinion of the referee, loses balance *) the referee will stop the match and award points immediately. After this the participants return to their starting position around the center of the circle and wait for the signal of the referee. After each stop, the walking direction of the participants switch as well as the arms in the peng - position.

Caution! Points are only awarded when the push comes from a movement. The so-called Bullfighting never deliver a point.

The timekeeper indicates the end of the game by a sound signal.

The Head Referee stops the game and waits for the results. Once this is known, the referee points to the winner.

*) Example of loss of balance: the head does not stay up towards the ceiling and / or the back makes a nod during the push.

C. What is allowed and what is not see 2.1.5 C and 2.1.5 D)

2.3.6 Score

A. Awarding of points

To participant executing an allowed properly undertaken technique:

- 1 point is awarded tot the opponent when stepping out of the field deliberately to prevent being pushed
- 1 point is awarded tot the opponent when you turn your back tot he opponent, either forced or voluntarily.
- 2 points awarded if, by a technique properly undertaken, participant B either moves both feet or any other part of his body touches the ground.
- 3 points awarded if, by a technique properly undertaken, participant B with both feet simultaneously gets off the ground.
- No points are awarded, when A, without a technique properly undertaken, B pushes B off the field.

B. Penalties see 2.1.6 B

C. Giving up and injury see 2.1.6 C

D. Results see 2.1.6 D

2.3..7 Violations (irregular actions) and disqualification, see 2.1.7

2.3.8 Results and scoring lists, see 2.1.8