

## **1 Rules and Regulations duo and group form competition**

Participants in the competition can participate in one or more forms (hand- and weapon forms). Participation can be individual, with a partner (duo) or take place in a group. The jury will evaluate the performances according to a number of criteria applicable to the particular style.

In case the number of application exceeds availability, selection will be based on time of registration and optimization of the competition schedule.

A duo exist out of 2 persons

A group exist out of 3 and max. 10 persons

Taiji related music is allowed. Singing voice music is not allowed.

### **Please take notice!**

The organization will not be liable for any damages or injury suffered by a participant during participation in the competitions.

One should take care of a personal sports insurance and declaration of health by a doctor.

The following paragraphs focus on the key aspects of the forms competition.

### **1.1 Jury and evaluation criteria**

#### **1.1.1 Composition of the jury**

The jury of the form competition preferably consists of:

1. a main referee + 3 assistant referees
2. a timekeeper and a scorekeeper

#### **1.1.2 Assessment of the hand, weapon and Qigong group form**

A duo consists of 2 people

A group consists of three or more people.

The implementation can consist of standard exercises or self-composed exercises. Also see 1.3 regarding Choreography

Both group- hand and weapon forms or qigong exercises are allowed.

The offered must have public value, i.e. be neat, interesting or impressive.

Taijiquan oriented music is allowed, but singing voice is not allowed, so without commands or instructions".

#### **1.1.3 Evaluations criteria of the form: The duo and group hand, weapon**

##### **The group hand form**

1. Posture
2. Stance and footwork
3. Balance and movement
4. Energy and relaxation
5. General image and appearance, harmony and evenness

##### **The group weapon form**

1. Posture
2. Stance and footwork
3. Balance and movement, level of control of the weapon.
4. Energy and relaxation, unity between the weapon and the body
5. General image and appearance, harmony, evenness and projection through the weapon.

### **The group Qigong form**

1. Posture
2. The sequence of the movement and flow in relation to fluidity
3. Breathing technic
4. Focus and correct attention
5. Understanding of the (Health) Qigong focus meridians, breathing and safety of movement.

#### **1.1.4 Scoring the results**

Points are awarded as follows:

- Up to 2 points given for criteria 1, 2 and 3 (Posture, stance and footwork and Balance and movement).  
A minimum of at least 1.4 points will be awarded to those criteria.
- For criteria 4 and 5 (Energy and relaxation and General image) a minimum of 0.9 point and a maximum of 1.5 points will be awarded.

The maximum final score could be 9 points and the minimum final score 6 points.

Attention is paid to the execution (expression of body posture) of the sequence of the movement, even and focused breathing, focused attention, balance, expression of body posture, stances and footwork, forgotten movements, characteristics of the style. Arrangements of the athletes. Attention is paid to the clothing that corresponds to the specific style that is shown in combination with the right music.

Points are calculated to two decimal places after the decimal point.

After each round, the jury shares the scores with the public by raising the scoreboards.

The main referee of each pool assesses the accuracy of the results and may, if there is a reason to do so, adjust the scores in consultation with the competition referees. The main referee will announce the final results.

The winners will be announced after the competitions by means of an awards ceremony.

### **1.2 Implementation group-hand and group-weapon and group qigong competition**

The rules relating to the performance of the group- hand, weapon and qigong forms are described in the paragraphs below.

#### **1.2.1 Available time general**

The available time for group hand form and duo form is

**at least 4 and no more than 6 minutes.**

The available time for group or duo weapon forms is

**at least 3 and no more than 4 minutes.**

The available time for group Qigong form is

**at least 4 and no more than 6 minutes.**

#### **Styles**

The available time for the group and/or duo **modern 42 Combined Competition Form**  
**at least 5 and no more than 6 minutes.**

The available time for the modern **42 Combined Sword Form** at least 3 and no more than 4 minutes.

The available time for the modern **24 Yang hand form** at least 4 and no more than 6 minutes.

The available time for the group and/or duo **modern 32 Sword Form** at least 3 and no more than 4 minutes.

The available time for group and or duo form other at least 3 and no more than 4 minutes.

### 1.2.2 Grace period

A grace period of up to **15 seconds** will be granted in all performances.

The bell will ring **once** at the beginning of the form.

The bell will ring **once** at the end of the maximum period referred to in paragraph 1.2.2.

The bell will ring **twice** after the maximum grace time of 15 seconds, regardless of the form.

When exceeding the maximum grace period, points will be deducted of the final score.

In case of exceeding the maximum grace **1** period, points will be deducted as follows: I

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| - up to 5 sec or less exceeding the grace period will result in an | 0.1 point deduction  |
| - up to 10 sec. exceeding the grace period will result in an       | 0.3 point deduction  |
| - More than 15 sec. exceeding the grace time will result in a      | 1,0 point deduction. |

In case of failure to meet the minimum playing (race) time, points will be deducted as follows:

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|---|-----------------------------|
| - Up to 5 seconds (or less) short of the minimum available time,  | 0.1 point will be deducted  |
| - up to 10 seconds (or less) short of the minimum available time, | 0.3 points will be deducted |
| - for more than 15 sec. short of the minimum available time       | 1,0 point will be deducted  |

### 1.2.3 Rules of Conduct :

- The participants have to be present 10 minutes before the scheduled time at the right location in order to avoid the necessity to look for a participant.
- If the participant(s) is (are) not present the scheduled time he/she/they will be disqualified., Exceptions to this rule is possible in consultation with the main referee or the competition referees.
- Participants should look well groomed
- The clothing should consist of a so-called taiji suit. Alternatively, an appropriate attire for practicing the sport can be worn. Uniforms of the school or style (either traditional or non- traditional) are permitted.
- Hats, caps, jewelery and other disturbing clothing should be removed. Performing the form barefoot is allowed
- Hindering of other participants on the field is not allowed. In case of hindering each other unintentionally the participant who is first aware needs to make sure that no confrontation will take place. An intentional or unintentional confrontation between participants which impacts the performance will result in an 0.5 point deduction.
- Encouraging teammates / supervisors / trainers from the sidelines is not allowed
- The instructions of the judges must be followed at all times.

### 1.2.4 The Protocol relating to the implementation of the form

The order in which the actions have to take place are as follows:



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**Adults**

Open pool for 18 +	all styles	hand	weapon	Qigong
Open pool for 55 +	all styles	hand	weapon	Qigong

In case of insufficient registrations to the Open pools the Participants will be scheduled according to the relevant styles

Juniors / Children under 18 can only participate with the permission of their teacher and written parental consent.

**1.4.2 Greeting protocol**

Before the start of the match and before the announcement of the final score the participant will greet the head referee with a 'fist - palm' greeting.

**1.4.2 - a: Fist Palm greeting**

In a standing position, with feet together, place the right fist against the upright left palm, with the knuckles of the right hand at the base of the fingers, chest height and 20 - 30cm away from the chest.

**1.4.2 - b : Greetings with Broadsword (Sabre)**

In a standing position with feet together and the broad sword in the left hand, bend the elbow, the broadsword slanted in front of the chest with the sharp edge facing up, the first left thumb joint in contact with the center of the right palm and the two hands 20 -30 cm from the chest.

**1.4.2 - c : Greetings with Sword**

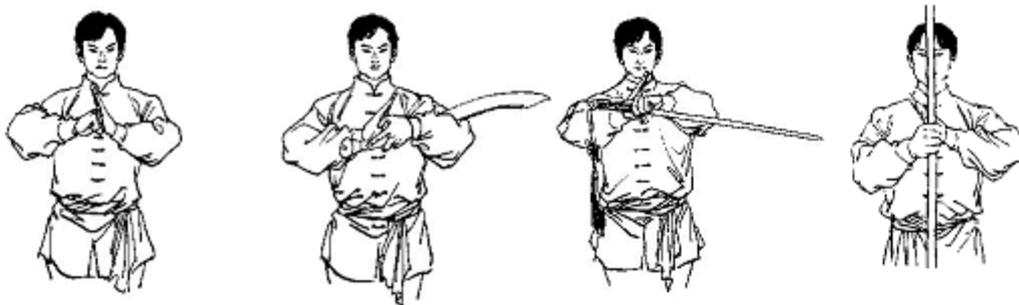
In a standing position with feet together and the sword in the left hand, bend the elbow with the blade to the outside of the forearm and in front of the chest, with the little finger side of the right palm at the base of the left index finger and the two hands 20-30 cm from the chest.

**1.4.2 - d : Greetings with Spear or Bat / Fan**

In a standing position with feet together and both arms bent at the elbow on the front of the chest, hold the spear or stick upright, on one third of the length from the end, in the right hand while the left palm is positioned against the second joint of the right thumb, 20-30 cm from the chest.

**1.4.2.e: Greeting Qigong**

Greeting according to the custom of the style



**1.4.2 - f : Comments:**

1. For matches with double weapons: hold these in one hand for the greeting. In case this is not practical: hold one weapon in each hand and look to the head referee and greet with the eyes.
2. When a head referee wants to see the weapon, the participant will offer the weapon upright with the point pointing downwards in the case of a short weapon and the point upwards in the case of a long weapon.

### **1.5. Complaints procedure**

The outcome of a match cannot be discussed with the referees or contest organizers. Complaints about the outcome or incidents that occurred during the match can be submitted to the Complaints Committee. This must be done within the hour after an alleged incident occurred by means of handing over a completed complaints form to a member of the Complaints Committee. This is the task of the coach in case the Participant is a minor. An amount of € 50 , - will have to be paid when submitting a complaints form.

This amount will only be refunded when the complaint has been declared justified by the committee, which consists of the general head referee, the jury coordinator and head referee of the pool in question. A regular judge shall not participate in the discussion or decision of the Complaints Committee. The committee will elucidate its reasoning and decision to the complainant. The decision of the Complaints Committee is final. The objective is to deal with the complaint on the day of the competition itself.

### **1.5 Use of stimulants**

Use of generally recognized narcotics or stimulants like alcohol, pills, mushrooms, etc. is not allowed before or during the competitions. A Participant will be excluded from participation when the organization becomes aware of use of stimulants by the Participant.

### **1.6 Adjustments own rules**

Adjustments to the regulations and any amendments to these Regulations will be published on the website of the STN up to 10 days before the Competitio