

1 Regulations individual 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.

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 form

The jury members judge the form on a number of criteria. These may differ depending on both the type of form.

Evaluation criteria of the form:

The 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 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, projection through the weapon.

1.1.3 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. 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 at 5 pm by means of an awards ceremony.

1.2 Implementation hand- and weapon competition

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

1.2.1 Available time

Modern Style

Modern Yang 24

at least 4 and no more than 6 minutes.

Modern 42 combined competition form

at least 5 and no more than 6 minutes.

Modern 42 combined sword form

at least 3 and no more than 4 minutes.

Modern 32 sword form

at least 3 and no more than 4 minutes.

Remaining styles

Individual hand form

at least 4 and no more than 6 minutes.

Individual weapon form

at least 3 and no more than 4 minutes.

Style Qigong

no more than 6 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

- | | |
|--|----------------------|
| - 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:

- | | |
|---|-----------------------------|
| - 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 participant has 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:

1. The head referee checks whether the Participant(s), the referees and the timekeeper are ready to go start.
2. The Participant(s) greet(s) the head referee. (Section 1.4.4)
3. In return, the head referee greets the Participant(s).
4. The timekeeper rings the bell.
5. The Participant(s) begin(s) with their form.
6. The timekeeper starts the timekeeping when the participant starts to move.
7. When several people perform on a field, timekeeping starts after the sound of the bell and the Participants should begin.
8. The timekeeper rings the bell once at the end of the available time.
9. The timekeeper rings the bell twice at the end of the grace period of 15 seconds.
10. The Participant(s) greet(s) the head referee.
11. In return, the head referee greets the Participant(s).
12. The Participant(s) wait(s) in the field until the scores of all referees have been shown.
13. The Participant(s) leave(s) the field to make room for the next Participant(s).

1.3 Classification of Styles Group- hand and weapon forms

See section: 1.4.1. Open pool layout

With freestyle and lesser-known forms, the jury always likes to orientate itself well in advance. Please be as complete as possible when registering and send additional information

The groups are divided by age, weapon or hand form, see 1.4.1

Taijiquan

- Chen style
- Yang style
- Wu style
- Modern competition form hand, 24 – 42
- Modern competition form sword, 32 – 42
- Style other - weapon
- Style other – hand
- Free style, are the forms other than the styles mentioned above

See for **Evaluation criteria 1.1.2 hand form**

Weapon from for individuals

If the participant has registered for a weapon form that falls within the category 'Taiji weapon other', the participant must report to the competition management before the start of the competition which weapon form and style is being run. The weapon forms can be performed with different types of weapons which we distinguish according to the weapon categories below.

If the weapon does not belong to the category below, it will be classified under 'Taiji weapon other'

Weapon Categories:

- Taiji sabre
- Taiji stick
- Taiji fan
- Taiji sword
- Taiji weapon other
- Taiji freestyle

See for **Evaluation criteria 1.1.2 weapon form**

Qigong

- Wu Qin Xin (5 animal Qigong)
- Yi Jin Jing (Muscle Qigong)
- Liu Zi Jue (6 Sound Qigong)
- Ba Duan Jin (8 Brocade Qigong)
- Daoyin Yangsheng Gong Shi Er Fa (12 DaoYin exercises)
- Taiji Yangsheng Zhang (8 Stick exercises)
- Other Health Qigong forms are the forms are those outside the styles mentioned above. They will be judged as demonstration and not on technical execution.
- Other Regular Qigong forms are the forms are those outside the styles mentioned above. They will be judged as demonstration and not on technical execution.

1.4. Additions

1.4.1. Open Pool

When there are enough registrations for a category, a so-called Open pool will be formed

A open pool consists of a group of athletes in a certain age category

Open pool for seniors 55 +

Open pool for seniors from 18 to 55

Open pool for juniors 12 years to 18 years

Open pool for children under 12 years old

Open pool takes place with a minimum participation of 3 groups of 3 people, hand and weapon forms.

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

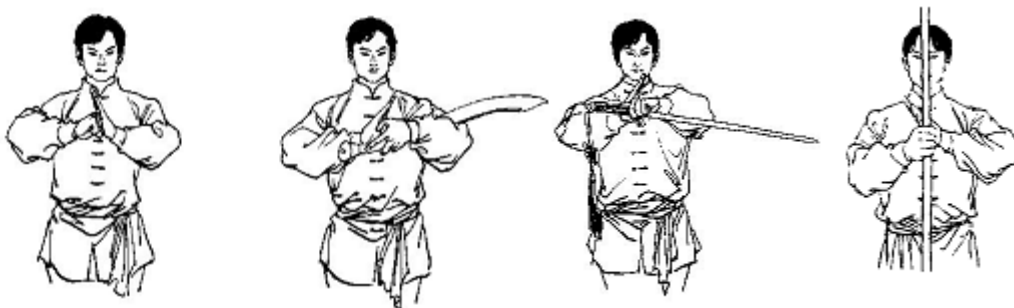
In a standing position with feet together and the sword in the left hand, bend the elbow with the blade to the outside of the forearm and in front of the chest, with the little finger side of the right palm at the base of the left index finger and the two hands 20-30 cm from the chest.

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 competition