

RULES OF THE FESTIVAL OF CHINESE MARTIAL ARTS & BRITISH OPEN TAI CHI CHAMPIONSHIPS

Under 16s may only enter form events. Under 18s may not enter full contact. Juniors - aged under 16s. Veterans over 55

FORMS EVENTS:- Intermediate forms- total training time less than **5 yrs** (i.e. not just the time spent on training in that form). **Beginner form** – total training time less than **2 yrs** (i.e. not just the time spent on training in that form). Categories to be decided by the organiser. Competitors will wear suitable sports clothing and may wear sports shoes or be barefooted. More than one competitor may be required to compete at the same time on the same area. A panel of 3 judges will award points up to a maximum of 10 in respect of the following criteria:-

TAI CHI / INTERNAL FORMS

HAND FORM

1. Correct posture
2. Correct stance
3. Distinguishing Yin & Yang
4. Intent & focus
5. Coordination
6. Smooth transition from one technique to another
7. Balanced turning & stepping
8. Relaxation & softness
9. Aesthetic appearance
10. Martial spirit

WEAPON FORMS

1. Correct posture
2. Correct stance
3. Distinguishing Yin & Yang
4. Intent & focus
5. Harmony of body & weapon
6. Correct use of Jing
7. Balance & agility
8. Control of weapon
9. Aesthetic appearance
10. Martial spirit

WU SHU/ EXTERNAL FORMS

HAND FORM

1. Correct posture
2. Correct stance
3. Power
4. Intent & focus
5. Coordination
6. Difficulty of Technique
7. Balanced turning & stepping
8. Behaviour and turnout
9. Aesthetic appearance
10. Martial spirit

WEAPON FORMS

1. Correct posture
2. Correct stance
3. Power
4. Intent & focus
5. Harmony of body & weapon
6. Difficulty of Technique
7. Balance & agility
8. Behaviour and turnout
9. Aesthetic appearance
10. Martial spirit

. The judges will disqualify competitors who perform an inappropriate form and will deduct points in accordance with the degree to which a form contains inappropriate movements. Similarly a point will be deducted if a competitor exceeds the time allowed. This will normally be 4 minutes, but for the 42 step and Wu Short Forms, the time limit will be no less than 5 and no more than 6 minutes and points will be deducted on the same basis as before in respect of which the form takes more than 6 or less than 5 minutes to complete. Points will also be directed for stopping, hesitating and dropping a weapon.

After completing their form competitors will wait for the judges to announce the score before leaving the competition area. If competitors wish to appeal a decision they must do so immediately after the event and pay a forfeit of £20 to the appeals committee, which will be repaid if the appeal is found to have merit.

Pushing hands rules

Clothing All competitors should wear suitable sports clothing. No potentially dangerous objects may be worn or carried. Competitors should be clean with nails clipped and long hair tied back.

Categories Minimum age limit is 16 years and written parental permission is required for under 18s. Weight divisions will be determined by the organiser and a weigh-in will be conducted on the day of the competition.

Fixed Step On the referee's instructions contestants will come into a front stance facing one another with the same front foot on the centre line. The referee will bring their arms into contact and they will begin as soon as the referee releases his hand

Duration will be 1 minute. When the timekeeper signals half time, the contestants will stop and change feet before restarting as above. The referee will stop the contest when one or both contestants loses balance, or at his discretion. He'll then restart the contest. Stoppages won't be included in the contest time. When the timekeeper signals full-time, the referee will separate the contestants. After the scorer's announcement, the referee will raise the winner's hand and the contestants will then leave the area.

Scoring 1 point will be awarded if a contestant raises his foot from the floor or steps off balance in any direction or raises any part of the rear foot from the floor. The sole of the front foot may be raised provided that the heel is still in contact with the floor. 2 points will be awarded for a half fall, i.e. where a contestant touches the floor with one knee or hand. 4 points will be awarded for a full fall, i.e. where both hands/ knees/ the buttocks touch the floor.

If both contestants lose their balance in the same exchange, no points will be awarded. Where a contestant is losing balance and grabs the opponent's clothing, 2 points will be awarded to his opponent. The scorer will award points as directed by the referee. If the scores are tied, the first to score will be the winner.

Fouls and disqualifications If a foul is committed, the referee may at his discretion warn the culprit, award 2 points to the opponent or, if the foul is serious, he may disqualify the offender. Fouls include:-

attacks to the groin, legs, head or neck; attacking the joints; punches & kicks; spear hands; throws, sweeps, locks & trips; biting, spitting & scratching; pulling hair or clothing; putting an arm/s around the opponent's back, disobeying the referee, dissent & foul language.

Permitted Moves Contestants may use *peng, lu, ji, an, cai, lie, zhou* and *kao*.

Moving Step The rules shall be the same as those given above with certain additions. The contest area will not exceed 24' x 24'. Contestants will approach one another at the direction of the referee from opposite ends of the contest area and make hand/arm contact. The contest will begin on the referee's command.

Scoring 1 point will be awarded where a contestant steps outside of the area **or** has both feet off the ground **or** staggers 2 or more steps in any direction. 2 points will be awarded for a half fall. 4 points for a full fall and 8 points where a contestant is sent flying out of the area. 1 extra point for good technique may be awarded at the referee's discretion

Permitted Moves Contestants may move freely within the contest area using *peng, lu, ji, an, cai, lie, zhou & kao* etc.

Safe throws, trips, sweeps and locks are permitted.

After completing their contest competitors will wait for the referee to announce the score before leaving the competition area. If competitors wish to appeal a decision they must do so immediately after the contest and pay a forfeit of £20 to the appeals committee, which will be repaid if the appeal is found to have merit.

Full Contact

Kuoshu Lei Tai Rules and Regulations Summary

Format

- Continuous full contact sparring. Contestants may be penalised if they fail to engage.

Match

- Three rounds of two minutes duration with a thirty seconds rest between rounds.

Safety Equipment

- Compulsory: sparring mitts (minimum 10oz), groin guard, gum shield and head guard.
- Optional: soft martial arts shoes, face shield for head guard.
- No other safety equipment is permitted.

Uniform

- Long martial arts trousers, tee shirt (or vest) and sash.

Officials

- One referee and one doctor (first aider) will ensure that competitors stay within the rules and maintain competitor safety.
- Five scoring judges will determine the winner of the round and the match.

Coaches and Seconds

- Each contestant should have at least one coach or a second in his corner.

Illegal Techniques

- Disobeying the Referee's commands.
- Biting, spitting or gouging.
- Striking with the head (head butting).
- Dislocation, and breaking, of the joints.
- Striking to any of the following areas:
 - Eyes
 - Back of the head
 - Spinal column
 - Inner Thigh
 - Throat
 - Groin
 - Joints (Front of Knees)

Legal Techniques

- Striking with fist, palm, forearm, foot, leg, elbow or knee.
- Throwing, wrestling, grappling and take downs.

Points Scoring

- 1 Point Strike or kick opponent to a scoring area with a legal technique.
 Throw opponent and land on top.
 Opponent falls through imbalance.
- 2 Points Throw or take down opponent onto the area and remain standing.
- 3 Points Force opponent from the area.

Winner

- Contestant wins by two clear rounds by points scored.
- Contestant forces the opponent from the area three times in one round.
- Contestant strikes the opponent down three times in one round.
- Contestant wins by knock out or TKO (based on a 10 second count).
- Opponent withdraws from match (throws in the towel).
- Referee judges a mismatch in the skills of the contestants.