

The British Council for Chinese Martial Arts

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# **Tui Shou (Pushing Hands) Competition Rules**

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## Introduction

Competition Tui Shou is designed to allow participants to test their Tai Chi skills against an opponent within a set of rules that allows the various techniques from the different schools and styles of Tai Chi to come together on an equal playing field where no advantage is given to any style or school.

The competition is scored on the ability to uproot your opponent and break balance using the standard principles within all Tai Chi styles, e.g. peng (ward off), lu (rollback), ji (press), an (push), tsai (pull down), lieh (split), chou (elbow stroke) and kao (shoulder stroke).

The use of these techniques will improve skills and take away the physical pull and push which detracts from the purity of the art. The participants are required to compete in both fixed and moving step Tui Shou.

# Competition format

The competition will consist of two 1.5-minute rounds, the first being fixed step and the second being moving step. The winner will be determined by the highest combined score. The points will be awarded by the referee(s).

The format will be either direct elimination and/or round robin determined by the number of contestants in each weight category. The opportunity to compete a second time in a different format will be determined by the availability of resources and number of willing participants.

The contestants shall wait to be called to the area by the referee. They will bow to each other and the head judge, then face each other with their right foot forward and the back of their right forearms touching, with their left hand in contact with the opponents' left elbow, fingers pointing up. The referee will say "Begin" to start the match. No grips or manipulation of balance will be allowed before the referee calls "Begin".

In fixed step the referee will stop the action when points are awarded, and the restart will follow the same format. In moving step points will be awarded in the continuing action and only when the referee stops the action will the restart be required. Points in moving step will be awarded by the referee when it is shown that balance has been broken or movement has been caused by the opponent's technique.

## Competition area

Six meter squared matted area and outer matted area (no-go area - different colour)

## Weight categories

The competition will be set in weight categories as per the following chart and as far as possible these will be applied. However, in situations where the matching of contestants requires adaption the committee reserves the right to match contestants within a plus or minus 5kg range, e.g. 78kg-83kg.

Male	Female
Under 55kg	Under 50kg
Under 60kg	Under 55kg
Under 65kg	Under 60kg
Under 70kg	Under 65kg
Under 75kg	Under 70kg
Under 80kg	Under 75kg
Under 85kg	Under 80kg
Under 90kg	Under 85kg
Under 95kg	Over 85kg
Over 95kg	

# Dress code

All contestants must have bare feet and wear a short-sleeved top and shorts or bottoms which do not obstruct the view of the feet. Sashes will be supplied to wear when competing. Long hair should be tied back, and nails cut short.

The Head Judge will have the final say as to whether any adornment is or is not acceptable in the competition.

Spectacles and hard contact lenses must not be worn. Jewellery must be removed. If a ring cannot be removed, it must be taped over. If the ring is still considered dangerous the contestant will not be allowed to participate.

Any open or recently closed wounds must be sufficiently covered to protect both the contestant and others from contact with blood.

Injured athletes will not be permitted to take part, however if an elasticated support is required one may be used subject to the approval of the Head Judge.

The competitors will be bare footed during the matches. However, it is strongly recommended that all competitors wear appropriate foot covering when not engaged in match play.

Basic hygiene is expected.

# Methods of Scoring

1 point

- Any pronounced movement of opponent's feet other than the raising of the toes of the front foot only (fixed step only).
- One step of opponent in any direction with either leg caused by your technique.
- Any part of the opponent's feet touches the outer matted area.

2 points

- Two steps of opponent in any direction with either foot caused by your technique.

3 points

- Any part of the opponent's body above the foot to touch floor caused by your technique.

4 points

- Both opponent's feet leave the floor caused by your technique (including safe sweeps / throws - moving step only).

Note: no points will be awarded if the contestant initiating the attack simultaneously does any of the above.

# Prohibited techniques / fouls

- Attacks to the head, face, neck, spine, breasts, groin, or joints
- Use of nerve or pressure point holds
- Strikes
- Kicks
- Use of nails
- Holding on to / gripping any part of an opponent, including clothing
- Unsportsmanlike conduct / abusive behaviour
- Not following the instructions of the referees/judges.

The referee can warn, award points against or disqualify anybody committing prohibited techniques / fouls.

## Appeals

The participant has the right to appeal to the Jury of Appeal, only when they disagree with the Head Judge's ruling 'on the athlete's performance' in regard of being injured by their own fault or non-conformity with specifications such as dress code or etiquette.

A competitor representative who disagrees with the Head Judge's decision may submit a written complaint to the Jury of Appeal within 15 minutes of the end of the competitor's event. If the 15 minutes has lapsed the appeal will not be accepted.

### Procedures and Requirements of Appeal

A competitor representative shall send a written appeal to the Jury of Appeal within 15 minutes following the conclusion of the event concerned or in 15 minutes following the conclusion of the competition if it is the last event. The appeal shall be handed in together with an appeal fee of £50, which shall be returned if the appeal proves to be justified and some change is made in the original judgement, and which shall not be returned if the original judgement is affirmed. One appeal shall be confined to one issue.

All participating teams shall abide by the final decision of the Jury of Appeal. In case of disobedience and unreasonable quibbling, the Jury of Appeal may propose to the Competition Committee for earnest treatment, even for a cancellation of competition results.