

The British Council for Chinese Martial Arts

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National Tui Shou (Pushing Hands) Championship 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.

Competition area

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

Competition format

Fixed step: The competition will consist of two 2-minute rounds. In the first round competitors will remain with their right foot forward and in the second round competitors will remain with their left foot forward.

Moving step: The competition will consist of three 2-minute rounds.

The winner will be determined by the highest score. The points will be awarded by the referee(s).

The format may consist of:

- **Direct elimination** - The winner of the round goes forward to meet the competitor in the next round until the final round is reached and the winner is declared
- **Double elimination** - Similar to direct elimination however the loser of each round will compete again
- **Round robin** - Each competitor in a group takes it in turn to compete with every other competitor in the group

which will be 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 salute to each other and the head judge, then face each other with the back of their right forearm 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.

Competitors also participating in Taijiquan / Baguazhang / Xingyiquan routines on the day should arrange for their participation to be completed at the time of starting participation in the Tui Shou Championship.

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

- No spectacles / hard contact lenses
- Long hair tied back
- Nails cut short
- Short-sleeved top
- Shorts or bottoms which do not obstruct the view of the feet
- Bare feet. However, it is strongly recommended that all competitors wear appropriate foot covering when not engaged in match play

- Jewellery 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
- Sashes will be supplied to wear around the waist when competing
- Any open or recently closed wounds must be sufficiently covered to protect both the contestant and others from contact with blood

Please speak to the competition organisers if you have any specific requirements for religious, etc, reasons

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

- 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
- Basic personal hygiene is expected

Scoring system

Fixed step - How to score:

1 point

- Cause one of your opponent's feet to move from its starting position or for one of their heels to lift.

2 points

- Cause both of your opponent's feet to move from their starting position.

3 points

- Cause any part of your opponent's body, aside from their feet, to touch the floor, e.g. a hand / knee.

4 points

- Cause your opponent's whole body to leave the floor.

If there is a clear advantage to one competitor, the round may be ended prematurely.

Moving step - How to score:

1 point

- Cause one of your opponent's feet to step into the outer matted area.

2 points

- Successfully execute a trip (short-action sweep).

3 points

- Successfully execute a sweep.

4 points

- Successfully execute a throw (no overhead throws allowed).

No points will be awarded if the competitor 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.

Rules briefing

On the day there will be a briefing regarding the rules. However, all competitors and their Coaches are expected to know and understand the rules in advance of the competition.

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.

Disclaimer

I certify that I am the competitor / representative of the competitor and authorised to enter the above competitor into this event. I understand that females and males may compete against each other in the same event in situations where the matching of contestants requires adaption and both parties agree. I certify that I understand (and have notified and explained to the competitor if applicable) the nature and risks associated with such competitions and that the competitor understands that they enter events at their own risk and own liability, and that they agree to taking part. The competitor accepts the event rules and that any events may be changed without prior notice or liability to the organisers or the BCCMA or any other person, organisation, or company. Furthermore, the competitor understands and accepts that entry into this event signifies acceptance that the organiser has exclusive video rights and that the performing rights of the above-named competitor are waived in favour of the organiser or its appointed agent for the purpose of video, reproduction, distribution, advertising, and sale thereof. Furthermore, the competitor understands that all athletes are subject to International Olympic Committee (IOC) Dope Testing Regulations under the IOC WADA agreement and may be required to undertake tests, which from time to time are specified by the IOC. The competitor acknowledges that it is recommended that all Tui Shou athletes are inoculated against Hepatitis A and B as it can be transmitted by sweat or blood.

The competitor accepts any appeal against a decision must be made in writing to the organiser before medals are awarded and that no appeal can be made after the medals for that event have been awarded. (The appeal fee is £50, refunded if appeal is upheld, and forfeited if appeal is lost).

The competitor confirms that they have been made aware of the event and the dangers of participation in said event and advised of all the other aspects shown above and will not hold the BCCMA, its officers' members, the event organisers, their officers' members, or any other persons associated with the event liable for any injury or losses, howsoever arising, howsoever caused, in any way, whatsoever. Furthermore, the competitor takes responsibility for their behaviour at all times and accepts that they shall be responsible for the monitoring of the use of the warm-up practice area which will not be supervised by anyone else other than the competitors and their coaches. The competitor / coach shall also be responsible for checking the displayed entry list and making the competitor ready when the event is called. Any errors in these lists must be notified to the organisers before the competition begins. It is also noted that the organisers may merge any categories they deem necessary at their absolute discretion.