

The British Council for Chinese Martial Arts



Tui Shou Competition Rules 2011

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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 come together on a 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 : Peng (Ward Off) LU (Rollback) Ji (Press Forward) An (Push) Tsai (Pull Down) Leigh (Split) Chou (Elbow Stroke) 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 do both fixed and moving sections.

Competition Area

	6	Metre	Square		
The	Outer	edge	of the	area	red

Dress code

All contestants must wear long trousers and a short sleeved tee shirt or equivalent. Sashes will be supplied to wear when competing. Soft soled shoes are optional. Long hair should be tied back and nails cut short.

Competition Format

The Competition will be set in weight Categories as following chart and as far as possible these will be applied but in situations where the matching of contestants requires adaption the committee reserves the right to match contestants within a plus or minus 5kg range **Example** 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	

The competition will consist of 2 1.5 minute rounds the first being fixed step the second being moving step the winner will be determined by the highest combined score. The points will be awarded by the referee who will award points for the first infringement of the rules.

Example: If black raises their heel off floor and their motion forces the opponent to step theirs would be the first infringement so the point would be awarded against them. The format will be either direct elimination or round robin determined by the amount of contestants in each weight category.

In fixed step the only movement of the feet allowed is the raising of the front toes any other movement of the front or back foot is not allowed. 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 right foot forward with their right forearms touching left hand in contact with opponents arm below elbow, on the referees command they will make 3 circles the referee will say **begin** at the end of the 3rd circle. 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 point 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 shown that balance has been broken or movement has been forced by the opponents technique. No lifting opponents legs, Though pushing or controlling with the hands is allowed.

Methods of Scoring

1 Point

- Any movement of the feet other than the toes of the front foot only (**fixed Step Only**)
- One step in any direction with either leg incurred by loss of balance or forced by opponents technique.
- Stepping out of the competition area forced or unforced.
- Warning for infringement of rules.
- Incorrect Dress Code.
- Late entry to the area.

2 Points

- Two steps in any direction with either or both legs incurred by loss of balance or forced by opponents technique.
- Repeated infringement of rules.
- Over aggressive behaviour.

3 Points

- Any part of the body above the foot to touch floor incurred by loss of balance or forced by opponents technique.
- If both contestants touch floor no points will be awarded

4 Points

- If the techniques of Peng or Ji are used causing both opponents feet to leave the foot. the floor and then they fall or touch floor with any part of the body above.

Fouls and Prohibited Techniques

- Use of nails
- Use of nerve or pressure point holds
- Attacks to face the back of the head or throat
- Attacks to groin
- Joint locks
- Use of head elbows legs or knees for strikes or to initiate a throw or take down kicks
- Abusive language or behaviour
- Holding or pulling of clothes or hair
- Attacking a female opponent's breast
- Unsportsmanlike conduct
- Not following instructions of the judges
- Twisting, over-extending, or using techniques causing injuries of the opponent's joints in the legal target area (wrists, elbows, shoulders)
- Bending, twisting, grabbing, spraining, or attacking the opponent's thumbs or fingers
- Grabbing the opponent's waist or below with both hands (Competitors may use one hand to grab and initiate techniques on the opponent's waist for a maximum of 3 seconds.)
- Holding on (grapping the opponent with one or both hands or reaching around the opponent's side or back) to prevent loss of balance

Appeals

Appeals Against any decision should be made in writing to the organisers within 20 minutes of the decision accompanied with £25.00 which will be refunded if the appeal is upheld