

ASSOCIAÇÃO DE ARTES MARCIAIS YANG PORTUGAL



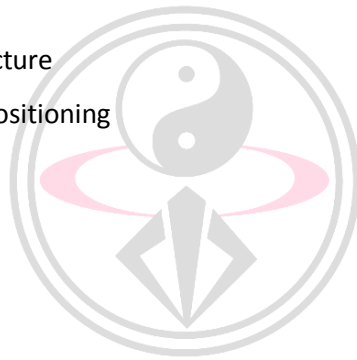
**TUISHOU RULEBOOK - PORTUGUESE YANG'S MARTIAL
ARTS ASSOCIATION
(TUISHOU-PUSHING HANDS)**

Devised by the Technical Committee-
ASSOCIAÇÃO DE ARTES MARCIAIS YANG PORTUGAL

楊氏武藝協會葡萄牙分部

RULES – TUISHOU FIXED STEP

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INTRODUCTION

The rules and guidelines of Fixed Step Tuishou competition, adapted by the Portuguese Yang's Martial Arts Association, was elaborated in 1993 by the Rules Committee of the National Association for Taijiquan of the Republic of China, was duly approved by the Association mentioned above and has been the official ruling for the World Taijiquan Championship of the Republic of China.

Any and all participants in this competition are required to have personal accident insurance valid until the date of the event, with a written and signed liability statement as proof, submitted in due time to the organizers of the event.



Regulamento de Tuishou Fixo Revisto e Corrigido pelo
Corpo de Árbitros Associação de Artes Marciais Yang Portugal
Amadora, 07 de Março de 2014

1. BASIC GUIDELINES

1.1. Insurance

Every competitor is required to have a valid personal insurance until the date of the event by showing a signed statement of responsibility in writing, submitted on time to the organizers or it will not be accepted to enter the competition.

1.2. Term of Responsibility

Every competitor is obliged to know the competition rules as to be aware of the inherent risks, and respect and promote in a healthy and respectful manner the Chinese martial arts and all its players.

As such it must be signed by the competitor himself, or in case of being a minor, by the legal guardian or parent, and submitted on time to the organizers, or else the competitor will not be accepted to enter the competition. (Annex 1)

1.3. Anti-doping

The Portuguese Yang's Martial Arts Association runs its activity in concordance to the principals of ethics and defending the free spirit of sports and his truthfulness.

As such and regarding the N°38/2012 of 12 August law, any kind of doping is forbidden to all competing athletes. (Annex 2)

1.4. Medical Assistance

The organizers of the competition will provide medical assistance, when possible, to all competitors with a Medic or Medical technician on site.

1.5. Video Recording

The organizers will conduct a Video Recording of all events for future documentation, when human and technical means will allow it.

1.6. Miscellaneous

Any kind of situation that occurs while the competition is taking place and that is not mentioned in the rulebook shall be dealt with, by a group decision made by the judges..

2. COMPETITION AREA

2.1. Competition Area Structure

All the competition areas for the championships or tournaments of Taijiquan should meet the following standards:

The ground should be flat, without any object that can hinder the progress of the competition.

The contest area for competition of Fixed Step Tui Shou (定步 Ting Bu) must comply with the information presented in the following diagram:

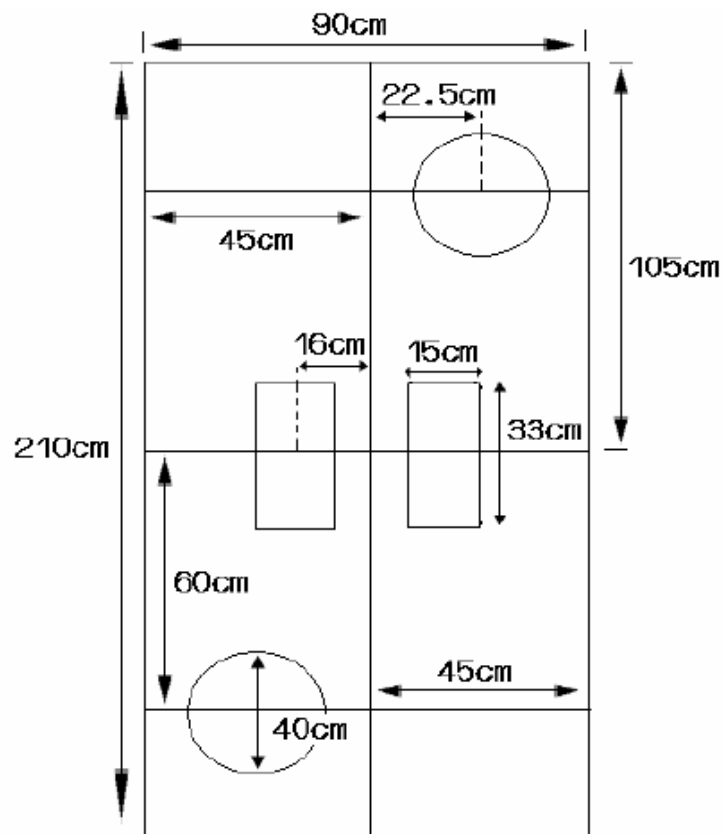


Diagram 1 – Specifications for Fixed Step Tui Shou Areaa - Competition Mat

2.2. Judges and Referee - Positioning

Organizers

The organization shall establish themselves at a visible place, where the Competition Director and supporting staff will present good supervision for the entire competition.

Centre Table

The centre table should be on the side facing the spectators and competitors, to have a parallel arrangement. It shall consist of a Chief Judge, a Time Keeper, and a Score Keeper.

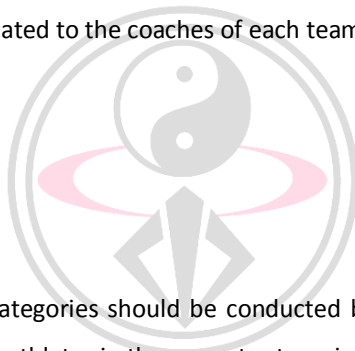
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- The Chief Judge should position himself in the center position of the Centre table.
 - The Score Keeper should position himself to the right of the Chief Judge;
 - The Time Keeper should position themselves to the left of the Chief Judge.

Competition Area

It shall consist of four or two corner judges (also known as scoring judges). This allocation may change upon the number of judges present at the time of the competition. Scoring Judges should be placed in each corner of the competition area, following clockwise, from the centre table left side around to the right side.

Athletes and Coaches

Regarding the entry of athletes in the competition area, it should be stipulated by the organization in accordance with the guidance of one or more areas of competition in the enclosure. The entry must be duly signed and shall be communicated to the coaches of each team.



3. COMPETITION STRUCTURE

3.1 Categories

The registration of athletes into categories should be conducted by the respective coaches, therefore responsible for the insertion of the athletes in the correct categories.

There are four categories of competition:

Age of the athletes at the time of registration in the respective competition categories are considered, resulting in the following age categories:

Bantam [11 years-12 years] between the ages of 11 and 12 years, including.

Beginner-Juniors [13 - 14 years] between the ages of 13 and 14 years, including.

Intermediate Juniors [15 years - 16 years] between the ages of 15 and 16 years, including.

Cadets [17 years - 18 years] between the ages of 17 and 18, including.

Seniors 18 +, ages over 18 years, excluding.

3.2 Weight Categories

The weight categories are divided into two core competition categories: Novice class (which includes Bantam, Juniors and Cadets) and Senior Class.

NOVICE		SENIORS	
Category	Weight	Category	Weight
30kg	≤30kg	48kg	≤48kg
33kg	>30kg a ≤33kg	52kg	>48kg a ≤52kg
36kg	>33kg a ≤36kg	56kg	>52kg a ≤56kg
39kg	>36kg a ≤39kg	60kg	>56kg a ≤60kg
42kg	>39kg a ≤42kg	65kg	>60kg a ≤65kg
45kg	>42kg a ≤45kg	70kg	>65kg a ≤70kg
48kg	>45kg a ≤48kg	75kg	>70kg a ≤75kg
52kg	>48kg a ≤52kg	80kg	>75kg a ≤80kg
56kg	>52kg a ≤56kg	85kg	>80kg a ≤85kg
60kg	>56kg a ≤60kg	90kg	>85kg a ≤90kg
65kg	>60kg a ≤65kg	Over 90kg	>90kg
70kg	>65kg a ≤70kg		
Over 70kg	>70kg		

3.3. Weigh-in and Pairing

The weigh-in is performed one hour before the competition, during a check-in phase, being conducted in the presence of the chief judge or referee, and coach of the respective athlete or team leader as his replacement, the athlete should be weighed while in underwear and barefoot.

The sorting and pairing off of the athletes for the competition, will be held after the weigh-in and in the presence of all referees, coaches and team leaders, starting with the younger athletes and lighter weight classes on to the following categories.

The drawing of lots will only take place when there is more than one athlete in the respective age and weight category.

3.4. Equipment

Athletes should wear t-shirts with the distinctive logo or symbol, representing the school, club or association to which they belong, loose-fitting pants with elastic waist and cotton sports shoes or other specific footwear for the practice of Chinese Kung Fu.

Athletes should not wear any type of rings or bracelets.

The participation of an athlete, whose body is covered with sweat before a fight, will not be allowed.

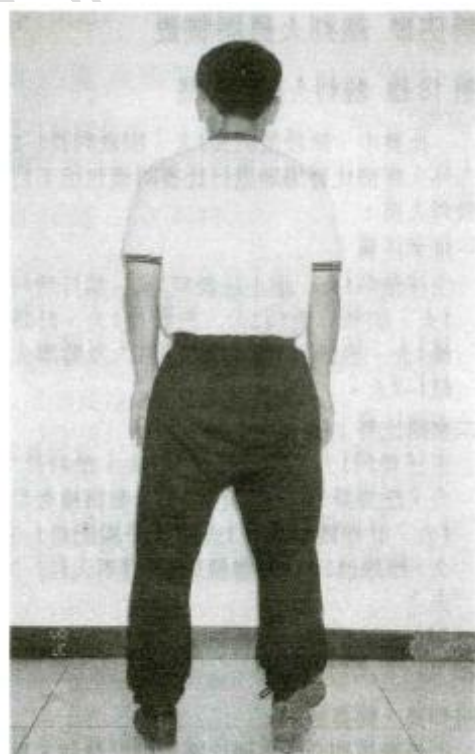
Athletes should use the blue and yellow belts previously given before entering the competition area (or the uniform assigned by the Organizing Committee - see Figures 1 and 2).

3.5. Protective Gear

Athletes have the option of using a jockstrap and/or a mouth-guard, if they prefer or feel necessary.



Picture 2- Tui Shou Competition Uniform (front view)



Picture 1- Tui Shou Competition Uniform (back view)

3.6. Competition and Fight System

The competition will take place in the form of playoffs, without recaps, with all athletes being drawn according to the age and weight class they belong to.

According a multiple of two round system, in this competition there are initially two rounds, each having duration of 1 minute with a 1 minute interval or rest period between them.

A victory in each round is achieved by obtaining the highest number of points. The **victory of the fight** is given to the athlete who wins the more rounds, thus the athlete who **wins both rounds**.

During each round, if an athlete obtains a 10 point advantage over his opponent, he will automatically be awarded an "absolute victory" of the fight.

If the competition is interrupted due to any incidents, determining the winner must comply with the following rules:

In the case of injury by personal carelessness, the injured athlete should be considered defeated, with no penalty awarded to his opponent.

(Note: Any loss of points for technical issues should not be subjected to this rule).

In the case of injury by violation of the rules by the opponent, the victory should be attributed to the injured athlete.

If the fight is stopped for the same reason from both of the athletes, the decision of the winner will be completed by drawing lots.

Any athlete that gives up, leaves or forfeits, while the competition is in progress, will be considered defeated and count as a loss.

3.7. Draw or Tie

In case of a tie, an extra 1 minute round will take place, to find a winner. If the tie persists after the 3 round total, selection of the winner will take place according to the following criteria:

Most points in the sum of three rounds

Number of fouls (less)

Weight (less)

Age difference (younger)

Random draw (if necessary)

3.8. Fight Scheduling and Structure

The competition is organized and structures according to the number of athletes in each respective age and weight category. Preferably by "knock-out" method while the number of athletes is even, by

drawing lots whilst the number of players is odd and greater than three, and by "round-robin" method when the number of players is three.

The structure and scheduling of the fights will be defined by the group of judges and referees, taking into account the opinion of the coaches or team leaders after the draw.

3.9. Winning and Placing

The winner of the fight shall be indicated by the centre table, after appropriate signaling to the head referee, the referee will place the athletes to each of his sides, then raising the winning athlete's hand.

The category winner will be the athlete who after winning all playoffs, also won the final fight. The final fight defeated athlete will be considered second-place of the category.

The third and fourth place will be found among the defeated athletes of the semi-finals.

3.10. Procedure and Requirements of Appeal

Any athlete can challenge any decision or score at any time. However you must do so in writing within 2 hours after the score or decision has taken place, having the athlete to pay a fee of 100.00 €. The athlete must inform the chief referee of his intention before the end of the event so that all athletes can be informed that ruling and arbitration is pending. Any failure in this procedure will annul the challenge and decision appeal.

The judges and referees of the competition will then examine the claim or appeal. If it has a competitive and valid nature, then the decision or score will be adjusted accordingly. The rate paid by the competitor will also be refunded. If the refereeing officials decide that the claim or appeal is not valid, then the decision or score should remain, and the money will not be refunded. The ruling criteria for these proceedings are ahead.

4. COMPETITION PROCEDURES

4.1. Introduction

All competition events and fights will be scheduled in advance and posted at several locations. All athletes must be familiar with the order of events, structure and programming, and check from time to time to make sure that no event has been rescheduled. You should also check in the morning of the event the order of entry into the competition and fight schedule, which will also be displayed.

It is the responsibility of each athlete to be at the event in time to compete.

If any athlete has any questions about which category he is competing in, he should ask the chief judge of their competition area, long before any event starts. He should not wait until the event is about to begin.

4.2. Competition Protocol

- After hearing their name spoken by the announcer, the participating athlete must move to the competition area. The athlete whose name is called three times, with a 30 seconds period between calls, and that does not attend or arrive to the combat area, will be disqualified, being unable to participate in the current and subsequent Tuishou fights.

- Following the announcement of their names, the athletes must move to the competition area and adopt the respective positions.

- In the center of the competition area, the Field Referee will call the athletes to their positions, from where they should subsequently salute the Chief Judge. Then the Field Referee must check the athletes' clothing, confirming that they are able to fight, that none of the athletes has oil on their bodies and that their nails are properly trimmed.

- After a mutual salute, both athletes must start the match, according to the instructions of the Filed Referee.

- Both athletes will put their feet on the marked tags, with the right foot in front, the left foot behind and bodies aligned. Then the right elbow is firmly placed in front of the chest, with the left hand on the opponent's elbow and the tips of the fingers in an upward position. The fight begins once the Field Referee gives the order.

- When the Time Keeper gives the sound, or uses any other method that signals the end of the match, the Field Referee should end the match immediately. Athletes should then return to the respective positions, indicated by the Filed Referee, remaining there for the announcement of the results. After announcing the results, both athletes will salute each other as well as the Filed Referee, and then exit the competition area.

- If the Field Referee does not hear the signal from the Time Keeper, the Chief Judge shall blow a whistle to end the contest. Any points won by the athletes after the end of the fight will not be considered valid.

5. SCORING

Two scoring systems will be considered; field referee scoring and corner judges scoring, with the competition organization having to choose just one of these systems throughout the whole competition.

5.1. Officials and Duties

The composition of the scoring officials for competition are as followed:

- Competition Director, Chief Judge (or Head Judge), Field Referee (Platform Judge), Sideline Judge (or Corner Judge), Time Keeper, Score Keeper

5.1.1 Competition Director

The Competition Director is ultimately responsible for organizing the event. His two main areas of action are the organizing of the event and coordinating the scoring. He has the following powers and responsibilities:

- Responsible for the entire organization and management of the venue of the competition;
- Ensure all the necessary requirements for the competition, referees, coaches, athletes and other participants;
- Preside over the whole body of judges and referees in this competition;
- Confer, nominating and organizing the judges and referees for the different tasks and areas of competition;
- Supervise meetings and members of the organization, to ensure the preparation of the various areas of competition.
- Attend meetings with coaches in order to solve problems related to the competition.

5.1.2 Chief Judge (Head Judge)

Chief Judge is responsible for the group of judges which take part of a specific competition area. He has the following powers and responsibilities:

- Responsible for all the work dynamic of competition in his area;
- The final decision will be up to him, after consultation with the Field Referee, for the resolution of unforeseen or unpredicted situations;
- He may change the score of the Field Referee, if he thinks necessary;
- Alert or disqualify the athlete who disrespectfully does not comply with the rules and Competition Regulation;
- Announce the athletes participating in the fight, announce the winner of the round, and the winner of the fight.

5.1.3 Platform Judge (Field Referee)

The Field Referee is responsible for controlling the entire protocol of combat. He has the following powers and responsibilities:

- Scoring the athletes throughout the fight, using the respective signage;

-
- Report by signage all fouls, exits of the competition area and throws, as also all mixed or unclear techniques, like disqualifications and extreme passivity;
 - Perform all the decisions that aim to comply with the protocol of the competition;

5.1.4 Sideline Judge

The Sideline Referee it's responsible for assisting the Referee Field in their decision-making, considering athlete's feet reposition in the competition area. He has the following powers and responsibilities:

- Signalize by flags the athlete's feet way out of the competition area;
- Signalize by flags the irregular athlete's feet position in the competition area;

5.1.5 Score Keeper

The Score Keeper is responsible for recording all the competition information, that may be requested by the Chief Judge. He has the following powers and responsibilities:

- Ensure that the registration system is fully operational;
- Keep score of all points and fouls awarded by the Referee;
- Registering and keeping score of the points and the fouls corrected by the Chief Judge;
- Compose the sum of all the points awarded by the Referee, in order to determine the final result;
- Responsible for the entire record of proof, in his competition area, that must be delivered in the end to the Competition Director.
- Does the register of all data in its appropriate, for this purpose (Annex 4);

5.1.6 Time Keeper

Timekeeper is responsible for controlling the competition's time periods. He has the following powers and responsibilities:

- Check the time of the rounds;
- Check the rest's time period;
- Suspend the fight time, when requested by the Chief Judge or Referee;
- Signal, using and audible whistle, the end of the rounds and the in-between round rest period.

5.1.7 Judges and Referees Dress Code

The organization of the competition stipulates the use of a uniform among all the judges and referees. These should have the emblems or symbols of the present competition. The whole group of judges and referees is to wear this uniform without exception.

5.2. POINT SCORING AND FOULS

Both athletes will push each other using only Peng, Lu, Ji, An, Cai, Lie, Zhou and Kao, adhering and following the movements of each other, tried to make the opponent lose balance, thus gaining points.

Scoring - 1 Point

In Fixed Step Tui Shou Competition, if the offensive or defensive move of an athlete forces the opponent to reposition his foot outside the marked competition area - 1 point.

When both athletes reposition their foot outside the marked competition area, the point is assigned to the last athlete to do so.

Scoring - 2 Points

In Fixed Step Tui Shou Competition, if the offensive or defensive move of an athlete forces the opponent to reposition his foot and fall to the ground - 2 points.

Note: It is considered a fall to the ground when any part of the body above the knees (inclusive) touches the ground.

Points Lost:

Light (Minor) Fouls - 1 point

Serious Foul - 2 points



No points are awarded when:

When both athletes leave the competition area simultaneously;

Where both players fall to the ground simultaneously;

When both athletes "stick" or "hug" for over 3 seconds.

5.3. Illegal Striking Areas

It is prohibited to strike the opponent in the following areas:

- Head and Neck
- Heart and Armpits
- Groin, Thighs, Knees and Legs

The striking of any of these illegal areas will be considered use of a dangerous and aggressive technique, and therefore, the athlete will be penalized with a serious foul, every time it happens.

5.4. Allowed Striking Areas

All the areas of the body are considered allowed striking areas, except those mentioned in the previous point.

5.3. Illegal Techniques

- To Step, kick or trip the opponent
- Cause the opponent to fall, using your back or hips
- Grab the opponent around the waist or legs, causing him to fall
- Attack the opponent when he is already on the ground
- Insulting (through words or actions) the opponent, referees or any member of the competition, and also disobeying orders or signs from the referee, or violating any relevant rule for this competition

5.5. Penalties and Fouls

The following are considered as Light (minor) Fouls:

Extreme passivity

An Involuntary attack, during the fight, to an illegal striking area

Use of offensive and defensive techniques than are not Peng, Lu, Ji, Na, Cai, Lie, Zhou and Kao.

The following are considered as Serious Fouls:

Deliberate and intentional striking to any of the illegal striking areas

Use of Illegal Techniques

Insulting the opponent or any member of the referee and judging team or the opposing team

Serious acts of indiscipline

The athlete cannot accumulate more than one serious foul per round, with a maximum of two during the course of the fight, including the tiebreaker round. Therefore, the second serious foul during the first or second round, or the third foul in accumulation during rounds, will lead to the disqualification of that competitor and consequent victory of the opponent

6. FINAL REMARKS

All of the sporting and disciplinary situations that may not have been mentioned in this Rulebook will be the responsibility of the group of judges and referees, whom will meet and deliberate in accordance with the objectives and framework of this competition.



ANEXO 1
GLOSSARY OF TERMS OF TAIJIQUAN

1. Tui Shou (推手)

Pushing hands, set of exercises or practices associated with Taijiquan, which aim to develop and apply their martial principles.

2. Peng (棚)

Ward Off: one of Taijiquan's Thirteen Basic Postures

3. Lu (捋)

Roll Back: one of Taijiquan's Thirteen Basic Postures.

4. Ji (挤)

Press; one of Taijiquan's Thirteen Basic Postures.

5. An (按)

Push; one of Taijiquan's Thirteen Basic Postures.

6. Cai (採)

Pluck, Grasp or Pull; one of Taijiquan's Thirteen Basic Postures.

7. Lie (捌)

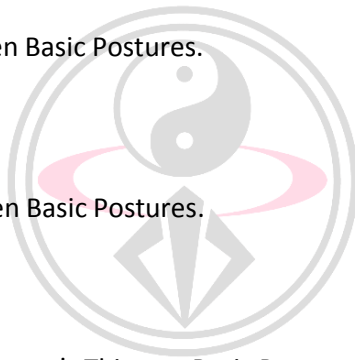
Split or Separate; one of Taijiquan's Thirteen Basic Postures.

8. Zhou (肘)

Elbow , Elbow Strike or Stoke; one of Taijiquan's Thirteen Basic Postures.

9. Kao (靠)

Shoulder Strike or Bump; one of Taijiquan's Thirteen Basic Postures.



ANEXO 2

SIGNAGE ILLUSTRATIONS FOR TUI SHOU COMPETITION



Figure 1 - Start Match

Keep the right palm in upward position and make a downward movement.

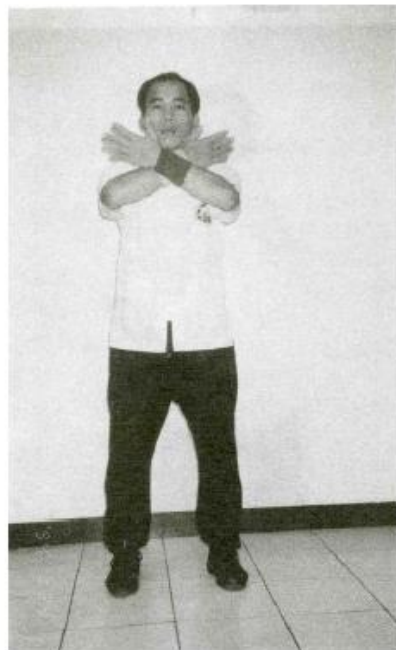


Figure 2 - Stop

Crossing both arms and put them in front of the chest.

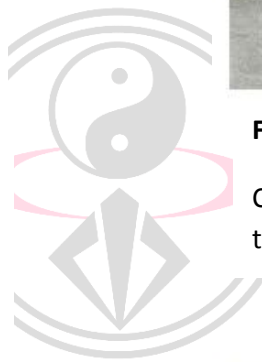


Figure 3 - Time out

Clenching right fist and place it on the left palm.

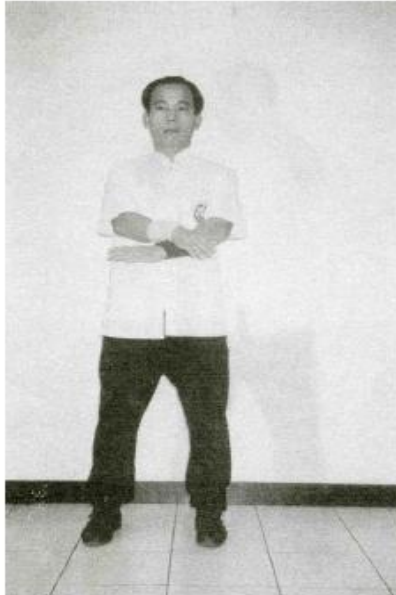


Figure 4 - Draw- Tie

Place both palms down in front of the chest, crossing them 3 times.



Figure 5 - Indicate Step or Transposition of Competition Area Markings

Put the hand in the lateral position, with the palm facing down.



Figure 6 - Fall to the Ground

Pressing the hand toward the ground, with the palm facing down.



Figure 7 - Both athletes fall to the ground, one after the other

Crossing both hands and stretch them forward. The hand that points to the athlete who fell in the first place should be placed below the other.

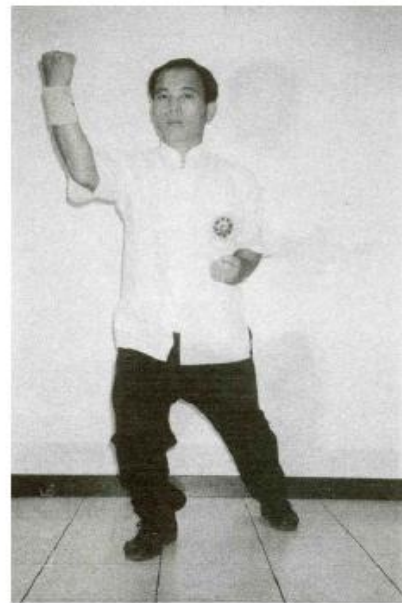


Figure 8 - Warning

Clenching the fist and pointing it toward the athlete who committed the foul.



Figure 9 - Foul

Clench both fists and cross, pointing them toward the athlete who committed the foul



Figure 10 – Over 3 second Clinch

Raise a hand with 3 fingers lifted.



Figure 11 - Suspension of competition

Raise your right hand.



Figure 12 - Announcement of won or lost score

Raise a hand, palm upwards direction.