

## Rules for Taiji quan/Internal Forms (Openhand & Weapon)

Revised 9/12/06 (approved by the Whipping Willow Association)

Competitor's Responsibility:

- ◆ Must familiarize themselves with the schedule of events and location (ring) of competition. It is the responsibility of the competitor to be at his or her event on time to compete.
- ◆ Must check in at the ring with the scorekeeper or ring coordinator a minimum of 15 min. before the beginning of the competition for the division he or she is competing in.
- ◆ Any competitor that has obligation in any other ring(s) must inform the scorekeeper or ring coordinator of possible conflicts at the time he or she checks in at the ring.
- ◆ All competitors are required to be in their uniform and have any equipment needed (weapons) and be ready to perform when he or she is called to compete.
- ◆ Any competitor that may have issue with the judging panel or any member of the panel must make this known and ask for arbitration before competition begins in the division he or she is competing in.
- ◆ Once a competitor has competed, if he or she wishes to ask for clarification or an arbitration regarding scoring it must be done in a respectful manner to the head official directly at the end of competition of the division in question.

The following are the standard ring procedures for each event:

- ① All competitors will be summoned to the ring at least 10 minutes before the beginning of the event.
- ① Should any competitor have any questions as to what category his/her form fits into (i.e.: Long/Short Hand, Northern, etc.), he/she should inquire about this upon checking in with the scorekeeper long before any competitions begin. Do not wait until the event is about to begin.
- ① When the Chief judge sees that all is ready he or she will have announced the name of the first competitor and then the names of the following two competitors to prepare.
- ① When the competitor's name is called, he/she will approach the ring and give a right fist and left palm salute (standing vertical with both feet together) to the Chief Judge only. The competitor shall not bow to any other ring official or it shall be considered a violation of protocol and will be dealt the appropriate deduction. The competitor will hold his/her hand salute until permission from the ring official is given.
- ① Upon receiving the signal from the ring official to enter the ring, the competitor will "march" or walk evenly and directly to his/her beginning position. No more than 5 seconds should be taken for this. At no time should the competitor speak to any officials or judges once his/her name is called.
- ① Once the beginning position is found, the competitor will stand perfectly still at attention, showing the judges and Timekeepers that the form is ready to begin. The time clock will begin at the first sign of movement from this attention position. This attention position should not be held for more than 5 seconds, however, it should be held for at least 2 seconds.
- ① The time clock will stop when the form is finished and the competitor returns to a stationary and relaxed position. Upon completion, the competitor will again "march" or walk evenly to the same place he/she entered, turn around, and face the judges and officials once again in a relaxed, upright position.
- ① After receiving his or her final score, the competitor will acknowledge the score by saluting only the Chief Judge. Now the competitor is finished with his or her form, and may leave the ring area. Departures from this protocol will result in the appropriate penalty being deducted from the merited score of a competitor.
- ① At the conclusion of the final competitors' performance, the Scorekeeper and Chief Judge shall determine the placing of the competitors for awards. The Ring Coordinator will again lead the competitors into the ring and present them to the Chief Judge, who will, beginning with the lowest place, present the awards to the competitors.

## **Division Guidelines:**

### **Costumes/Uniforms**

- ◆ Tops may either be tournament or event T shirts, school T shirts (unless prohibited by the event promoter), or traditional jackets of any Chinese style and material. T shirts shall be tucked into the pants.
- ◆ Pants shall be long and either gathered or open at the ankles.
- ◆ A sash or belt must be worn, except in internal-style events, where the sash is optional. (no karate-style belts)
- ◆ Martial arts style athletic shoes must be worn by all forms competitors. These shoes should be stable and flexible at the ankle and toe, and should have a low profile and good traction.
- ◆ Uniforms should be clean and wrinkle free at the start of the competition.
- ◆ Uniforms bearing distinguishing school or organization logos may or may not be permitted at the discretion of the particular event staff.

### **Deductions for Non-Conformity of Costumes**

- ◆ With the exception of the deductions set out below, cumulative deductions of 0.05 shall be made by the Chief Judge for each nonconformity in costuming.
- ◆ Performers who are barefoot will have 0.10 subtracted from their final scores by the Chief Judge.
- ◆ A performer whose costume is obviously not of a Chinese martial arts style, for example, wearing a karate-style gi, shall have a total of 0.20 subtracted from the final score by the Chief Judge.

### **Weapons**

#### **Spear (Qiang)**

- ◆ The spear shall have a metal tip and shall be fitted with a horsehair tassel.
- ◆ The whole length shall be no shorter than the height of the performer's wrist when he stands erect with his arm raised straight overhead.

#### **Staff and Southern Staff (Gun and Nangun)**

- ◆ Staffs may only have one end tapered - staffs with both ends tapered (such as "bo" staffs) are not permitted.
- ◆ The whole length of the staff/southern staff shall not be shorter than the performer's height.

#### **Sword (Jian)**

- ◆ The weapon shall be a single-hand, double-edged straight sword.
- ◆ The point of the sword shall not be shorter than the bottom of the performer's ear when the sword is held by the guard.
- ◆ For contemporary external and contemporary internal events only: a tassel shall be attached to the pommel of the weapon.

#### **Broadsword and Southern Broadsword (Dao and Nandao)**

- ◆ Both weapons shall be a single-edged blade with slight convex curvature on the cutting edge.
- ◆ The point of the broadsword/southern broadsword shall not be lower than the top of the performer's shoulder when the broadsword is held, guard in hand. For contemporary external and contemporary internal events only: a flag shall be attached to the pommel of the broadsword.
- ◆ Standard weapons of other specifications may be allowed, at the discretion of the Chief Judge, if deemed appropriate to the style being performed.

### **Specifications for Other Weapons**

All other Weapons must be Chinese in origin. Weapons not allowed include, but are not limited to nunchuku, katana, manriki-gusari, kama, sai, etc.

### **Deductions for Non-Conformity of Weapons**

In the event that the weapon's length fall short of the stated lengths, a deduction of 0.05 shall be made for each inch outside of specifications. In the event that the weapon obviously does not conform to the standards set out above in any way other than length, a deduction of 0.10 shall be made, at the discretion of the Chief Judge. In the event that the weapon is obviously not of Chinese origin, the performer shall have a total of 0.20 subtracted from the final score by the Chief Judge.

### **Standard Judging Guidelines: (Tai Chi Openhand Forms)**

All judging of forms competitions is very subjective on the part of the judges, each judge is reminded that he must set any personal preferences regarding the martial arts aside and maintain an open mind and a fair and subjected spirit when scoring. The judging parameters will be based on several key principles such as rooting, body flow, body movement, relaxation, etc. Competitors should not simply "perform" their particular routine, but rather display their abilities in these key principles. Many competitors show most all of the correct postures and form but fail to display to the judges their ability to do their form "internally" rather than as a slower motion "external" form.

Each judge will be using the following guidelines in determining a competitor's score:

- ◆ Correctness of Form \*(must follow Division Guidelines)
- ◆ Strength of Stance/Stability
- ◆ Spirit - Martial Spirit with sense of opponent
- ◆ Overall Impression

The lack of any one of these attributes can critically affect one's final score. Each judge will evaluate, in his/her opinion, how each competitor "rates" in these guidelines.

Should any competitor have any questions as to what category his/her form fits into, he/she should inquire about this upon checking in with the scorekeeper long before any competitions begin.

### **Standard Judging Guidelines: (Tai Chi Weapon Forms)**

The same guidelines as the openhand events will apply here as well. In addition, the judges will be looking for the following:

- ◆ Same guidelines as openhand events
- ◆ Body movement coordination with the weapon
- ◆ Correct application of the weapon
- ◆ Familiarity of the weapon

Should a weapon break during one's form, that competitor may get another weapon and re-perform, but with a ½ point penalty. Should a weapon break during the competition and the competitor continue, ½ point will still be deducted. All competitors should be responsible for the quality of their weapons.

### **Standard Judging Guidelines: (Judging Staff)**

The judging panel will consist of an odd number of judges (3,5,7 etc..) with a minimum staff of three. It is recommended that the judging staff for beginning and intermediate level of competition have a minimum of three judges and a scorekeeper, and advance level have 5 judges and a scorekeeper.

### **Skill Level Division Guidelines:**

You may register at a more advanced level but not a less advanced level than your years of study indicate. If you are advanced in one form of internal then you are advanced in all forms.

- ◆ Beginner ( Under 2 yrs of training)
- ◆ Intermediate ( 2-4 yrs of training)
- ◆ Advance ( 4 years, plus of training)

### **Time Limits for Taijiquan Barehand and Weapons**

- 24 Form Taijiquan (min 4 minute – max 5 minutes)
- Yang, Chen, Wu, Hao, Sun Styles Taijiquan (min 3 minute – max 3 1/2 minutes)
- Other Styles Taijiquan (min 3 minute – max 3 1/2 minutes)
- Baguazhang (min 1 minute – max 2 minutes)
- Xingyiquan (min 1 minute – max 2 minutes)
- Taijiquan Straight Sword (min 2 1/2 minute – max 5 minutes)
- Taijiquan Broadsword (min 2 minute – max 3 minutes)
- Other Internal Weapons (min 2 minute – max 3 minutes)

## **Deductions for over/under time limits**

- ◆ In all cases, routines must violate the time limit by more than 0.09 seconds to be in violation. i.e. the time must be at least a tenth of a second off to be in violation, hundredths of a second does not count.
- ◆ Contemporary external styles – 0.10 points for each increment of 2.0 seconds over or under time limit.
- ◆ Classical (traditional) external styles – 0.10 points for each increment of 5.0 seconds over or under time limit.
- ◆ Internal style routines including 42-Taijiquan and 42-Taijijian – 0.10 points for each increment of 5.0 seconds over or under time limit.

## **Scoring Detail**

For all forms events, the judges will utilize score cards which will show 2 decimal places. Judges should use these decimal places and NOT simply use the first decimal only. Ties can be minimized if both decimal places are used.

## **General Method of Scoring**

- ◆ Scoring by Judges: Scores shall be given by the Scoring Judges based on their evaluation of each competitor's technical execution of his routine, and according to the criteria for the specific event. The score shall be determined by subtracting points specified for errors from the value of points set for various factors. Scores displayed by the judges shall contain two digits after the decimal point, with the second digit being restricted to 0 or 5.
- ◆ Determination of the Merited Score: A competitor's merited score is the average of the middle three of the five scores given by the Scoring Judges. The merited score shall be truncated at two digits after the decimal point.
- ◆ Determination of the Final Score: A competitor's final score is determined by subtracting any points deducted by the Chief Judge from the merited score. The resulting total is the final score.

## **Maximum Score Spreads**

- ◆ The Score-Keeper will determine the high and low score out of the five raw scores and find the difference between them.
- ◆ If the difference is 0.70 or more, the score-keeper will inform the Chief Judge so that she/he can call for a re-score.
- ◆ The Chief Judge will then instruct the Scoring Judges that they must re-score in an attempt to bring the scores within the acceptable range for maximum score spread.
- ◆ The Scoring Judges will then score the competitor again.
- ◆ The second set of scores shall stand, and shall be recorded as the competitor's scores, even if the scores still do not meet the required maximum score spread.

## **Forms Scoring Definitions**

The score received from the judges will rate each competitor in every event he/she competes in. There will NOT be set ranges of scores pre-selected for each division. The scores themselves will give the competitors feedback as to their skill level. All competitors will be judged on a 6.0 - 10.0 scale (it is possible for a beginner to receive a score of 8.0 and above as well as possible for an advanced competitor to receive a score below 7.0). The following definitions shall be used in interpreting scores with skill levels:

### **Scores**

- 6.0 - 6.99 Beginner Level
- 7.0 - 7.99 Intermediate Level
- 8.0 - 8.99 Advanced Level
- 9.0 - 9.99 Very Advanced Level

### **Tie Breakers**

For all forms events, in the case of a tie, all five scores shall be utilized. In the case of another tie, both athletes shall receive the same award.

When there is a tie for first place, there shall be 2 Gold medals awarded, no second place award, and 1 third place. If there is a tie for second, then there shall be 1 Gold medal awarded, 2 Silver medals and no Bronze medal. If there is a tie for third, then there shall be 1 Gold, 1 Silver and 2 Bronze medals awarded.

# Rules for Push Hands

## *RESTRICTED STEP*

### Object::

- ◆ The object of Push Hands competition is to display the application of taijiquan principles in order to unbalance the opponent.

### Competition Area:

- ◆ The competition area will be a square space measuring approximately 15 feet by 15 feet.
- ◆ The area shall be clearly marked at the exact center with a "+" shaped tape line.

### Time limit:

- ◆ 2 one-minute rounds with 15 second rest period.

### Protocol:

- ◆ Starting the match
  1. Opponents face each other and each places his/her foot on the center mark: opponents make contact with the back of the right or left wrist.
  2. The Referee gives the command to begin, at which the competitors are required to perform a minimum of two revolutions before initiating any techniques.
- ◆ During the Match
  1. The Referee directs the match with the verbal signals, "Begin" and "Stop".
  2. The Referee may instruct the competitors to restart under various circumstances such as awarding a point, moving too far from the center, to ensure the safety of a competitor, etc.
- ◆ Awarding Points
  1. Upon seeing an infraction, the Referee commands "stop" to stop action and timing.
  2. The Referee states the violation and violator and the point recipient (e.g., "holding-red, point -white", "off balance- white, point -red" "striking-Red, point-White") and calls for the Scoring Judges to confirm the point.
  3. Note: The Referee does not wait until a competitor fails to stop action, but stops action and timing at the first sign of a competitor being off-balance.
- ◆ Confirmation of Point by Scoring Judges
  1. The judges may confirm the point by holding up the flag color or not confirm the point by holding flag stick horizontally (either disagreeing or unable to confirm because of not seeing the action).
  2. If two of the three judges confirm the point, the Referee awards it and instructs the recorder to record the point.
  3. A judge may also hold the opposite color flag up, if he or she saw something different. In that case, the judge will call out his or her reason.
  4. The Referee will not call for points other than what he or she saw. The judges score will be asked for only once.
  5. The Referee restarts the action and timing immediately.
- ◆ Ending the match
  1. At the end of the match, the Referee will stand between the contestants and announce the winner of the match.
  2. Upon the announcement of the winner, preparations for the next match will begin.

## **RULES**

### Legal Target Areas:

- ◆ Attacks may be made within restricted areas of the body, from below the base of the neck to above the tail bone or bladder area.

### Illegal Target Areas:

- ◆ Pushing the neck, head, bladder, area, hip joint, or leg is illegal.

### Stepping:

- ◆ Competitors may take a step or steps forward or backward, with either the front or the back foot but may not reverse the stance, i.e., the front foot must stay forward.
- ◆ Competitors must keep to the orientation of the center line; they may not step to the side to defend or to gain an advantage in pushing.

**Errors:**

- ◆ Loss of Balance.
- ◆ Taking a step to prevent loss of balance that results in reversing the stance.
- ◆ Endangering oneself.

**Personal Violations:**

- ◆ Grabbing the opponent's clothes.
- ◆ Using techniques inappropriate in strength.
- ◆ Double grabbing (gripping the opponent with both hands).
- ◆ Holding on (gripping the opponent with one or both hands or reaching around the opponents side or back) to prevent loss of balance.
- ◆ Attacking an illegal target area.
- ◆ Reversing the stance to gain advantage.

**Serious Personal Violations:**

- ◆ Striking, hitting punching.
- ◆ Using the head to attack.
- ◆ Using the legs, knees or feet to attack.
- ◆ Twisting the joints, grabbing, or ginna (chin na).
- ◆ Using pressure points.
- ◆ Pulling hair or beard.
- ◆ Attacking the groin area.
- ◆ Using any technique determined to cause injury to the opponent.
- ◆ Unsportsmanlike conduct.

**Technical Violations:**

- ◆ Not following instructions of the Referee.
- ◆ Not completing the mandatory number of revolutions.
- ◆ Receiving coaching during the round.

**Cautions:**

- ◆ The Referee may issue a verbal "caution" at his/her discretion..

**Disqualification:**

- ◆ Competitors may be disqualified for one Serious Violation and must be disqualified for two Serious Violations.
- ◆ A competitor may be disqualified by the Referee in consultation with the judges.

**Judging Guidelines:**

- ◆ One point is awarded to a competitor each time his/her opponent makes an error as defined above.
- ◆ One point is awarded to a competitor each time his/her opponent commits a personal or technical violation as defined above.
- ◆ Two points are awarded to a competitor each time his/her opponent commits a serious personal violation as listed above.

**Determining the Winner:**

- ◆ The competitor who has the most points at the end of the match wins the match.
- ◆ Tie Breaker-In case of a tie, the match goes to the competitor with the least number of Serious Warnings, then the least number of Warnings. If the tie is not broken by Warnings, another complete single round is played.

## ***PUSH HANDS-MOVING***

### **Object:**

- ◆ Same as Restricted Step Push Hands.

### **Competition Area:**

- ◆ The competition area will consist of two concentric circles: the inner circle will be 15 feet in diameter, the outer circle will be 21 feet in diameter.
- ◆ The area shall be clearly marked at the exact center with a "+" shaped tape line.

### **Time Limit:**

- ◆ One continuous 90-second round.

### **Protocol:**

- ◆ As with restricted step regulations, the Referee shall stop the action immediately upon seeing any error or violation (such as loss of balance, struggling by either competitor, use of too much effort to push, etc).

### **Rules:**

- ◆ Same as Restricted Step Push Hands with the following exceptions:
- ◆ Stepping is allowed.
- ◆ Additional points are awarded for causing one's opponent to step on or beyond the boundaries of the inner and outer ring.

### **Judging Guidelines:**

- ◆ Generally, points will be awarded in exactly the same manner as described for Restricted Step Push Hands.
- ◆ In addition, points are also awarded for the following:
- ◆ Two points are awarded when the opponent steps on or outside the inner circle.
- ◆ Three points are awarded when any part of the body touches or falls on or outside of the outer circle.

### **Determining the Winner:**

- ◆ Same as Restricted Step Push Hands.
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## **The Grand Champion Cup Internal All-Around Titles, Male and Female**

To qualify you must register in all advanced events.

### **4 Required Events:**

- ◆ One major barehand style (24, 42, Chen, Yang, Wu, Bagua or Xingyi)
- ◆ One additional barehand style (any taiji, bagua, xingyi or other internal)
- ◆ One internal weapon
- ◆ One additional event (any internal barehand or weapon)

The four final scores for the competitors top four events (you can do more and the top four will count) will be averaged to determine an overall average score. The male and female competitor with the highest average score will receive the all-around title and a trophy.