

# The TCFE European Championships

## *Rules*

### Form events

- Solo forms for Taiji Quan, Bagua Zhang and Xing Yi Quan – with or without weapons.
- Group forms for Taiji Quan, Bagua Zhang and Xing Yi Quan – with or without weapons.
- Choreographed confrontation demonstration – with or without weapons – such as San Shou, Tui Shou, Two-person form etc.

### Pushing hands events

- Fixed step pushing hands
- Moving step pushing hands
- Free Moving step pushing hands

### The rules

The rules are based on the following **main principles**:

- The rules should be easy to read, understand and explain.
- The rules should be easy to use for judging.
- The rules should let the participants express their skill to as high degree as possible, while maintaining a reasonable level of safety for everyone involved.

### General rules

**Rule 1 Participation** – To participate in the championships the individual must be a member of a national organization which is a member of the Taijiquan and Qi Gong Federation for Europe (TCFE).

**Rule 2 Payment** – The payment of the competition fees must be made by the national organization, and not by the individual competitors. The payment must be made to the organizers at the date stated by them.

**Rule 3 Registration form** – The registration must have arrived at the organizers no later than the date stated by them. If registration reaches the organizers after this date, the participant will not be accepted for the competition.

**Rule 4 Registration and weigh-in** – Competitors shall present themselves for registration and weigh-in at the date & time given by the organizers. **After the set time, no more registrations will be accepted.**

**Rule 5 Insurance** - By signing the registration form the participant accepts the rules and the risks of the competition. Neither the organizers nor TCFE can be held liable in case of injury. It is the competitor's own responsibility to have suitable insurance.

**Rule 6 Fair play** - Participants are expected to behave in a spirit of fair play and not seek unfair advantages over other participants or try to find loopholes in the rules etc. Foul language or impolite gestures to other participants or officials are not acceptable.

**Rule 7 Rule breaking** - Participants breaking the rules of the competition can be given warnings, have points deducted (in forms) or points can be given to their opponent (in pushing hands). In extreme cases participants can be disqualified.

Repeated violation of the rules is grounds for direct disqualification.

**Rule 8 Appeals** - Appeals concerning judgments and decisions must be received by the secretariat in written form within an hour of the incident to be considered.

Appeals will be handled by the Appeal Committee.

Appeals may never be presented during pushing hands matches, but only after the end of the match. A deposit of 80€ shall be made at the same time as the appeal.

The deposit will be repaid if the complaint is found to be of merit, regardless of the final decision.

**Rule 9 Injuries** – The competition medic always has the final decision whether an injured competitor - due to health and safety reasons - can be allowed to continue the competition or not. The medic's decision can not be disputed.

**Rule 10 Walk over disqualification** - If a competitor does not appear after being called three times to the competition area he will be disqualified from that event.

If a competitor cannot appear because he is busy competing at another event he must inform the secretariat to avoid disqualification by walk over. This can be done in person or through a

spokesperson.

**Rule 11 Rest between events/matches** – A competitor has the right to two minutes of rest in between matches or form performances.

**Rule 12 Junior participants** - Participants aged under 18 years may only participate with the consent of their teachers and with written parental authorisation. Participants must be at least 16 years old to participate.

**Rule 13 Event categories** - The organizers reserve the right to change the competition categories if necessary. The organisers cannot guarantee that all events will take place. A minimum of two participants in an event is necessary, otherwise the event will be cancelled. If there are only two participants in a class, a medal will only be awarded for 1st. If there are only three participants in a class, medals will only be awarded for 1st and 2nd place.

## Rules for form events

**Rule 14 Scoring for form events** – The scoring for all form events is done by 3 judges giving scores from 0,0 – 10,0 using the criteria for that event type. A final average value is given by adding the 3 different scores and then dividing that sum by 3.

If two or more final scores are equal, then their order is decided by removing the highest and lowest scores.

**Rule 15 Maximum difference in scoring** – If there is a difference in the scores of any two judges of 1.5 points or more there must be a judges' meeting, after which the judges will re-score. If there is still a difference of 1.5 points or more, they must refer the matter to the Technical Committee.

**Rule 16 Judges' meeting after first performance** - After the first form performance in each event, the judges will have a short meeting to discuss the level of the performance and their scoring. Except for this and the judges' meeting the judges will not normally speak to each other during the event.

## Solo forms

**Rule 17 Experience levels** - All solo form events are divided into the following experience levels:

- Beginner - less than two years of training in the particular style.
- Intermediate - less than five years of training in the particular style.
- Open - open to all competitors

The time one has practiced the particular style shall be up to and including the first day of the competition.

**Rule 18 Experience levels in different martial arts** - A participant may have different experience levels in different martial arts, for example intermediate in Taiji Quan, and beginner in Bagua Zhang.

**Rule 19 Experience levels in different sub-styles** – With regard to the experience levels all sub-styles of a martial art count as the same art. This means for example that a participant cannot be intermediate in Yang style Taiji Quan and beginner in Chen style Taiji Quan.

**Rule 20 Solo hand form categories.**

### Taiji Quan:

- Chen lineage Taiji Quan
- Yang lineage Taiji Quan
- Wu lineage Taiji Quan
- Hao (Wu) lineage Taiji Quan
- Sun lineage Taiji Quan
- Zheng Manqing lineage Taiji Quan
- IWUF-42 hand form
- Fast forms of Taiji Quan
- Other Taiji Quan hand forms

### Bagua Zhang:

- Bagua Zhang

### Xing Yi Quan:

- Xing Yi Quan

## Seniors event

Senior practitioners (defined as at least 55 years old) of Taiji Quan, Bagua Zhang or Xing Yi Quan, may choose to participate in the Senior hand form event. This will be a mixed event where participants from all styles will be able to compete against each other. Seniors may also choose to participate in the regular form events.

**Rule 21 Weapon form categories –**

- Sword (Jian)
- Sabre (Dao)
- Spear / Staff
- Fan
- Other weapons

**Seniors event**

Senior practitioners (defined as at least 55 years old) may choose to participate in the Senior weapon form event. Seniors may still choose to participate in the regular form events. Weapon events are divided according to the weapon and not according to style of martial art. Different styles of internal martial arts will be able to compete against each other in the weapon form events.

**Rule 22 Actual competition events** – Depending on the number of participants in the event classes (see rule 20 and rule 21), they might be split into sub-classes. For example there might be a separate form event for simplified 24 Yang style hand form if enough participants apply for this form. On the registration form participants must specify in detail the form/lineage they wish to compete with.

**Rule 23 Time limit for solo forms** – All forms, except the IWUF-42 and Wu Family competition hand forms, should be performed in 4 minutes or less. The IWUF-42 hand form and Wu Family forms should be performed in no less than 5 minutes, and no more than 6 minutes. These are the only exceptions to the 4 minute time limit.

**Rule 24 Overtime** – If the performance has not stopped completely within the time limit, one point will be deducted from the final score (equal to a one score deduction from each judge). The participant must stop when the final time limit is reached.

**Rule 25 Finals** – If there are more than three (3) competitors in a form event there will be a qualification round. The competitors with the three highest scores will qualify for the final round. The competitor who scored lowest in the qualification round will start first in the final round. The Secretariat may at its discretion require 2 or more competitors to perform on the same competition area after positioning themselves appropriately in consultation with the judges. In such cases any encroachment on a fellow competitor's space may result in judges deducting points from the encroaching competitor.

**Rule 26 Ties in the finals** – In the case of a tie that affects the first, second or third place, the judges will ask competitors to repeat their forms.

**Rule 27 Criteria for hand form** – The following judgement criteria will be used for all hand forms:

1. Correct Posture
2. Correct Stance
3. Distinguishing Yin & Yang
4. Intent and Focus
5. Coordination
6. Smooth transitions between techniques
7. Balanced turning and stepping
8. Softness and Relaxation of the body
9. Aesthetic appearance
10. Martial spirit

**Rule 28 Criteria for weapon form** – The following judgement criteria will be used for all weapon forms:

1. Correct Posture
2. Correct Stance
3. Distinguishing Yin & Yang
4. Intent and Focus
5. Harmony between Body and Weapon
6. Correct use of Jin

7. Balance and Agility
8. Control of Weapon
9. Aesthetic appearance
10. Martial spirit

**Rule 29 General fouls for form events** – The following fouls will result in a one point deduction from each judge:

- | Hesitating in a form
  - | Performance of obviously inappropriate moves such as cartwheeling or somersaulting.
  - | Losing control over the weapon. For example dropping the weapon, hitting the floor by mistake or cutting yourself with the weapon.
  - | Finishing the form facing the wrong direction.
- If the form performed obviously is not of an internal style the judges will contact the Technical Committee, which has the right to directly disqualify the competitor.

## **Fast Forms**

A fast form is mainly performed fast or with sudden changes of speed. Included in this event are Chen Cannon Punch, Traditional Yang Kuai Quan etc. In case of doubt contact the organizers.

### **Rule 30 Criteria for Fast Forms**

The criteria for judging fast forms is the same as for judging solo hand form (see rule 27), with the following additions:

11. Explosive use of Force (Jin)
12. Clear and defined techniques

## **Group forms**

This event category is for groups of people performing a hand form or weapon form together.

**Rule 31 Group size** – The group shall consist of three persons.

**Rule 32 Time limit for group forms** – The time limit for group forms are the same as if the form would have been performed solo, see rule 23.

### **Rule 33 Criteria for group form**

The criteria for judging group form is the same as for judging solo form (rule 27 for empty hand forms and rule 28 for weapon forms), with the following additions:

11. Management of space and time
12. Coordination between members of the group

## **Choreographed confrontation demonstration**

This event category is for groups performing some kind of choreographed confrontation demonstration. For example:

- Tui Shou demonstration
- San Shou demonstration
- Dui Lian - Two person forms demonstration
- Weapon demonstrations

We encourage all forms of group work but the demonstration must represent a confrontation or partner work, with or without contact. It is allowed to combine a form performance with for example a san shou demonstration to show the applications of the form movements, but pure form performances belong in the group form category.

In this event **only**, music will be allowed as background to the performance.

**Rule 34 Group size** – The group shall consist of two or three persons.

**Rule 35 Time limit for choreographed confrontation demonstration** – The demonstration must be performed in 4 minutes or less.

### **Rule 36 Criteria for choreographed confrontation demonstration**

The criteria for judging choreographed confrontation demonstration shall be the same as for judging solo forms (rule 27 for empty hand forms and rule 28 for weapon forms), with the following additions:

11. Management of space and time
12. Coordination between members of the group
13. Choreography

## Conduct of form events

On being called, competitors will enter the competition area, salute the judges and present himself/herself by name, stating the form that will be performed. In the group forms the team leader will present the team with the name of the school and the form that will be performed. The timekeeping will start as soon as the participants begin to perform the form.

For all forms, except the IWUF-42 and Wu Family Competition hand forms, a signal will sound at 3 minutes and 50 seconds, indicating that the competitor has 10 seconds left to finish. 10 seconds later a final signal will sound, indicating that time is up.

For the the IWUF-42 hand form and Wu family competition hand forms a signal will sound at 5 minutes and from this moment the competitor has 1 minute to finish the form. A final signal will sound at 6 minutes indicating that time is up.

At the time of the final signal, the performance must be completely finished and the participant standing relaxed or in a "ready" position etc, otherwise the participant will have points deducted as specified in rule 24.

On completion of their forms, competitors will wait for the judges to show their scores before saluting and leaving the area.

## Rules for pushing hands events

**Rule 37 Weight classes** - The following weight classes will be used in all pushing hand events:

Women: -52 kg, -57 kg, -61 kg, -64 kg, -67 kg, -71 kg, -75 kg, -80 kg, -85 kg, +85 kg

Men: -60 kg, -66 kg, -73 kg, -77 kg, -81 kg, -85 kg, -90 kg, -95 kg, -100 kg, -110 kg, +110 kg

If there are too few participants registered for a weight class it may be cancelled or combined with another weight class.

**Rule 38 Matching of weight class** – At the time of weigh-in, a competitor who is no longer in the weight class for which he is registered is not assured of a place in the competition.

**Rule 39 Clothing and appearance** – All competitors must be barefoot or in soft martial arts shoes, and otherwise suitably clothed. The wearing of jewellery, watches, glasses and other items which could be a danger to the opponent or the competitor is forbidden. Nails must be cut short and long hair must be tied back. The judges must be able to see the feet of the competitors. The shirt sleeves must not cover the elbow. **Hands and arms must be free of any foreign substance.**

**Rule 40 Match length** – Match length is 2x1 minutes. The clock will continue to run as long as the judge does not call a time out.

**Rule 41 Clinch** – In the case of a clinch where no technique is applied the judge may break and restart the match.

**Rule 42 Knockout basis** – Each pushing hands division will be run on a knockout basis until the finalists and the contestants for 3<sup>rd</sup> and 4<sup>th</sup> place are decided. Contests cannot end in a draw and the first to score a point in extra time will be the winner.

**Rule 43 Pushing hand finals** – A final cannot end in a draw and will be extended by 2x30 seconds, if it is still undecided after this, the first to score a point will be the winner.

## Fixed Step Pushing Hands

**Rule 44 Starting position in fixed step PH** – The competitors face each other in a front stance with the left foot on the middle line. The judge brings the competitors' left arms into contact. Each competitor's right hand rests on the opponents left elbow (no gripping!). The match starts on the referee's command as soon as the referee feels that both competitors are relaxed.

**Rule 45 Half time in fixed step PH** – At half time the competitors change their forward foot.

**Rule 46 Allowed techniques in fixed step PH** – The following techniques are allowed:

Peng, Lu, Ji, An, Cai, Lie, Zhou (not elbows) and Kao.

**Rule 47 Fouls in fixed step PH** - The following techniques are not allowed:

- Attacks against the groin, legs, head and throat.
- Strikes
- Kicks
- Throws

- Trips
- Locks against joints.
- Biting
- Clawing with nails
- Pulling of clothes or hair
- Holding/grabbing around or on the opponents back, neck or head.
- Strikes or other attacks against nerve centres are strictly forbidden.
- Female competitors are not allowed to wilfully push/attack the opponent's breasts.

#### **Rule 48 Scoring in fixed step PH**

- 1 point is awarded if the opponent raises any part of a foot from the ground. The sole of the forward foot may be lifted provided that the heel is still on the floor.
- 2 points are awarded if the opponent moves/raises both his feet.
- 4 points are awarded if the opponent touches the floor with any part of his body except the feet.

### **Free Moving Step Pushing Hands**

In free moving step pushing hands the competition area is a square of 4 x 4 meters. The competitors are allowed to move freely within this area.

The rules are as in fixed step with the following changes/additions:

**Rule 49 Starting position in free moving step PH** – The competitors make contact with their left arms only and rotate around in a circle (counter-clockwise). The match starts on the command "Start" from the judge.

**Rule 50 Half time in free moving step PH** – At half time the competitors begin with their right arms forward rotating in a circle (clockwise).

**Rule 51 Allowed techniques in free moving step PH** – The following additional techniques are allowed:

- Low sweeps
- Throws at waist height and below.
- Leg tripping
- Safe locks
- Holding around the opponent's back
- Grabbing the legs.

Please note: Sweeps should be preceded by the breaking of the opponent's structure and balance; kicking the opponent's legs out from under him is not considered a sweep.

#### **Rule 52 Scoring in free moving step PH**

- 1 point is awarded if the opponent puts one foot outside of the competition area.
- 2 points are awarded if the opponent puts both feet outside of the competition area.
- 4 points are awarded if the opponent puts any part of the body other than the feet on the ground.
- 8 points are awarded if the opponent is sent flying outside the competition area. (Leaves the competition area in the air and falls down.)

### **Moving Step Pushing Hands**

As in free moving step but with the following changes/additions:

**Rule 53 Allowed techniques in moving step PH** – The following techniques are allowed:

- Leg tripping is allowed
- Grabbing with the hands are allowed but must result in a technique within 5 seconds.

**Rule 54 Fouls in Moving Step PH** - The following techniques are not allowed:

- Throws
- Sweeps
- Locks
- Holding around the opponents back
- Grabbing without attempting a technique within 5 seconds.
- Grabbing the legs

#### **Rule 55 Scoring in moving step PH**

- 1 point is awarded if the opponent puts one foot outside of the competition area.
- 2 points are awarded if the opponent puts two feet outside of the competition area.
- 4 points are awarded if the opponent puts any part of the body other than the feet on the ground.
- 8 points are awarded if the opponent is sent flying outside the competition area. (Leaves

the competition area in the air and falls down.)