



Competition Methods of Taiji Push Hands

Principles of Competition

1. During the competition, the principle of “attacking while being defensive and being defensive while attacking”, “protecting yourself while threatening the opponent”, and “defeating the opponent instead of being defeated” should be followed.
2. The competitors should control each other by arms touch, adopt the principles like “push”, “pull”, “attack slantingly”, and “wring” to make the opponent to lose balance and fall down or fall off the platform. The techniques of Taijiquan “lure the opponent's advance into emptiness, give out force and attack back”, “avoiding attack from the opponent and give out force swiftly” should be embodied.

Competition Method and Touching Parts

1. At the beginning of each round, the competitor should step on the center mark of the platform with their front feet, cross their arms to touch each other to form a starting gesture. When the platform judge orders to “start”, they may attack each other.
2. Attacks may be made within the restricted areas of the body: from below the neck, above the coccyx or bladder area and the arms.
3. Arms can be pushed the valid areas of the body. And the skills like “Peng” (Wardoff), “Lu” (Roll back), “Ji” (Push), “An” (Press), “Lie” (Split), “Cai” (Pull down), “Zhou” (Elbowing), “Kao” (Shoulder strike) could be adopted.
4. Single arm’s skill could be used in the competition. However, using both hands to hold opponent’s arm tightly and attack before the opponent reacts are forbidden.
5. Competitors may use foot techniques (foot hook, hold back, put up, stumble), but the foot should not leave the ground. The wrestling skills (sweep kick, hook kick, block, hook inward and outward, and hook upward) are forbidden to use.

Absolute Victory

1. The competitor should be the winner if he or she wins 10 points more than the opponent in a bout.
2. When there is great disparity of techniques between the two competitors, the platform judge with the approval of the head judge, may proclaim the stronger competitor to be the winner of the bout.
3. During the competition, if one competitor abstains from the competition, the opponent shall be the winner.
4. If during fighting a competitor is injured by foul actions and unable to continue the fight as justified by the doctor, the injured competitor will be the winner of the bout.
5. The competitor who gets more points shall be the winner if one competitor is injured not because of foul actions.

Scoring Criteria

1. The competitor who gets more points shall be the winner.
2. If both the competitors have won the same number of points in a bout, the winner will be the one whose weight is lighter. If the points are still the same, the one who gets fewer admonitions and/or warnings will be

the winner. If still the same, the initiator shall be the winner.

Winning Points

1. Winning 3 points:
 - The competitor who knocks the opponent down or out of platform by using valid techniques shall be awarded 3 points.
2. Winning 1 point:
 - The competitor who pushes hard on the opponent's chest for two consecutive times shall be awarded 1 point.
 - Forcing the opponent to fall and use extra support shall be awarded 1 point.
 - If one competitor makes his opponent fall out of the platform or fall down, if he falls after the opponent, he shall be awarded 1 point.

Principles of Penalty

1. Admonitions: The competitor who is given an admonition will get a penalty to fight at the corners.
 - Pull, drag, and brace forcefully and maliciously.
 - Both hands inserting the opponent's armpit for more than 6 seconds without any action.
 - The competitor purposely causes his opponent to commit a foul.
 - Grabbing the opponent's clothes by one or both hands, or grabbing the opponent tightly by both hands.
 - Attack before the judge orders to start the fight, or attack after the judge orders to stop the fight.
2. Warning: A warning will be given to the competitors for the following actions:
 - Striking by fist, hitting by head, finger poking, pulling hair, sticking up fingers, elbowing, attacking groin area or gripping the throat;
 - Attacking any part of body excluded the valid parts;
 - Impolite to judges or disobey judges;
 - To be given two admonitions.
 - A competitor shall be disqualified from the competition and his competition results shall be cancelled for the following actions:
 - Abuse, insult or humiliate platform judges.
 - Intentionally attacking the opponent's invalid parts.

Push hands competitions :

- Push hands will be held separately for women and men. There are ten weight grades for men and eight for women.
- A consent letter must be signed by a parent or a legal guardian for participants under 18. A voluntary agreement or waiver is required for all participants.

Push hands competition rules :

1. Push hands competition uses single elimination. The winner of best of three rounds wins the match.
2. For fixed-step push hands, 2 rounds, each round is 60 seconds of accumulated contest time, and there is a 60-second rest period between rounds. For moving-step push hands, each round is two (2) minutes of accumulated contest time with a one (1) minute rest period between rounds.
3. Scoring for fixed-step push hands :
 - A contestant scores one (1) point if a he or she uses fa-jing or evasion techniques to cause the opponent to move his or her step.
 - A contestant scores two (2) points if a he or she uses fa-jing or evasion techniques to cause the opponent to fall on the floor, which is defined as "any part of the body above the knees (including the knees) touching the floor".

4. Scoring for moving-step push hands :
 - A contestant scores one (1) point if a he or she uses fa-jing or evasion techniques to cause the opponent to be out of bound.
 - A contestant scores two (2) points if a he or she uses fa-jing or evasion technique to cause the opponent to fall on the floor, which is defined as “any part of the body above the knees (including the knees) touching the floor”.
5. Technical wins :
 - Moving-step push hands technical win: When the scoring gap between contestants reaches (10) points or more, the score leader wins the match. It is called ascoring technical win.
 - Fixed-step push hands technical win: When the scoring gap reaches (10) points or more, the score leader wins the match. It is called a scoring technical win.
6. No scores :
 - Moving-step push hands: When one contestant uses fa-jing technique that causes both sides to step out of bound at the same time, neither side scores.
 - Fixed-step and moving-step push hands: When one contestant uses fa-jing technique that causes both sides to move their step or fall on the floor one immediately after the other, neither side scores.
7. The competition floor for fixed-step and moving-step push hands contests will be setup as follows :
 - Fixed-step push hands: A six (6) meters by six meters square padded floor. A raised part, 3-centimeter thick, is in the middle of the square
 - Moving-step push hands: An eight (8) meters by eight meters square padded floor and in its center is a circle six (6) meters in diameter. The circle is the bound of the moving-step push hand contests.