



# KICK PUNCH FU FREE STYLE HANDS TO HANDS RULES

## 1. Competition Site and Accompanying Facilities

- A circle of between 12 and 15 feet in diameter should demarcate the effective competition arena. The line of demarcation should be of thickness 5 cm.
- All matches are conducted on an elimination basis. If there are only 3 competitors in a division, the matches are conducted on a round robin basis.

## 2. Competition Rules and Regulations

- All participants are to adhere to the principles of sticking, connecting, adhering, following, overcoming force by yielding to it, and emphasizing technical finesse over force. Thus, competitors are only permitted to employ the orthodox Taijiquan techniques such as ward off, rollback, press, push, etc. that are congruent to the preceding principles mentioned to unbalance their respective opponents. No wrestling, punching, kicking, or vicious sweeping is allowed.
- Each match is divided into 3 rounds. Each round spans a duration of 2 minutes, accompanied by a rest of 1 minute after each round. The winner of each round is decided by the total points scored. A contestant who wins 2 rounds out of the 3 is the winner of the match.
- If there is an inconclusive verdict after 3 rounds, the referee is to declare a draw. One (1) sudden-death, overtime round will be conducted for 1 minute. The winner of this round will be declared the winner of the match. If there is still no conclusive verdict after the overtime round, the competitor with the least amount of fouls will be declared the winner. If there is still no conclusive verdict, judges will counsel and deliberate with the Arbitrator, and the final verdict will be declared on the effective use of Taiji pushing hands techniques of the contestants. The Chief Judge's decision is final.
- Upon entering the arena center, both parties are to cling their left palm lightly onto the right elbows of the respective parties, and their right forearm against each other near the wrist. Maintaining contact between upper limbs of both opponents throughout each round is a prerequisite to attacking or counterattacking.
- The release of strength must only be executed while contact with the body of the respective opponent is established. It is strictly prohibited to release strength through the employment of fists or the palm from a distance.
- If there is an injury to a competitor, up to a 5 minute injury time-out will be allowed. If the injured party cannot continue after the injury, then the other competitor will be declared the winner. Please note that a competitor will not be declared the winner if the injury was caused by an intentional foul (see Section 4 for further clarification).
- Free Style Pushing Hands event is for Advanced Taijiquan practitioners only.



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## 3. Scoring Criteria

- Points are awarded to the party who successfully renders the respective opponent unstable and staggered, semi-unbalanced, and/or fully unbalanced either inside or outside the circular competition boundary. This unbalancing of the opponent must progress from a Taijiquan technique. Muscular pushing and shoving will not be counted towards a contestant's score. The following points will be awarded:
  - a. 1 point: Off balance from a Taijiquan technique
  - b. 2 points: Discharge outside of the circle
  - c. 2 points: Off Balance with hand/knee touching the floor inside the circle
  - d. 3 points: Discharge outside of the circle with off-balance with hand/knee touching the floor
- When a foul is committed amidst unbalancing an opponent, no points will be awarded. Points may be deducted from the competitor committing the foul.
- Scoring Notes:
  - a. No point is awarded upon utter disregard for technique and blatant use of flagrant strength or employment of grappling or grasping to render an opponent out of bounds.
  - b. No point is awarded to the degeneration of the contest into a grappling or shoving match by both parties.
  - c. No point is awarded if a contestant pulls or drags an opponent to the ground while falling.
- Any competitors who do not use valid Taijiquan principles can be eliminated from the event.

## 4. Fouls and Ensuing Penalties

- Surprise attacks or attacks launched without the establishment of prior contact with opponent.
- No attacks above the shoulder or below the waist are allowed.
- The employment of fingers or other similar extremities located on the upper arm to poke, jab, or stab any body part of the opponent.
- The employment of feet to tread or hook any body part of opponent.
- The employment of palms to choke or to push the opponent's neck or chin region.
- Hugging of the opponent's back, reaching under the opponent's armpit or over the side waist for more than 3 seconds.
- Clutching, grabbing, or pulling of clothes.
- Stirring up or lifting up the clothes of the opponent to induce bodily contact in a sweeping movement so as to provoke and aggravate the opponent.
- Clutching or grabbing the feet and legs of the opponent.



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- Upon successful employment of the plucking technique, the participant must release the hold immediately after the technique is executed.
- Spitting and biting are strictly prohibited.
- No brutish employment of grappling or wrestling is condoned. Grappling or wrestling is deemed to have occurred when an arm or both arms are outstretched from the body rendering the contestant capable of hugging.
- Whenever an arm of a contestant is located beneath the armpit of the opponent for more than 3 seconds, and is rendered incapable of executing a valid Taijiquan technique, the contestant will be issued a warning.
- At the start of the competition, the palm/wrist of the contestant is only permitted to establish contact with the region spanning from the elbow to the fingertips of the forearm of the opponent in order to ensure strict adherence to the principles of sticking, connecting, adhering, and following.
- Do not lean the shoulders, head, or neck against the opponent.
- Flagrant disdain and disregard for techniques adhering to the principles and employment of illegal techniques will result in immediate disqualification and a suspension from the tournament event.
- The continuation of avoiding contact with the opponent for more than 10 seconds will result in a warning (1 point deduction after the 2nd warning).
- Foul Notes:
  - a. Verbal warning, no point will be deducted; 2nd warning, 1 point will be deducted.
  - b. Foul, 1 point will be deducted. 3 fouls will lead to an automatic disqualification.
  - c. Committing a serious foul may result in immediate disqualification.
  - d. In any match, the chief judge may declare the winner by prominent advantage when one party has outscored the other party by more than 15 points.
  - e. In any match, the chief judge may declare the loser when 6 points have been deducted from a contestant due to warnings/fouls.

## 5. By-laws

- In the event of any disagreement about the proceedings or verdict of the competition, the captain of the appealing team is to produce in writing an appeal document, and pay a deposit of US\$300 within 30 minutes of cessation of the respective match. For the final match, the time limit for appeal is reduced to 15 minutes. The appeal will be referred to the Arbitrator by the respective match referee. Should the appeal be deemed successful, the respective teams will be refunded US\$300. However, no refunds will be awarded for unsuccessful appeals. The Arbitrator's decision is final.



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...is statute has been vetted and deemed effective by the technical committee. Should there be additions, deletions, amendments, or revisions, the effectiveness of the statute is still irrevocable.

- Competitors who maliciously hurt their opponents will be held liable for any damages or injuries. The Chief Referee has full authority to stop the fight at any time for safety or any other reasons.