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Push Hands Rules

I. Ring Size

Twenty Feet by Twenty Feet (20 x 20), with fighter's positioning line six feet apart.

II. Contestants

1. The participants are grouped according to sex, age, and weight. The maximum age limit is 60 years old.
2. During the match, one assistant or coach may accompany the contestant to and from the ring area. However, he or she may not interfere in the match in any manner.

III. Equipment

1. Uniforms: Tee shirt and martial art pants. No long sleeve shirts are allowed.
2. Contestants are not permitted to wear any objects that may cause injury to opponents. This includes all jewelry. Fingernails must be clipped as short as possible. Fingernails length may be inspected by the officials.

IV. Officials

1. There will be one center referee and two judges.
 - A. Of the three officials, it requires two in agreement to call any points. However, only one official's decision is required to call fouls.
 - B. Only the center referee can stop the clock during competition. Time out will be called for the following situations, and contestants will return to their respective starting lines before resuming action. The time keeper will stop the clock when the center referee gives the Stop Action signal, and starting the clock when the center referee calls for action to start again.

The clock is stopped:

 - 1) When a player goes beyond the ring boundary.
 - 2) When there are fouls or violations.
 - 3) If someone is injured.
 - 4) If players have arguments that hinder the continuity of the match
 - 5) When one of the players raises his or her hand wishing to state something.
 - 6) At the discretion of the center referee.
 - 7) When points are called

- C. The officials' decisions are final on any judgments not covered by the rules
- D. The officials will be assisted by one time keeper and one score keeper.
- E. Should any of the following accidents occur before the end of the match, the center referee will declare the winner in accordance with the following guidelines:
 - 1) Contestant is automatically disqualified if 3 warnings are called for the same offense.
 - One (1) point is taken off after the second warning.
 - 2) If one player is injured and the injury is that contestant's own fault, the injured side will lose the contest.
 - 3) If one player is injured and the injury is the result of offensive movements by the opponent, the opponent will lose the contest.
 - 4) If neither player is able to continue due to injuries, the match will be declared a tie.
 - 5) Any player giving up during the game automatically loses the match.
- F. Before the start of each match one of the officials will check each contestant for jewelry and long fingernails.

V. Competitions

1. There are two types of push hand competition in this tournament; stationary push hands and moving push hands (the contestant may move in any direction and uses both hands for pushing)

Stationary Push Hands

- A. Stationary push hands matches are comprised of two, 1 minute rounds with no time between. The first round is done with the player's right foot forward and the right hand as the pushing hand, and the left hand behind their back. At the end of round one, time is called, both players change leading feet and pushing hands and wait for the center referee to start the next round. Round two has the player's left foot forward and left hand used for pushing. The right hand must be held behind the player's back.
- B. The highest score of two rounds wins. If the score reaches five (5) points to zero (0), contestants must change to the left hand. If the score reaches to ten (10) zero (0) on the first side, the match is declared finished. If there is a tie after two rounds, time will be called. Players will switch back to their original positions of right foot forward, right hand pushing and continue until one contestant scores a point, ending the match.
- C. One point will be awarded for any scoring situation. Scoring situations include:

- 1) Any time a player takes at least one step off balance in any direction --sideways, forward, or backward --a point will be awarded to the opponent.
- 2) If one or both hands touch the floor one (1) point will be awarded to the opponent.

D. One forward controlled shifting step is allowed when attacking. When one player shifts forward, the other is allowed to shift step back one step. (A shift step is a sliding step, forward or backward, where both feet remain in their original order--for instance, left foot forward, right foot behind is still left foot forward, right foot behind after the sliding Step has been taken.)

E. No uncontrolled, sudden pushes are allowed.

F. Only one push is allowed per point. In other words, if one player pushes the other into an unbalanced position, the player who initiated the push may not add another push to insure the point score.

G. If both players take off balance steps, no points are awarded to either side.

H. Officials will not call points until a player is clearly off balance. NO point will be called if a player recovers balance without taking the necessary off balance scoring step.

I. Officials will stop the action if grabbing occurs longer than three (3) seconds.

J. Attacking the opponent's shin with the knee is not allowed.

K. Players must make at least two patterned circles before making an attack.

Moving Push Hands

A. Each match is one round of two minutes duration. If there is a tie after two minutes, there will be a one (1) minute rest period. Then both players will compete until one scores. That player shall be declared the winner.

B. The time keeper will announce the end of the match. Any points gained after that will be void.

C. After the contest is over, contestants will return to their original positions side by side and wait for the outcome to be announced.

D. When a point situation occurs, the officials will signal the players to stop action. After the score keeper has recorded the points, the officials will direct contestants to return to their original starting positions and continue the contest. The time spent during a time out will not be included in the playing time.

E. Scoring:

- 1) Contestants lose one (1) point when pushed and move two or more steps off balance in any direction, or if both feet leave the ground. Points are not awarded if the off balance contestant is touching or holding the person who is pushing. There must be no contact between them during the time between the scoring push and the off balance judgment.
- 2) The only exception to the contact rule is--if a person is pushed out of bounds and one or both feet step on or beyond the outside circle boundary line, that person loses one (1) point. In this case the pushing person may still keep contact with the out of bounds competitor as he or she pushes them out of bounds. However, if both contestants step on or outside the boundary line, no points will be awarded.
- 3) Contestants lose two (2) points when pushed and fall halfway down. A half fall is when any part of the arm or leg touches the ground
- 4) Contestants lose four (4) points when pushed and fall all the way down. A full fall is when the shoulder(s), both hands, or hip(s) touch the ground.
- 5) Contestants lose five (5) points when pushed into a full fall without contact with their body completely outside the ring boundary line.
- 6) If both players step on or outside the boundary line at the same time, or if both contestants fall halfway down or all the way down at the same time, no points are awarded. If one falls before the other, the one who falls first shall be the loser and points will be awarded to the other contestant.

Point Sparring Rules

I. Ring

Twenty Feet by Twenty Feet (20 x 20)

II. Equipment

Competitors must supply their own headgear, mouthpiece, gloves, footpads and cups for men. Shin pads, and chest protectors are optional. Absolutely no tennis shoes are allowed in sparring. Equipment must be of foam type construction. No jewelry, watches, or rings are permitted.

III. Officials

1. There will be one center referee and two judges.
 - A. Of the three officials, it requires two in agreement to call any points. However, only one official's decision is required to call fouls.
 - B. Only the center referee can stop the clock during competition. Time out will be called for the following situations, and contestants will return to their respective starting lines before resuming action. The time keeper will stop the clock when the center referee gives the Stop Action signal, and starting the clock when the center referee calls for action to start again. The clock is stopped:
 - 1) When a player goes beyond the ring boundary.
 - 2) When there are fouls or violations.
 - 3) If someone is injured.
 - 4) If players have arguments that hinder the continuity of the match
 - 5) When one of the players raises his or her hand wishing to state something.
 - 6) At the discretion of the center referee.
 - 7) When points are called
 - C. The officials' decisions is final on any judgments not covered by the rules
 - D. The officials will be assisted by one time keeper and one score keeper.
 - E. Should any of the following accidents occur before the end of the match, the center referee will declare the winner in accordance with the following guidelines:
 - 1) Contestant is automatically disqualified if 2 warnings are called for the same offense.
 - 2) If one player is injured and the injury is that contestant's own fault, the injured side will lose the contest.
 - 3) If one player is injured and the injury is the result of offensive movements by the opponent, the opponent will lose the contest.
 - 4) If neither player is able to continue due to injuries, the match will be declared a tie.
 - 5) Any player giving up during the game automatically loses the match.
 - F. Before the start of each match one of the officials will check each contestant for jewelry and long fingernails.

IV. Rules

The first person to reach 3 points wins or the most points in 2 minutes. The legal body contact area is the torso with no back contact. There is no head or groin contact, but you can score there by executing a technique but without touching. Front leg sweeps are allowed and if an opponent falls down, the other person has

3 seconds to follow up and execute a technique to score a point. In case of a tie sudden death will occur, where the next point wins. Please note: Drawing blood, excessive contact, or intentional malicious attacks will lead to immediate disqualification.

Continuous Sparring Rules

I. Ring Size

Twenty Feet by Twenty Feet (20 x 20)

II. Equipment

Competitors must supply their own headgear, mouthpiece, gloves, footpads and cups for men. Shin pads, and chest protectors are optional. Absolutely no tennis shoes are allowed in sparring. Equipment must be of foam type construction. No jewelry, watches, or rings are permitted.

III. Officials

1. There will be one center referee and two judges.
 - A. Of the three officials, it requires two in agreement to call any points. However, only one official's decision is required to call fouls.
 - B. Only the center referee can stop the clock during competition. Time out will be called for the following situations, and contestants will return to their respective starting lines before resuming action. The time keeper will stop the clock when the center referee gives the Stop Action signal, and starting the clock when the center referee calls for action to start again.

The clock is stopped:

 - 1) When a player goes beyond the ring boundary.
 - 2) When there are fouls or violations.
 - 3) If someone is injured.
 - 4) If players have arguments that hinder the continuity of the match
 - 5) When one of the players raises his or her hand wishing to state something.
 - 6) At the discretion of the center referee.
 - 7) When points are called

- C. The officials' decisions is final on any judgments not covered by the rules
- D. The officials will be assisted by one time keeper and one score keeper.
- E. Should any of the following accidents occur before the end of the match, the center referee will declare the winner in accordance with the following guidelines:
- 1) Contestant is automatically disqualified if 2 warnings are called for the same offense.
 - 2) IF one player is injured and the injury is that contestant's own fault, the injured side will lose the contest.
 - 3) If one player is injured and the injury is the result of offensive movements by the opponent, the opponent will lose the contest.
 - 4) If neither player is able to continue due to injuries, the match will be declared a tie.
 - 5) Any player giving up during the game automatically loses the match.
- F. Before the start of each match one of the officials will check each contestant for jewelry and long fingernails.

IV. Rules

There will be a two minute time limit of two (2) competitors sparring. The clock will but be stopped unless time runs out, there is an injury, or the referee stops time. There is no head contact or groin contact. Roundhouse thigh kicks are allowed only to the outside thigh. There is no grabbing, throws, sweeps, or takedowns. At the end of 2 minutes, the judges will vote for the winner. It will take 2 judges majority vote to decide on a winner. Judging will be based on effectiveness of attacking techniques, control, blocking, balance, and speed. Drawing blood, excessive contact or intentional malicious attacks will lead to immediate disqualification.

Weapon sparring

I. Ring Size

Twenty Feet by Twenty Feet (20 x 20)

II. Equipment

Equipment will be supplied by tournament, which includes chest protector, headgear, and padded weapon.

III. Officials

1. There will be one center referee and two judges.

A. Of the three officials, it requires two in agreement to call any points. However, only one official's decision is required to call fouls.

B. Only the center referee can stop the clock during competition. Time out will be called for the following situations, and contestants will return to their respective starting lines before resuming action. The time keeper will stop the clock when the center referee gives the Stop Action signal, and starting the clock when the center referee calls for action to start again.

The clock is stopped:

- 1) When a player goes beyond the ring boundary.
- 2) When there are fouls or violations.
- 3) If someone is injured.
- 4) If players have arguments that hinder the continuity of the match
- 5) When one of the players raises his or her hand wishing to state something.
- 6) At the discretion of the center referee.
- 7) When points are called

C. The officials' decisions is final on any judgments not covered by the rules

D. The officials will be assisted by one time keeper and one score keeper.

E. Should any of the following accidents occur before the end of the match, the center referee will declare the winner in accordance with the following guidelines:

- 1) Contestant is automatically disqualified if 2 warnings are called for the same offense.
- 2) IF one player is injured and the injury is that contestant's own fault, the injured side will lose the contest.
- 3) If one player is injured and the injury is the result of offensive movements by the opponent, the opponent will lose the contest.
- 4) If neither player is able to continue due to injuries, the match will be declared a tie.
- 5) Any player giving up during the game automatically loses the match.

F. Before the start of each match one of the officials will check each contestant for jewelry and long fingernails.

One judge to call time.

IV. Rules

There is a two (2) minute time limit. First one to 3 points wins.

Scoring area:

Head - 2 points;

Torso - 1 point;

Arms or legs - 1/2 point.

There is contact to all parts of the body and 'break' will only be called if there is a point, injury or disruption.

If you drop weapon, 1 point will be awarded to other person. If both dropped weapons, then no points.

No punching, kicking, or throwing weapons.