

## TUI SHOU REGULATIONS



*"Tui shou (推手) is the typical exercise of Chinese internal styles, in particular TaiJi Quan but not only, which serves to stimulate learning and refinement in the use of energy and strength."*

*The main objective in Tui-Shou (TS) is to demonstrate control over the opponent's balance: the practitioner basically learns to unbalance the opponent and not to be unbalanced by him without resorting to brute force and rigid tension but using the so-called 'intelligent force', which is called 'Jing'.*

*The aim of the competition is to try to throw the opponent off balance by finding gaps in his structure or by using the opportunities offered by his attacks, while maintaining one's own body balance. In Tui shou, the athlete must demonstrate to be centred, to have a stable balance, to be able to absorb and deflect the opponent's thrusts, to be able to unbalance the opponent using the so-called Jing, or Refined Force.*

Tui-shou can be practised either on FIXED FEET or in MOTION

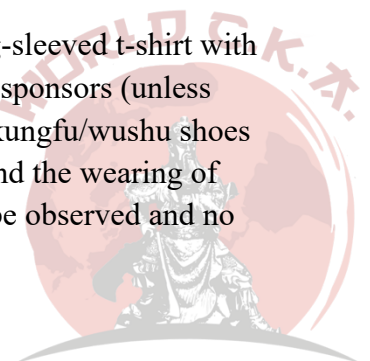
### Qualities to be demonstrated:

During the confrontation, in TS the two athletes must show, in particular, the following qualities:

1. Use and mastery of Refined Force (Jing) over muscular force (Li);
2. ability to maintain and manage Contact and Adhesion (Zhan, Nian);
3. ability to Follow and assist (Shun);
4. ability to Listen and Understand the opponent's intention (Ting, Dong);
5. ability to absorb and deflect thrusts (Beng Jing);
6. ability to push (An).
7. ability to press (Ji);
8. respect for the opponent

### Clothing

Both athletes must wear their own martial uniform: short-sleeved and not long-sleeved t-shirt with their school's emblem or with inscriptions relating to the sport but without sponsors (unless permitted by the organizers), long and not short lightweight trousers, typical kungfu/wushu shoes for fixed feet; barefoot for movement step. Bracelets, necklaces, earrings and the wearing of eyeglasses is not permitted. Nails must be cut short, personal hygiene must be observed and no body oils or creams can be used.



The difference between red and blue is a red belt provided by our organisation to the relevant athlete

### Techniques

#### Permitted Techniques and Prohibitions

All methods of pushing, pulling and controlling aimed at removing the opponent's balance while maintaining one's own are permitted, taking into account the following prohibitions.

#### Prohibited Techniques:

1. Grabbing the neck/nape/head
2. Excessive and blatant use of muscular force (characterised by impetuous, blunt movements and strong blows)
3. Grabbing clothes or legs with hands
4. Blocking both wrists with the hands; "blocking" refers to the use of the grip characterized by the thumb in opposition; this is only possible for a short fraction
5. Applying joint levers (qi-na), which are dangerous because they are difficult to control in competition
6. Using the legs for kicking
7. Grasping fingers and applying twists
8. Scratching (nails must be cut short under penalty of disqualification)
9. Disrespecting the opponent and challenging the referees
10. Hitting the groin
11. Hitting with the head
12. Using any technique to the face or other parts of the body (immediate disqualification if punch or elbow or blow deemed intentional violent, caution if non-intentional blow or non-violent but forbidden technique)
13. Interruption of contact with the opponent's arms on a continuous basis and to achieve objectives other than fighting
14. Use of both hands for techniques below the waist
15. Use of leg techniques in TS with fixed feet
16. use your head as a push/support/control the opponent
17. you cannot contrapose force against force and create a stalemate

#### Refereeing Measures:

*Slight caution:* results in 1 POINT for the opponent.

*Serious caution:* results in 2 POINTS for the opponent.

n.7 Slight cautions: result in EXPULSION.

n.2 Serious cautions: result in EXPULSION.

Direct win of the match with a gap of 10 points (ex. 10-0 or 13-3 ect...)



## TUI SHOU FIXED FEET

### GENERAL RULES

#### *Timing by Categories*

1. ABC Children up to 12 years old: 2 (two) rounds of 1 (one) minute and 30" (thirty) seconds recovery (NO THIRD ROUND). In case of a draw both athletes win (Promotional sport Activity).
2. Cadets (13-15 y.o.): 2 (two) rounds of 1:30 minutes and recovery 1 minute. In case of a draw, it is necessary a THIRD ROUND (1 minute)
3. Juniors, Seniors up to 40 years old: 2 (two) rounds of 2 (two) actual minutes and 1 (one) minute of recovery. In case of a draw, it is necessary a THIRD ROUND (2 minutes).

If, in the **third round**, both competitors achieve the same score, the winner is decided in the following order:

- the match is won by the one who receives the fewest warnings;
- the match is won by the one who receives the fewest cautions;
- the match is won by the one who has the lowest body weight (in relation to what was recorded on the day of the competition).

#### *Weight categories:*

CHILDREN C,B,A (Until 12 y.o.) (please indicate weight and height)  
Matches will be divided by age, gender (when possible), weight and height.

#### CADETS (13-15 y.o.):

**MALE/FEMALE:** -44kg, -48Kg, -52Kg, -55kg, 55-60kg, 60-65kg, 65-70kg, 70-75kg, +75kg

#### From 16 to 60 y.o. (categories):

**MALE:** -48Kg, -55Kg, 55-60kg, 60-65kg, 65-70kg, 70-75kg, 75-80kg, 80-85kg, 85-90kg, +90kg

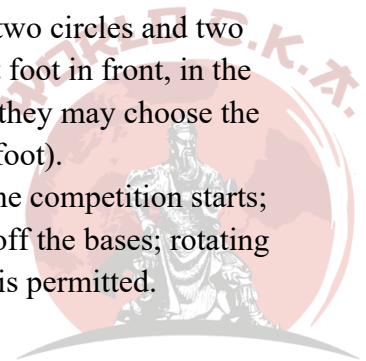
**FEMALE:** -48Kg, -55kg, 55-60kg, 60-65kg, 65-70kg, 70-75kg, +75kg

*Matches will be divided by age and weight.*

#### *Competition area:*

Athletes A and B stand facing each other in a competition area consisting of two circles and two rectangles positioned in such a way as to allow the athletes to place their right foot in front, in the first round, and their left foot in the second round (in the case of a third round they may choose the foot in front if the referee agrees, otherwise it will be the right foot).

Athletes place their feet on the bases and cannot move them from there when the competition starts; heel or toe lifting is permitted as long as they do not move their foot sideways off the bases; rotating the back foot by pivoting on the toes or heels **without moving the feet** is permitted.



Athletes individually may choose to adopt a high or low position, wider or narrower but always within the bases.

### *Entering the platform*

When called, the competitors enter the competition area by positioning themselves facing each other, to the right and left of the referee. The first competitor called stands to the right in relation to the jury table (red), the second called to the left in relation to the jury table (blue).

Once the feet have been positioned, the wrists of the hand corresponding to the front foot are placed with the backs of the hands facing each other and the other hand resting palm down on the opponent's elbow.

Once the referee has indicated the number of the round, before the start, the competitors will make two clockwise and two counter-clockwise rotations to " get contact ". Afterwards the referee will start the competition.

### *Scores*

#### **1 POINT:**

- when the opponent, during the active phase of the confrontation, moves only one foot outside the base, be it the right or the left indifferently.

#### **2 POINTS:**

- when the opponent, during the active phase of the confrontation, moves both feet outside the bases.

- when the opponent, during the active phase of the confrontation causes the opponent to lose balance forcing him to fall to the ground or to touch a part of the body to the ground other than the feet.

In all two cases, the athlete who wins the point must remain stationary in his position without losing balance and therefore without moving from the support bases of the feet, otherwise the score is NULL, unless:

- The referee had already stopped the action to score the point;
- He has grabbed at areas prohibited to contact (legs, clothing, etc.);
- Blocking of the opponent's wrists is applied by dragging him along.
- **NO LEG GRABS WITH THE HANDS (ONE OR BOTH) OR ARMS**

**Scoring ABC CHILDREN categories (up to 12 years of age):**  
**always 1 point for any action (promotional activity)**



## Moving step tui-shou

### General Rules

ATHLETES MAY PARTICIPATE from CADET CATEGORY (13 years of age) UPWARDS.

#### *Times*

1. Cadets, juniors, seniors up to 35 years old: 2 (two) rounds of 2 (two) minutes without time interruption and 1 (one) minute of recovery. In case of a draw a THIRD ROUND is necessary. In case of a further draw the best score difference in the 3 rounds will be considered.

#### *Competition area:*

Moving step Tui-shou (TS) takes place on a circular space or, when for logistical reasons this is not possible, on a square space with a diameter of minimum 4 metres, maximum 6 metres. In moving step TS the same foot and hand positions apply as in fixed step TS, but on the command "Go" the competitors may also move by taking steps. After one of the competitors scores, the round resumes in the centre of the competition space. When the round has been interrupted for reasons unrelated to scoring, the round resumes from where it was interrupted.

#### *Scores*

#### **1 POINT:**

- when the opponent, during the active phase of the round takes one or both feet off the platform or crosses the strip delimiting the exit even with part of one foot.

#### **2 POINTS:**

- when the opponent, during the active phase of the round causes the opponent to lose balance by forcing him to fall to the ground or to touch a part of the body on the ground other than the feet either inside or outside the competition circle;

In 2-point techniques the winning athlete must stand without touching any part of the body other than the feet to the ground.

#### ***The score is NULL when:***

- Both athletes touch one or more body parts other than the feet to the ground;
- Both athletes exit from the circle
- The referee had already stopped the action before a technique;
- There is no grasping of areas forbidden to contact (clothing etc.);
- Blocking of the opponent's wrists by dragging him along is not applied.



### *Exceptions*

In moving step TS, the use of certain fighting techniques (*Shuai Fa*) is possible, provided that they comply with the joint principles of indulge (*Shun*) and press (*Ji*).

It is possible to use the legs to move the opponent's leg (below the opponent's ankle) or to create an obstacle for the opponent but not to kick.

An athlete may push (*An*) trying to push the opponent out of the circle or square, or make him fall to the ground inside or outside the competition area. One may push with the hands, shoulder, or forearms always without using abrupt force but fluidity.

Only one leg may be grasped with one hand or arm. Hugging with one or both arms is permitted to try to unbalance the opponent but always without touching the back of the neck or the neck.

It is allowed to lift an opponent off the ground by holding him/her with both hands open, without blocking his/her wrist with the hand or grasping his/her clothing but it does not result in a score if the latter does not fall or leave the competition area.

### *Competition Judges*

In TS in motion there will be two referees on the platform:

the Central Referee shall award points during the course of the competition by interrupting it and indicating the score obtained, with his hand raised on the side of the person who acquired the point. The Central Referee shall also ensure that the athletes comply with all the rules and in the case of serious non-compliance he may warn the athlete and propose to the Referee Commission whether or not to expel him.

During the competition the athletes must show full respect for the regulations and the competition judges, while maintaining a correct and dignified behaviour as required by the martial spirit (*Wu De*).

The Lateral Referee will control the athletes' exits by indicating with a red or blue flag according to which athlete exits first. He will also assist the central referee for any scores to be awarded to one or the other athlete. He/she will position him/herself in a mirror position in relation to the central referee so as to have a different view and to be able to better control the entire competition.

### *Categories:*

CADETS (13-15 y.o.):

**MALE/FEMALE:** -44kg, -48Kg, -52Kg, -55kg, 55-60kg, 60-65kg, 65-70kg, 70-75kg, +75kg

From 16 to 60 y.o.:

**MALE:** -48Kg, -55Kg, 55-60kg, 60-65kg, 65-70kg, 70-75kg, 75-80kg, 80-85kg, 85-90kg, +90kg

**FEMALE:** -48Kg, -55kg, 55-60kg, 60-65kg, 65-70kg, 70-75kg, +75kg

*Matches will be divided by Gender and Categories.*



### *Protections*

For CBA Children categories (up to 12 years of age) there is no requirement for protections.

Gum shield, cup protector under their trunk and chest protector (female cat.) are optional.

For the categories from CADETS (13-15 y.o.) upwards the use of a gum shield is optional while, in the TS in motion, it is MANDATORY to use a cup protector under their trunk and the use of a chest/breast protector for the female category.

### *Medical certificate:*

For CBA Children categories (up to 12 y.o.): pediatric certificate of good health (non-competitive), as it is a promotional activity of introduction to sport.

For categories from CADETS (13-15 y.o.) upwards: Competitive Sport Medical Certificate

### AWARDS:

First classified receive the Gold Medal

Second place winners receive the Silver Medal

Third place winners receive the Bronze Medal



*\*The picture is for example purposes*

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WORLD CHINESE KUNG FU (WUSHU) ASSOCIATION ®



**OFFICIAL WORLD C.K.A. RULES**

