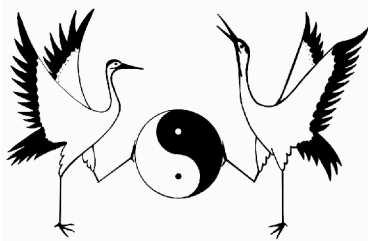


**TAI CHI YOUTH**



# **Tai Chi Youth Push Hands Tournament RULES**

## **TCY Push Hands Rules (Fixed Step Push Hands Rules of Shaolin Chi Mantis)**

1. Shoes required unless working on mats or flooring per decision of establishment management.
2. Push opponent from waist to shoulders. Punching, poking, grabbing, seizing, and joint locks not allowed.
3. Lift a foot completely off ground = opponent point. Touching ground with hands = opponent point.
4. 30-seconds competing with left foot forward plus 30-seconds with right foot forward = complete match.
5. Winner = highest score. Tie-breaker = "sudden death." (First point scored = winner.)
6. Judge decisions are final. Judges can disqualify any opponent for improper conduct = opponent victory.
7. Excessive force = 1 warning. Subsequent excessive force = points for opponent.
8. Opponents grouped as underbelts or black belts. Divisions per each 25 pounds per day of match weight.
9. Divisions may be grouped to create sufficient number of contestants per event. (Ages 8 to 65 allowed.)
10. Trophy awards to 1st and 2nd place winners of each division.
11. Long-sleeved shirt/jackets required. Clothing cannot contain ANY ADVERTISING OR LOGOS OR PATCHES.
12. Events are filmed so artwork permissions are required. Tai Chi Youth, Buddha Kung Fu, and Shaolin Chi Mantis clothing and logos are permitted in tournaments, seminars, and videos.
13. Participation in this tournament is consent to use your name and likeness without any compensation or reward in all media formats. Please inform us during registration of proper spelling of your chosen name.
14. No long finger nails, warts, open wounds or bandages on hands, wrists or arms.
15. Falling down is possible. Please don't get hurt or hurt your opponent.
16. No touching of legs, knees, neck, head or feet. If foot slides without lifting, judges will stop and restart.

## **TCY Tai Chi 1-Minute Form Competition**

1. 60-second time limit starts at beginning of Tai Chi Form performance. Timekeeper will announce, "Time."
2. Judges will strive to score per your Tai Chi style, so announce your form and include your Tai Chi Style.

## **TCY Tai Chi Self-Defense Applications and Techniques Competition**

1. One of three chosen movements of Tai Chi Form demonstrated by 5 to 10-second Tai Form performance.
2. Slow-motion application WITH PARTNER with verbal explanation of effectiveness.
3. Fast-motion application WITH PARTNER displaying effectiveness without injuring partner.

Tai Chi Youth, or any of the other enterprises of Richard Del Connor, is not responsible for any injuries suffered while attending our classes, seminars, or tournaments. You, the spectator, student, or competitor is fully aware of the physical rigors and possible risk of injury inherent in participating in martial arts training and competition. He/she realizes that not all techniques may be successful in every situation and proficiency can only be achieved through a combination of continued practice, exercise of good judgment, and natural abilities. He/she freely assumes all risks of any type of injury.

