

Tai Chi Push Hands Tournament Rules

Shoreline Tai Chi

Matches and Rounds

- Organizers may choose a single elimination, double elimination or round robin event format, depending on venue capacity, enrollment and other factors.
- Organizers may specify divisions by weight or gender.
 - Competitors may select their preferred gender division from available options.
 - In case of low enrollment, organizers shall give competitors the option to join a larger division.
- Initial bracket position and matches are determined by blind draw.
- A match consists of one 3-minute round.
 - The round begins with each competitor's right foot forward.
 - Competitors swap their forward foot between points.
 - The round ends early if a competitor establishes a 9-point lead.
- Points are decided by majority decision of the judges.
- The competitor with the highest sum of points scored during the match is the winner.
 - If a match ends with a tied score, an additional sudden death round will determine the winner.
 - The first point scored in sudden death wins the match.

Dress and Hygiene

- Competitors shall wear socks and/or flexible, soft-soled athletic shoes. No bare feet, boots or hard sole footwear.
- Competitors shall have trimmed fingernails, and remove all jewelry, including wrist watches and fitness bands.
- Competitors with long hair (at or below shoulder) shall tie their hair up or back.
- Competitors shall be free of any contagious diseases, including skin, blood- and air-borne diseases.
- Competitors may wear chest and groin protection; helmets or face masks; and compression bands, mouthguard, glasses or goggles.

Match Progression

- The center of the competition area is marked on the floor with paint or tape.
- Competitors wait outside of contact range for the judges' direction.
- The head judge says "Salute." Competitors salute the judge, and each other.
- The head judge says "Contact." Competitors both enter a bow stance, with their forward foot on the lateral center line. Competitors both raise and extend their forward arm to establish contact above the center point.
- The head judge says "Circle." Competitors perform a circling movement, remaining in contact and without seeking advantage, until the judge is satisfied that conditions are neutral.
- The head judge says "Begin" and starts the countdown clock. Competitors may now attempt to score a point.

- The head judge says “Stop”, “Point” or “No Point” to pause the round, or to issue a foul or warning. The countdown clock will stop between points.
- Competitors return to the initial contact position, and wait for the head judge's direction to “Begin” once more.
 - Circling is only required at the start of a round; not after every point.
- A judge ends the round when the countdown clock reaches zero.

General Scoring Criteria

A competitor scores by causing (or enticing) their opponent to lose their balance and thereby foul, without also stumbling or fouling themselves. Fouls are defined below.

The judge will award a point against a competitor for using an illegal technique, either deliberately or by accident. The judge will disqualify a competitor for repeated or flagrant violations of the rules.

Legal Techniques	Illegal Techniques (All Match Variations)
Wardoff, Rollback, Press, Push, Split, Pluck, Elbow, and Shoulder; Pulling on arms or torso; Any combination of these techniques. Any technique present in an orthodox style or form of Taijiquan (except for those specified here as fouls or illegal). Force must be preceded by contact; no percussion is allowed.	Striking and kicking; Choking; Biting; Pulling on clothing or hair; Any attack to the eyes, ears, head, neck, spine, individual fingers, or groin; Dangerously excessive or malicious force; Unsportsmanlike conduct.

Fixed Step Match Rules

Competitors may lift, or pivot on, the ball or heel of their foot. Other stepping and footwork is disallowed.

Fouls and Prohibitions

- Competitors may not lift their entire foot off the ground.
- Competitors may not slide their entire foot along the ground.
- Competitors may not make contact below the opponent's hips or above their collarbone.
- Competitors may not withdraw (break contact with both arms) for more than three seconds.
- Competitors may not grab and hold for more than three seconds.
- Competitors may not use joint locking attacks.
- Competitors may not touch the ground with any body part other than their foot.

Restricted Step Match Rules

A rectangular competition area, five feet by ten feet, is marked on the floor. Limited footwork is allowed within the marked area. Competitors must keep their same foot forward for the duration of the point. Competitors may shuffle, lunge or sidestep if their same foot remains forward. ("Forward" is defined as closer to the opponent.)

Fouls and Prohibitions

- Competitors may not step outside the marked area.
- Competitors may not jump, or leave the ground with both feet at once.
- Competitors may not grab and hold for more than three seconds.
- Competitors may not touch the ground with any body part other than their foot.
- Competitors may not use joint locking attacks.

Moving Step Match Rules

A rectangular competition area, ten feet by ten feet, or a circular area ten feet in diameter, is marked on the floor. Competitors start in the center and may step or jump freely within the competition area. Competitors may push, pull and check the opponent's legs (force must be preceded by contact). Competitors may grab and hold. Competitors may attempt joint locks to the wrist, elbow and shoulder.

Fouls and Prohibitions

- Competitors may not step outside the marked area.
- Competitors may not touch the ground with any body part other than their foot.
- Competitors must release a joint lock immediately when their opponent taps, or says "TAP."



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