

FIXED STEP TAIJI (EXTREME) PUSH HANDS COMPETITION

A. DIVISION

Male five Divisions by Weight (lbs.):

PHM001 - 140 and under

PHM002 - 140+ to 160

PHM003 - 160+ to 180

PHM004 -180+ to 200

PHM005 - 200+

Female five Divisions by Weight (lbs.):

PHW001 - 140 and under

PHW002 - 140+ to 160

PHW003 - 160+ to 180

PHW004 -180+ to 200

PHW005 - 200+

Minimum five contestants per Division. Male or Female Weight Divisions may be combined for competition with the same sex. Female contestants may be combined for competition with lower weight divisions of male contestants.

B. RULES ,(Three 2-minute rounds with a one minute break in between rounds)

1. A lottery determines which contestants shall compete with each other within Division.
2. Contestants must wear a T-shirt or uniform top, martial arts pants, and soft shoes or socks. Women must wear chest protection when competing with men. Contestants may wear protection bands to protect joints, including elbow, wrist, knee, and ankle. Contestants must have their nails trimmed. No jewelry or watches and no bare feet.
3. A contestant must be free of serious infectious diseases or wear approved protection for the body contact competition.
4. Each match consist of three two-minute rounds with a one-minute break in between rounds. The clock will stop when the Center Referee stops the action to obtain scoring from the Judges or for other reasons.
5. Contestants must begin each round at both sides of the center of the competition area with three revolutions of the hands or arms attached, such as Peng, Lu, Ji, An, or circling, before executing techniques. Contestants must begin each time, within the same round after scoring or called halt by the Center Referee, at both sides of the center of the area with hands or arms attached before executing techniques. The contestants can use all the pushing, tripping, grappling, throwing techniques with all body parts except the head, but no punching, kicking, sweeping, attacking or manipulating the head, throat, eyes, ears or groin.
6. The competition area consists of a center line which both competitors will place their front foot on and the back foot, along with the front foot, will remain stationary. When the timekeeper signals the beginning of the second and possibly the third rounds, the contestants will stop and change feet before restarting as above.
7. Scoring:
 - One point will be awarded to his opponent if a contestant raises his foot from the floor or steps off balance in any direction without putting the foot back into the same position in a continuous motion, or one point is awarded to the contestant who holds his position as his opponent falls. A fall is three points of the body directly and simultaneously touching the ground.
 - Both contestants falling and/or off balance and sidestepping constitutes as even (no point), regardless who falls or sidesteps first.
 - The most one can be awarded for an action is one point.
8. Round Winner:
 - Award of ten (15) points to one contestant constitutes the win of the round to the contestant, and the round shall stop.

-At the end of the two-minute round, the contestant who is awarded with more points shall be the winner of the round.

-If the contestants are awarded the same points, a tie is called for the round.

9. Match Winner:

-The contestant who wins the first two rounds wins the match.

-If a tie for the three rounds, an overtime with no time limit continues with "sudden death" to break the tie. The contestant who wins the overtime with "sudden death" wins the match. "Sudden death" means the first one who scores.

C. FOULS

1. Surprise attacks, punches, striking with knee or any other body part. Striking is defined as putting force into a body part, such as a fist or foot, before connecting with your opponent. Pushing is defined as connecting with your opponent before putting force into your opponent. Pushing with force by hand or any body part, except head, is allowed.

2. Kicking, sweeping, striking, hitting, or punching

3. Attacking to the head, throat, eyes, ears, or groin area

4. Attacking or pushing with head

5. Pulling hair, beard.

6. Using any technique determined to cause injury

7. Excessive or unruly contact

8. Unruly conduct, including unsportsmanlike conduct, not following instruction of the referee, not completing the mandatory revolutions, receiving coaching during the round, and the like.

D. Penalties

1. One point is awarded to the opponent of the contestant who commits a foul each time.

2. Two points are awarded to the opponent of the contestant who commits a serious foul as judged by the referee, such as intentionally causing injury or attacking to the head, neck, throat, eyes, ears, or groin area which can cause injury.

3. The fifth foul or the second serious foul results in disqualification.

4. Any serious infraction of the rules will result in immediate disqualification.

E. AUTHORITY

THE CENTER REFEREE POSSESSES FULL AUTHORITY.