

# Ging Mo Academy Push Hands Competition

## Rules & Regulations

### Synopsis

In a push hands game two players compete inside a 4 metre by 4 metre square for 2 rounds of 1 minute with a 30 second break between rounds.

### Fixed Step Push Hands

A single point is awarded to a competitor when the other player moves their front foot, or breaches the rules (described below). Two points are awarded when the other player touches the floor with a third part of their body (fall). When an application is unclear, if both players move their front feet, or if both fall, no points are awarded.

### Push Hands

A single point is awarded to a competitor when the other player places a foot out of bounds. Two points are awarded when the other player touches the floor with a third part of their body (fall).

The player with the highest score at the end of the 2 minutes is the winner. If there is a tie at the end of the 2 minutes, a third 1 minute round is played to decide the winner. When an application is unclear, or if both fall, no points are awarded.

## A. Objectives and Framework

The object of push hands games is to give tai chi practitioners an opportunity to learn about push hands principles and techniques in a competitive environment so they may further their understanding and ability in tai chi generally and push hands specifically. It is hoped that vigorous, principled and fair push hands play will help to support players in their quest for mastery of the art.

### I. Game arena

The game arena consists of a 4m x 4m square arena surrounded by 1m safety exclusion zone

### II. Officials

The game requires four officials per arena:

1. One *referee*
  2. One *line judge*
  3. One *timekeeper*
  4. One *scorekeeper*.
- The *referee* begins, ends and 'calls' the action in a game.
  - The *line judge* watches the line for competitors stepping out of bounds. Also, he or she agrees or disagrees with the referee's call and, if required (e.g. where the referee's view is obstructed) initiates calls.
  - The *timekeeper* keeps time during the game by following directives from the referee and by announcing certain time markers.
  - The *scorekeeper* records and announces points and warnings.

### *Additional staff*

- A *head judge* is required to be in charge of the elimination order, in consultation with the scorekeepers.
- A *marshall* is required to register players and issue player belts (black and red).
- First aid staff

### III. Equipment

The game requires the following equipment:

- Per game arena:
  - 36 x 1m square reversible-colour foam mats (16 centre squares in one colour, 20 surrounding squares in a contrasting colour)
- Player identification
  - One black and one red belt per arena
- Timekeeper
  - One stopwatch per arena
- Head judge/scorekeepers
  - Bracketing sheets, score sheets, pen/pencils
- Marshall
  - Paper and pen/pencil for registration
- First aid staff
  - First aid kit
  - Telephone to call emergency services in case of serious injury

Player dress and protection

- a) Players **may not** wear long sleeves or shirts with buttons, strings or studs attached
- b) Players **must** wear long pants with no protruding buttons
- c) Players **may not** wear rings, necklaces, earrings or other jewellery
- d) Players may wear soft protective headgear
- e) Players may wear groin protection
- f) Players may wear mouthguards

### IV. Bracketing

The winner of a game is decided by points. Depending on the numbers of competitors in a round, competitors advance by elimination or round robin. Final bracketing decisions are at the discretion of the tournament organiser(s).

### V. Gender and Weight Categories

- Gender
  - There are no separate gender categories.
- Weight
  - Players must be weighed by the registrar or other tournament official.
  - Weight divisions are determined by the tournament organiser(s).

## B. Game Rules

### How the game is decided

The player with the most points at the end of the time limit wins the game.

Up to 2 warnings may be given to a player for breach of the rules. A 3rd warning results in one point being awarded to the other player.

#### I. Game structure

A single game lasts for 2 rounds of 1 minute with a 30 second break.

Players commence with right feet forward and left foot back.

#### Fixed Step Push Hands only

After any break in play the referee will indicate a change in feet. During play the players' front feet must remain fixed, but the back feet may move freely.

### Push Hands only

After any break in play, the players reset to the initial position. During play, players may move both feet freely.

Legal techniques or moves include:

- Pushing and pulling
- Redirecting
- Slipping or deflecting.

Actions not allowed are:

- punching
- grabbing
- kicking
- joint locking
- sweeping
- contact outside of designated physical contact areas (see below)
- holding or grappling for more than 3 seconds
- unsportsmanlike or disrespectful behaviour.

### II. Physical contact areas

Physical contact may only be made from below the base of the neck to the waist line. Contact may not be made above the base of the neck or below the waist line.

### III. Refereeing and Judging Guidelines

#### **Scoring calls**

Scoring calls are made by the referee. In the case where the line judge witnesses an awardable point, he or she may stop the action and refer a call to the referee.

#### **Calling the points and warnings**

- (a) The referee calls '*Stop!*' upon seeing an awardable point. This stops the competitive action and the time.
- (b) The referee indicates the reason for the point, and the point recipient, and the number of points.
- (c) The line judge can either confirm, contradict or give no opinion on the referee's call.
- (d) If a line judge witnesses a point not called by the referee he or she may call '*Stop!*', explain the reason and suggest that the referee call a point. The referee may confer with the line judge.
- (e) The referee restarts the action immediately upon announcing the points to the scorekeeper.

#### **Disqualifications**

A player may be disqualified for a serious breach of the rules by the referee, or in the case of a repeated uniform malfunction.

#### **Time-out and referee's conference**

In the event that anyone—the players, the referee or the referee's staff—require rules or procedural clarification, the referee may elect to call a 'time-out' for a referee's conference to be administered by the referee. This may also occur in cases where the referee or line judge need to clarify events they have witnessed in the play. Administrative time-outs and conferences must take place during stop-time and should be kept to a minimum, staying focused only on issues directly related to issues within the immediate game.

### **Ending the game**

- (a) At the end of the game, the referee will stop play, call for the players to salute each other, the referees and the head judge
- (b) The referee then stands between the contestants, requests the final score from the scorekeeper and announces the winner of the game by holding that player's arm up in the air.
- (b) After the announcement of the winner, the referee sends the players out of the game arena and preparations for the next game will begin.

### **Determining the winner of the game**

- (a) The player with the most points at the end of the designated time for the game wins.
- (b) *Tie Breaker*. If the point score is even, another one minute round is played to determine a winner.

### **Determining the winner of the tournament**

The winner of each game moves upwards to contest other winners. Losers are eliminated or continue if it is a round robin round.

### **Complaints**

If a competitor wishes to register a complaint he or she can do so with the tournament director or someone the tournament director has placed in charge of handling complaints. There may be a fee associated with registering a complaint.