

Rules

Swedish Open 2007

The rules are subject to change up to the day of the competition if the Swedish Open committee finds it necessary to do so. The rules will be thoroughly presented on the day of the competition.



Swedish Open

Tai Chi Chuan and Internal Martial Arts
Championships & Festival

1. General Rules

All competitors are responsible for their own insurance and the Swedish Open committee will not be held liable in case of injury.

Competitors must wear suitable sports clothing, and in pushing hands the competitors must be barefoot. The organizers reserve the right to change the competition categories if necessary.

If a competitor does not appear after being called three times to the competition area he will be disqualified from that event. If a competitor cannot appear because he is busy at another event it is up to him to inform the secretariat in advance (In person or through a spokesperson).

The judge may deduct points or disqualify a competitor if he uses foul language or in any other way behaves inappropriately.

Appeals concerning judgements must be received by the secretariat in written form within an hour from the appealed decision to be taken under consideration. Appeals may never be presented during matches, but only after the end of the match. A deposit of 200 SEK shall be made at the same time as the appeal. The deposit will only be repaid if the complaint is found to be of good merit, not considering the final judgement.

2. Events

2.1. Hand form

Beginner (less than two years of training, as of the 1st of May)

Intermediate (less than five years of training, as of the 1st of May)

Open (open to all competitors)

2.2. Weapon forms

Beginners (less than two years of training, as of the 1st of May)

Intermediate (less than five years of training, as of the 1st of May)

Open (open to all competitors)

Allowed weapons:

- Sabre (Dao)
- Spear (Qiang)
- Sword (Jian)

And other weapons traditionally used in chinese internal martial arts.

2.3. Pushing hands

Weight classes:

Women: -52 kg, -57 kg, -63 kg, -70 kg, -78 kg, +78 kg

Men: -60 kg, -66 kg, -73 kg, -77 kg, -81 kg, -90 kg, -100 kg, +100 kg

Categories:

- Fixed step pushing hands
- Restricted step pushing hands
- Moving step pushing hands

3. Form

Competitors will start facing the judges. After completing the form, a competitor will await the judges' score before leaving the area. A panel of three judges will assign 0-10 points each to the competitor.

The performing of inappropriate moves - Such as waving a jian over the head, cart-wheeling or somersaulting - or hesitating will lead to the deduction of one point per judge. The judges have the right to directly disqualify a competitor if the form performed obviously is not of an internal style.

If any of the three highest scores is shared among several competitors, and no ranking can be made by examination on decimals, they will be called to redo their forms and the ranking among them will be decided solely by this second performance.

3.1 Time limits

The allowed time for completing the form is normally four minutes. The only exception to this is the IWUF-42 form, which must be done in no less than 5 minutes and no more than 6 minutes.

The competitor will be warned when the time limit is exceeded and if he does not finish in 10 seconds after the warning one point per judge will be deducted.

In the case of the IWUF-42 form one point per judge will also be deducted if the form is finished in less than 5 minutes.

3.2 Criteria for judging forms

Hand forms	Weapon forms
1. Correct posture	1. Correct posture
2. Correct stance	2. Correct stance
3. Distinguishing Yin and Yang	3. Distinguishing Yin and Yang
4. Intent and focus	4. Intent and focus
5. Coordination	5. Harmony of body and weapon
6. Smooth transition between techniques	6. Correct use of Jin
7. Balanced turning and stepping	7. Balance and agility
8. Softness and relaxation of body	8. Control of weapon
9. Aesthetic appearance	9. Aesthetic appearance
10. Martial spirit	10. Martial spirit

4. Pushing hands

All competitors must be barefoot and otherwise suitably clothed. The wearing of jewellery, watches and other items which could be a danger to the opponent is forbidden. Nails must be cut short and long hair must be tied back. The judges must be able to see the feet of the competitors.

Any competitor that does not match his weight class is not assured of a place in the competition. Competitors shall present themselves for check-in and weighting-in no later than 09.00 (AM) on the day of the competition.

Match length is 2x1 minutes. The clock is running as long as the judge does not call a time out. At half time the competitors change the forward foot (Fixed and restricted step only).

Female competitors are not allowed to willfully push/attack the opponent's breasts. In the case of a clinch where no technique is applied the judge may break and restart the match.

If a competitor breaks any of the rules he will be given a warning and his opponent may receive points as appropriate. Repeated violation of the rules is grounds for direct disqualification.

Winning a match is worth three ranking points, while if the match is a draw both contestants receive one point each. If a weight class is divided into several pools the winner will be decided by matches of elimination among the two leaders from each pool. If two competitors in the same pool have the same ranking score the one who has taken the most points during matches outranks the other. A final cannot end in a draw and will be extended by 2x30 seconds, if it is still undecided after this the first to score will be the winner.

4.1 Fixed Step

Starting position: The competitors face each other in a front stance. The left foot should be to the front on the middle line. The judge moves the competitors' arms into contact. The match starts on the command "Fight" as soon as the judge feels that both competitors are relaxed in the arms.

Allowed techniques: Peng, lu, ji, an, cai, lie zhou (not elbows) and kao.

Disallowed techniques: Attacks against the groin, legs, head and throat. Strikes, kicks, finger strikes, throws, trips and locks against joints. Biting, clawing with nails and the pulling of clothes or hair is forbidden, as are holds around the back, neck or head. Strikes or other attacks against nerve centers are strictly forbidden.

Scoring:

- 1 point: If the opponent raises any part of a foot from the ground. The sole of the forward foot may be lifted provided that the heel is still on the floor.
- 2 points: If the opponent moves/raises both his feet.
- 4 points: If the opponent touches the floor with any part of his body except the feet.

4.2 Restricted Step

As in fixed step with the following changes/additions:

Starting position: The competitors put the forward foot inside a circle with a diameter of 50 centimeters. The back foot is free to move in any way, but some part of the forward foot must at all times maintain contact with the floor inside the circle.

Allowed techniques: Pushes against the back are allowed. Please note that it is forbidden to take a hold around the opponent's back.

Scoring:

- 1 point: If some part of the opponent's forward foot touches the circle.
- 2 points: If the forward foot of the opponent moves outside the circle or is completely raised from the ground.
- 4 points: If the opponent touches the floor with any part of his body except the feet.

4.3 Moving step

As in fixed step with the following changes/additions:

The competition area is a square of 4 x 4 meters inside which the competitors are allowed to move freely.

Starting position: The competitors make contact with their forward arms and move around in a circle. The match starts on the command "Fight" from the judge.

Allowed techniques: Low sweeps, throws below waist height, trips and safe locks. Attacking the legs is permitted, as is holding around the opponent's back.

Please observe: Sweeps should be preceded by the breaking of the opponent's balance; kicking the opponent's legs from out under him is not considered a sweep.

Scoring:

- 1 point: If the opponent touches the floor outside of the competition area with one foot.
- 2 points: If the opponent touches the floor outside of the competition area with both feet.
- 4 points: If the opponent touches the floor with any part of the body other than the feet.
- 8 points: If the opponent is sent flying outside the competition area. (Leaves the competition area in the air and does not land on his feet.)