



Tuishou

Pushing hands competition rules

General rules for Sweden Kung fu & Wushu Federation
in the competition Nordic Open Wushu Championships

This set of rules was created as a first step to introduce Tuishou, also named Pushing hands, as a competition form within the Sweden Kung fu & Wushu Federation. The first competitions with the rules will be implemented in the Nordic Open Wushu Championships Dec 1, 2018.

October 23, 2018
Peder Finnsio, President SKWF

General rules for

- Fixed step pushing hands
- Free Moving step pushing hands
- Moving step pushing hands

Participation rules for competition

Rule 1 Participation – To participate in the championships the individual must have a basic knowledge of the Pushing hands ruling system and from at least one year of sparring.

Rule 2 Payment – The payment of the competition fees must be made before the last registration date.

Rule 3 Registration – Registration should in general be made online, or if done manually, confirmed in writing/email from the organizer before last registration date.

Rule 4 Registration and weigh-in – Competitors shall present themselves for registration and weigh-in according to the organizers instructions.

Rule 5 Insurance - By signing the registration form the participant accepts the rules and the risks of the competition. The organizer can not be held liable in any case of injury. It is the competitor's own responsibility to have suitable insurance.

Rule 6 Fair play - Participants are expected to behave in a spirit of fair play and not seek unfair advantages over other participants or try to find loopholes in the rules etc. Foul language or impolite gestures to other participants or officials are of course not acceptable.

Rule 7 Rule breaking - Participants breaking the rules of the competition can be given warnings, or points can be given to their opponent. In extreme cases the participants can be disqualified. Repeated violation of the rules is grounds for direct disqualification.

Rule 8 Appeals - Appeals concerning judgements and decisions must be received by the secretariat in written form within an hour from the appealed decision to be taken under consideration. Appeals will be handled by the Appeal Committee. Appeals may never be presented during pushing hands matches, but only after the end of the match. A deposit of 500 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, but regardless of the final decision.

Rule 9 Injuries – The competition medic always has the final decision whether an injured competitor - due to health and safety reasons - can be allowed to continue the competition or not. The medic's decision can not be disputed.

Rule 10 Walk over disqualification - 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 competing at another event he must inform the secretariat to avoid disqualification by walk over. This can be done in person or through a spokesperson.

Rule 11 Rest between events/matches – A competitor has the right to two minutes of rest in between matches.

Rule 12 Age classes – Senior class is 18 to 55 years. Junior class is 16 to 17 years. Participants aged under 18 years may only participate with the consent of their instructor and with written parental authorisation.

Rule 13 Event categories - The organizers reserve the right to change the competition categories if necessary. The organisers cannot guarantee that all events will take place. A minimum of two participants in an event is necessary, otherwise the event will be cancelled. If there are only two participants in a class, a medal will only be awarded for 1st. If there are only three participants in a class, medals will only be awarded for 1st and 2nd place.

Rules for pushing hands events

Rule 14 Weight classes - The following weight classes will be used in all pushing hand events:

Women

- 48 kg (≤ 48 kg)
- 52 kg (> 48 kg – ≤ 52 kg)
- 56 kg (> 52 – ≤ 56 kg)
- 60 kg (> 56 kg – ≤ 60 kg)
- 65 kg (> 60 kg – ≤ 65 kg)
- 70 kg (> 65 kg – ≤ 70 kg)
- 75 kg (> 70 kg – ≤ 75 kg)
- +75 kg (> 75 kg)

Men

- 48 kg (≤ 48 kg)
- 52 kg (> 48 kg – ≤ 52 kg)
- 56 kg (> 52 kg – ≤ 56 kg)
- 60 kg (> 56 kg – ≤ 60 kg)
- 65 kg (> 60 kg – ≤ 65 kg)
- 70 kg (> 65 kg – ≤ 70 kg)
- 75 kg (> 70 kg – ≤ 75 kg)
- 80 kg (> 75 kg – ≤ 80 kg)
- 85 kg (> 80 kg – ≤ 85 kg)
- 90 kg (> 85 kg – ≤ 90 kg)
- + 90 kg (> 90 kg)

If there are too few participants registered for a weight class it may be cancelled or combined with another weight class.

Rule 15 Matching of weight class – At the time of weigh-in, a competitor who is no longer in the weight class for which he is registered is not assured of a place in the competition.

Rule 16 Clothing and appearance – All competitors must be barefoot or in soft martial arts shoes, and otherwise suitably clothed. The wearing of jewellery, watches, glasses and other items which could be a danger to the opponent or the competitor 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. The shirt sleeves must not cover the elbow. Hands and arms must be free of any foreign substance. Please see the competition website for an example of a type of shoes that are allowed in pushing hands, or contact the organizer directly.

Rule 17 Match length – Match length is 2x1 minutes. The clock will continue to run as long as the judge does not call a time out.

Rule 17 Clinch – In the case of a clinch where no technique is applied the judge may break and restart the match.

Rule 19 Ranking points – Ranking points are awarded for each match as follows:

- Win – 3 points
- Draw – 1 point for each participant
- Loss – 0 points.

If two competitors in the same pool have the same ranking score, the one who has been awarded most points during the matches outranks the other.

Rule 20 Pushing hand finals – If a weight class is divided into several pools, there will be a separate final round. If there are two pools, both pool winners and the second best from each pool will qualify for the final round. If there are three pools, all pool winners, and the second best competitor in these pools will qualify for the final round (a total of four competitors in the final round). If there are four or more pools, all pool winners will qualify for the final round. 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 a point will be the winner.

Fixed Step Pushing Hands

Rule 21 Starting position in fixed step PH – The competitors face each other in a front stance with the left foot on the middle line. The judge moves the competitors' left arms into contact. The competitors right hand rest on the opponents left elbow (no gripping!). The match starts on the command "Start" as soon as the judge feels that both competitors are relaxed in the arms.

Rule 22 Half time in fixed step PH – At half time the competitors change their forward foot.

Rule 23 Allowed techniques in fixed step PH – The following techniques are allowed: Peng, Lu, Ji, An, Cai, Lie, Zhou (not elbows) and Kao.

Rule 24 Fouls in fixed step PH - The following techniques are not allowed:

- Attacks against the groin, legs, head and throat.
- Strikes
- Kicks
- Throws
- Trips
- Locks against joints.
- Biting
- Clawing with nails
- Pulling of clothes or hair
- Holding/grabbing around or on the opponents back, neck or head.
- Strikes or other attacks against nerve centers are strictly forbidden.
- Female competitors are not allowed to willfully push/attack the opponent's breasts.

Rule 25 Scoring in fixed step PH

- 1 point is awarded 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 are awarded if the opponent moves/raises both his feet.
- 4 points are awarded if the opponent touches the floor with any part of his body except the feet.

Free Moving Step Pushing Hands

In free moving step pushing hands the competition area is a square of 4 x 4 meters. The competitors are allowed to move freely within this area. The rules are as in fixed step with the following changes/additions:

Rule 26 Starting position in free moving step PH – The competitors make contact with their left arms only and rotate around in a circle (counter-clockwise). The match starts on the command "Start" from the judge.

Rule 27 Half time in free moving step PH – At half time the competitors begin with their right arms forward rotating in a circle (clockwise).

Rule 28 Allowed techniques in free moving step PH – The following additional techniques are allowed:

- Low sweeps
- Throws at waist height and below.
- Leg tripping
- Safe locks
- Holding around the opponents back
- Grabbing the legs is permitted.

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

Rule 29 Scoring in free moving step PH

- 1 point is awarded if the opponent puts one foot outside of the competition area.
- 2 points are awarded if the opponent puts both feet outside of the competition area.
- 4 points are awarded if the opponent puts any part of the body other than the feet on the ground.
- 8 points are awarded if the opponent is sent flying outside the competition area. (Leaves the competition area in the air and falls down.)

Moving Step Pushing Hands

As in free moving step but with the following changes/additions:

Rule 30 Allowed techniques in moving step PH – The following techniques are allowed:

- Leg tripping is allowed
- Grabbing with the hands are allowed but must result in a technique within 5 seconds.

Rule 31 Fouls in Moving Step PH - The following additional techniques are not allowed:

- Throws
- Sweeps
- Locks
- Holding around the opponents back
- Grabbing without attempting a technique within 5 seconds.
- Grabbing the legs

Rule 32 Scoring in moving step PH

- 1 point is awarded if the opponent puts one foot outside of the competition area.
- 2 points are awarded if the opponent puts two feet outside of the competition area.
- 4 points are awarded if the opponent puts any part of the body other than the feet on the ground.
- 8 points are awarded if the opponent is sent flying outside the competition area. (Leaves the competition area in the air and falls down.)