



# Tuishou

## Pushing hands competition rules

General rules for Sweden Kung fu & Wushu Federation

This set of rules was adopted on October 23, 2018, as a first step to introduce Tuishou, also named Pushing Hands, as a competition form within the Sweden Kung Fu & Wushu Federation.

The first competition in which the rules will be implemented is in the Nordic Open Wushu Championships on Dec 1, 2018.

This set of rules was updated on October 16, 2023

Peder Finnsio, President  
Swedish Kung fu & Wushu Federation

## General rules for

- Fixed step pushing hands
- Free Moving step pushing hands

## Participation rules for competition

### **Rule 1**

#### **Participation**

To participate in the competition, 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 competition fees must be paid before the last registration date.

### **Rule 3**

#### **Registration**

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

### **Rule 4**

#### **Registration and weigh-in**

Competitors shall present themselves for registration and weigh-in according to the organizer's instructions.

### **Rule 5**

#### **Insurance**

By signing the registration form, the participant accepts the rules and the competition risks. 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, try to find loopholes in the rules, etc. Foul language or impolite gestures to other participants or officials are unacceptable.

### **Rule 7**

#### **Rule breaking**

Participants breaking the competition rules 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**

The secretariat must receive appeals concerning judgments and decisions in written form within an hour from the appealed decision to be considered. The Appeal Committee will handle appeals. 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 of good merit, regardless of the final decision.

## **Rule 9**

### **Injuries**

The competition medic always has the final decision on whether an injured competitor - due to health and safety reasons - can continue the competition. The medical decision can not be disputed.

## **Rule 10**

### **Walkover disqualification**

If a competitor does not appear three times after being called 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 walkover. 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**

Competitions are open for ages between 18 to 55 years.

## **Rule 13**

### **Event categories**

The organizers reserve the right to change the competition categories if necessary. The organizers cannot guarantee that all events will take place. A minimum of two participants in an event is necessary; otherwise, the event will be canceled. 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 ( $\leq 48$  kg)
- 52 kg ( $> 48$  kg –  $\leq 52$  kg)
- 56 kg ( $> 52$  –  $\leq 56$  kg)
- 60 kg ( $> 56$  kg –  $\leq 60$  kg)
- 65 kg ( $> 60$  kg –  $\leq 65$  kg)
- 70 kg ( $> 65$  kg –  $\leq 70$  kg)
- 75 kg ( $> 70$  kg –  $\leq 75$  kg)
- +75 kg ( $> 75$  kg)

#### *Men*

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

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

### **Rule 15**

#### **Matching of weight class**

At the time of weigh-in, a competitor no longer in his registered weight class 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 clothed. Wearing jewelry, watches, glasses, and other items dangerous 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 shoes allowed in pushing hands, or contact the organizer directly.

### **Rule 17**

#### **Match length**

Match length is 2x2 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). All pool winners will qualify for the final round if there are four or more pools. 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 competitor's right-hand rests on the opponent's left elbow (no gripping!). The match starts on the command "Start" when 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 opponent's back, neck, or head.
- Strikes or other attacks against nerve centers are strictly forbidden.
- Female competitors are not allowed to push/attack the opponent's breasts willfully.

### 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 if 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 only make contact with their left arms 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 opponent's 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 the competition area.
- 2 points are awarded if the opponent puts both feet outside 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.)