

PUSH HANDS REGISTRATION
TCAA AUSTRALIAN OPEN TAI CHI CHAMPIONSHIPS

15th April 2023 (SATURDAY)

Sydney University Sport & Aquatic Centre, Darlington Road, DARLINGTON, NSW 2008

Entry Closing Date: 15 March 2023 (WEDNESDAY)

Please provide your details in the yellow boxes, then email to the Convener at gohkeny@gmail.com. Keep a signed hard-copy for your records.

REGISTRANT DETAILS								
Given Name	Family Name	Num & Street	City/Suburb	State	Post-code	Country	Phone #	Email
Chinese Martial Art Style & School Name			Gender (select with "X")		Age on 15 April 2023	Weight (estimate)		
			() Female OR () Male					

CONTEST METHOD.

a. The contest method will be by "MOVING-STEP".

ELIGIBILITY. Athletes must:

- a. Be between 18 and 55 years of age on day of the Competition.
- b. Practice a Chinese martial art (not limited to only Tai Chi Chuan).
- c. Does not have to qualify with a taichi taolu, but must strictly comply with the Rules of Contest (page 3).

CATEGORIES. These are:

Female	Under 50kg	50-60kg	60-70kg	70-80kg	80-90kg	90-100kg	100kg above
Male	Under 50kg	50-60kg	60-70kg	70-80kg	80-90kg	90-100kg	100kg above

NOTE: Contestants will be placed to compete in a category according to gender and weight. If any category has only one contestant, the lone contestant will be offered a move-up with HANDICAP advantages described in the CONTEST RULES.

HEALTH DECLARATIONS. THE DECLARATIONS BELOW ARE TO ENABLE THE TCAA TO MINIMISE RISK OF INJURY.

Are you being prescribed drugs which may impair reaction time or judgment?

State Yes or No	
If Yes, what drugs:	

Have you suffered any incapacity requiring medical attention in the past 12 months?

State Yes or No	
If Yes, give details:	

Are you aware of any health problems or injuries that you have that, in the interest of your safety, the TCAA should be advised of?

State Yes or No	
If Yes, give details:	

Have you ever been excluded from Martial Arts in the past by a medical practitioner or refused participation in a Martial Arts club or Competition/Event/Contest?

State Yes or No	
If Yes, give details:	

FEE PAYMENT. Please pay in accordance with instructions at page 2.

STATEMENT OF AGREEMENT

I, the Registrant, have read (or have had translated to me) and have understood and agree with the **RULES OF PUSH HANDS** and the **GENERAL WAIVER AND INDEMNITY**, and fully acknowledge that participating in a martial arts competition event is dangerous and can cause serious injuries.

I declare that I am between the age of 18 and 55 on the day of the contest.

I hereby absolve and indemnify to the extent provided by Law the PROVIDERS from all liability in accordance with the **GENERAL WAIVER AND INDEMNITY**.

I declare that my submission of this completed form through my email to the TCAA Competition Convener at gohkeny@gmail.com represents my complete agreement to the **RULES OF PUSH HANDS** and the **GENERAL WAIVER AND INDEMNITY**.

GENERAL WAIVER and INDEMNITY

TCAA AUSTRALIAN OPEN TAI CHI PUSH HANDS COMPETITION 2023

NOTICE: Agreement to this GENERAL WAIVER AND INDEMNITY is an integral part of the registration and participation conditions.

In all cases except where inconsistent with the Laws of Australia, the Registrant for him/herself, his/her executors, administrators, dependents and other personal representatives, hereby absolves and indemnifies to the extent provided by Law the PROVIDERS (see Schedule 1) and all their servants, agents, employees and other persons under the PROVIDERS control (the "Indemnified") from all liability howsoever arising for injury or damage (including but not limited to the Registrant's person, whether fatal or otherwise, property and personal belongings) however caused including by the negligence of the Indemnified, arising out of or participating in Martial Arts or in connection with Martial Arts or in any way caused by, or arising out of, any activity carried on by the Indemnified.

The Registrant agrees to occupy and use, at their own risk, the premises that the Tai Chi Association of Australia (TCAA) leased and release to the full extent permitted by Law the TCAA, and its agents, servants, contractors, employees and volunteers from all claims and demands of every kind resulting from any accident or damage to property or injury or death to the Registrant while participating in a martial arts competition/event/contest conducted by the TCAA.

The Registrant agrees that any person participating at any martial arts contest/event/competition organised by TCAA are only allowed to do so on the distinct understanding that they do so entirely at their own risk.

The Registrant accepts that neither the TCAA nor its agents or employees shall be responsible for any loss or damage to such personal property or equipment that they may bring to the competition/event/contest.

The Registrant hereby grants consent for any photographic or video image of his/her performance to be used by the TCAA or any entity that the TCAA so authorises. The Registrant agrees to make no claim for the use of his/her image and/or performance at this Event.

The Registrant agrees that DISQUALIFICATION within the Competition does not absolve the Registrant from any civil action brought against him/her because of wilful application of illegal techniques or behaviour causing injury.

The Registrant agrees to comply with all instructions issued to enable the conduct of this Competition, and for the protection of persons at the Venue in respect of any communicable diseases.

SCHEDULE 1. In addition to the Tai Chi Association of Australia (TCAA), the providers in respect of this Agreement include:

- (a) All TCAA staff, officials and volunteers, including the TCAA Committee.
- (b) All State and Territory branches of the TCAA.
- (c) The Management, staff and owners of the Venue.

PAYMENT METHOD

Please pay using the method below:

ELECTRONIC PAYMENT

Direct Transfer the AUD\$50 to:

Name: **Tai Chi Association**

BSB: **062-196** AC No: **10604158**

Provide within "recipient's statement" the words "**PH23**" and YOUR NAME

From within your banking app, please save a pdf copy of the payment advice.

DESPATCH

Upon payment, please attach this whole registration form (and the pdf payment advice) by email to gohkeny@gmail.com.

PUSH HANDS CONTEST RULES – MOVING STEP

TCAA AUSTRALIAN OPEN TAI CHI PUSH HANDS COMPETITION 2023

1. GENERAL

- a) This Push Hands Championship will be a **Error! Reference source not found.** event.
- b) These Rules aim to promote the higher skills of Tai Chi Push Hands.
- c) These Rules are designed to maximise realism without compromise on safety.
- d) These Rules are applicable to this Championship only.

2. COVID-SAFE RESTRICTION

- a) If the Government of NSW rules for Covid Control prevailing on the Day should render the Competition impossible or impractical or meaningless, TCAA will cancel or defer the Competition, and advise all contestants and official as soon as the decision is made.
- b) If the Competition is cancelled or deferred, all fees paid will be refunded or held for the next competition according to the registrants option.

3. FITNESS

- a) The Referee reserves the right, before or during a bout, to require an athlete to withdraw from contest if they consider the athlete is at risk of injury due to weakness or pre-existing injury; **absolutely no appeal permitted.**

4. WEIGH-IN

- a) Weigh-in will be conducted in the morning on the Day, whereupon the draw will be finalised.

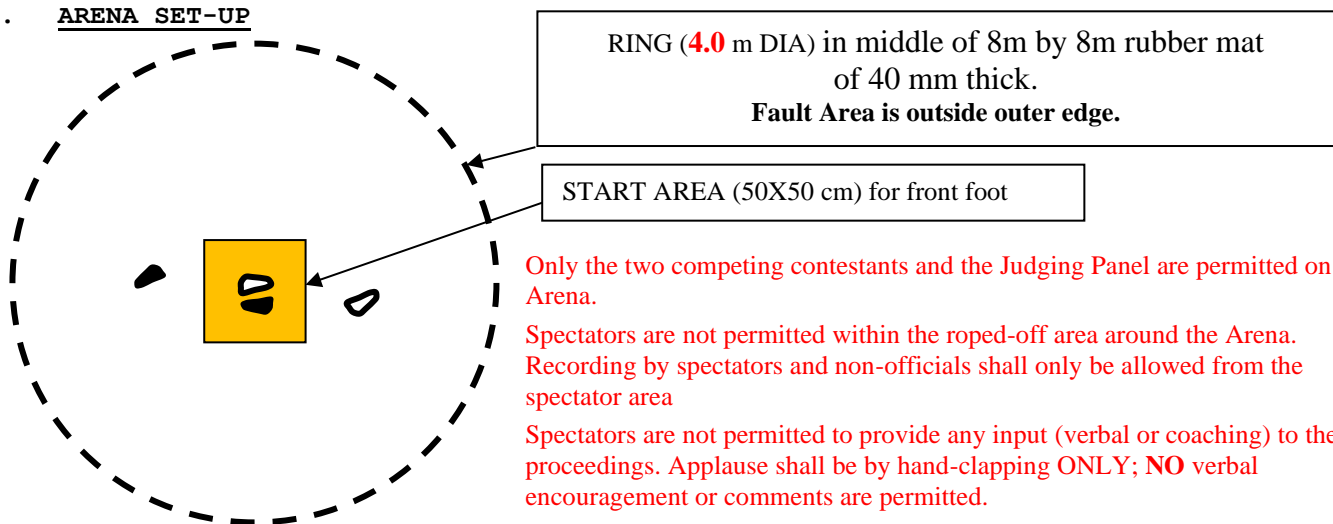
5. HANDICAPS

- a) **Movement Up a Weight Division.** Movement up a division may be offered to a contestant if his/her division has less than 2 contestants. A handicap of 1 point will be given for each 6 kg (or part of) weight difference from the lightest contestant registered in the higher weight division.
- b) **Movement from Female to Male Division.** Movement into an equivalent weight Male division because of lack of competition will be provided with a handicap of 2 points. This handicap is in addition to the weight division handicap points.

6. ATHLETE COSTUME AND FOOTWEAR

- a) **Tops.** Push Hands athletes shall wear tops that do not expose the torso. Tops made of valuable or easily damaged material are to be avoided; damage will be own liability.
- b) **Footwear.** Rubber-soled sports shoes or sneakers must be worn. Performance with bare feet is not permitted. Heavy or armoured (caps/soles) footwear are not permitted.
- c) **Protective Equipment.** Athletes may wear protective equipment for groin, eye or mouth of their own supply. Female athletes may wear additional chest protective wear of their own supply.
- d) **N/KN95 Masks.** TCAA will have available N/KN95 masks, but it will be each contestant's own decision and responsibility to wear a mask or not.

7. ARENA SET-UP



Only the two competing contestants and the Judging Panel are permitted on the Arena.

Spectators are not permitted within the roped-off area around the Arena. Recording by spectators and non-officials shall only be allowed from the spectator area

Spectators are not permitted to provide any input (verbal or coaching) to the proceedings. Applause shall be by hand-clapping ONLY; NO verbal encouragement or comments are permitted.

A contestant, if his/her supporters violate the rules, will lose 1 point after 2 warnings and will be disqualified upon the 3rd warning if his/her supporters violate the rules.

PUSH HANDS CONTEST RULES – MOVING STEP
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8. **CONTEST RULES**

a) **Objective.** A contestant shall, using *Legal Contact* on *Legal Target* areas of the opponent's body, without *Illegal Techniques*, force the opponent into a fault to score points described at para 8.f): **Scoring Points – Faults on Opponent**, and win in accordance with rules at para 8.h): **Winning the Contest.**

NOTE: *The Officials will conduct a clarification and demonstration of these Contest Rules prior to the Push Hands Competition.*

b) **Contest Structure**

i) **Single Elimination.** The progression will be by single elimination. The Organisers will pair off the opponents for each contest within each weight division.

ii) **Contest.** Each contest will consist of **two** rounds.

iii) **Round.** Each round will be of 60 seconds (nett) duration, with a 1-minute break in between. Each round will consist of a series of bouts.

iv) **Bouts.** Each bout is completed when it is stopped due to:

- * Contact is lost between the contestants.
- * Any point is scored or lost.
- * A "no-score" is declared by the Referee.
- * Stopped for any reason.

NOTE: *The Referee may also stop a bout if a contestant who has chosen to wear a mask has his/her mask displaced to an ineffective position.*

c) **Bout Starting Position.**

i) **Front Foot.** The front foot is placed adjacent to the opponent's front foot (inside against inside) within a common central square.

ii) **Back Foot.** The back foot is placed behind the front foot and must remain within own side of the ring.

iii) **Weight.** More than half the weight must be on the back foot.

iv) **Forward Hand.** The forward hand shall contact at the back of the wrist with the opponent's in crossed (X) position vertically above the centre of the common square, with hands at **stomach** level.

v) **Rear Hand.** The rear hand should be in contact with the elbow area of the opponent's forward hand. Palm contact with the opponent's elbow is not allowed.

vi) **Change Position.** For the start of the next bout, the front foot/hand will change to the alternate side.

d) **Bout Start.**

i) **Preliminary.** There will be no preliminary non-attacking movement under these TCAA Rules.

ii) **Start.** Upon the order "Start" by the Referee(s), the contestants may attempt to unbalance each other to gain points with legal moves as provided for in rule 8.f): **Scoring Points – Faults on Opponent.**

e) **Bout Stop.**

i) **Stop Command.** At a Referee command "Stop" or **Whistle** by a judge, STOP and FREEZE movement; Referee will direct the disengagement.

ii) **No Movement after Stop.** Any movement after the command "Stop" that is deemed potentially dangerous may result in disqualification.

iii) **Disengagement during Bout.** The Referee(s) **MUST** command a "Stop" if the contestants have disengaged during a Bout, to obviate an uncontrolled re-engagement by the contestants that may result in an accident.

iv) **After "Stop" Faults.** Faults following a "Stop" command are not valid for scoring.

f) **Scoring Points – Faults on Opponent.**

i) **1 point:**

- * One foot (sole) of opponent lands outside of the Ring.

ii) **2 points:**

- * Both feet of opponent forced to step out of the Ring together.
- * The opponent **Falls* within** the Ring.
(*Fall: A part of the body other than a sole touches the ground.)

iii) **3 points:**

- * The opponent **Falls* outside** the Ring.

PUSH HANDS CONTEST RULES – MOVING STEP

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- iv) **NO points:** If immediately after causing the opponent to fault, the contestant also faults, whether due to own imbalance/momentum or caused by the opponent's legal moves before his/her fault, NO point is gained or lost by either contestants.

Note: If CONTACT IS LOST after faulting an opponent, further attack will not be awarded any more points.

g) Penalties

i) **Loss of 1 point:**

- * Attacking before the Referee starts the bout.
- * Attacking after a Stop command.

ii) **Loss of 1 point after first warning:**

- * "Hugging" or "hanging on" the opponent for longer than 2 seconds.
- * Clutching the opponent's hands or arms for longer than 2 seconds.
- * Clutching the opponent's clothes.
- * Avoiding engagement.

h) Winning the Contest.

- i) **First to attain 10 Points.** If at any time during the contest, a contestant gains 10 points or more, that contestant will be declared the winner.
- ii) **Higher Points.** At the end of the nett contest time, the contestant with the higher points wins.
If the points are equal, the lighter contestant is the winner.
- iii) **Opponent Withdrawal.** A contestant is declared winner if the opponent withdraws for reasons not caused by an illegal technique on him/her.
- iv) **Opponent Disqualification.** A contestant is declared winner if the opponent is disqualified.

WARNING: The existence of these Rules does not absolve a contestant from any civil action brought against him/her because of wilful application of techniques or behaviour causing injury. Video footage will be made available if properly subpoenaed.



Watch the [video explaining the Moving-Step Push Hands Rules](#).

NOTE: The crossed hands at the start will be at stomach level rather than at face level as introduced in 2019.



Watch the [video explaining the starting position](#).

9. DISQUALIFICATION

- a) **Disqualification.** A contestant may be disqualified for any one illegal technique. A disqualification must be approved by the Push Hands Head Judge.
NOTE: An act may not be considered a disqualifying act if it is deemed to be caused by the opponent.

- b) **Illegal Techniques.** The following, if resulting in **pain or injury** to an opponent, are grounds for Disqualification:

- i) Strike, defined as contacting with impact, be it with hand, fingers, forearm, elbow, shoulder, foot, knee or head.
- ii) Forming Fists during the contest.
- iii) Point of Elbow applied on opponent.
- iv) Force a locked joint (Chin Na).
- v) Knee-Locking (of opponent's).
- vi) Kick, (defined as any impact with foot, shin or knee on the opponent **above the ankle**).
- vii) Illegal Attack:
 - Attack NON-legal target area resulting in **pain or injury** to opponent.
 - Attack using NON-legal contact resulting in **pain or injury** to opponent.

c) Definitions

- i) **Legal Contact.** Only hands, arms and shoulders (**not elbow**) are permitted for placement on the opponent's legal target areas to control the opponent.
- ii) **Legal Target Areas.** Contact may only be made with the opponent on their hands, arms, and the torso below the base of the neck but above the bladder and the coccyx.

PUSH HANDS CONTEST RULES – MOVING STEP

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10. AWARDS

a) Each Division

- i) 1st Prize (Gold medal).
- ii) 2nd Prize (Silver medal).

11. APPEALS (PUSH HANDS)

NOTE: An Appeal will effectively terminate a Contest and determine a winner. It is recommended that it should be used reservedly and correctly, ie for Illegal Techniques resulting in PAIN or INJURY.

a) Initiating Appeal. Should a Contestant believes an **Illegal Technique** causing pain or injury has been made by his/her opponent, but missed by the Referee(s) and Lines-Judges:

- i) The Contestant is to hold up a hand immediately (or before the commencement of the next bout) to gain the attention of the Head Judge, calling "**Serious**".
- ii) The contest **must** be suspended immediately, and the Head Judge with judges and referees **must** listen to the alleged serious violation, **must** watch video footage and **must** award a decision.
(Note: The Head Judge must firmly prohibit participation by spectators in any appeal proceedings.)
- iii) The Head Judge's decision, upon watching video footage, will be final and no further appeal is available.
- iv) If the Disqualification is upheld, the complainant shall be declared the winner. If the Disqualification is not upheld, the complainant will be declared as having lost the contest.

b) Late Appeal. An appeal after the next bout starts will NOT be entertained.

12. COMPLIANCE WITH COVID CONTROL RULES

- a) The TCAA, in organizing this Event, is required to comply with all Covid limitation restrictions required by both the Venue and the NSW Government.
- b) The TCAA will make all efforts necessary to conduct the Event in a Covid Safe manner required on the Day. All participants, observers, helpers, and officials will be required to comply, failing which they will be required to cease attendance as required by the Covid restrictions.