



# 北加州華人文化體育協會

## Northern California Chinese Culture-Athletic Federation

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### 2023 太極內家拳比賽規則 Tai Chi Quan Competition Rules

#### TAI CHI/INTERNAL FORMS

All judges of forms competitions are very subjective on the part of judges. Each judge is reminded that she/he must set any personal preferences regarding the martial arts aside and maintain an open mind and a fair and subjected spirit when scoring. The judging parameters will be based on several key principles such as rooting, body flow, body movement, body balance, relaxation, etc.

#### TIME LIMIT

Timer shall begin at the first move of the form.

- 2-6 minutes ( 2 至 6 分鐘)

Deductions for Over/Under Time Limits

- 0.1 points for each increment of 6.0 seconds over or under the time limit. Only ring head judge takes the deductions.
- The competitors will be given an audible signal before the last 30 second of the time limit

The competitors will then have the remaining 30 seconds to complete the form.

#### GENERAL RULES

- A competitor may not compete with the same form twice. Competitors who violate this rule will be disqualified for all instances where the same form was used.
- No unauthorized personnel will be allowed on the competition floor.

#### DRESS CODE(服裝)

All competitors are required to dress appropriately. Competitors may wear traditional Chinese martial art uniform (Preferred), or pants appropriate for the Chinese martial arts plus a school T-shirt or an event T-shirt. The competition committee reserves the right to make the final judgements on appropriate attire. Shoes are mandatory for all events. All shoes should be regular athletic type shoes. No regular street-type shoes are permitted.

#### PROCEDURES

All competitors will be called to the ring at least 10 minutes before the beginning of the event. If a competitor should have an obligation in another ring, she/he must at this time tell the ring chief judge so that he can readjust the competition order to accommodate the competition obligations.

## COMPETING

When the official sees that all is ready, she/he will call the first competitor and announce for the next 2 competitors to prepare. When the competitor's name is called to compete, she/he will approach the ring and salute to the main official and wait for permission/signal from the ring chief judge to begin. Judges will be observing as soon as the competitor's name is called.

Upon receiving the signal to begin from the ring chief judge, the competitor will walk to the starting position within the ring. No point should be the competitor speak with any judge or official. This should be done before the event begins. Once the beginning position is found, the competitor will stand perfectly still at attention, showing judges and timekeepers that the form is ready to begin. The time clock will begin at the first sign of movement from this attention position. The time clock will stop when the form is finished and the competitor returns to a stationary and relaxed position. Upon completion, the competitor will again walk to the same place she/he entered the ring and faces the ring chief judge at attention. At the same time, the score for the competitor will be given. After receiving her/his final score, the competitor will acknowledge the score by saluting the ring chief judge. Only now is the competitor finished with her/his form and may leave the ring area.

## JUDGING

Scoring: ( 計分)

The ranges are as follows:

Beginner level( 初級) : 7.0-7.99

Intermediate level(中級) : 8.0-8.99

Advanced(高級) : 9.0- 9.99

Scoring should start from the top and deductions taken for mistakes. All scores count toward the final total unless there are 5 judges. With 5 judges, the highest and lowest scores are dropped. In the event of a tie, the lowest score is added back. If a tie still exists, the highest score is added back. In the event that a tie still exists, all judges will be asked to point at winner simultaneously and whoever receives the most judges will win. Each judge will be using the following guidelines in determining a competitor's score for

Empty Hand Form

1. Correctness of the form
2. Strength of Stance/Stability
3. Speed
4. Power( Not Muscle Tightness )
5. Spirit- Martial Spirit with sense of opponent
6. Overall Impression

Weapon Forms

1. Same guidelines as empty hand forms

2. Body movement coordination with the weapon
3. Correct application of the weapon
4. Familiarity of the weapon

#### **TEAM COMPETITION ( 集體比賽)**

Team Competition consists of synchronized or coordinated forms demonstrated in concert. Demonstration team must consist 4 - 16 members and all ages. Demonstration may include any and all approved weapon and movements. Team will be judged on originality, showmanship, and presentation, as well as martial art skills. All rules mentioned apply. Music is permissible. ( 集體組員 4 至16人)

#### **Duilian(對練)**

Duilian consists of 2 -3 members. All rules in team competition apply.

#### **Grand Champions(全能總冠軍)**

The competitors have to participate at least three event codes, one hand form and two weapons. Highest scores will be added up. There are 12 grand champions allocated as follows.

12 and under Int

12 and under Adv. Female

12 and under Adv. Male

13-18 Int

13-18 Adv. Female

13-18 Adv. Male

19-45 Int

19-45 Adv. Female

19-45 Adv. Male

46-64 Int

46-64 Adv. Female

46-64 Adv. Male