

**WKFE** WUSHU KUNGFU  
FEDERATION OF EUROPE

# TUISHOU COMPETITION RULES 2025

FIXED STEP TUISHOU - DYNAMIC TUISHOU

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## **CHAPTER 1 - GENERAL REGULATIONS**

### **Article 1 Competition Types**

- 1.1 Individual competition.
- 1.2 Fixed Step Tuishou
- 1.3 Dynamic Tuishou

## **Article 2 Competition Method**

2.1 For the categories consisting of 3 or 4 athletes the competition system is based according to the principle of Round Robin the winners of the groups fight for the first place, and the runners-up for the third place.

2.2 For the categories consisting of 5 or more athletes the Knock-Out method will be applied.

## **Article 3 Age Categories & Requirements**

3.1 Individual competitions can be for women and men by age groups and weight categories:

3.1.1 Adult competitors shall be 18-55 (including 55) full years of age; Youth competitors shall be between 15 and 17 (including 17) years of age; Junior competitors shall be between 12 and 14 (including 14) years of age and Veterans shall be between 56 and 70 (including 70) years old at the time of competition.

3.1.2 A competitor must hold a valid passport issued by the country which he/she is representing.

3.1.3 Each competitor must hold a valid personal life insurance certificate.

3.1.4 Each competitor must produce a valid health certificate

## **Article 4 Weight Categories**

### **4.1 Junior Weight Divisions (Male & Female)**

4.1.1. 39kg Category (Under  $\leq 39\text{kg}$ )

4.1.2. 42kg Category ( $> 39\text{kg} - \leq 42\text{kg}$ )

4.1.3. 45kg Category ( $> 42\text{kg} - \leq 45\text{kg}$ )

4.1.4. 48kg Category ( $> 45\text{kg} - \leq 48\text{kg}$ )

4.1.5. 52kg Category ( $> 48\text{kg} - \leq 52\text{kg}$ )

4.1.6. 56kg Category ( $> 52\text{kg} - \leq 56\text{kg}$ )

4.1.7. 60kg Category ( $> 56\text{kg} - \leq 60\text{kg}$ )

4.1.8 64kg Category ( $> 60\text{kg} - \leq 64\text{kg}$ )

4.1.9. 68kg Category ( $> 64\text{kg} - \leq 68\text{kg}$ )

4.1.10. 72kg Category ( $> 68\text{kg} - \leq 72\text{kg}$ )

### **4.2 Youth Weight Divisions Female**

4.2.1. 48kg Category (Under  $\leq 48\text{kg}$ )

- 4.2.2. 52kg Category ( $>48\text{kg} - \leq 52\text{kg}$ )
- 4.2.3. 56kg Category ( $>52\text{kg} - \leq 56\text{kg}$ )
- 4.2.4. 60kg Category ( $>56\text{kg} - \leq 60\text{kg}$ )
- 4.2.5. 65kg Category ( $>60\text{kg} - \leq 65\text{kg}$ )
- 4.2.6. 70kg Category ( $>65\text{kg} - \leq 70\text{kg}$ )
- 4.2.7. 75kg Category ( $>70\text{kg} - \leq 75\text{kg}$ )
- 4.2.8. 80kg Category ( $>75\text{kg} - \leq 80\text{kg}$ )

### **4.3 Youth Weight Divisions Male**

- 4.3.1. 48kg Category (Under  $\leq 48\text{kg}$ )
- 4.3.2. 52kg Category ( $>48\text{kg} - \leq 52\text{kg}$ )
- 4.3.3. 56kg Category ( $>52\text{kg} - \leq 56\text{kg}$ )
- 4.3.4. 60kg Category ( $>56\text{kg} - \leq 60\text{kg}$ )
- 4.3.5. 65kg Category ( $>60\text{kg} - \leq 65\text{kg}$ )
- 4.3.6. 70kg Category ( $>65\text{kg} - \leq 70\text{kg}$ )
- 4.3.7. 75kg Category ( $>70\text{kg} - \leq 75\text{kg}$ )
- 4.3.8. 80kg Category ( $>75\text{kg} - \leq 80\text{kg}$ )
- 4.3.9. 85kg Category ( $>75\text{kg} - \leq 85\text{kg}$ )
- 4.3.10. 90kg Category ( $>85\text{kg} - \leq 90\text{kg}$ )

### **4.4 Adult and Veterans Weight Divisions Female**

- 4.4.1. 48kg Category (Under  $\leq 48\text{kg}$ )
- 4.4.2. 52kg Category ( $>48\text{kg} - \leq 52\text{kg}$ )
- 4.4.3. 56kg Category ( $>52\text{kg} - \leq 56\text{kg}$ )
- 4.4.4. 60kg Category ( $>56\text{kg} - \leq 60\text{kg}$ )
- 4.4.5. 65kg Category ( $>60\text{kg} - \leq 65\text{kg}$ )
- 4.4.6. 70kg Category ( $>65\text{kg} - \leq 70\text{kg}$ )
- 4.4.7. 75kg Category ( $>70\text{kg} - \leq 75\text{kg}$ )
- 4.4.8. 80kg Category ( $>75\text{kg} - \leq 80\text{kg}$ )

### **4.5 Adult and Veterans Weight Divisions Male**

- 4.5.1. 48kg Category (Under  $\leq 48\text{kg}$ )
- 4.5.2. 52kg Category ( $>48\text{kg} - \leq 52\text{kg}$ )
- 4.5.3. 56kg Category ( $>52\text{kg} - \leq 56\text{kg}$ )
- 4.5.4. 60kg Category ( $>56\text{kg} - \leq 60\text{kg}$ )
- 4.5.5. 65kg Category ( $>60\text{kg} - \leq 65\text{kg}$ )
- 4.5.6. 70kg Category ( $>65\text{kg} - \leq 70\text{kg}$ )
- 4.5.7. 75kg Category ( $>70\text{kg} - \leq 75\text{kg}$ )
- 4.5.8. 80kg Category ( $>75\text{kg} - \leq 80\text{kg}$ )
- 4.5.9. 85kg Category ( $>80\text{kg} - \leq 85\text{kg}$ )
- 4.5.10. 90kg Category ( $>85\text{kg} - \leq 90\text{kg}$ )
- 4.5.11. 100kg Category ( $>90\text{kg} - \leq 100\text{kg}$ )
- 4.5.12. Over 100kg Category ( $>100\text{kg}$ )

## **Article 5 Weighing in**

5.1 All qualified athletes must present their passport in order to take part in the weigh-in

5.2 The weighing-in shall be conducted by the chief registrar in collaboration with the scheduler-recorders under the supervision of the Jury of Appeals.

5.3 All athletes must arrive at the designated time at the designated place as set out by the organizing committee in order to weigh-in. Athletes may weigh-in naked or with trunks on. (Female competitors may wear tight-fitting undergarments)

5.4 The weighing-in shall start with the lighter weight categories and continue on to the heavier categories. Each category should conclude its weighing in within a period of one hour. Any competitor who fails to weigh-in correctly within his or her registered division within the allocated time of one hour will not be permitted to participate in any of the subsequent contests.

5.5 Competitors that are competing on a specific day of competition are required to weigh-in at the specific time and place prior to the start of the day's event.

## **Article 6 Drawing Lots**

6.1 The drawing-lots ceremony shall be conducted by the scheduling-recording group, in the presence of the chairman of Jury of Appeal, the chief referee and team coaches or team leaders.

6.2 The drawing-lots ceremony shall take place after the initial weighing-in session has concluded, and will start with the lighter weight categories and continue on to the heavier categories. Any category with only one competitor shall be excluded from the contest.

6.3 Team coaches or team leaders shall draw lots on behalf of the competitors from their respective teams.

## **Article 7 Competition Attire**

7.1. Bottom - both competitors wear a long tracksuit or kimono bottom, one competitor blue and the other red

7.1.1. For the 2024 competition, competitors may wear a dark-coloured tracksuit or kimono

7.2. The upper part is a short-sleeved T-shirt, one competitor blue and the other red

7.3. Both competitors perform barefoot

7.4. The Assistant judge assesses whether both competitors have adequate clothes and may request that one or both competitors change.

## **Article 8 Competition Etiquette**

8.1 Competitors shall perform a palm and fist salute when they are introduced to the audience before the start of each match.

8.2 At the start of the match the competitors shall perform a palm and fist salute from the platform towards their respective coaches who in turn shall return the same palm and fist salute. The competitors will then perform a palm and fist salute towards one another.

8.3 When announcing the result of a bout, the competitors shall first switch their positions. Following the announcement of the result, the competitors shall perform a palm and fist salute to each other first, then to the platform judge who will return the salute, following which the competitors will salute one another's coaches, who will also return the salute.

8.4 When a sideline judge is replaced by another judge, both judges shall perform a palm and fist salute to one another.

## **Article 9 Default**

9.1 During the course of a competition, should a competitor be unable to compete due to illness or injury (which must be confirmed as legitimate by the medical committee's appointed doctor) or due to failure to weigh-in correctly, this shall be considered as default and the competitor will not be permitted to participate in the following matches. However, the ranking achieved up to that point will still be considered as valid.

9.2 Should a competitor be absent for the weighing in; fail to appear for the roll-call 3 times prior to a bout or leaves the designated area following the roll-call; fail to appear at the competition area on time; this will be regarded as a groundless default.

9.4 During a competition, should a competitor have a groundless default, all his results attained in the competition up to that point shall be cancelled.

## **Article 10 Other Competition Related Provisions**

10.1 Onsite judges must be serious, fair, and accurate, fully focusing on their judging responsibilities. They are not allowed to leave their designated seats without permission from the head judge.

10.2 All competitors must abide by the competition rules and protocols, and respect and obey the judges and officials' decisions. It is forbidden to cause disruptions, curse and shout

or act in any way to display discontent. During a bout, coaches and competitors are not permitted to leave the field of play prior to the announcement of the results (except in cases of medical or first-aid emergency). Otherwise, the head judge has the authority to issue a penalty of admonition or a warning.

10.3 During a bout, the coach may only be accompanied by one assistant coach or team doctor. They must wear official attire and must remain seated at the designated spot (shorts and sandals are not allowed).

10.4 If athletes, coaches, or related team personnel refuse to obey the decisions of the judging panel or jury of appeals, attempting to disrupt the order of the competition, engage in behaviors such as verbal or physical abuse towards the opponents or judges, and reject advice or dissuasion, thereby obstructing the normal progress of the competition. The head judge may refer the matter to the supervisory committee, depending on the severity of the case, individuals involved may have their current round results canceled, all results canceled, and issuing public announcement with their eligibility to participate in the competition revoked.

10.5 Doping in any form is strictly forbidden. Competitors are not permitted to inhale oxygen in the rest period between rounds.

## **CHAPTER 2 - JURY OF APPEALS & DUTIES**

### **Article 11 Composition of Jury of Appeals**

11.1 The Jury of Appeals will consist of one (1) chairman, one (1) assistant chairman, and three (3) or five (5) members.

### **Article 12 Duties of Jury of Appeals**

12.1 The Jury of Appeals shall work under the leadership of the Organizing Committee of the Competition. The Jury of Appeals is responsible mainly for supervising competition on such matters as checking the competition area and facilities, equipment, scheduling, drawing of lots, competitors' weighing-in, grouping of officials and arrangement and conduction of their work etc. During competition the Jury of Appeal shall supervise the officiating work. In case of any obvious unjust behavior or incorrect judgment, they shall have the right to give warnings to the officials concerned and, in serious cases, may even propose to the IWUF Technical Committee to remove them from their current officiating work to ensure the smooth running of competitions.

12.2 The Jury of Appeal shall deal with appeals submitted by participating teams who have disagreement with the platform referee's onsite judgment. Such appeals shall be confined to decisions related directly to the appealing team.

12.3 The Jury of Appeal shall handle the appeals immediately after receiving them and duly notify the parties concerned of the ruling. The decision of the Jury of Appeals shall be final.

12.4 The Jury of Appeal will investigate the case immediately and review the video recording if necessary. It may hold discussion meetings and invite other parties to attend them as observers without the right to vote. The meetings must be attended by more than half of the members of the Jury of Appeal. The number of members of the Jury of Appeal participating in the investigation must be more than half of its total members in order for any voting decisions to be valid. In case of a tied vote, the chairman shall have the right to make the final decision.

12.5 Members of the Jury of Appeal shall not participate in investigations in which their country or region is involved.

12.6 Through the examination process, should the platform referee's original decision found to be correct, it will be upheld. Should the platform referee's original decision found to be incorrect, the Jury of Appeals has the right to change the platform judge's decision and competitor's result concerned and shall request that the Judges' Committee deals with the judge in question in line with WKFE provisions.

### **Article 13 Appeal Method & Requirements**

13.1 Each participating team has the opportunity to appeal at most two (2) times for the whole competition duration. Should the appeal be found to be invalid, the opportunity for appeal will be deducted accordingly.

13.2 A participating team who has objection to the onsite judgement of the platform referee must raise an appeal onsite immediately; the Jury of Appeal will immediately review the appeal and come to an arbitration conclusion. Should the appeal be valid, then the result will be amended. Should the appeal to be found invalid, then the result will remain unchanged.

13.3 After the conclusion has been made by the Jury of Appeal, the appellant should complete the written appeal procedure, and must pay an appeal fee of 200 EUROS if the appeal is denied.

13.4 All teams shall abide by the rules and accept the final decisions made by the Jury of Appeal. Strict actions will be taken according to the severity of the case and relevant provisions of the competition to teams that cause any disruptions against the decision, fail to follow the appeal procedures, and refuse to pay the appeal fee.

## **CHAPTER 3 – COMPETITIONS OFFICIALS & DUTIES**

## **Article 14 Composition of Competition Officials**

14.1 There shall be one (1) chief referee and one (1) assistant chief referee.

14.2 Onsite Judges Group (1-2 groups according to the scale of the competition): One (1) head judge, one (1) assistant head judge, platform referees (two to four (2-4) people required on rotational standby); one (1) recorder, one timekeeper, 1 sideline judge (2-4 people standby)

14.3 One (1) Chief Scheduler-Recorder.

14.4 One (1) Chief Registrar

## **Article 15 Composition of Competition Assistants**

15.1 Four (4) Scheduler-Recorders

15.2 Four to six (4-6) Registrars

15.3 One (1) Medical Supervisor; Two Medical Assistants

15.4 One Announcer

15.5 Two (2) Jury of Appeals Camera Operators

## **Article 16 Duties of Competition Officials**

### **16.1 Chief Referee**

16.1.1 Organize the study sessions for all officials to study and review the Rules and Regulations of the Competition, and to master the officiating methods.

16.1.2 Inspect and ensure the correct preparation of the competition venue field of play, competition and judging equipment, and the preparation of the weighing-in, drawing of lots ceremony and other competition related preparations.

16.1.3 Attend to problems related to the competition Rules and Regulations but has no power to modify them.

16.1.4 Manage the judges' groups during competition and replace officials as required.

16.1.5 During the course of a competition, should there be any changes to the order of competition due to a competitor defaulting and withdrawing, the chief referee should timeously notify the technical delegate, the jury of appeals, the head judge, the chief scheduler- recorder and the announcers.

16.1.6 Have the right to make the final decision when a dispute arises within the technical official groups.

16.1.7 Be responsible for the accurate implementation of the rules and regulations by the competition officials.

16.1.8 Review, sign and announce the results of competition.

16.1.9 Submit a written report to the Organizing Committee.

## **16.2 Assistant Chief Referee**

16.2.1 Be responsible for assisting the duties of the Chief Referee. In the event of the absence of the Chief Referee, he shall take over the responsibilities and duties of the Chief Referee.

## **16.3 Head Judge**

16.3.1 Be responsible for the organization of his judges' group's study sessions and work implementation.

16.3.2 Oversee and manage the work of the judges, timekeeper and recorder.

16.3.3 Should the platform referee make any apparent incorrect judgments or miss any judgments, notify the platform referee by way of signal whistle to make the relevant corrections.

16.3.4 May amend the bout results prior to them being announced with the approval of the Chief Referee in cases of misjudgment.

16.3.5 Announce the result at the end of each round.

16.3.6 Handle such matters as absolute victory, off-platform, warnings, forcible counting etc. according to the competitors' actions on the platform and the recorder's records.

16.3.7 Review and sign the results at the end of each bout.

## **16.4 Assistant Head Judge**

16.4.1 Assist the head judge in their duties, prioritizing the supervision of the recorder's work. May also take on the duties of the other judges if needed.

## **16.5 Platform Judge**

16.5.1 Ensure the safety during the fight.

16.5.2 Direct the competitors during a fight through calls and gestures.

16.5.3 Make judgments for instances of falling-down, off-platform, warnings and admonishments etc., and to call for first aid when needed.

16.5.4 Announce the results of each fight.

## **16.6 Sideline Judge**

16.6.1 Checks competitors before the fight: clothes and hygiene (e.g. nails, watches, jewelry, hair holders, etc.) of the competitors.

16.6.2 Suggests the number of points to the Platform Judge, shows his hand down on the side of the competitors who won the points in his opinion he/she also shows the forbidden techniques if the Platform Judge did not see them.

## **16.7 Judging**

16.7.1. The fight is judged by two judges, Platform Judge and Sideline Judge.

16.7.2 The Platform Judge stands facing the scorer's table, on his left is the blue corner, and on his right is the red corner.

16.7.3. The Sideline judge stands facing the head judge, moved to the left or right so that the scorer's table can see the Platform Judge.

16.7.4. Both judges are about away from the competitors

16.7.5. The Platform Judge gives a signal to the blue and red corner to prepare the competitors.

16.7.6. The Platform Judge gives a signal to the competitors to stand in front of each other.

16.7.7. The Platform Judge gives a signal to the competitors to salute the scorer's table, judges and each other.

16.7.8. Sideline judge checks competitors before the fight: clothes and hygiene (e.g. nails, watches, jewellery, hair holders, etc.) of the competitors.

16.7.9. The Platform Judge gives a signal for the initial position.

16.7.10. Competitors stand in the place marked for the fight (they stand with the middle of the right foot on the tape, the distance between the feet of front legs of the competitors is about 20 cm ). The left leg is back.

16.7.11. Their right hands touch on the wrists and the left palms are laid on the outer part of the elbows.

16.7.12. The Platform Judge says, “Yubei”(get ready) the competitors stand in a central position at an equal distance from each other and wait for the signal to begin the fight.

16.7.13. The Platform Judge says loudly "Kaishi (Start)!" After that the fight begins, when the Platform Judge stops the fight, he says "Ting (stop)".

16.7.14. After each awarded point, competitors change the guard.

16.7.15. The Head Judge supervises the fight - his decision is always the last, but he can accept the suggestion of the Platform Judge.

16.7.16. The Platform Judge declares the winner by placing himself between the competitors and taking them by the hands and raising the hand of the competitor who was declared the winner of the fight by the scorer's table.

## **CHAPTER 4 PERMITTED & PROHIBITED METHODS, SCORING STANDARDS & PENALTIES**

### **Article 17 Permitted Methods**

17.1. A competitor who first moves one leg from where he stands loses one point, the Platform Judge first points to him with his hand then raises his hand on the side of the competitor who won the point and shows with his fingers the number of points won, at the same time he says “one point blue or red”

17.2. The competitor who first moves both legs from where he stands loses two points, the Platform Judge first points to him with his hand then raises his hand on the side of the competitor who won the points and shows with his fingers the number of points won, at the same time he says loudly “two points blue or red”.

17.3. The competitor who falls or with any part of the body touches the floor (hand, knee) loses three points, the Platform Judge first points to him with his hand then raises his hand on the side of the competitors who won the points and shows with his fingers the number of points won, at the same time he says loudly “three points blue or red”.

17.4. If the competitor does the forbidden technique two or more times, the Platform Judge gives him one or two negative points. These points are attributed to the opposite competitor, and the competitor who did the forbidden technique receives negative points.

17.5. If one competitor collects 6 negative points before the end of the fight (24.2. and 24.3.), the scorer's table is obliged to inform the Platform Judge on that and the Platform Judge declares the victory of the other competitor, regardless of the result in the points won (technical error).

## **Article 18 Prohibited Methods**

18.1. It is forbidden to catch or push legs

18.2. Punches and kicks are forbidden

18.3. It is forbidden to grab and pull by his clothes

18.4. Joint locks are forbidden (on elbow, ankle or shoulder). (Hooking the arm behind the shoulder is allowed)

18.5. Any contact on the neck and head is forbidden

18.6. Talking to the judge is forbidden

18.7. A talk between competitors is forbidden (quarrels, elevated tones, etc.)

18.8. It is forbidden to hold the opponent's hand continuously with one or both hands and pull him, push him or hold him continuously for more than 2 seconds

18.9. It is forbidden to push or kick the leg of the other competitor with the knee of the front leg

18.9. Lifting the heel of the back foot off the ground is prohibited; however, competitors are permitted to lift the toes or heel of the front foot. If a competitor significantly lifts the heel of the back foot and pushes the opponent, the point will be canceled without negative penalty. Minor movements of the heel or foot while maintaining contact with the floor are acceptable.

18.10. For all the above-mentioned FORBIDDEN TECHNIQUES done for the first time, the Platform Judge must first warn the competitor (Platform Judge says "blue or red" "first time warning").

## **Article 19 Canceling Points**

19.1. If the competitor achieves a point, but raises the heel of the back leg.

- 19.2. If the competitor achieves a point, but uses any of the forbidden techniques.
- 19.3. If the competitor reaches a point, but makes a step with the front leg, the Referee cancels the point and awards it to another competitor.
- 19.4. If both competitors move one or both legs at the same time
- 19.5. If both competitors fall to the floor at the same time

## **Article 20 Warnings**

- 20.1. Points are not deducted. For any of the forbidden techniques performed for the second time, the competitor will receive a negative point.
- 20.2. For repeated performance of forbidden techniques, the competitor will receive two negative points and a warning.
- 20.3. Negative points are recorded but not deducted from their total score. Correspondingly, one or two points are awarded to the opposing competitor.
- 20.4. A competitor who accumulates six negative points automatically loses the match. An accurate recording of negative points is essential, as they serve as a tiebreaker if competitors have an equal number of accumulated points. In such cases, the competitor with fewer negative points is declared the winner. If both competitors have the same total points and negative points, the lighter competitor is deemed the winner.

## **Article 21 Disqualification**

- 21.1. In case that the competitor behaves unsportsmanlike towards the opponent or the judges.
- 21.2. In case that the competitor delivers deliberate a strong punch or kick to the opponent.
- 21.3. In case that he strongly insults the judges or another competitor, protests against the decisions of the judges or causes disorder.

## **Article 22 Competition Platform**

- 22.1. The floor of the competition platform is tatami (or leitai) 6x6 meters.
- 22.2. For Fixed Step Tuishou the place where the fighters take the starting position is marked with a tape.

## **Article 23 – Match Stoppage**

A match will be stopped when:

- 23.1 When a fell down or falls off the platform.
- 23.2 When a competitor is being issued a penalty.
- 23.3 When a competitor is injured.
- 23.4 When a competitor raises his hand to request a time-out.
- 23.5 When the head judge corrects a misjudgment or omission.
- 23.6 When a problem arises or there is a dangerous situation on the platform
- 23.7 Due to lighting, field of play, problems with the electronic scoring system etc. and related issues affecting the competition.

## **Article 24 Placing**

24.1. Ranking in the group is determined according to the following criteria:

- a. the number of victories
- b. the number of collected points
- c. if two competitors have the same number of wins and the same number of points, the competitor who won the match goes on.
- d. if three competitors have all the above completely equal, the lightest competitor goes on.

24.2. Competitors fight to 15 (fifteen) points (the competitor who wins 15 (fifteen) points first wins

24.3 The fight can last a maximum of 5 minutes

24.4. If no competitor wins 15 points for the win, the fight is stopped after 5 min. And the competitor wins according to the following criteria:

- a. the competitor with more points wins
- b. if both competitors have the same number of points won, the competitor with less negative points in that match wins.
- c. if both competitors have the same number of points won and the same number of negative points, the competitor who weighs less wins.

24.5. There must be at least 3 competitors in a category



## CHAPTER 4 DYNAMIC TUISHOU

### Article 25 Competition

25.1. Competition systems are either cup or Round Robin group system and group winners fight for 1st place, while second ranked in the groups fight for the 3rd place.

25.2. Ranking in the group is determined according to the following criteria:

- a. the number of wins
- b. the number of points
- c. if two competitors are equal then their mutual result matters
- d. if three are equals one with least negative points wins and if they are equal in negative points – lighter competitor wins

25.3. The fight is 1 round of 3 minutes.

25.4. The fight is stopped after 3 min. And the competitor wins according to the following criteria:

- a. the competitor with more points wins
- b. if both competitors have the same number of points won, the competitor with less negative points in that match wins.
- c. if both competitors have the same number of points won and the same number of negative points, the competitor who weighs less wins.

### Article 26 Judging & Scoring

26.1. Dynamic Tuishou takes place on a combat place of 6x6 meters and every push out of this area brings 2 points while 3 times push out is automatically the end of the match.

26.2. Movement is free but competitors must be in physical contact all the time of the match.

26.3. Holding around the opponent's back. Not allowed to cross or hold hands together.

26.4. Sweeping and throwing techniques below the level of the hips are allowed. Throws at waist height and below.

26.5. For a clean throwing technique if the competitor who is throwing stays up and does not touch the mat – he gets 2 points.

26.6. If he falls on an opponent, he gets 1 point.

26.7. The fight is judged by two judges (Platform Judge and the Head Judge)

26.8. Head Judge is supervising that the rules are strictly applied, and to warn the Platform Judge on the platform if any mistakes are made.

### **Article 27 Cancelling Points**

27.1. If the competitor achieves a point, but uses any of the forbidden techniques

27.2. If both competitors fall to the floor at the same time

27.3. If both competitors are off the platform. No points.

27.4. If a competitor steps off the platform with one or both feet or steps on the line, but remains in contact with another competitor, no points. The platform judge stops the fight and returns the competitors to the starting position.

### **Article 28 Forbidden Techniques**

28.1. It is forbidden to catch the legs of the opponent

28.2. Punches and kicks are forbidden

28.3. Foot and knee push is forbidden

28.4. It is forbidden to grab and pull opponent by his clothes

28.5. Joint locks are forbidden (on elbow, ankle or shoulder), but hooking the arm behind the shoulder is allowed

28.6. Any contact on the head or neck is forbidden

28.7. Talking to the judge is forbidden

28.8. Any conversation among the competitors is forbidden

### **Article 29 Warning – Negative Points**

29.1. Points are not deducted. For any of the forbidden techniques competitors get 1 negative point.

29.2. For repetition of forbidden technique 2 negative points and a warning. "Foul"




29.3. For a contact (or a punch) that is defined as too strong, competitor immediately gets 2 negative points. "Foul"






29.4. Competitors get 2 negative points in case of loud conversation, protesting, screaming.  
“Foul”







29.5. Negative points are recorded but not deducted from their total score. Correspondingly, one or two points are awarded to the opposing competitor.



29.6. A competitor who accumulates six negative points automatically loses the match. An accurate recording of negative points is essential, as they serve as a tiebreaker if competitors have an equal number of accumulated points. In such cases, the competitor with fewer negative points is declared the winner. If both competitors have the same total points and negative points, the lighter competitor is deemed the winner.

### Article 30 Judge’s Gestures in Tuishou

	Fist-Palm Salute
	Stand at the centre of the platform, extend both arms sideways, palms up and pointing at the competitors.
	Call competitors to mount the platform, bend both arms at the elbow into a right angle, palms facing each other.

	<p>Signal to both competitors to salute each other.</p>
	<p>Take a bow stance between the two competitors and, while calling "Yubei or Ready!" extend both arms sideways, palm facing up and pointing at the competitors. At the end the judge says "Circle!".</p>
	<p>After 3 rounds of circling the judge says "Kaishi or Start!".</p>
	<p>While calling "Ting or Stop!", insert one extended arm between the two competitors.</p>
	<p>If one competitor has gone off the platform and the other remains on the platform, extend one hand towards the competitor off the platform.</p>

	<p>And while calling the Red Side or the Blue Side, push your other hand forward towards the competitor who came off the platform, 2 points go to the other competitor who stayed on the platform.</p>
	<p>While calling Red side or Blue side, extend one arm with palm facing up and pointing at the fallen competitor, and the other arm moves to the side of the body, 2 points go to the other competitor who remained standing.</p>
	<p>If both competitors fall, extend one hand to the contestant who falls first.</p>
	<p>Not valid, no points. Extend both arms and cross them in a swing in front of your abdomen.</p>
	<p>Both sides off the platform. No points. Take a step forward and push both palms forward, arms fully extended and fingers pointing up. Then bend both arms at the elbow at a right angle in front of the body, palms facing back, while the feet are joined to stand upright.</p>
	<p>Forbidden techniques! Extend one hand towards the offender, palm up. While calling the Red side or the Blue side, then show "Forbidden techniques" with the other arm and bend your arm at the elbow at a right angle in front of your body, fingers pointing up and palm facing back.</p>

	<p>Foul! Extend one hand towards the offender, palm up. While calling the Red Side or the Blue Side, bend your other arm at the elbow at a right angle, fingers clenched into a fist and thumb facing outwards.</p>
	<p>Disqualification! While calling Red side or Blue side, clench both hands into fists and cross the forearms in front of the body.</p>