



# 北加州華人文化體育協會

**Northern California Chinese Culture - Athletic Federation**

4343 Peralta Blvd., Fremont, CA 94536

Tel: 510-796-9988 Fax: 510-796-9989

Email: ncccaf88@gmail.com <http://www.nccaf.org>

## 2014 太極邀請賽比賽規則 Tai Chi Competition Rules

### TAI CHI/INTERNAL FORMS

All judging of forms competitions is very subjective on the part of judges, each judge is reminded that 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 LIMITS (時間限制)

Timer shall begin at the first move of the form.

- \* **3-5 minutes (3 至 5 分鐘)**

### Deductions for Over/Under Time Limits

- \* **0.1 points** for each increment of **5.0 seconds** over or under the time limit.
- \* The competitors will be given an audible signal before the last **30 second** of the time limit. The competitors will be then have the remaining 30 second to complete the form.

### GENERAL RULES

- \* A competitor may not compete with the same form twice. Competitors who violet 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 judgments 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, he or she must at this time tell the ring chief judge so that they can readjust the competition order to accommodate the competition obligations.

### Competing

When the official sees that all is ready, he or she will call the first competitor and announce for the next 2 competitors to prepare. When the competitors name is called to compete, he/she 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. At no point should be the competitor speak with any judge or



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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 he/she entered the ring and face the judges and officials once again at attention. At the same time, the score for the competitor will be giving. After receiving his/her final score, the competitor will acknowledge the score by salute the ring-chief judge. Only now is the competitor finished with his/her form and may leave the ring area.

## **JUDGING**

### **Scoring: ( 計分 )**

Scoring will be based on performance & age by individual judges. The ranges are as follows:

\* **8.0-8.9**

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 high & low scores are dropped. In the event of a tie, the low score is added back. If a tie still exists, the high 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 judge will win. Each judge will be using the following guidelines in determining a competitor's score for

### **Empty Hand Form:**

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

Each judge will be using the above guidelines in determining a competitor's score.

### **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 ( 團體比賽 )**

Team Competition consists of synchronized or coordinated forms demonstrated in concert.

Demonstration Team must consist of **2 to 16** member teams and all ages. Demonstration may



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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.