

PUSH HANDS RULE

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1. A lottery determines which competitors will face each other.
2. Contestants must wear a t-shirt (or uniform top), martial arts pants, and shoes. **NO JEWELRY OR WATCHES.**
3. Matches consist of one round with **90 seconds** PUSHING TIME. The clock will stop when the referee stops the action to obtain scoring from the judges.

MOVING STEP RULES

Competitors must begin each time with three revolutions of the hands before executing techniques. The ring consists of two concentric circles, with the innermost ring being 15 feet in diameter and the outer most being 21 feet in diameter.

Violations: Points are awarded to the opponent of the competitor who committed the violation. However the opponent will receive 2 points if one commits a serious personal violation.

Errors: Loss of balance and endangering oneself

Personal Violations

1. Using techniques excessive in strength
2. Grabbing the opponents clothes
3. Double grabbing (gripping with both hands)
4. Holding on to prevent loss of balance
5. Attacking an illegal target area

Serious Personal Violations

1. Striking, hitting, punching
2. Using the head to attack
3. Using the legs, knees, or feet to attack
4. Twisting the joints (grappling or chin na)
5. Using pressure points
6. Pulling hair or beard
7. Attacking the groin area
8. Using any technique determined to cause injury
9. Un-sportsmanlike conduct

Technical Violations

1. Not following instructions of the referee
2. Not completing the mandatory revolutions
3. Receiving coaching during the round

Points are awarded to the opponent of the competitor who committed the violation. However, the opponent will receive 2 points if one commits a serious personal violation as listed above.

Disqualifications: Competitors may be disqualified for one serious violation and must be disqualified for 2 serious violations. A competitor may also be disqualified by the referee, in consultation with the judges.

1 Point: Awarded when one's opponent loses balance, uses excessive force, forcefully holds on, or double grabbing.

2 points: Awarded when the opponent steps on or outside the inner circle.

3 points: Awarded when ANY part of the body touches or falls outside these circles.

****THE CENTER REFEREE POSSESSES FULL AUTHORITY****