

EXTREME MOVING STEP PUSH HANDS

COMPETITION RULES

Arnold Battle of Columbus

MARTIAL ARTS WORLD GAMES

1. DIVISION

1. Male Five Divisions by Weight (lbs.)

- PHM005 - 190+
- PHM004 - 170+ to 190
- PHM003 - 150+ to 170
- PHM002 - 130+ to 150
- PHM001 - 130 and under

2. Female Five Divisions by Weight (lbs.)

- PHW005 - 190+
- PHW004 - 170+ to 190
- PHW003 - 150+ to 170
- PHW002 - 130+ to 150
- PHW001 - 130 and under

3. Minimum five contestants per Division. Male or Female Weight Divisions may be combined for competition with the same sex. Female contestants may be combined for competition with lower weight divisions of male contestants.

2. RULES (Moving Step, three 2-minute rounds with a one minute break in between rounds)

1. A lottery determines which contestants will compete each other within the same Division.
2. Contestants must wear a T-shirt or uniform top, martial arts pants, and soft shoes or socks. Women must wear chest protection when compete with men. Contestants may wear protection bands to protect joints, including elbow, wrist, knee, and ankle. Contestants must have their nails trimmed. No jewelry or watches and no bare foot.
3. A contestant must be free of serious infectious diseases or wear approved protection for the body contact competition.
4. Each match consists of three two-minute rounds with a one-minute break between rounds. The clock will only stop when the Center Referee stops the action to obtain scoring from the Judges or for other reasons.
5. Contestants must begin each round at both sides of the center of the competition ring with three revolutions of the hands or arms attached, such as Peng, Liu, Ji, An, or circling, before executing techniques. Contestants must begin each time within the same round after scoring or called halt by the Center Referee at both sides of the center of the competition ring with hands or arms attached before executing techniques. The contestants can use all the pushing, tripping, grappling, throwing techniques with all body parts except the head, but no punching, kicking, sweeping, attacking on the head, throat, eyes, ears or groin.
6. The competition ring consists of two concentric circles or squares, with the inner circle being 15 feet in diameter and the outer circle being 21 feet in diameter, or the inner square being 15 feet in size and the outer square being 21 feet in size.

7. Scoring:

- One point is awarded for an action that forces the opponent outside the inner circle or square, but inside the outer circle or square. An action can constitute a technique or combination of techniques.
- Three points are awarded if the opponent is forced outside the outer circle or square.
- One point is awarded if the opponent falls inside the inner circle or square
- Two points are awarded if the opponent falls outside the inner circle or square, but inside the outer circle or square.
- Four points are awarded if the opponent falls outside the outer circle or square.
- Stepping on the circle or square line constitutes outside the circle or square. Three points or more of the body touching the ground constitutes the fall. That is, touching the ground with one hand and one foot, or with two hands, does not constitute a fall.
- Differential points are awarded if the opponent has less points for an action regardless of who falls or outs first. For example, if both are out of the inner circle or square, two points are awarded to the one that stays inside the outer circle or square while his or her opponent is outside the outer circle or square.
- No points are awarded if both fall or out of the same circle or square, regardless of who falls or outs first. The points cancel out.
- The most one can be awarded for an action is four points, when he or she pushes and causes the opponent to fall outside the outer circle or square, while he or she stays standing inside the inner circle or square.

8. Round Winner

- Mercy Rule: Award of fifteen (15) points to one contestant constitutes the win of the round to the contestant, and the round shall stop.
- At the end of the two-minute round, the contestant who is awarded with more points shall be the winner of the round.
- If the contestants are awarded the same points, a tie is called for the round.

9. Match Winner

- The contestant who wins the first two rounds wins the match.
- If a tie for the three rounds, an overtime one-minute round will continue to break the tie, up to a total of five overtime rounds.
- The contestant who wins the first overtime round wins the match.
- If still a tie after five overtime rounds, a tie is called for the match.

3. FOULS

1. Surprise attacks or punches
2. Kicking, sweeping, striking, hitting, or punching
3. Attacking to the head, throat, eyes, ears, or groin area
4. Attacking or pushing with head
5. Pulling hair or beard or clothes
6. Using any technique determined to cause injury
7. Excessive or unruly contact
8. Unruly conduct, including unsportsmanlike conduct, not following instruction of the referee, not completing the mandatory revolutions, receiving coaching during the round, and the like

4. PENALTIES

1. One point is awarded to the opponent of the contestant who commits a foul each time.
2. Two points are awarded to the opponent of the contestant who commits a serious foul as judged by the referee, such as intentionally causing injury or attacking to the head, throat, eyes, ears, or groin area which can cause injury.
3. The fifth foul or the second serious foul results in disqualification.
4. Any serious infraction of the rules will result in immediate disqualification.
5. **AUTHORITY THE CENTER REFEREE POSSESSES FULL AUTHORITY.**

Rules arranged by GM Dr. Shei-Ming Hwang, 5th Generation Yang Michuan Taijiquan, reviewed and approved by peers.

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