



Rules Quick View

Wu Wei Cup

Rules fight - Tui Shou / Push Hands

Match time: 2 x 2 minutes – indoor sport shoes - categories by sex

Pool fighting

In each category pools of maximum 6 participants and everybody will fight against everybody. The ranking will be calculated by the relationship between won and lost fights

Fouls and forbidden techniques:

- Attacking the groin area, the knee, the head or the neck
- Hitting, Kicking
- Biting
- Scratching and clawing with fingernails
- Pulling opponent's clothes or hair
- Grabbing without executing a valid technique within 5 seconds
- Holding/pushing/grabbing neck or head
- Holding/grabbing around the opponent, thereby crossing the spinal column with the hands
- Attacking a nerve centre (e. g. solar plexus) is strictly forbidden
- Intentional attacks on the chest area of a female contestant

In moving steps and podest fight the following techniques are permitted:

- Leg sweep (The opponent's structure must be broken first!)
- Throws at or below the waist level
- Grabbing the legs is permitted but not grabbing around both legs at the same time with the hands touching each other
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Pushhands fixed steps (categories by weight):

Scoring:

- 1 point is awarded if the opponent makes a step from the marked area
- 2 points are awarded if your opponent makes a step with both feet from area
- 3 points are awarded if your opponent falls down or is touching the ground with anything other than their feet

There will be technical K.O. if the opponents' scores differ with 15 points or more

Pushhands moving steps – match area 4 x 4 m (square edged)

categories by body length

Scoring:

- 1 point is awarded if your opponent leaves the match area with one foot
- 2 points are awarded if your opponent leaves the match area with both feet
- 3 points are awarded if your opponent falls down or is touching the ground with anything other than their feet
- 4 points are awarded if your opponent leaves the match area "flying"

There will be technical K.O. if the opponents' scores differ with 15 points or more

Pushhands Podest fight – match area 5 m diameter round

categories by body length – leaving the platform with both feet results into losing the fight. After each match time the watching 3 referees show the match winner.