

PUSHING HANDS RULES

MOVING STEP

1. Competitors will have bare feet.
2. There will be a weigh in to ensure that competitors are in the correct weight category.
3. The contest area will be marked out and it is expected to be 12 feet x 12 feet (although this may vary). Contestants will approach each other at the direction of the referee from opposite ends of the contest area and make hand/arm contact as directed by the referee. The contest will commence on the referee's command.
4. **Scoring**
 - 1 point will be awarded when a competitor steps outside the area.
 - 2 points will be awarded for a half fall (one knee, elbow or hand in contact with the ground) or for a lock which is held for 3 seconds.
 - 4 points will be awarded for a full fall (2 or more knees, elbows or hands, or any other part of the body, in contact with the ground).
 - 8 points will be awarded when a contestant is sent flying out of the area.
5. **Permitted moves** - Contestants may move freely within the contest area using Peng, Lu, Ji, An, Cai, Lie, Zhou, Kao. Safe sweeps, throws, trips and locks are permitted.
6. The duration of the contest will be 2 minutes and the clock will be stopped between the time a point is scored and the resumption of the contest. If there is a draw after this time the contest will continue for 1 minute more. If there is still a draw after that time the contest will be decided by sudden death (first point scored wins).
7. **Fouls and disqualifications** - If a foul is committed the referee may, at his discretion, warn the culprit, award 2 points to his opponent or, if the foul is serious, he may disqualify the offender. Fouls include:
 - attacks to the groin, head or neck;
 - punches and kicks;
 - spear hands;
 - percussive use of Zhou (elbow);
 - biting, spitting or scratching;
 - pulling hair or clothing;
 - putting an arm around the opponents back;
 - disobeying the referee, dissent or foul language;
 - time wasting.