

THE HE YONG GAN CUP – TRADITIONAL CHINESE MARTIAL ARTS TOURNAMENT

Dutch Open Championships

Traditional Kungfu, Taijiquan, Pushing Hands, Sanda

Saturday 2 – July – 2022



Venue Location
Sportcentrum Matenpark
Heemradenlaan 130
7329 BZ Apeldoorn
The Netherlands

<https://www.tcma-tournament.com>

www.tcma-tournament.com

Welcome at the He Yong Gan Cup - Traditional Chinese Martial Arts tournament, a Dutch Open Tournament in the traditional Chinese Martial Arts. Besides Taolu (form) for Traditional Kung Fu and Taijiquan will there also be opportunities for Tui Shou (push hands) and Sanda.

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1. Location

The tournament will be held at

Sportcentrum Matenpark

Heemradenlaan 130

7329 BZ Apeldoorn

The Netherlands.

2. Date

Tournament date: Saturday 2 July 2022, from 8:30 until 17:00.

3. What can you participate in?

The exact pools will depend on the number of participants and the categories they participate in. In order to keep it fun and challenging for everyone our aim is to keep the pool size at the right level (6-10 participants per pool). In order to achieve that, the organizers may need to drop or combine pools, or split pools into multiple new pools. For example split the short weapon pool into Jian, Dao and other. The organizers consider pools on competition categories (like bare hand, weapon, different styles, ...) and participant categories (age, weight, sex).

Exact rules will be communicated via the website when they are finalized with the judges and jury.

3.1. Kung Fu forms

We have defined the following categories for Kung Fu forms: Shaolin, and Southern style Kung Fu. Within these main categories you can participate in barehand forms, short weapon forms, long weapon forms and flexible weapon forms. The maximum time for a form is 2 minutes. Participants walk to the center of the field, greet all the jury members and start the form. Time will start and after 2 minutes have passed, a sound will be played and the participant has 15 seconds to end the form. There is no minimum time requirement.

The dresscode is the traditional clothing belonging to the style you are participating in. If your school has a fitting school uniform, that is acceptable as well.

The following age categories are considered: 9 years and below, 10-12, 13-17, 18-27, 28-39, 40 and up. Participant age is the full age of a person on the date of the tournament. Both male and female participants participate in the same pools.

3.2. Taijiquan forms

We have defined the following categories for Taijiquan forms: Yang, Chen and other styles. Within these main categories you can participate in barehand forms, short weapon forms, and long weapon forms. The maximum time for a form is 5 minutes. Participants walk to the center of the field, greet all the jury members and start the form. Time will start and after 5 minutes have passed, a sound will be played and the participant has 15 seconds to end the form. There is no minimum time requirement.

The dresscode is the traditional clothing belonging to the style you are participating in. If your school has a fitting school uniform, that is acceptable as well.

There are no age groups. Both male and female participants participate in the same pool.

3.3. Push Hands

Our goal is to make push hands accessible to all. Even people with little or no experience can participate. To make it accessible for all the referees will organize a push hands workshop before the actual matches. This is a fun way to get acquainted with push hands. Push hands

pools come in 2 categories: parallel step and fixed step. Male and female participants will participate in different pools. See section 7 for the complete rules.

3.4. Sanda

Our goal is to make Sanda accessible for all. So if you have some sparring experience from your Kung Fu school, you can already participate. We will match opponents with care to ensure the matches are as equal as possible. See section 8 for the complete Sanda rules.

4. How to register

4.1. Registration

You can register by providing all necessary information in an email to info@tcma-tournament.com or filling in the registration excel and email the excel to said email address. This excel can be used to register multiple participants at the same time, for example all from the same school. Coaches must also register. Registered coaches can be present with the participants on the field.

You can register until June 10th 2022. Registrations after this time are not possible.

4.2. Fees

You can register for each category once (so you cannot do 2 Shaolin barehand forms). Your first participation costs EUR 15, each additional participation is an additional EUR 10.

Coaches needs to register at EUR 5 each. Each 5 participants will allow one coach to register for free, so 1-5 participants is 1 free coach, 6-10 2, etc.

Fees must be paid by bank transfer to WAJ Broekhuis, IBAN NL26INGB0757819036. Please mention "TCMA" and the email address you used to send your registration details with, otherwise it may be difficult to match your payment against the registrations.

4.3. Terms and conditions

The organizers cannot be held responsible for any injury or damage to persons or goods. All participation is at your own risk.

On tournaments like this, many people in the public, coaches and participants will be filming or making photos. You are aware that you may end up on social media. Please respect the privacy of others.

The organizers cannot refund registration fees for cancellation or no-show from the participants side. If for any reason on the organizers side (some part of) the tournament is cancelled, all affected participants will receive a full refund.

5. The day itself

5.1. Agenda

Here is the agenda for the first part of the day.

- 8:30 - 9:30: registration (all participants and coaches should bring a valid ID)
- 9:00 - 10:15: warming up and training participants
- 10:00 - 10:15: meeting organizers with coaches
- 10:15: gathering of the teams and participants
- 10:30: opening ceremony
- 10:45: start of competition

The exact agenda of the competition will be present during the tournament and sent to the coaches by email.

5.2. Tournament rules

Exact tournament rules are currently under discussion with the jury and judges. We will publish them on the website as soon as they are finalized.

5.3. Rewards

All participants and coaches will receive a commemorative medal. Furthermore the top 3 in every pool will receive a medal. The best schools will also receive a cup.

5.4. Facilities

During the tournament, the following facilities are present:

- first aid
- spectator area
- canteen with simple food and drink
- toilets
- currently, we are considering adding a few stalls with martial arts related articles

5.5. Spectators

There are spaces for spectators available. Spectators pay EUR 5 admission fee. Children up to the age of 12 have free admission if accompanied by an adult.

5.6. COVID

We hope and assume that COVID will not be a factor during the tournament. However, the organizers will abide by the then valid COVID rules and expect all spectators, participants and coaches to do the same.

6. Contact and further information

Further information, for example the exact tournament rules, will be published on the tournament website: www.tcma-tournament.com. If you have specific questions or concerns please contact the organizers by email at info@tcma-tournament.com or via whatsapp or phone on +31 6 8208 1960.

7. Push hands rules

This chapter describes the the rules for parallel step and fixed step competitions. They are based on the STN push hands regulations.

Weight classes

7.1. Weight classes

For the competition, the following weight classes will apply.

Male		Female	
	< 55 kg		< 55 kg
	55-64 kg		55-64 kg
	65-74 kg		65-74 kg
	75-84 kg		75-84 kg
	85-90 kg		85-90 kg
	> 90 kg		> 90 kg

If after the weight measurement it appears that a classification is of a higher weight class than in the weight class specified by the participant, disqualification will follow.

At the discretion of the competition management, the weight classes can be adjusted based on the number of registered participants. We may also consider mixed pools if this will result in more and better matches. We will ask in the registration form whether you are open for participation in a mixed pool. The decisions of the competition management are final.

7.2. Conduct

- The participant must be present 10 minutes before the scheduled group time to avoid unnecessary waiting and searching.
- If the participant is not present at the scheduled playing time for him/her, disqualification will follow.

7.3. Clothing

All participants must wear appropriate sportswear, such as e.g.

- T-shirt
- Shorts pants or training/sweatpants where the trouser legs do not fall over the feet.
- Bare feet, no shoes. Feet need to be washed and clean.
- The nails should be cut short and long hair should be tied up (or worn in a tail).

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- No watches, jewellery, piercings, glasses or other potentially injury-causing objects may be worn.

7.4. Pool system

During the competition, a pool system per weight class is used. The number of participants per pool will be at least 6. After playing matches, the numbers 1 and 2 of each pool will advance to the next round. If there are several pools per weight class, cross-finals will be played.

At the discretion of the competition management, the pool sizes can be adjusted based on the number of registered participants. The decisions of the competition management are final.

If all matches have been played in a weight class and no winner can be determined due to a tie, the total points (number of points scored for and against, +/-) will be the deciding factor.

7.5. Competition location

The competition will take place on a field that is separated into two parts by a line (the dividing line).

For parallel step and fixed step, a mat of at least 6x6 meters will be used, with a cross in the middle. The participants stand right-angled towards the referee table.

7.6. The match

7.6.1. The match time

A parallel-step and fixed-step match consists of 2 rounds of 1 minute each, with a break of 1 minute in between.

The timekeeper indicates the end of the match times by a sound signal. The head referee stops the match and waits for the results. As soon as this is known, the referee will point out the winner.

The finals have the same match times as the pool matches. If the final is a draw, the lightest participant will win, if the weight of the participants is equal, the oldest participant will win.

7.6.2. What is allowed and not allowed

Both participants will only push each other by using Peng, Lu, CHi, An, Tasi, Lieh and Kao (ward off, roll back, press, push, pull down, split, shoulder press). No elbow techniques may be used.

7.7. Scoring

In a push hands match the intention is to score points to win the match.

7.7.1. Points

One (1) point will be assigned:

- If the attack of the participant is neutralized by the opponent
- If the participant is forced by the opponent to move a foot.

If both participants lose balance and fall, the last to fall is assigned one point.

Two (2) points are assigned if:

- the opponent is forced to fall
- the opponent is forced to move both feet

If any body parts above and including the knees touch the ground, it is considered falling.

No (0) points are given if

- both participant fall at the same time
- both participants hold each other more than 3 seconds

7.7.2. Penalties

Penalties will be assigned for the following transgressions:

- attacks to groin, neck or head
- attacks with head, knees or elbows
- attacks to heart of armpit of the opponent with elbow or stretched fingers
- attacks with foots like stepping on feet, kicking, stomps, sweeps
- throws
- wrestling or holding the opponent at the waist or legs
- hitting a fallen opponent (disqualification)
- insulting the opponent, referee, timekeeper, etc) (first time official warning, second time disqualification)
- not obeying the orders of the referee
- any act contrary to any regulations relevant to the competition
- technical advice from the coach of the participant during the match, by yelling from outside the field, to influence the progression of the match.

Penalties for transgressions

- official warning: the opponent will receive one (1) point
- disqualification after 3 official warnings

7.8. Surrender and injury

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- If a participant surrenders, he has lost the match.
- If a participant has been injured in such a way that, in the opinion of the referee, he can no longer continue the match, his opponent will be declared winner, unless the injury was the result of an illegal activity.
- If the injury was the result of an illegal activity by the opponent, the injured participant is declared winner.

7.9. Results and points lists

There is no discussion possible about the results of a match with the referees or tournament organizers.

A complaint can be filed at the complaints commission.

The points lists are archived by the organization. Copies of these lists can be provided on request of the participants.

7.10. Starting positions

The starting position is taken at the beginning of the match and after each stop.

7.10.1. Parallel step push hands

The participants face each other with the feet at shoulder width.

The right arm is held relaxed in defense (Peng) position at chest level. The wrist of the right arm rests on that of the opponent (wrist on wrist). The hand of the left arm rests open and relaxes on the opponent's right elbow joint.

On the signal of the referee, the participants turn a horizontal circle relaxed in sync with the right arm while moving their body weight to the front and back foot:

- 3 times counterclockwise (counterclockwise), whereby the feet may be moved if necessary to correct the position,
- then a second circular movement is continued in the opposite direction (clockwise),
- the referee guides the hands until the signal START!, to ensure that the participants turn relaxed, whereupon he raises his hands and steps back, the match starts and the time starts.

At the start of the second part of the match, hands are switched.

7.10.2. Fixed step push hands

The participants face each other in bow stance. The right foot of each participant is placed on the dividing line.

The right arm is held relaxed in defense (Peng) position at chest level. The wrist of the right

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arm rests on that of the opponent (wrist on wrist). The hand of the left arm rests open and relaxes on the opponent's right elbow joint.

On the signal of the referee, the participants turn a horizontal circle relaxed in sync with the right arm while moving their body weight to the front and back foot:

- 3 times counterclockwise (counterclockwise), whereby the feet may be moved if necessary to correct the position,
- then a second circular movement is continued in the opposite direction (clockwise),
- the referee guides the hands until the signal START!, to ensure that the participants turn relaxed, whereupon he raises his hands and steps back, the match starts and the time starts.

At the start of the second part of the match, hands and feet are switched.

8. Sanda rules

You have to have a coach present to be able to fight in a Sanda match.

8.1. Weight and age classes

The following weight and age classes are considered both for male and female participants.

Weight classes	Age classes
≤ 48	12-14 years
> 48kg – ≤52kg	14-16 years
> 52kg – ≤56kg	18-24 years
> 56kg – ≤60kg	25-34 years
> 60kg – ≤65kg	35-42 years
> 65kg – ≤70kg	43-50 years
> 70kg – ≤75kg	51-57 years
> 75kg – ≤80kg	
> 80kg – ≤85kg	
> 85kg – ≤90kg	
> 90kg	

If after the weight measurement it appears that a classification is of a higher weight class than in the weight class specified by the participant, disqualification will follow.

At the discretion of the competition management, the weight classes can be adjusted based on the number of registered participants. The decisions of the competition management are final.

People that are 17 years old can be grouped in the 14-16 year category or the 18-24 year category, depending on weight and experience. Please contact the tournament organizers if this applies to you.

8.2. Conduct

- The participant must be present 10 minutes before the scheduled group time to avoid unnecessary waiting and searching.
- If the participant is not present at the scheduled playing time for him/her, disqualification will follow.

8.3. Clothing and protection

- **Boxing gloves:** participant wear regulation boxing gloves and these may be in any colour. Underneath the gloves, the participant use hand wraps to help keep their fist in shape and prevent any injuries to the knuckles and wrist.
- **Footpads and chin guards:** Because Sanda utilises the feet as a striking weapon, pads are worn on the feet to protect them. This is a fundamental difference between Sanda and its close relative, Thai boxing, in which boxers do not wear foot pads (and are also allowed to strike with the knee and elbow).
- **Groin guards and mouth guards** are also worn by all participant.
- **Full head guards** should also be worn.
- Sanda matches are barefoot.

8.4. Pool system

During the competition, a pool system per weight class and age class is used. Male and female participants have different pools.

At the discretion of the competition management, the pool sizes can be adjusted based on the number of registered participants. The decisions of the competition management are final.

8.5. Competition location

The fights are on a square of mats with a referee and judges.

8.6. The match

- Competitors shall give a fist-palm salute when they are introduced to the audience.
- Each round shall start with a fist-palm salute on the platform from both sides to their respective coaches, who shall answer with the same salute.
- Each bout shall start with an exchange of fist-palm salute between the two sides.
- At the announcement of the result, the two competitors shall exchange their positions. After the announcement, they shall give a fist-palm salute to each other and then simultaneously to the platform judge, who shall answer with the same salute, and then to the opponent's coach, who shall answer with the same salute.
- Sideline judges shall exchange fist-palm salute at the time of replacement

8.6.1. The match time

Participants in pools up to and including 16 years fight 2x2 minutes. Older participants fight 2x3 minutes.

8.6.2. What is allowed and not allowed

Participants in pools up to and including 16 years are not allowed to use techniques to the head. Participants in the other pools are allowed to use techniques to the head.

8.7. Scoring Criteria

A competitor will be awarded two (2) points

- When the opponent walks out of the square;
- When he remains standing while the opponent falls down ;
- When he hits the opponent's head or trunk with the leg technique; **only form 18 years or older.**
- When he makes the opponent fall down by falling down himself on purpose, only to get to his feet by means of a follow-through;
- When the opponent is given a forcible counting; and When the opponent receives a warning.

A competitor will be awarded one (1) point

- When he hits the opponent's head or trunk with the fist technique; **only form 18 years or older.**
- When he hits the opponent's thigh with the leg technique;
- When he falls down after the opponent:
- When he makes the opponent fall down by falling down himself on purpose, without being able to get to his feet by means of a follow-through;
- When the opponent fails to attack within eight (8) seconds after the order for appointed attack;
- When the opponent fails to get to his feet within three (3) seconds after falling down on purpose
- When the opponent receives an admonition,

No point will be awarded to a competitor

- When the techniques he uses are not clean and effective;
- When both sides fall on or off the platform at the same time;
- When the opponent falls on purpose as a fighting technique;
- When he hits the opponent in a clinch.

8.8. Stopping the Contest

The contest shall be stopped

- When a competitor walks on or off the platform (except for a purposeful fall);
- When a competitor is penalized;
- When a competitor is injured.
- When the competitors hold each other in a clinch for more than two (2) seconds without launching effective attacks, or any attack at all, or run away passively;
- When a competitor falls on purpose and remains down for more than three (3) seconds;
- When a competitor raises his hand to request a stop of the fighting for objective reasons;
- When the head judge corrects a misjudgment or omission.
- When some problem or dangerous incident happens on the platform;
- When competition is interrupted by some unforeseen troubles with the lighting or the competition area; and When no attack is launched for eight (8) seconds after the order for appointed attack

8.9. Fouls and Penalties

Fouls:

A competitor commits a technical foul

- When he holds the opponent passively or runs away passively;
- When he raises his hand to request to stop the bout in a disadvantageous situation;
- When he delays the fight intentionally;
- When he acts impolitely towards the judges or disobeys their decisions;
- When he wears no gum shield or spits out his gum shield, or loosens his protective gear intentionally; and
- When he fails to observe the protocol.

A competitor commits a personal foul:

- When he attacks the opponent before the call of "Kaishi (Start)!" or after the call of "Ting (Stop)!"
- When he hits the opponent on prohibited areas;
- When he hits the opponent with any prohibited method.

Penalties:

- An admonition will be given for a technical foul.
- A warning will be given for a personal foul.
- A competitor with three (3) personal fouls will be disqualified from the bout.
- A competitor who hurts the opponent intentionally will be disqualified from the whole competition, with all his results annulled.
- A competitor who uses prohibited substances or inhaling oxygen during the rest period will be disqualified from the whole competition, with all his results annulled.

8.10. Determination of Wins and Losses

Absolute victory:

- In a one-sided bout, the technically stronger will be declared the winner of the bout by the platform judge with the referee's approval.
- During a bout, the competitor whose opponent has been knocked down and fails to get to his feet within ten (10) seconds after receiving heavy blows (except for personal fouls), or who has managed to get to his feet but remains in an abnormal state of consciousness, will be declared the winner of the bout.
- During a bout, the competitor whose opponent has been forcibly counted three times after receiving heavy blows (except for personal fouls), will be declared the winner of the bout.

Determination of the winner of a round:

- The result of each round will be decided by the side judges.
- During a round, the competitor whose opponent has been forcibly counted two (2) times after receiving heavy blows (except for personal fouls), will be declared the winner of the round.
- During a round, the competitor whose opponent falls off the platform two (2) times, will be declared the winner of the bout.
- In case of an equal number of points awarded in a round, the winner will be decided in the

following order:

- The competitor with fewer warnings will be declared the winner.
- The competitor with fewer admonitions will be declared the winner.
- The competitor with a lighter weight on the day of the contest will be declared the winner.
- If the tie remains, the round goes as a draw.

Determination of the winner of a bout:

- The competitor who wins two rounds will be the winner of the bout.
- During the fighting, if a competitor is injured or ill and, as certified by the doctor, unable to continue the competition, the opponent will be declared the winner of the bout
- During the fighting, if a competitor feigns injury in a foul committed by the opponent – an injury as later proved by medical supervisors to be a mere cheat, the fouling side will be declared the winner of the bout.
- The competitor who is injured by the opponent in a foul and, as confirmed by medical supervisors, unable to continue the fight, will be declared the winner of the bout, but he will be barred from subsequent contests.
- Under the round-robin system, an equal number of rounds won by the two sides in a bout will be declared a draw.

Under the elimination system, an equal number of rounds will be handled as follows:

- The competitor with fewer warnings will be declared the winner.
- The competitor with fewer admonitions will be declared the winner. If the tie remains, an additional round will be held.

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