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DONNEZ LE MEILLEUR DE VOUS-MÊME BRING OUT THE BEST IN YOU

MAY 14TH 2011

Traditional Yang Style Tournament Protocol and Guidelines

Appearance

- A traditional or contemporary taijiquan uniform (must be buttoned or fastened completely). Alternatively, black pants and a school or Association t-shirt are acceptable.
- No jewellery can be worn.

Salute to judges and walk into performance area

- Participants must be ready to perform, in the waiting area, at least 15 minutes prior to their scheduled start time.
- When the field marshal invites you or your group to enter the arena, step to the edge of the arena and salute.
- Feet are together in the salute; do not salute with your feet apart.
- Salute with open left palm, thumb tucked covering right fist, palms opened slightly outward.
- Salute by circling both arms up, cover fist and together push out the palm and fist a little.
- Show energy and spirit as you push your palm and fist out in the salute.
- Hold the salute until the head judge acknowledges your salute (salutes you) and motions you onto the floor.
- Go directly to your standing point and wait (feet together) for a signal to begin.
- Do not salute individual judges.
- Do not speak at this point.

Sequence requirements

- Sequence performed can be any combinations of movements keeping in mind the Tai Chi principles.
- Start and finish positions must be facing the head judge table.
- The Head Judge will give you the signal "begin please".
- Perform the routine. Time frame max.2-3 minutes for Hand Form (individuals and group events)
Time frame maximum – 3-4 minutes for Sword, 1-2 minutes for saber.
- Required movements for Hand form (individuals and group events):
 - Novice Level: First Chapter of long (103) form
 - Experiences players:
 - Lan Que Wei (Grasp the bird's tail)
 - Yun Shou (Cloud hands)
 - Jin Ji Du Li (Golden rooster stands on one leg)
 - Dao Nian Hou (Step back and repulse the monkey)
 - Zhuan Shen Bai Lian (Turn body and swing over Lotus)
- Required movements for Sword or Saber Form: The Traditional Yang form.
- Point deducted for deviation from time frame.
If your performance is interrupted by circumstances beyond your control, you may re-perform without penalty.

After Completing Sequence

- When you have completed your routine, do not salute, nor leave the arena. Look at the Head Judge, wait for eye contact.
- The Head Judge gives you or your group a signal (nod or hand signal) to exit the arena.
- After the Head Judge acknowledges you, you turn on the ball of one foot and heel of the other.
- Walk to the edge of the arena and salute with palm-and-fist salutation.
- Do not "bow" with the salute.
- Hold the salute until the Head Judge acknowledges your salute (salutes you) and exit the arena.
- If you do not finish your routine, the routine is not scored. Do not leave the arena, instead return to your starting position and wait for your group to finish.

Competition division

Individual events: Hand form (beginners, less than 3 years)
 Hand form (3 years and more)
 Sword
 Saber

Group events: Hand Form (2 people or more).

Award method

1st Place - Gold Medal and Certificate
2nd Place - Silver Medal and Certificate
3rd Place - Bronze Medal and Certificate

All competitors will receive a score based on their Form's performance:

9.00 to 10.00 Gold Medal
8.50 to 8.99 Silver Medal
8.00 to 8.49 Bronze Medal

All participants will receive a certificate of participation.

Registration requirements and fee

- The registration deadline is April 15th, 2011. There will be no refunds.
- Competition fee: \$25.00 per person (including group events) and 10 \$ per additional event.
- There will be an information session for competitors March 4, 2011, from 8:00 to 9:00 pm. Please be punctual.
- There will be training sessions : March 25, April 1, 8, 15 and 29, from 8:00 to 9:00 pm
- Registration address and contact person:

Address: 19 Rue Centre Commercial
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Contact person: Eric Ziegler
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