



LATVIAN SPORTS WUSHU FEDERATION

Reg.Nr. 40008193495, AS „Swedbanka”, Account Nr. LV05HABA0551036945675

Address: 125 Lachplesha Str., Riga, LV-1003, Latvia

Ph.: +371 22011985, lwuf@lwuf.lv, www.lwuf.lv

“4th OPEN LATVIA WUSHU CHAMPIONSHIPS”

TAOLU and TUISHOU

REGULATIONS

April 9 – 10, 2016
Address: 9 Visvalza Str.,
Riga

1. DATE and VENUE

April 7 - 8		Teams arrival
April 8	17:00 – 19:00	Teams registration and tuishou athletes weighting
April 8	19:00 – 20:00	Technical meeting for team leaders and coaches
April 8	20:00 – 21:00	Refresh Judging seminar
April 9 – 10		Competitions
April 10 - 11		Teams departure

Venue: Riga's 15th secondary school
9 Visvalzha Str., Riga

2. PARTICIPATION

- 2.1. Any EWUF and IWUF accredited members are allowed to participate.
- 2.2. All applications shall bear the stamp and signature of the respective team manager.
- 2.3. No limits for team size.
- 2.4. All Taolu athletes should provide valid Health Certificate.
- 2.5. All Tuishou athletes should provide valid Health Certificate (including electro-cardiogram, pulse and blood pressure). The Health Certificate is only valid if it has been issued within a period of 60 days prior to the competition.

3. REGISTRATION

3.1. PRELIMINARY ENTRY FORMS

1. Preliminary entry form might be sent after receiving the Regulations, but not later than **March 4th, 2016** to the e-mail lwuf@lwuf.lv.

3.2. FINAL ENTRY FORMS

2. Final entry form must be sent not later than **March 18th, 2016** by e-mail lwuf@lwuf.lv.

NOTE:

- The original Final Entry Form signed by the President of the respective federation with the official seal of the federation should be provided at time of registration;
- If final entry form is received after March 18th, 2016 then penalty of 10 EUR shall apply per each athlete in the application form;
- All athletes names and surnames should be typed in English .

3.3. PARTICIPATION FEE

- Taolu - **20 EUR** for the first taolu, **10 EUR** for each next taolu performed;
- Tuishou – **20 EUR** for each athlete per one category: **20 EUR** fixed step and **20 EUR** move, if participate.

Participation fee should be paid in cash in EUR at time of team registration.

3.4. JUDGES

Each team should provide EWUF or IWUF accredited judge.

4. TAOLU PROGRAM

4.1. AGE GROUPS

Children up to 8 years – any mixture of boys and girls is allowed;

Children 9 – 11 years (including) - any mixture of boys and girls is allowed;

Cadets 12 – 14 years (including) - any mixture of boys and girls is allowed;

Juniors 15 – 17 years (including) - any mixture of boys and girls is allowed;

Adults 18 – 35 years (including) - any mixture of men and women is allowed;

Adults above 36 years - any mixture of men and women is allowed.

Full age is determined by the date shown in the passport on
THE DAY OF REGISTRATION (which is on April 8th, 2016)

4.2. COMPETITION PROGRAM

4.2.1. Sports program

Forms are divided into 4 groups: A, B, C, D:

- A group is for **Nandu** forms;

- B group is for **Guiding, traditional and self-made** forms;

- C group is for **32 forms**;

- D group is for **basic forms** (16 forms, 20 forms, 24 forms, etc.). This applies to all weapon and barehanded forms.

NOTE: Group D is meant for boys and girls up to 11 y.o. including.

1. Barehanded forms: Changquan, Nanquan, Taijiquan;

2. Short weapons: Jianshu, Daoshu, Nandao;

3. Long weapons: Qiangshu, Gunshu, Nangun;

4. Taiji jian.

In the above mentioned events athletes perform optional routine conforming of the Rules for International Wushu Taolu Competition, edition of IWuF 1999 – 2007.

Time of performance: not less than 1 min 20 sec. (for A and B groups); for Taijiquan from 5 min to 6 min; for taiji weapons – from 3 min to 4 min; for C and D groups – no time limits.

NOTE: If there are less than two competitors in the group, they are added to another group, which is the closest (i.e. 2nd set compulsory and 3rd set compulsory routines may be merged together in junior competition).

4.2.2. Traditional program

Traditional barehanded forms:

Group 1: Traditional Taijiquan

Traditional Taijiquan including Chen, Yan, Sun, Wu, Wu(Hao), Li, Wudang, Zhaobao and other Taijiquan styles divided in Taijiquan competition.

Group 2: Traditional Bagua, Xingyi, Bajiquan.

Traditional Bagua, Xingyi, Bajiquan styles divided into quanshu competition.

Group 3: Traditional Nanquan

Traditional Guandong, Fujian, Sichuan, etc. Nanquan schools (Hong, Li, Mo, Cailifo) divided into quanshu competition.

Group 4: Traditional Shaolinquan

Traditional Songshan shaolinquan divided into quanshu, qixie (weapons) competition.

Group 5: Imitation styles

All imitation routines including Houquan, Yinzhuaquan, Zuiquan, Tanglangquan, Ditangquan, Zonghequan, Minghequan, Heihuquan, etc. divided into quanshu competition.

Group 6: Traditional Tongbei, Fanzi, Chuojiao, Pigua styles.

Traditional Tongbei, Fanzi, Chuojiao, Pigua styles divided into quanshu competition.

Group 7: Traditional Yongchun (Wing chun)

Traditional Yongchun quanshu routines biaozi and xunqiao.

Group 8: Traditional Wudang styles.

Zhang Sanfeng Taijiquan, Songxi Neijiaquan, Baxianquan, Xuanwuquan, Wudang Baguaquan, Wudang Xingyiquan, Taiwuxingquan, etc.

Group 9: Other traditional styles.

All other traditional quanshu and weapons routines: Chaquan, Huaquan, Baoquan, Baimei (Pakmei), Liuhequan, Gongliquan, Yuejiaquan, etc.

Traditional Weapons:

Group I: Single Short weapon

Group II: Single Long weapon

Group III: Double weapons

Group IV: Flexible weapons

Group V: Taiji weapons (Taiji qixie)

NOTE: Time of performance

- **for barehanded routine:**
- children up to 11 y.o. including – no time limits;
- juniors 12 – 14 y.o. – not less than 50 sec.;
- cadets from 15 y.o. and older – not less than 1 min.;
- Taijiquan routine from 5 to 6 minutes. The head judge will blow a whistle when the athlete performs to 5 minutes.
- **for apparatus routines:**
- shall be not less than 1 minute and less than 2 minutes;
- Taiji apparatus routine shall be 3 - 4 minutes. The head judge will blow a whistle when the athlete performs to 3 minutes.

4.2.3. DUILIAN

1.1 Bare hand vs. bare hand;

1.2 Weapon vs. weapon;

NOTE: Time of performance for duilian routines shall be not less than 50 seconds.

The draw-lots are computer-based. All teams will receive the detailed list of events on the day of arrival.

NOTE!

Clothes: standard EWUF clothes are required for all competitors, according to program or style.

Shoes: according to EWUF rules required

5. AWARDING

The awarding will be carried out following the IWUF Rules, unless stated otherwise.

In IWUF Taolu competition, in case there are more than 3 competitors, 3 medals will be awarded. In case there are 3 competitors, only 1st and 2nd places are awarded. In case there are 2 competitors, only 1st place is awarded.

6. TUISHOU

6.1. Age

May compete athletes from 16 y.o. and older.

6.2. Weight:

48kg Category (Under $\leq 48\text{kg}$)

52kg Category ($> 48\text{kg} - \leq 52\text{kg}$)

56kg Category ($> 52\text{kg} - \leq 56\text{kg}$)

60kg Category ($> 56\text{kg} - \leq 60\text{kg}$)

65kg Category ($> 60\text{kg} - \leq 65\text{kg}$)

70kg Category ($> 65\text{kg} - \leq 70\text{kg}$)

75kg Category ($> 70\text{kg} - \leq 75\text{kg}$)

80kg Category ($> 75\text{kg} - \leq 80\text{kg}$)

85kg Category ($> 80\text{kg} - \leq 85\text{kg}$)

Over 85kg Category ($> 85\text{kg}$)

6.3. Health Certificates and Life Insurance Certificate

A valid Life Insurance Certificate and Health Certificate (including electro-cardiogram, pulse and blood pressure). The Health Certificate is only valid if it has been issued within a period of 60 days prior to the competition.

6.4. Dress and Protective Gear:

Competitors may wear soft soled shoes or barefoot, shirts and trunks suitable for competition with red or black color sash according to the drawing-lots result.

7. CONTACTS

Organizing Committee of the 4th Open Latvia Wushu Championships:

e-mail: lwuf@lwuf.lv

Phones: +371 22011985 (RU, LV, EN) – Viktorija Vlasenko
+371 29332484 (RU, LV) – Roman Vlasenko

Address: 125 Lachplesha Str., Riga, LV-1003, Latvia

*** **