

TAIJI DAY 2026



Competition Rules

Taiji Tournament

Tui Shou Tournament

Competition Rules - Taiji Tournament

The Competition Rules for the 2026 Taiji Day Tournament are based on the general regulations of the Trad. Swiss Wushu Competition Rules 2025 (Chapter 1 & 2) and the Scoring Methods & Standards from the IWuF “Traditional Wushu Competition Rules and Judging Methods (Trial) 2019” (Chapter 6).

- 1 Competition Committee
- 2 Appeals Committee
- 3 Officials
- 4 Competition Categories
- 5 Appeals
- 6 Protocol
- 7 Time limits
- 8 Doping & Code of Ethics
- 9 Ranking
- 10 Further provisions
- 11 Scoring Methods & Standards

1 Competition Committee

The Competition Committee is responsible for all organizational matters relating to the competitions.

It comprises the following members:

- One (1) representative of the Executive Board
- President of swisswushu
- One (1) representative of the tournament organizer

The Competition Committee is chaired by the President of swisswushu.

2 Appeals Committee

The Appeals Committee consists of three (3) members:

- One (1) member of the Technical Commission
- Head Judge of the relevant category
- One (1) representative of the Executive Board

The member of the Technical Commission chairs the committee.

3 Officials

Head Judge

- Provides technical and professional guidance to referees at tournaments to ensure the correct application of the competition regulations.
- Issues warnings to referees, athletes and coaches who breach the regulations or behave in an unsportsmanlike manner. Serious violations must be referred to the Technical Commission for the imposition of disciplinary measures. The decision on whether to impose disciplinary measures lies with the Technical Commission.
- Makes deductions as the head judge in accordance with the regulations
- Has the right to inspect the athletes' clothing and weapons. Should an athlete breach the regulations set out in the rules and be unable to obtain replacement equipment, the athlete may be excluded from the competition by the head judge.
- Should an athlete fail to register by the required time, the head judge has the right to exclude them from participating in the competition. The latest time for registration is determined individually for each tournament and is stated in the tournament notice.

Referees

- Dedicating themselves fully to their duties, acting independently and to the best of their knowledge and belief
- Making decisions in accordance with the regulations and taking detailed notes

4 Competition Categories

Championship Events (Qualification for the Swiss Championships)

- Optional Routines (with Degree of Difficulty)

Taijiquan

Taijijian

Taijishan

- New Standardized Routines (without Degree of Difficulty)

Yang Style Taijiquan

Yang Style Taijijian

Chen Style Taijiquan

Chen Style Taijijian

- Compulsory Routines

3rd Set IWUF Compulsory Taijiquan (39 Movements)

3rd Set IWUF Compulsory Taijijian (36 Movements)

3rd Set IWUF Compulsory Taijishan

- Compulsory Routines (Youth only)

42 Movements Taijiquan

42 Movements Taijijian

Demonstration Events

- Compulsory Routines

Simplified 24 Movements Taijiquan

Simplified 32 Movements Taijijian

42 Movements Taijiquan

42 Movements Taijijian

- Traditional Routines

Yang Style Taijiquan

Yang Style Taijijian

Chen Style Taijiquan

Chen Style Taijijian

Wu Style Taijiquan

Wu (Hao) Style Taijijian

Sun Style Taijiquan

Sun Style Taijijian

Mixed Style Short weapon

Mixed Style Long weapon

5 Appeals

If a competition team disagrees with the head judge's assessment of the difficulty levels or a deduction, it may lodge an appeal. This must be submitted verbally to the Appeals Committee on the day of the competition. At the same time as the appeal is submitted, a deposit of CHF 150 must be paid. An appeal may only be lodged on behalf of the competition team's own athletes. Upon receipt of an appeal, it will be processed by the Appeals Committee as soon as possible, taking into account the official video footage. If the association has not produced an official video recording of the competitions, recordings from third parties may be used to assess the facts of the case. If an appeal is upheld, the appealing team will receive the deposit back. A successful appeal will also result in a change to the rankings. In the event of a negative decision, the deposit will be retained. Every decision of the Appeals Committee is final.

It is communicated verbally to the appealing team immediately.

6 Protocol

Greetings

Before stepping onto the mat and after the final score has been announced, the athlete must greet the referee with the palm-fist salute. In weapon forms, a variation of this salute adapted to the weapon is performed.

Clothing

Clothing should be in the traditional Chinese style and reflect the wearer's own style, or be appropriate for the competition.

Style-specific clothing should be encouraged.

Clothing not appropriate for the competition (e.g. jogging bottoms, club T-shirts, street trainers, bare feet etc.) is not permitted.

The use of religious symbols (except for head coverings) or provocative or offensive clothing/adornments is not permitted.

The face must not be covered. (Exceptions must be approved by the competition committee)

Weapons

Weapons must not have any damage that could pose a safety risk.

Weapons must be of a size appropriate to the athlete's age. e.g. sabre/sword from the hand to the ear. Staff/halberd from the ground to the head.

Spear from the ground to the outstretched wrist above the head, etc.

Weapons must not be sharpened (sharp) or additionally pointed. 'Sport weapons' must be used.

Should an athlete breach the regulations set out in the rules and be unable to obtain replacement equipment, the athlete may be excluded from the competition by the chief referee.

7 Time limits

Championship Events

- Taijiquan without weapons: min. 4 minutes, max. 6 minutes.

A gong sounds after 4 minutes 30 seconds.

- Taijijian, Taijidao etc.: min. 3, max. 4 minutes.

A gong sounds after 3 minutes 30 seconds.

- Demonstration Events

min. 4 minutes, max. 6 minutes.

A gong sounds after 4 minutes 30 seconds.

8 Doping

All athletes participating in a swisswushu tournament undertake to compete in a doping-free sport.

The standards and regulations of Swiss Sport Integrity apply. Any athlete may be summoned by official inspectors for a doping test. The instructions of the inspectors must be followed in all cases.

Disciplinary measures in the event of a breach of the anti-doping regulations will be imposed by Swiss Sport Integrity.

Code of Ethics

All athletes participating in a swisswushu tournament undertake to comply with the Code of Ethics of Swiss Olympic and BASPO. Violations of the Code of Ethics, such as discrimination, corruption, unsportsmanlike conduct, or violations of mental, physical or sexual integrity, will not be tolerated. Violations may be reported to the Head of the Technical Commission.

9 Ranking

Athletes are ranked according to their final score. The athlete with the highest final score shall be ranked first, the athlete with the second-highest score second, and so on.

In the event of a tie, the higher B score shall decide the ranking.

Should the tie persist, both athletes shall be awarded the same ranking.

10 Further provisions

Registration / Start

All athletes must register by the time specified in the competition notice at the latest.

Each athlete will be called by the announcer before the start. If the athlete does not appear, they will be called again after one minute, at which point the athlete must start their run within two minutes of this call.

Should they fail to appear for the competition within this time limit, they will be disqualified. In 'cases of hardship' (e.g. failure to appear due to the fault of a third party), it is at the discretion of the chief referee to allow the athlete to start last in the category. If the athlete has not appeared by the end of the category, they will be disqualified.

Competition area

Competitions are held on a carpet. The outer boundary of the competition area must be clearly visible. There must be a two (2) metre wide safety zone on each side of the competition area. The distance between two (2) different competition areas must be at least six (6) metres. The hall ceiling must be at least eight (8) metres above the competition area. It must be ensured that the competition carpet is well lit.

11 Scoring Methods & Standards

Each event has a possible total score of 10 points.

Scoring Referees shall confirm the level of the performance executed by on-site athlete(s) according to his/her skill level, comparing it to the "Regulations for General Grading Criteria." Points shall be deducted if "Other errors" were committed during his/her performance. 2 digits will be counted after the decimal point of the scores displayed by scoring referees, with the final digit 0 to 9, and the third digit after the decimal point is invalid.

Confirmation of the Actual Score

In the case of 3 scoring referees, the average of the 3 referees' scores is the athlete's Actual Score.

In the case of 4 scoring referees, the average of the 2 median scores is the athlete's Actual Score.

In the case of 5 scoring referees, the average of the 4 median scores is the athlete's Actual Score.

Head Judge Score Adjustments

If the actual score appears to be significantly unreasonable, the head judge may award additions or deductions before an athlete's final score is displayed.

The head judge may make score adjustments from 0.05 to 0.1.

Determining the Final Score

The head judge deducts the "deduction points of head judge" from the athlete's Actual Score and adds the "head judge's adjusted score," the result of which is the athlete's Final Score.

Grading Criteria

Performance Grading

Overview

- Overall performance is graded into three (3) levels and nine (9) sublevels, with 8.50-10.00 points for "superior," 7.00-8.49 points for "average," and 5.00-6.99 points for "inferior" (see Form 1 for details).

Overall Performance grading requirements for Competition Events

- Techniques are standard, with correct methods, and outstanding style. The routines performed by athletes should include the main content and techniques of the specific style, highlighting the technical characteristics of the style and the individual performing style.
- Power is smooth, with accurate force, and movements are coordinated. Athletes' performances should show the strength and methods of the style. The hands, eyes, torso techniques, and steps should be coordinated, and weapon(s) should be coordinated with the whole body.
- Rhythm is appropriate, with focus energy, and proficient techniques. Athletes' performances should show a reasonable rhythm of movement, a clear sense of attacking and defending, and proficient performing skills.
- Structure is seamless, the choreography is practical, and the content is substantial. The complete set of movements of the athletes should be consistent with the technical characteristics of the style and be traditional in nature.
- Movements should be standardized, soft, and natural; coherent and vivid, and of an appropriate speed; concentration is evident, with smooth breathing; the mind is peaceful, and the style is outstanding; the performance is combined with the characteristics of the style.

Deductions

Deduction content and standards for other errors

- Forgetting: Deduction 0.1.
- Out-of-bounds: Deduction 0.1.
- Loss of Balance: (Sway/Shuffle/skip) Deduction 0.1.
- Weapon/Clothing Affects Movements: Deduction 0.1.
- Deformed Weapon: Deduction 0.1.

- Additional Support: Deduction 0.2.

- Broken Weapon: Deduction 0.3.
- Dropped Weapon: Deduction 0.3.
- Fall: Deduction 0.3.

Deductions by the head judge

- The time it takes the athlete to complete the routine:

If it is less than the specified time or exceeds the specified time by a total time of within 5 seconds (including 5 seconds), 0.1 points will be deducted;

if it is less than the specified time or exceeds the specified time between 5 and 10 seconds (including 10 seconds, 0.2 points will be deducted;

if it is less than the specified time or exceeds the specified time by more than 10 seconds, 0.3 points will be deducted.

At most 0.3 points may be deducted for time.

- Should an athlete fail to complete his/her routine within the specified time and the total deduction by the head judge has reached 0.3 points, the head judge shall notify athlete promptly to end his/her performance. This case shall be regarded as the athlete finished his/her routine.

- Should the athlete have not completed his/her routine for his/her own reasons, she/he may restart once with the consent of the head judge. After his/her performance is finished, the head judge shall deduct 1 point from the athlete's score.

Athletes who could not completed their routine for reasons beyond their control may restart his/her routine once without penalty points at the head judge's discretion.

Competition Rules - Tui Shou Tournament

- 1 Competition Type & Method
- 2 Categories & Requirements
- 3 Competition Attire & Etiquette
- 4 Defaults
- 5 Other Competition Related Provisions
- 6 Competition Officials
- 7 Permitted Methods
- 8 Prohibited Methods
- 9 Canceling Points & Warnings
- 10 Disqualification
- 11 Match Stoppage
- 12 Placing

1 Competition Type & Method

- 1.1. The competition type will be “Fixed Step Tui Shou”
- 1.2. Groups of up to five participants will be formed, who will compete in a round-robin format

2 Categories & Requirements

- 2.1. There will be no age or weight categories
The tournament format is designed to encourage interaction and fun.
- 2.2. It is the competitor own responsibility to ensure that they are physically fit and healthy enough to compete. No health checks are carried out.
- 2.3. The teams will be drawn up by the referees and tournament organizers based on the entries and the athletes who actually turn up.
As this is a fun tournament, no objections will be accepted.

3 Competition Attire & Etiquette

- 3.1. Both competitors are wearing T-shirts, long pants and indoor training shoes. No jewelry, watches, or (unsafe) long fingernails are allowed.
- 3.2. Before entering the competition area, both competitors first perform a palm and fist salute to the referee and then to each other.
When the referee ends the round, the competitors perform a palm and fist salute each other again.
When the result is announced, the competitors perform a palm and fist salute the referee and then to each other.

4 Default

- 4.1. During the course of a competition, should a competitor be unable to compete due to illness or injury, this shall be considered as default and the competitor will not be permitted to participate in the following matches. However, the ranking achieved up to that point will still be considered as valid.
- 4.2. Should a competitor fail to appear at the competition area on time, this will be regarded as a default.

5 Other Competition Related Provisions

- 5.1. If competitors, coaches, or related team personnel refuse to obey the decisions of the judging panel, attempting to disrupt the order of the competition, engage in behaviors such as verbal or physical abuse towards the opponents or judges, and reject advice or dissuasion, thereby obstructing the normal progress of the competition, the referee or tournament organizers, can cancel the current round results, overall results or exclude from the competition, depending on the severity of the case.
- 5.2. The ethical guidelines of Swiss Wushu must be followed.
Doping in any form is strictly forbidden.

6 Competition Officials

6.1. Platform Referee

Ensure the safety during the bout.

Direct the competitors during a bout through calls and gestures.

Make judgments for instances of falling-down, off-platform, warnings and admonishments etc.

Announce the results of each bout.

Sideline Referee

Checks competitors before the fight: clothes and hygiene (e.g. nails, watches, jewelry, hair holders, etc.) of the competitors.

Suggests the number of points to the Platform Judge, shows his hand down on the side of the competitors who won the points in his opinion he/she also shows the forbidden techniques if the Platform Judge did not see them.

6.2. Judging

The fight is judged by two referees, Platform Referee and Sideline Referee.

The Platform Referee gives a signal to the competitors to salute the referee, and each other, then to enter the platform.

Sideline Referee checks competitors before the fight: clothes and hygiene (e.g. nails, watches, jewelry, hair holders, etc.) of the competitors.

The competitors stand in the place marked for the fight. The left leg is back.

Their right hands touch on the wrists and the left palms are laid on the outer part of the elbows.

The Platform Referee says, "Yubei" (get ready) and competitors move with circulation, the front hand is in constant contact, and the back hand is occasionally out of contact.

Right guard from right to left, and left guard from left to right.

After 3 circulations, the Referee says loudly "Kaishi (Start)!"

When the Platform Referee stops the fight, he says "Ting (stop)".

After each awarded point, competitors change the guard.

The Platform Referee declares the winner by placing himself between the competitors and taking them by the hands and raising the hand of the competitor who was declared the winner of the fight by the Sideline Referee.

7 Permitted Methods

The competitor who first moves one leg from where he stands loses one point. The Referee first points to him with his hand then raises his hand on the side of the competitor who won the point and shows with his fingers the number of points won.

The competitor who first moves both legs from where he stands loses two points. The Referee first points to him with his hand then raises his hand on the side of the competitor who won the points and shows with his fingers the number of points won.

The competitor who falls or touches the floor with any part of the body (hand, knee) loses three points.

The Platform Referee first points to him with his hand then raises his hand on the side of the competitor who won the points and shows with his fingers the number of points won.

If the competitor does an forbidden technique two or more times, the Platform Referee gives him one or two negative points (9.2). These points are attributed to the opposite competitor, and the competitor who did the forbidden technique receives negative points.

If a competitor collects 6 negative points before the end of the fight, the Sideline Referee is obliged to inform the Platform Referee on that and he declares the victory of the other competitor, regardless of the result in the points won (technical error).

8 Prohibited Methods

It is forbidden to catch or push legs

Punches and kicks are forbidden

It is forbidden to grab and pull clothes

Joint locks are forbidden (on elbow, ankle or shoulder).

(Hooking the arm behind the shoulder is allowed)

Any contact on the neck and head is forbidden

Talking to the judge is forbidden

A talk between athletes is forbidden (quarrels, elevated tones, etc.)

It is forbidden to hold the opponent's hand continuously with one or both hands and pull him, push him or hold him continuously for more than 3 seconds

It is forbidden to push or kick the leg of the other athlete with the knee of the front leg.

Lifting the heels from the ground is prohibited; however, competitors are permitted to raise the toes of the front foot. If a competitor significantly lifts their heel and pushes the opponent, the point will be canceled without incurring a negative penalty. Minor heel movements while maintaining contact with the floor are acceptable.

For all the above-mentioned FORBIDDEN TECHNIQUES done for the first time, the Referee must first warn the athlete.

9 Canceling Points & Warnings

9.1. Points awarded will be cancelled if:

If the competitor achieves a point, but raises the heel of the back leg.

If the competitor achieves a point, but uses any of the forbidden techniques.

If the competitor reaches a point, but makes a step with the front leg, the Referee cancels the point and awards it to the other competitor.

If both competitors move one or both legs at the same time

If both competitors fall to the floor at the same time

9.2. No points are deducted for warnings.

For any of the forbidden techniques performed for the second time or more, the competitor will receive a negative point.

For repeated performance of forbidden techniques, the competitor will receive two negative points and a warning.

Negative points are recorded but not deducted from their total score.

A competitor who accumulates six negative points automatically loses the match. An accurate recording of negative points is essential, as they serve as a tiebreaker if competitors have an equal number of accumulated points. In such cases, the competitor with fewer negative points is declared the winner.

10 Disqualification

In case that the competitor behaves unsportsmanlike towards the opponent or the referees.

In case that the competitor delivers deliberate a strong punch or kick to the opponent.

In case that he strongly insults the referee or another competitor, protests against the decisions of the referees or causes disorder.

11 Match Stoppage

A match will be stopped when:

When a fell down or falls off the platform.

When a competitor is being issued a penalty.

When a competitor is injured.

When a competitor raises his hand to request a time-out.

When a problem arises or there is a dangerous situation on the platform

Due to lighting, platform, and other related issues affecting the competition.

12 Placing

Ranking in the group is determined according to the following criteria:

a. the number of victories

b. the number of collected points