

RULES FOR BEGINNER SHOU BO (FREE-STYLE PUSH HANDS)

Free Style:

- For Shou Bo (Free Style push hands), competitors are free to move in the mat area to defend or attack
- Joint Locks and Leg Trapping are allowed. In Joint Locks, the competitor applying the lock must not hold the lock for more than 3 seconds, and the use of force is also measured. No striking of the joint is permitted
- A square mat (10' x 10') will be used as a competition area, and points are awarded for pushing, pulling, tripping, or locking

The following rules apply to Competition Format, Match Area, Objective of Match, Progression of Match, Continuous Contact, Valid Techniques, Scoring, Warnings, and Disqualification.

Competition format:

- All matches are single elimination
- Matches consist of two 1-minute rounds of running time and a 1-minute interval. Unless there is an injury or a warning.
- The players change leg position after the first round
- In the event of a tie, the match will be decided by sudden death: First to score wins.

Match area:

- Two horizontal lines with a vertical line, which marks the centerline of the play area, form two crosses at the center of the playing area
- Play begins with both players in a forward stance
- The ball of the right foot is on the horizontal stripe.
- Players' front feet are separated by the vertical stripe with a finger-to-elbow length separation. When play is stopped for any reason, players return to the starting position.

The objective of the match:

The competition aims to push or pull the opponent out of the mat area, uproot and off-balance the opposing player, while maintaining one's own root and balance.

Progression of the match:

- Play begins in a neutral position with the backs of the right wrists touching. Left hands are placed on (not under) the right elbow of the opponent (Reversed in the second period).
- Players move their arms together in a horizontal circle until the referee feels a neutral state has been established.
- Players may not seek advantage at this point.
- Once the Center Judge says, "Begin," players are then allowed to issue energy.
- Players unable or unwilling to begin play neutrally may be issued a warning.

Continuous Contact:

- Players are expected to stick and adhere and may not break contact to gain an advantage.
- All issuing must be preceded by contact (no striking).
- Breaking contact to gain an advantage will result in a warning.
- In case of inadvertent separation that lasts more than 3 seconds, players will be reconnected, at the wrist, by the referee.

Valid techniques:

- Pushing, pulling with single or double hands, rear neck/head control with one hand (collar tie), leg tripping techniques, and non-impact techniques that cause the opponent to lose balance. Hand contact is permitted between the hips and neck.
- **Note:** The head, neck, spine, and legs may not be attacked with any force-impact and will result in a warning or disqualification depending on the severity of the infraction.

Scoring:

- The center judge, as well as any of the corner judges, may call for a point.
- The majority of votes are from judges' decision award points.
- One point is awarded for pushing or pulling the opponent out of the mat area.
- Two points are awarded for uprooting the opponent.
- A point is awarded against the opponent when a warning is called.

Warnings:

- Grabbing limitations. Players may not seek to control the opponent by grabbing for longer than three seconds.
- Wrapping hands around the back.
- Grabbing clothing.
- Striking: Any percussive contact (makes a sound) is considered a strike.
- Joint Locks (Qinna). Joints may not be attacked with force.
- Not following the Chief Judge's directions.

The following will result in immediate disqualification:

- Excessive and dangerous use of force.
- Accumulation of 3 warnings over the duration of the match.
- Passive combat attitude.