

第十一届中国焦作国际太极拳大赛 竞赛规程（境外组）

一、竞赛日期和地点

2023 年 9 月 16 日至 21 日在河南省焦作市举办。

二、主办单位

国家体育总局武术运动管理中心、中国武术协会、河南省体育局、焦作市人民政府。

三、承办单位

河南省武术体操冰雪运动中心、河南省武术协会、焦作市体育局、温县人民政府。

四、协办单位

焦作市体育场馆中心、焦作市武术协会。

五、参加单位

承认并遵守国际武术联合会章程的各国家或地区武术团体、武术组织。

六、竞赛项目

（一）个人项目：

1. 规定项目：

陈式、杨式、吴式、武式、孙式太极拳竞赛套路。

24 式太极拳、42 式太极拳、42 式太极剑、32 式太极剑。

2. 传统项目：陈式太极拳（器械）、杨式太极拳（器械）、吴

式太极拳（器械）、武式太极拳（器械）、孙式太极拳（器械）、和式太极拳（器械）、其它太极拳（器械）。

（二）集体项目：

集体太极（八法五步）、集体太极拳、集体太极器械、集体太极拳械。

（三）太极拳推手项目：

竞赛级别：

- （1）48 公斤级（ $\leq 48\text{Kg}$ ）
- （2）52 公斤级（ $> 48\text{Kg} - \leq 52\text{Kg}$ ）
- （3）56 公斤级（ $> 52\text{Kg} - \leq 56\text{Kg}$ ）
- （4）60 公斤级（ $> 56\text{Kg} - \leq 60\text{Kg}$ ）
- （5）65 公斤级（ $> 60\text{Kg} - \leq 65\text{Kg}$ ）
- （6）70 公斤级（ $> 65\text{Kg} - \leq 70\text{Kg}$ ）
- （7）75 公斤级（ $> 70\text{Kg} - \leq 75\text{Kg}$ ）
- （8）80 公斤级（ $> 75\text{Kg} - \leq 80\text{Kg}$ ）
- （9）80 公斤级以上级（ $> 80\text{Kg}$ ）

七、参加办法

（一）各单位选派队数不限，每队可报领队、教练、随队医生各 1 人，运动员不超过 20 人（男、女不限）。

（二）个人项目：每名运动员限报 1 项拳术、1 项器械。可兼报集体项目。

（三）每队限报集体项目 1 项，人数不得少于 6 人，男、女可

混合编组，不设年龄组别。少于 6 人不予编排。

（四）太极拳推手项目：每队每级别男、女分别限报 1 人。

八、竞赛办法

（一）比赛执行中国武术协会审定的 2012 年版《传统武术套路竞赛规则》及相关补充规定。

（二）太极拳推手项目执行《武术太极拳推手竞赛规则（2018 试行版）》。上述规则可在中国武术协会官方网站（<http://www.wushu.com.cn>）下载。采用单败淘汰赛。（4 人以下采用单循环制，不含 4 人）。

（三）完成套路时间：

1. 太极拳项目 3~4 分钟。演练至 3 分钟时，裁判长鸣哨提示。
2. 太极器械项目 2~3 分钟。演练至 2 分钟时，裁判长鸣哨提示。
3. 太极拳集体项目 4~6 分钟。
4. 太极拳推手比赛：每场比赛为两局，每局净推 2 分钟，局间无休息。

（四）规定项目必须按照规定套路顺序演练，不得增减和改变动作。每增减一个动作或每改变动作一次，均扣 0.1 分，累计扣分。裁判长吹哨之后的剩余套路未完成不予扣分。

（五）集体项目须配音乐（自备音乐，MP3 格式）。音乐中不得出现说唱等内容，出现说唱者，由裁判长总扣 0.1 分；未配乐者，由裁判长总扣 0.1 分。比赛时，由本队教练或领队负责播放音乐。

（六）年龄分组：

1. 个人和集体项目年龄分组：

A 组：11 岁和 11 岁以下（2012 年 1 月 1 日之后出生）。

B 组：12 岁至 17 岁（2006 年 1 月 1 日至 2011 年 12 月 31 日）。

C 组：18 岁至 39 岁（1984 年 1 月 1 日至 2005 年 12 月 31 日）。

D 组：40 岁至 59 岁（1964 年 1 月 1 日至 1983 年 12 月 31 日）。

E 组：60 岁和 60 岁以上（1963 年 12 月 31 日之前出生）。

2. 太极拳推手年龄分组：

参赛运动员年龄限在 19 至 45 周岁（1978 年 1 月 1 日至 2004 年 12 月 31 日）。

九、录取与奖励办法

（一）个人项目：各单项各组别男、女分别设一等奖 30%、二等奖 30%、三等奖 30%。颁发获奖证书和奖牌，其他颁发参赛证书。录取比例均按照实际参赛人数，采取四舍五入的办法。

（二）集体项目：不设年龄组别，太极拳、太极器械、太极拳械分别设一等奖 30%、二等奖 30%、三等奖 40%颁发获奖牌匾，个人颁发获奖证书。

（三）太极拳推手：各级别男、女分别设前 8 名。各级别在 9 人以下时，减一录取。1 至 2 人时，不设名次。第一、二、三名颁发金、银、铜奖牌和证书，第四至八名颁发证书。

（四）凡未获得名次和奖项的运动员，组委会颁发参赛纪念证书。

（五）各单项各年龄组别男、女报名人数在 5 人（含 5 人）以下时，按同类项目相近年龄组别合并，男、女分别录取。

（六）单个项目参赛人数超过 60 人时，将通过抽签进行分组比赛与录取。

（七）设中国焦作国际太极拳交流大赛“太极精英”奖。

1. 按太极拳、太极器械，分男、女组共录取“太极精英”总计 4 名选手（境外组）。参加“太极精英”比赛者须是各单项（以实际参赛人数在 8 人及 8 人以上的项目）第一名的运动员。颁发证书和奖金 10000 元人民币。

2. 获得个人项目第一名的运动员，如需参加需“太极精英”大奖赛，请在个人项目比赛结束后，马上到编排记录组报名。如拳、械两项均获第一名，则须现场选定一项参赛，另一项由第二名递补参赛。

（八）设中国焦作国际太极拳大赛“太极拳推手之星”奖。给予实际参赛人数在 8 人及 8 人以上级别的第一名运动员，颁发证书和奖金 1000 元人民币。

（九）本次比赛设“武德风尚奖”运动员、裁判员。主要依据参赛队员的数量，参赛项目的数量，比赛成绩、参赛礼仪以及赛风、赛纪等方面进行评选。

十、报名与报到

（一）报名

报名时，请详细阅读竞赛规程。本届大赛报名方式为网上报名。

报名网址：jiaozuo-en.justtool.com，请各参赛队由领队统一在2023年8月16日前完成网上报名，并将所报人员护照或通行证复印件、电子版1寸证件照片按规定上传至报名网站。逾期不予受理。

（二）报到

1. 请于2023年9月15日到河南焦作报到（报到地点另行通知）。

2. 报到时报送健康证明（赛前15天内的《体检证明》，包括血压、脉搏检查证明和心电图）、责任声明书（手写签字）、参赛人员护照或通行证复印件、1寸证件照片、人身意外保险单（保期须包含9月15日-21日）。

3. 交通路线：

——中国-郑州新郑机场：北京、上海、广州至郑州均有航班到达。机场设有接待站。

——郑州火车站：从北京、上海、广州、西安至郑州均有火车到达。设有接待站。

——焦作火车站：从北京、上海、西安至焦作均有火车到达，设有接待站。

十一、费用

（一）大会统一安排食宿，费用由各参赛单位自理。

（二）食宿标准（含港澳台地区）：

舒适型酒店（即挂四星及相当于四星酒店）：双人标间每人每

天 70 美元，6 天共计 420 美元；单间每人每天 85 美元，6 天共计 510 美元。

豪华型酒店（即挂五星及相当于五星酒店）：双人标间每人每天 90 美元，6 天共计 540 元；单间每人每天 105 美元，6 天共计 630 美元。

（三）费用包含食宿、比赛、大会统一组织的活动、交通等内容。

十二、仲裁委员会和裁判员

（一）仲裁委员会人员组成和职责范围按《仲裁委员会条例》执行。

（二）裁判人员由中国武术协会选派，另行通知。

十三、联系方式

（一）中国武术协会国际推广部

联 系 人：富 博

联系电话：+86 10-64912153

传 真：+86 10-64912151

通讯地址：中国北京市朝阳区安定路 3 号

邮 编：100029

电子邮箱：chuantongwushu@sina.cn

（二）河南省焦作市体育局

联 系 人：成法智 李婷 彭诗琪

电 话：0086-391-3934492/3996522/3933192

通讯地址：焦作市山阳路与丰收路交叉口东南角

焦作市太极体育中心焦作市体育局

邮 编：454002

电子邮箱：jzstjq@163.com

十四、其它

（一）2023 年 9 月 16 日 15:00 召开组委会和技术会议，请各参赛队领队和教练准时参加。具体地点见报到须知。

（二）运动员须自行办理赛会期间的《人身意外伤害保险》和健康证明，并签署责任声明书。任缺一项者，均不得参赛。

（三）各参赛队报到后，大会医务组将对运动员的身体健康状况、人身意外伤害保险和责任声明书进行检查，如发现问题，取消参赛资格。

（四）各参赛队报到后，请认真阅读秩序册内容，对项目和姓名有异议者，务必于 9 月 16 日 15:00 之前（技术会议现场），由本人或领队、教练填写申请表并签字递交大会组委会竞赛部（注明签字人联系电话）。提出申请的内容与原始报名表相符者，予以更改；与原始报名表不符者，不予更改。

（五）参加太极拳推手项目比赛的运动员于 9 月 17 日上午 6:00 称量体重（具体地点见报到须知），未按时称量者，不予参赛。所报体重如与组委会称量的体重不符（超过所报的体重级别），取消参赛资格。

（六）运动员须在赛前 30 分钟参加检录，上场前在检录处等

候，3次点名未到，按弃权处理。

（七）比赛无故弃权者，取消本人全部比赛成绩。

（八）参加太极拳、太极器械比赛的运动员必须穿武术传统形式的服装、武术鞋，服装和器械自备。参加太极拳推手比赛运动员请自行准备太极拳推手比赛服装（黑白各一套）。

（九）各运动队名称要求在10个汉字以内，不得带有世界、国际、中国、中华字样。

（九）规则和规程的最终解释权属于中国武术协会。

（十）此规程和规则可在中国武术协会网站下载：
<http://www.wushu.com.cn>。

十五、未尽事宜，另行通知。

附件：1. 第十一届中国焦作国际太极拳大赛竞赛日程表

2. 第十一届中国焦作国际太极拳大赛责任声明书

3. 第十一届中国焦作国际太极拳大赛比赛报名项目分类

编号

The 11th China Jiaozuo International Taijiquan Competition Regulations (Overseas Group)

I. Dates and Place

September 16th to 21st, 2023.

Jiaozuo City, Henan Province

II. Hosts

Wushu Administrative Center of General Administration of Sport
of China

Chinese Wushu Association

Sports Bureau of Henan Province

Jiaozuo Municipal People's Government

III. Organizers

Henan Wushu Gymnastics Ice and Snow Sports Center

Henan Wushu Association

Sports Bureau of Jiaozuo

Wenxian People's Government

IV. Co-organizers

Jiaozuo Stadium Center

Jiaozuo Wushu Association

V. Participants

National or regional wushu groups and wushu organizations that recognize and abide by the constitution of the International Wushu Federation.

VI. Competition Events

(1) Individual events:

1. Compulsory Events:

Chen-style, Yang-style, Wu-style, Wu-style, and Sun-style
Taijiquan competition routines

24 Forms Taijiquan, 42 Forms Taijiquan, 42 Forms Taijijian, 32
Forms Taijijian

2. Traditional Events:

Chen-style Taijiquan (Apparatus), Yang-style Taijiquan
(Apparatus), Wu-style Taijiquan (Apparatus), Wu-style Taijiquan
(Apparatus), Sun-style Taijiquan (Apparatus), and He-style Taijiquan
(Apparatus), other styles Taijiquan (Apparatus)

(2) Group Events:

Group Taijiquan (8 Methods and 5 Stances of Taijiquan), Group
Taijiquan, Group Taijijian, and Group Taijiquan & Taijijian

(3) Taiji Push Hands:

Competition Weight Categories:

(1) 48 kg Categories ($\leq 48\text{Kg}$)

(2) 52kg Categories ($>48\text{Kg}-\leq 52\text{Kg}$)

(3) 56kg Categories ($>52\text{Kg}-\leq 56\text{Kg}$)

(4) 60kg Categories ($>56\text{Kg}-\leq 60\text{Kg}$)

(5) 65kg Categories ($>60\text{Kg}-\leq 65\text{Kg}$)

(6) 70kg Categories ($>65\text{Kg}-\leq 70\text{Kg}$)

(7) 75kg Categories ($>70\text{Kg}-\leq 75\text{Kg}$)

(8) 80kg Categories ($>75\text{Kg}-\leq 80\text{Kg}$)

(9) 80kg+ Categories ($>80\text{Kg}$)

VII. Participation Method

(1) There is no limitation for each organization in the number of participating teams. Each team can register one leader, one coach and one doctor respectively, and 20 athletes (male or female).

(2) Individual events: Each athlete can only enter one barehanded routine, and one apparatus routine. A group event is available at the same time.

(3) Only one group event is allowed for each team. There is no limitation in gender or age. Each team shall be composed of at least 6 athletes; otherwise it would not be compiled to participate in the competition.

(4) Taiji push-hand event: Only one category per team, for male and female respectively, is allowed to enter for competition.

VIII. Competition Method

(1) *The Rules of Traditional Wushu Taolu Competition* published

in 2012, which are endorsed by the Chinese Wushu Association will be implemented in this competition.

(2) *The Trial Version of Taiji Push Hands and Supplementary Rules* in 2018, which are endorsed by the Chinese Wushu Association will be implemented in this competition. Both the two editions can be downloaded from the official website of Chinese Wushu Association at: www.wushu.com.cn. The Knock-out system is implemented in Taiji push-hand competition.

(3) Time limits for routines:

1. Taijiquan should be finished within 4 minutes. The Head Judge will blow the whistle at the third minute of the competition.

2. Taiji apparatus should be finished within 3 minutes. The Head Judge will blow the whistle at the second minute of the competition.

3. Competition time for group event shall be no more than 4 minutes.

4. Taiji Push Hands: Each match consists of two rounds. There is 2-minute net time for each round, but no break between the two rounds.

(4) The compulsory routines must be performed in sequence without any addition, omission, or alteration of movements. Each additional or altered movement will incur a deduction of 0.1 point, with cumulative deductions. Movements not completed after the head judge blows the whistle will not be scored.

(5) Group routines must be accompanied by music (MP3 format should be self-provided by the participants). The music should not contain rap or similar content. If lyrics are included, a total deduction of 0.1 point will be made by the chief referee. If no music is provided, a total deduction of 0.1 point will be made by the chief referee. During the competition, the team's coach or leader is responsible for playing the music.

(6) Age groups:

1. Individual and Group Events:

Group A: 11 and below (born after January 1st, 2012).

Group B: 12 to 17 (born from January 1st, 2006, to December 31st, 2011).

Group C: 18 to 39 (born from January 1st, 1984 to December 31st, 2005).

Group D: 40 to 59 (born from January 1st, 1964 to December 31st, 1983).

Group E: 60 and over (born before December 31st, 1963).

2. Taiji Push Hands:

Participants must be between 19 and 45 years old (born from January 1st, 1978, to December 31st, 2004).

IX. Placings and Awards

(1) Individual Events: 30% of the participants will be awarded

the first prize in each individual events and each age group, 30% the second and 30% the third. The winners will be awarded medals and certificates and the rest competitors will be awarded certificates. The number of winners will be calculated by the round-off method according to the actual number of competitors.

(2) Group Events: There are no age categories for group events. Competitors who participate in Taijiquan, Taijiquan Apparatus, and Taijiquan Barehanded Routine and with Apparatus, shall be awarded the first prize (30%), the second prize (30%) and the third prize 40%) in group events. Plaques and certificates will be awarded to the winners.

(3) Taiji Push Hands: The top 8 places will be awarded in each category for male and female participants. If the number of participants in each category is less than 9, the admission will be reduced by one. If there are only 1 or 2 participants, no rankings will be assigned. The first, second, and third-place winners will receive gold, silver, and bronze medals, respectively, along with certificates. The fourth to eighth-place winners will receive certificates.

(4) Competitors failed to obtain any placings will be awarded participation commemoration certificates by the Organizing Committee.

(5) If the number of participants for each category and age group

in individual events is below 5 participants (including 5 participants), similar age groups in the same category will be merged, men and women are ranked respectively.

(6) When the number of participants in an individual event exceeds 60, the group competition and admission will be conducted by drawing lots.

(7) The "Taijiquan Elite" Award is established at the China Jiaozuo International Taijiquan Competition.

1. Taijiquan and Taiji Apparatus categories will be divided into separate divisions for men and women. A total of 4 competitors (overseas participants) will be selected for the "Taijiquan Elite" award. To participate in the "Taiji Elite" competition, athletes must have achieved first place in their respective individual events, which should have a minimum of 8 participants. The awardees will receive a certificate and a prize of RMB 10,000.

2. The participants who are winners with more than one event should choose one competition event for the "Taijiquan Elite" at the compiling and recording group at the end of the individual events. For any vacant events, the second place winner will take part in the "Taijiquan Elite" competition consecutively.

(8) "Taijiquan Push-hands Star" Award is set. The first winner of the competitions whose actual participant number is no less than 8,

will be awarded “Taiji Push Hands Star” Award certificate and RMB 1,000 prize.

(9) The “Wushu Morality Awards” is set up for the athletes and judges. The prize will be conferred according to the number of the competitors and events, competition results and competition morals, sportsmanship and disciplinary behavior.

X. Entry and Registration

(1) Entry

Please read the competition regulations carefully when registering. Registration for this competition is online. The registration website is : jiaozuo-en.justtool.com. All participating teams are required to complete online registration through their team leader before August 16th, 2023. Please upload copies of participants' passports or travel permits, as well as 1-inch electronic photos, as specified on the registration website. Late registrations will not be accepted.

(2) Registration

1. Please register in Jiaozuo, Henan Province on September 15th, 2023 (the registration location will be notified separately).

2. During the registration process, please provide the following documents: Health Certificate (physical examination certificate within 15 days before the competition, proof of blood pressure and sphygmomanometry, and an electrocardiogram); Waiver of Liabilities

(handwritten and signed); Copies of participants' passports or travel permits; 1-inch photos; personal accident insurance policy (coverage period should include September 15th-21st).

3. Transportation Route:

——China-Zhengzhou Xinzheng International Airport: There are flights available from Beijing, Shanghai, Guangzhou to Zhengzhou. There is a reception station at the airport.

——Zhengzhou Railway Station: There are trains available from Beijing, Shanghai, Guangzhou, and Xi'an to Zhengzhou. There is a reception station at the railway station.

——Jiaozuo Railway Station: There are trains available from Beijing, Shanghai, and Xi'an to Jiaozuo, and there is a reception station at the railway station.

XI. Financial Conditions

(1) Accommodation and meals will be arranged by the organizing committee, and the expenses will be the responsibility of each participating team.

(2) Accommodation Standards (including Hong Kong, China, Macau, China and Chinese Taipei):

Standard hotel (equivalent to a four-star hotel):

Double occupancy: \$70 USD per person per day, totaling \$420 USD for 6 days.

Single occupancy: \$85 USD per person per day, totaling \$510 USD for 6 days.

Deluxe hotel (equivalent to a five-star hotel):

Double occupancy: \$90 USD per person per day, totaling \$540 USD for 6 days.

Single occupancy: \$105 USD per person per day, totaling \$630 USD for 6 days.

(3) The expenses mentioned above will include the expenses of accommodation, competition, local transportation, and other activities arranged by the Organizing Committee.

XII. Arbitration Committee and Referees

(1) The composition and duty of Arbitration Committee shall be implemented according to the Rules of Arbitration.

(2) The referees shall be selected and appointed by the Chinese Wushu Association. Further notice will be made in due course.

XIII. Contact information

(1) Foreign Affairs Department of the Chinese Wushu Association

Contact: Fu Bo

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XIV. Other Matters

(1) The organizing committee and technical meeting will be held at 15:00 on September 16th, 2023. Team leaders and coaches are required to attend the meetings on time. The exact location is indicated in the Instructions for Registration.

(2) Athletes must apply for Personal Accident insurance and Health Certificate by themselves, and sign the Waiver of Liabilities. If any one of the document is not signed, the athlete is not allowed to participate in the competition.

(3) After registration, the athletes should go through selective physical examination organized by the Medical Committee and shall be disqualified from the competition if they are found with any

medical deficiency.

(4) After registration, the teams are supposed to read the Program carefully. If there are any objections on names or events, please submit a written application (with telephone number and the signature) to the Competition Department by the athlete, team leaders, or coaches before 15:00, September 16 (Site of the Technical Meeting). If the appealing content is in conformity with the original registration forms, it will be altered; otherwise, no changes will be made.

(5) Athletes participating in the Taiji Push-hand event will weigh themselves at 6:00 am on September 17 (the specific location will be informed). Those who do not weigh on time will not be allowed to participate. If the reported weight does not match the weight weighed by the Organizing committee (exceeding the weight category reported), the competitor will be disqualified.

(6) Athletes should wait at the roll call area 30 minutes prior to the competition; otherwise they will be regarded as abstaining from the competition after three times absence on roll-calls.

(7) Athletes who forfeit the competition without valid reasons will have all their competition results cancelled.

(8) Athletes participating in Taijiquan and Taiji apparatus competitions must wear traditional Wushu costumes and Wushu shoes; the costumes and apparatus should be both self-provided. Athletes

who participate in Taiji Push-hand events should provide both black and white costumes by themselves.

(9) The names of all participating teams must be within 10 Chinese characters and should not contain the words such as 'world,' 'international,' 'China,' or 'Chinese.'"

(9) The final interpretation of the rules and regulations shall be vested in the Chinese Wushu Association.

(10) The regulations and rules can be downloaded from the website of the Chinese Wushu Association: <http://www.wushu.com.cn>

XV. For matters not covered, further notice will be given.

Annexes:

1. Competition Schedule
2. Waiver of Liabilities
3. Classification of Competition Events and Number