Qigong Competition Rules:
2016 ARNOLD CLASSIC AUSTRALIA
Wushu Kung Fu Tai Chi Qigong Tai Chi Push-Hands & Wooden Dummy Competition

Competition Organiser:
Taichi for Life

1. Competition Methods
   a) Individual
   b) Group

2. Competition Forms
   a) Health Qigong YiJinJing
   b) Health Qigong WuQinXi
   c) Health Qigong LiuZiJue
   d) Health Qigong BaDuanJin
   e) Other

3. Background Music
   The original accompanying music without verbal prompt may be used.

4. Uniform
   Judges and competitors shall dress as specified in the Competition Rules.

5. Order of Performance
   The order of performance of groups and individuals shall be determine randomly.

6. Pre-Competition Inspection
   a) Competitors shall gather at the specified location thirty (30) minutes before the competition for the first inspection.
   b) Ten (10) minutes before the competition, there will be a second inspection. If the competitor is not available for the second inspection, the competitor shall be considered to have defaulted.

7. Competition Manner
   When the Competitor's name is announced before his/her performances, and at the end of the performance, the competitor should salute to the Chief Judge.

8. Placing
   Individual and Group Performances
   The individual or group shall be placed in accordance with their score. The highest score is placed first and second highest is placed second and so on.
9. **Judging Method and Scoring Standard**

**Judging Method**

a) The full score for each event is 10 points including 5 points for quality of movement and 5 points for the overall performance.

b) Points are deducted by:
   a. Group A Judges,
   b. Group B Judges
   c. Chief Judge.

**Scoring Standard**

**Quality of Movement**

Total deduction from Quality of Movement shall not exceed 4 points. Group A Judges shall deduct 0.1 point for each error as listed in the types of error below. If the same error occurs multiple times for the same movement, or if there are multiple errors in the same movements, or several people make errors in the same movement, total deduction shall not exceed 0.4 Points.

**Quality of Movement - Errors**

a) Movement: Movement does not match specified movement, or incorrect mouth, shape, or sound.

b) Balance: Out of balance that is not specified.

c) Breathing: Obvious puffing or holding of breathe.

d) Spirit: Lack of concentration, loss of spirit.

e) Others: Movements forgotten, movement and music are not coordinated

**Overall Performance**

a) Overall Performance is separated into 3 groups and each group has 3 levels. There are 9 levels all together. The method of scoring Overall Performance is to initially decide on the group to which the performance belongs and determine the level to which the performance belongs. Then give the score in multiple of 0.05 points within the score range for the appropriate level (i.e. the second decimal point should be either 0 or 5).

b) Please see table below for score groups and levels:

<table>
<thead>
<tr>
<th>CLASSIFICATION</th>
<th>DEGREE</th>
<th>SCORES</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXCELLENT</td>
<td>1</td>
<td>5.00 – 4.80</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>4.75 – 4.50</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>4.45–4.10</td>
</tr>
</tbody>
</table>

| GOOD           | 1      | 4.00–3.80    |
|                | 2      | 3.75–3.50    |
|                | 3      | 3.45–3.10    |
1  3.00—2.80
2  2.75—2.50
3  2.45—2.10

Overall Performance - Scoring Standard

a) Advance Group: Movements are correct; Breathing is smooth; Mind is focused: Spirit of performance matches well with movements and special features of the Qigong exercise; Movements of the group are synchronised and positions of group members stay in neat formation;Movements and background music go together in harmony.
b) Average Group: Movements are relatively correct; Breathing is relatively smooth; Mind is relatively focused: Spirit of performance matches relatively well with movements and special features of the Qigong exercise; Movements of the group are relatively synchronised and positions of group members stay in relatively neat formation; Movements and background music go together relatively in harmony.
c) Beginners Group: Movements are not correct; Breathing is not smooth; Mind is not focused: Spirit of performance does not match well with movements and special features of the Qigong exercise; Movements of the group are not synchronised and positions of group members are not in neat formation; Movements and background music do not go together in harmony.

Chief Judge Deduction

a) There will be a deduction of 1 point if the competitor is unable to complete the performance, which is not due to any external factors, and has to redo the performance from the start.
b) For every 3 seconds longer or shorter than the completion time limits, there will be a deduction of 0.1 points up to a maximum of 0.3 points.
c) For group performance, for every 1 more or less than the specified number of competitors, there will be a deduction of 0.5 points.
d) If the uniforms do not meet specified requirements, there will be a deduction of 0.1 - 0.3 points.

10. Calculation of Scores

a) The average Quality of Movement score, the Overall Performance score and the final score shall be calculated to 2 decimal places. The third decimal places shall not be rounded up or down.
b) The average score of the scores given by the 3 Group A judges shall be the Quality of Movement score of the competitor.
c) The average score given by the 3 Group B judges shall be the Overall Performance score of the competitor.
d) The final score of the competitor shall be the sum of the Quality of Movement score and the Overall Performance score minus the Chief Judge deductions.