

REGULATIONS TAO LU



“The taolu (套路) is a sequence of predetermined techniques, both attack and defence, designed to improve the practitioner's technical skill, coordination, power, speed and endurance. It is generally a series of actions that are inspired by fighting and are an abstraction of it...”

The main objective of TaoLu (TL) competition is to demonstrate control over one's own body, and to respect some basic principles that define the final performance score.

JURY:

It consists of one group of judges who will be responsible for the evaluation of each athlete. Judging will focus on the evaluation of the technical *performance (quality movements)* and will evaluate the overall performance (*quality of performance*).

Chief Judge:

1. Checks the athletes in their clothing and in any *weapons* proposed according to the announced category.
2. Deducts, according to the assigned category, any excess in the time limit of the performance; deduction of 0.10 points for every 10 seconds of excess in the time limit, which for traditional TL categories are minimum 40 seconds and maximum 2 minutes (*max 2 minutes*) except for southern styles maximum 3 minutes (*max 3 minutes southern styles*)
3. Contributes to the final score of each athlete thus being able to vary any erroneous scores of the other judges and changing the final score.
4. Allows the athlete to repeat the performance by deducting 0.50 of score in the following cases: forgetfulness of form, loss or dropping of part of uniform, dropping, breaking or deformation of weapon, accidental fall of athlete and interruption of performance.
5. Allows the athlete to repeat the performance if there are problems with the competition carpet without deducting any points.
6. Understands and moves an athlete if not appropriate for the given category; traditional tao lu form in modern wushu category and vice versa.

Type of competition:

TL competitions are divided into individual, duilian, team (at least 3 athletes) competitions. Individual, duilian and team competitions can be barehand (*Barehand*) and with weapons (*weapons*).



CATEGORIES

Age

Until 6 y.o. – CHILDREN C
7-9 y.o. – CHILDREN B
10-12 y.o. – CHILDREN A
13-15 y.o. - CADETS
16-17 y.o. - JUNIORES
18-25 y.o. - SENIORES
26-30 y.o. - SENIORES
31-40 y.o. – SENIORES
41-60 y.o. - OVER

Level

Until 12 y.o. no different Levels

TL Traditional 13-17 Years 3 levels:

LEVEL A: ADVANCED >5 Year of experience
LEVEL B: INTERMEDIATE >3 Year of experience < 5 years
LEVEL C: BEGINNER <3 Year of experience

TL Traditional from 18 to 40 years 2 levels:

LEVEL A: ADVANCED >5 Year of experience
LEVEL B: INTERMEDIATE >3 Year of experience < 5 years
LEVEL C: BEGINNER <3 Year of experience

From 41 to 60 y.o. no different Levels

STYLES ALLOWED

BARE HANDS

GROUP 2: NEIJIAQUAN (Baguazhang 64, Bajiquan, Wudangquan, Baguaquan, Xingyiquan...)

GROUP 3: SUD TRADITIONAL STYLE (NANQUAN) (Califo, wuzuquan, fujow, mojiaquan, lijiaquan, beimeiquan, liujiaquan, heihuquan, yunmenquan, hongjiaquan, hungar...)

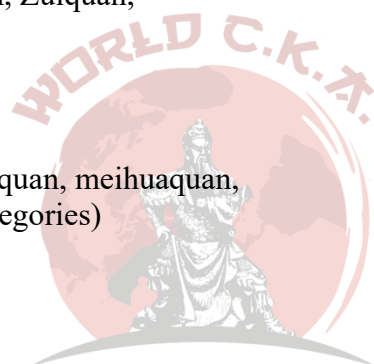
GROUP 4: SHAOLIN QUAN

GROUP 5: IMITATIVE STYLE (Xiangxingquan) (Houquan, Yinzhuaquan, Zuiquan, Zonghequan, minghequan, ditangquan, heihuquan...)

GROUP 6: TANG LANG QUAN

GROUP 7: ALL NORD TRADITIONAL STYLE (Huaquan, paoquan, chaquan, meihuaquan, baimeiquan, liuhequan, gongliquan, yuejiaquan, not belonging to previous categories)

GROUP 8: DIMOSTRATIVE PERFORMANCE (Option style...)



GROUP 9: TRADITIONAL TONGBEIQUAN, FANZIQUAN, PIGUAQUAN

GROUP 10: WING CHUN

WEAPONS

GROUP 2: SHORT WEAPONS (daoshu, jianshu, shotgun)

GROUP 3: LONG WEAPONS (gunshu, qiangshu, pudaο)

GROUP 4: OTHER WEAPONS: DOUBLE (Shuang dao, Shuang jian, knives, etc)

GROUP 5: FLEXIBLE (jiubiebian, sanjiegun, fan, etc)

GROUP 6: IMITATIVE STYLE (Hou Gun, BaXian Jian, etc)

Entry requirements

Medical Certificate of good health ONLY for CHILDREN A,B,C (Until 12 y.o.) as an introductory sports activity.

Competitive Sport (Agonistic) Medical Certificate for all other competition categories.

Permitted clothing

It is permitted to participate with the traditional Chinese school uniform (YiFu); specific shoes for the practice of Wushu/Kung fu either with laces or without; no casual clothing or clothing with commercial sponsors.

Strictly forbidden under penalty of disqualification to perform with earrings, bracelets and/or necklaces of any kind except those specific to the style.

Weapons

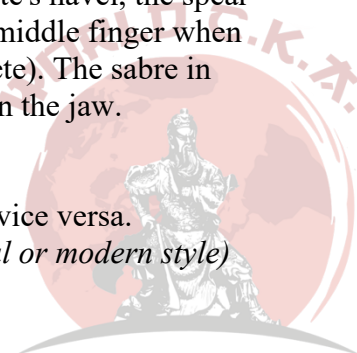
Weapons permitted in the categories are short weapons, long weapons, other weapons, each equipped with its respective traditional ornament where provided.

Weapons with a flexible blade are permitted in the traditional categories but it is much better to use semi-flexible and/or rigid weapons.

Weapons used in competitions must comply with safety measures and must not be sharp. When a sword or sabre is held by the athlete in the right hand, the tip must not be lower than the upper tip of his ear. The short stick from the floor must not be below the athlete's navel, the spear must not be shorter than the distance from the floor to the tip of the athlete's middle finger when standing with the arm extended above the head (20cm higher than the athlete). The sabre in southern styles is held in the left hand, the tip must not be lower than the jaw.

Types of competition

Whoever competes for traditional TL can also compete for modern wushu and vice versa.
(always checking the type of clothing and weapons appropriate for traditional or modern style)



Times

Time limit (bare hands, weapons, duilian and groups): minimum 40 seconds and maximum 2 minutes except for Tao Lu southern styles maximum 3 minutes; for all Children A,B,C (Until 12 y.o.) categories there is no time limit.

Permitted techniques

Performing acrobatic techniques in imitative and/or demonstration styles (optional);
Performing flying kicks or techniques involving a maximum 2/3 step run-up;
Performing an acrobatic technique to quickly get up from the ground.

Techniques NOT permitted

Performing acrobatic techniques in non-imitative and/or demonstrative styles (optional);
Performing flying kicks or techniques involving a maximum run-up of more than 3 steps.

Evaluation method



The panel of judges will consist of minimum 4 judges responsible for the evaluation of movements and responsible for the overall evaluation and the Chief Judge. The judges will be positioned in a line just outside the competition carpet spaced out.

The initial total score for all types of competition is ten (10.00) points: this includes five (5.00) points for the quality of the movements, three (3.00) points for the complete performance and two (2.00) points for the degree of difficulty.

In the ABC Children Categories the judges can also be 3 instead of 5 as it is a promotional sport activity.

The **judges** deduct the score to be awarded on the basis of the errors in the quality of the movements made by the athlete during his performance. The **judges** will evaluate the overall performance as a whole and award the score on the basis of the presence or absence of errors in the performance.

JUDGES

<u>TECHNIQUE</u>	<u>EXECUTION</u>	<u>ERRORS</u>	<u>FIGURE</u>	<u>PENALTY</u>
马步 Mǎ Bù	Straight back Parallel feet 90°-70° angle	Upper body bent forward Front/rear pelvis version. Angle +90° or -70	 MABU 马步	-0,10
弓步 Gōng Bù	Legs bent at 90° Knee must not exceed the tip of the foot Back leg should be outstretched and the heel should rest firmly on the ground with toe at least 45° inwards.	Upper body bent forward. Leg forward not at 90° and back heel raised. Rear foot over 45° outwards.	 GONG BU 弓步	-0,10

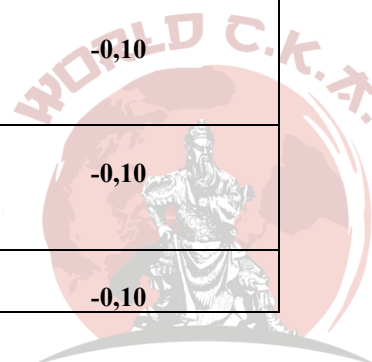
	e il tallone ben appoggiato a terra con punta del piede almeno a 45° verso l'interno			
仆步 Pū Bù	Back straight. Bent leg with heel on the ground. Legs outstretched with sole of foot well on the ground	Torso forward. Back leg not fully bent. Forward leg bent and foot not touching the ground.		-0,10
虚步 Xū Bù	Supporting leg bent at 45°. Foot of the supporting leg adhering to the ground. Front leg bent and heel raised.	Supporting leg too bent. Supporting heel raised off the ground and heel of front leg resting on the ground.		-0,10
歇步 Xiē Bù	Front foot firmly on the ground. Rear leg knee touches the gastrocnemius of the front leg.	Heel of the front foot does not touch the ground. Rear leg knee away from front leg gastrocnemius.		-0,10
半马步 Bàn Mǎ Bù	Same position as Mabu but with weight slightly shifted to the leg with one foot rotated 90 degree angle to the other.	Parallel feet and torso bent forward. Anterior/reverse pelvis and frontal gaze		-0,10
独立步 Dú Lì Bù	Supporting foot firmly on the ground. Leg raised to at least waist height and foot at opposite knee height. Toe down and close to the knee.	Supporting heel raised. Leg raised slightly bent. Toe not downwards and away from the opposite knee.		-0,10
骑龙步 Qí Lóng Bù	Both legs form a right angle. Advanced foot firmly on the ground. Knee and heel of the back leg do not touch the ground.	Advanced heel not touching the ground. Knee and/or hind leg foot touch the ground		-0,10

TECNICA	ESECUZIONE	ERRORI	SANZIONE
CALCIO FRONTALE, LATERALE, CIRCOLARE, GIRATO	Piede d'appoggio aderente a terra. Gamba che calcia completamente distesa	Tallone alzato da terra. Gamba che calcia non distesa completamente e busto piegato oltre i 45°	-0,10
CALCIO FRUSTATO,	Piede d'appoggio aderente a terra. Gamba che calcia completamente	Tallone alzato da terra. Gamba che calcia non distesa completamente e busto piegato oltre i	-0,10



CIRCOLARE, FRONTALE	distesa. Mano batte su piede che calcia	45°. Mano che non batte sul collo del piede	
CALCIO IN VOLO, FRONTALE, LATERALE E GIRATO	Gamba che carica racchiusa verso il corpo. Gamba che calcia completamente distesa. Atterraggio stabile in posizione corretta	Gamba che carica non racchiusa verso il corpo. Gamba che calcia non completamente distesa. Atterraggio con squilibrio	-0,10
CALCIO IN VOLO, FRONTALE, LATERALE E GIRATO CONERRAGGIO	Gamba che calcia completamente distesa. Piede che ruota internamente non deve toccare a terra. In posizione di atterraggio, l'angolo tra le due gambe non deve essere inferiore a 45°	Gamba che calcia non distesa. Piede che ruota internamente tocca a terra. In posizione di atterraggio, angolo tra le gambe inferiore a 45°	-0,10
SPAZZATA AVANTIE INDIETRO	Gamba d'appoggio completamente piegata. Gamba che spazza completamente distesa. Piede che spazza scivola sul terreno	Gamba d'appoggio poco piegata . piede che colpisce non tocca terra. Gamba che spazza piegata	-0,10

OTHER ERRORS			
OSCILLATION, SLIDING, JUMPING	These movements are correct if they are consistent with the dynamics of the form	They are errors if they are clearly performed without intention and are not part of the dynamics of the form	-0,10
FORGETFULNESS AND HESITATION	The form must be performed in coherence with a fight, forgetfulness or hesitation determine the probability of a defeat	Stopping to remember the next step or hinting at one then performing another.	-0,10
TRIPPING OR EXTRA SUPPORT	"Extra support" means when the athlete touches the ground with hand, knee, head, upper arm or non-supporting foot	Tripping or extra support does not depend on carpet deformations	-0,20
FALL	When the athlete touches the competition surface with hands, shoulder, bottom or upper body	Fall due to error does not depend on deformations of the competition surface	-0,30
LOSS OF ORNAMENT OR PART OF THE UNIFORM	Loss of ornaments or part of the uniform makes passes and positions less effective and increases the chance of defeat	If an ornament of the uniform or part of it is lost but the performance can be continued without interruption	-0,10
PART OF BODY GOES OUT OF OR FALLS OUT OF COMPETITION AREA		If you go outside a competition area deemed to be regulatory, depending on age category	-0,10
			-0,10



TIME OF BALANCE IN POSITION (3sec) NOT SUFFICIENT			
WEAPONS FORMS (WEAPONS)			
ENTANGLEMENT AND/OR LOSS OF DRAPE OR RIBBON			-0,10
SHORT WEAPONS	The weapon must always be gripped firmly, must not touch the body or the competition mat and must never let go	The grip of the weapon is inaccurate. The weapon touches the body or the mat unintentionally. The grip of the weapon is released	-0,10
	The weapon cutting above the head must pass adjacent to the body	The weapon passing above the head is swung away from the body (helicopter type)	-0,10
	The angle between the wrist and the weapon must be no more than 90°, weapon and wrist must be aligned	The weapon is held inaccurately and not aligned with the wrist	-0,10
LONG WEAPONS	Weapons must be used in competition after having been checked for solidity. Under no circumstances must they fall from the hand.	The weapon breaks but continues to be handled and allows the performance to continue	-0,20
WEAPON FALL		The weapon, or its end, falls to the ground	-0,30
LONG STICK AND SPEAR	Circular movements parallel to the axis of reference. In attacks, the hand behind joins the hand in front.	Diagonal movements in relation to the reference axis. In attacks, the hand behind is uncoordinated with respect to the hand in front. No circular movement of the spear tip	-0,10

DUILIAN			
TECHNIQUE	EXECUTION	ERRORS	PENALTY
Bare Hands (<i>barehand</i>) Weapons (<i>weapons</i>)	The execution of the Duilian simulates a fight and, therefore, all movements must have plausible attack and defence characteristics	Strike outside the target; prolonged immobility not justified by martial dynamics; excessive time without attack and defence (+3 sec); loss of an attack or defence; prolonged waiting; hitting the partner incorrectly (the strike is far from the target)	-0,10



JUDGES

They are responsible for judging the overall performance.

For the overall assessment of a performance it is necessary to identify the level of difficulty of the performance beforehand. A good execution of a simple form with few variations and a good execution of a complex form with difficult movements or articulated combinations cannot be assessed with the same score.

Therefore, will be primarily to assess the structure of the form.

The factors that will determine the judging of the form are determined by the following criteria:

1. The variety of techniques it contains

(differentiation or not in the sequence and combination of techniques)

2. The difficulty of specific techniques

(athletic-martial complexity of the individual techniques of which the form is made up)

3. The versatility of the directions in which the form is developed

(form developing on 1, 2 or more directions/lines)

4. The complexity of the form

(how difficult the form is in its athletic-martial execution, taking into consideration the previous criteria and also the possible use of weapons, single or double, short or long, jointed or rigid)

Based on the quantity and quality of the presence of these factors the Referee will place the form in three levels.

Therefore, in the compilation of his judgement he will take into account the above criteria using a graded score as follows:

1. *High level from 5.00 to 4.01*
2. *Medium level from 4.00 to 3.01*
3. *Low level from 3.00 to 2.01*

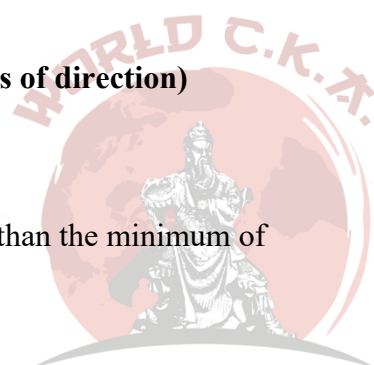
The variation identified in each level (1 point) does not have to concern the judgement of how the athlete performed the form but just the value of the form itself.

From this assumption, judges shall award points based on how far and how well the athlete has complied with the following criteria in the execution of the performance:

1. **Coordination**
2. **Rhythm**
3. **Power, Rapidity, Fluidity**
4. **Consistency with style**
5. **Correct techniques (height of kick, punch direction, holds, changes of direction)**

For each of these criteria he may assign a score also using both decimals.

In addition, a mediocre execution of a high-level form may score even lower than the minimum of the range identified for that form.



In this way the best execution performance is rewarded, leaving the possibility for an athlete who presents an impeccable execution of a medium level form to be able to win against an athlete who, although carrying a high level form, executes it in an approximate manner.

AWARDS:

Individual Categories:

First classified receive the Gold Medal
Second classified receive the Silver Medal
Third classified receive the Bronze Medal

Categories Duilian:

First classified receive the Cup
Second classified receive the Cup
Third classified receive the Cup

Group Categories:

First classified receive the Cup
Second classified receive the Cup
Third classified receive the Cup



**The picture is for example purposes*

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WORLD CHINESE KUNG FU (WUSHU) ASSOCIATION ®



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