

# 2019 Lightning Tai Chi International Championship

## Rules and Instructions

The championship competition is divided into individual and team competition:

1. Individual Competition (by age group, male and female combined or separated depend on numbers):

- 30 years old & under
- 31 years old to 60 years old
- 61 years old & up

Note: Each contestant can register up to 2 individual events. (See Final Schedule Setup below.)

2. Team Competition: No age or gender limitation. Each team must have at least 5 team members. There are two separate registration forms: One for the team leader and the others for the team members. Each team can register up to 2 team events.

### Competition Categories and Performance Time Limits:

1. Individual Tai Chi Chuan Forms and Apparatus (Jian, Dao, Fan) Routines:

A.	24-Form	4 to 5 minutes
B.	32-Form	5 to 6 minutes
C.	37-Form	5 to 6 minutes
D.	40-Form	5 to 6 minutes
E.	42-Form	5 to 6 minutes
F.	48-Form	5 to 6 minutes
G.	56 Chen Form	5 to 6 minutes
H.	Traditional Yang Style	5 to 6 minutes
I.	Traditional Chen Style, (1, 2, new Form)	5 to 6 minutes
J.	Other Tai Chi Chuan Routines (Wu Style, Woo Style, Sun Style, Tzen ,etc.)	5 to 6 minutes
K.	32-Form, 42-Form, Yang or Chen Style Jian Routines	3 to 4 minutes
L.	Traditional Yang or Chen Style Dao Routines	3 to 4 minutes
M.	Tai Chi Fan, and others Weapons	3 to 4 minutes

Note: Except categories A, E, G, the 32-Form and the 42-Form Tai Chi Jian Routine, completion of the other routines is not required. Within the time limit, contestants may choose the ending posture to complete the routine.

2. Team Tai Chi Chuan Forms and Apparatus (Jian, Dao, Fan) Routines:  
(Each team must have at least 5 members, no age or gender limitation.)

A.	24-Form	4 to 5 minutes
B.	42-Form	5 to 6 minutes
C.	37-Form and	5 to 6 minutes
D.	Traditional Yang Style	5 to 6 minutes
E.	Traditional Chen Style Routines	5 to 6 minutes
F.	32-Form, 42-Form, Yang or Chen Style Jian	3 to 4 minutes

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| G. | Traditional Yang or Chen Style Dao Routines | 3 to 4 minutes |
| H. | Tai Chi Fan, and other Weapons              | 3 to 4 minutes |

Note: Except categories A, B, the 32-Form and the 42-Form Tai Chi Jian Routine, completion of the other routines is not required. Within the time limit, each team may choose its own ending posture to complete the routine. With a self-provided CD-player, use of Tai Chi music during team performance is permitted.

Dress Code: Standard Tai Chi Chuan competition uniform, traditional Chinese Wushu uniform, or uniform of other appropriate styles is required. Members of the same team must wear identical styled uniform of the same color.

Final Schedule Setup: For the best use of our limited human resources and funding, and in order to permit contestants the opportunity to compete, the Organizing Committee reserves the rights: (a) to combine events when there are not enough contestants/teams registered in certain category(ies); or (b) to regroup the contestants into the next higher age division; or (c) simply to eliminate or cancel the event(s).

Check-In Requirement: Each contestant, whether participating in individual or group events, must present a formal photo ID when checking in.

On-Site Rule: Each contestant and team will be provided a copy of the competition schedule upon checking in. The schedule and any updated changes will also be posted in the arena. It is the responsibility of each contestant and team member to keep track of their own competition schedule. There will be routine general announcements as the tournament progresses. Once an event is commenced, staff member at the stand-by area will announce the next category for assembly and call out by name or number assigned to the contestants to enter the stand-by area. Once a contestant's turn is up, the contestant will be considered forfeiting the event with a "no show" after 3 name calls with 30 seconds between calls. The Organizing Committee will take efforts to schedule events to avoid time conflict for those contestants registered for more than one event.

Registration:

A. On-line

B. By Mail - To enable us an early start for event scheduling. Please send the completed registration form and the signed Waiver and Release with postmark no later than the registration deadline 09/30/2019 to:

Lightning Tai Chi  
Attn: LTC Championship  
407 West Imperial Hwy, Suite H #215  
Brea, CA 92821-4803

Those with an email address will receive confirmation online once the registration form is received, otherwise registration completion will be confirmed by either phone or mail at the discretion of the Organizing Committee.