# Health Qigong Competition Rules 

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# Health Qigong Competition Rules 

## Chapter I Competition Institutions

## Article I. Competition Committee

I. Composition of the Competition Committee

The Competition Committee (Competition Department or Competition Division) shall be established in keeping with the varying scale of the competition and shall consist of a number of members responsible for the competition.

## II. Responsibilities of the Competition Committee

(1) Responsible for the registration and review of the participating teams, arrangement of venue equipment, preparation of referee supplies, and the design and production of prizes.
(2) Responsible for the organization of professional studies, liaison and coordination of competition officials, and convocation of joint meetings involving competition officials, team leaders and coaches.
(3) Organizing preparation of the competition order manual and lot-drawing, responsible for the announcement of daily results, publishing of competition results, and the organization and conduct of awards ceremonies as well as other organizational work related to the competition grounds.

Article II. Competition Oversight Committee
I. Composition of the Competition Oversight Committee
(1) 1 director and 1 deputy director.
(2) 1 or 3 members.
II. Responsibilities of the Competition Oversight Committee
(1) Implementation of the principles of openness, fairness and impartiality and supervision of the arbitration and judgment process without interfering with the work that falls within the terms of reference of the Jury of Appeal and referee staff or changing the rulings of referees or the Jury of Appeal.
(2) Mainly responsible for dealing with sportsmanship- and discipline-related issues that do not have a direct bearing on competition per se.

Article III. Jury of Appeal
I. The Jury of Appeal is composed of:
(1) 1 director and 1 deputy director
(2) 1 or 3 members.
II. Responsibilities of the Jury of Appeal
(1) Accepts the appeal of a participating team on an objection to referee application of competition regulations and rules to the team, and makes a timely investigation, hearing, deliberations and ruling. The duration of the ruling shall affect neither the normal proceeding of the competition nor the ranking assessment and award giving.
(2) Convenes meetings of the Jury of Appeal; a decision is valid only when made with more than half of the jury members present. A jury member may not participate in the discussion or voting on an issue involving his/her organization.
(3) The decision made by the Jury of Appeal on a complaint is final and shall be reported to the Organizing Committee of the Conference for the record. If the referee judgment is found correct, the participating teams must resolutely obey it. If the referee judgment is found wrong, the Jury of Appeal may, in light of the circumstances, educate the referee or make a disposition within its competence; it may also recommend to the relevant department to take appropriate organizational measure, but the judgment result may not be changed.

## Article IV. Competition Officials

I. Composition of Competition Officials
(1) 1 chief referee and 1~2 assistant chief referees
(2) 1 head referee (and 1 assistant head referee), 3 or 5 referees in Group A and 3 or 5 referees in Group B.
(3) 1 chief programming and recording officer.
(4) 1 chief registrar.
II. Responsibilities of Competition Officials
(1) The Chief Referee shall organize all the judgment-related work of the competition, check all preparations before the competition and ensure the implementation of the competition rules. The Chief Referee shall have the authority to interpret the competition rules, but may not modify them. During the competition, the Chief Referee shall have the right to redeploy officials and correct their errors. The Chief Referee shall verify and announce the competition results, and be responsible for summing up the officials' work in the Conference.
(2) The Assistant Chief Referee(s) assist the Chief Referee in his/her work and act assume the Chief Referee's responsibilities in his/her absence.
(3) The Head Referee is responsible for the professional study of officials, detailed organization of their work and exercise of the function of Head Referee for score deduction. On mistakes made by an official, the Head Referee may recommend measures to be taken by the Chief Referee.
(4) The referees work under the leadership of the Head Referee in strictly implementing the competition rules, making independent score evaluation and taking detailed notes. Group A referees are responsible for evaluating the quality of movements of competitors; Group B referees are responsible for evaluating the demonstration skills of competitors.
(5) The Chief Programming and Recording Officer is responsible for reviewing registration forms and other related materials as well
as lot-drawing, preparing the competition order manual and competition forms, reviewing competition results and ranking, and compiling the competition results report.
(6) The Chief Registrar shall make timely examination and recording according to competition sequence, inspect competing participants' clothing and check their numbers; guide participating competitors onto the competition floor and submit the registration/order form of participating competitors to the Chief Referee.

## Article V. Support Staff

I. Composition of Support Staff
(1) 2 programming and recording staff
(2) $2 \sim 5$ registrars
(3) 2 scorekeepers
(4) 1 timekeeper
(5) 1 announcer
(6) 1 sound technician
(7) 2 videographers
(8) 2 computer operators
II. Responsibilities of Support Staff
(1) The programming and recording staff shall complete the work assigned by the Chief Programming and Recording Officer.
(2) The registrar shall complete the work assigned by the Chief Registrar.
(3) The scorekeeper is responsible for recording the score results and calculating the event results.
(4) The timekeeper is responsible for the timing of competition demonstrations.
(5) The announcer is responsible for onsite narration of the competition, introduction of the events' background and other relevant information, and announcement of event results.
(6) The sound technician is responsible for preparing the background music and playing live music for the competition.
(7) The videographers are responsible for live video recording of competition events, provision and showing of video recordings for the Competition Oversight Committee and the Jury of Appeal, and submission of video recordings of all events to the Competition Committee.
(8) The computer operators are responsible for operating the electronic scoring system(s) at competition sites.

## Chapter II General Rules for Competition

Article VI .Competition Categories<br>I. Individual Competition<br>II. Group Competition<br>III. Team Competition

## Article VII. Competition Events

Each regiment of Health Qigong exercises created by the Chinese Health Qigong Association constitutes a competition event.

Article VIII. Background Music
The background music of each competition event is administered according to the rules governing each such event.

Article IX. Competition Clothing

The officials and competitors should wear the clothing designated for the Competition and wear the appropriate sign.

Article X. Competition Sequence
Under the organization of the Competition Committee and the Chief Referee, the Programming and Record Group administers lot-drawing to determine the competition sequence of competing teams (members).

Article XI. Pre-event Re-registration (Roll Call)
Competitors must report themselves in the designated area 30 minutes before the event to participate in the first roll call. The second roll-call shall be done 10 minutes before the event. If a competitor fails to participate in the roll call on time or the competitive event, he/she shall be considered having forfeited the right to competition.

Article XII. Competition Protocol
Competitors should salute the Head Referee before the start of the event, and after completing the event and receiving the score.

Article XIII. Score Display
The results of individual and group events are shown through a public display of scores.

Article XIV. Ranking Determination
I. Ranking in an individual single event or group single event
(1) The ranking is determined in a descending order of scores in an event's competition
(2) In the case of identical scores, the team/competitor with a higher performance score is ranked higher; if the performance scores are also the same, the team/competitor with a higher specified movement standard score is ranked higher. If the scores are still the same, the team/competitor with a highest score before the average score of the movement specification is calculated is ranked first. If the scores still remain the same, a tie shall be awarded.
II. Ranking in a Team Event
(1) The ranking shall be determined based on the total scores in an event in a descending order.
(2) In the case of identical team scores, the team with a higher group score is placed higher. If the scores are still the same, the team with a higher placing in a single event is placed higher. If the scores are still identical, a tie shall be awarded.

## Article XV. Rules on Appeals

I. The subjects of appeals are the participating teams; no appeal from individual competitors will be admitted.
II. The subject matter of an appeal should involve disagreement with referee evaluation of the participating team in question. Each appeal shall be limited to only one issue.
III.Within 30 minutes of the end of the event in which a participating team or its member(s) competed, the team leader or coach should lodge a written appeal to the Jury of Appeal, along with a 200-Yuan appeal fee; otherwise, the appeal will not be admitted. If the appeal is ruled as correct, the appeal fee shall be refunded. If the appeal is ruled as incorrect, the appeal fee shall be forfeited.

## Chapter III Scoring Method and Criteria

Article XVI. Scoring Method

I. Each event shall have a full score of 10 points, including 5 points for specified movement standard and 5 points for performance.
II. An integrated evaluation method is adopted which combines a system of point deduction by the Chief Referee and Group A referees, and the point system of Group B referees.

## Article XVII. Scoring Criteria

I. The accumulated score deduction for specified movement standard shall not exceed 4 points. Group A referees shall deduct 0.1 point for each occurrence of the following types of mistakes; the maximum score deduction for multiple occurrence of the same mistake in the same movement, multiple different mistakes in the same movement, or mistakes made by more than one person in the same movement shall be 0.4 point.
(1) Movement category: A movement that does not meet the specified standard for the routine, non-standard mouth-shape and pronunciation.
(2) Balance category: Limb movement and shaking that are not specified for the movement.
(3) Breathing category: apparent gasping or suffocation.
(4) Expression category: Distraction or absent-mindedness due to lack of concentration.
(5) Other categories: Movement forgotten or not in tune with the background music.
II. Performance scores are classified into three grades, with each grade subdivided into three levels, totaling nine score levels. The scoring method is to determine the scoring grade first, then define the scoring level, and finally give a score in multiples of 0.05 in the corresponding score range (the second digit after the decimal point is either 0 or 5).

## (I) Scoring Grade

For performance scoring, the division of grades, levels and score
ranges are shown in the following table.

| Grade | Level | Score Range |
| :---: | :---: | :---: |
| Excellent | 1 | $5.00-4.80$ |
|  | 2 | $4.75-4.50$ |
|  | 3 | $4.45-4.10$ |
|  | 1 | $4.00-3.80$ |
| Ordinary | 2 | $3.75-3.50$ |
|  | 1 | $3.45-3.10$ |
|  | 2 | $3.00-2.80$ |

(II) Evaluation Criteria

Performance with standardized movements, smooth breathing, a focused mind, demonstrated charm integrated with the event's specified standard and characteristics, orderly movement and team formation, movement in harmony with the background music harmony shall be judged as excellent.

Performance with a fair degree of standardized movements, smooth breathing, a focused mind, demonstrated charm integrated with the event's specified standard and characteristics, orderly movement and team formation, movement in harmony with the background music shall be judged as good.
Performance with a lack of standardized movements, smooth breathing, a focused mind, demonstrated charm integrated with the event's specified standard and features, orderly movement and team formation, movement in harmony with background music is judged as ordinary.
III. Point Deduction by the Chief Referee
(1) Any redo during the competition caused by a personal factor of a team member or team members shall result in a 1-point deduction.
(2)Each occurrence of a competing member or members completing the performance ahead of time or lagging behind by every 3 seconds shall result in a deduction of 0.1 point, but the accumulated total deduction shall not exceed 0.3 point.
(3)Each additional or missing member during the group event shall result in a deduction of 0.5 point.
(4)Clothing not in compliance with the specified style shall result in a deduction of 0.1-0.3 point.

Article XVIII. Score Calculation
I. The average scores of both the specified movement standard and the performance as well as the final score of a competing team (or team members) are calculated to the second digit after the decimal point; the third digit after the decimal point shall not be rounded off.
II. When 5 referees of Group A give scores, remove the highest and lowest scores and take the average value of the remainder as the score for the specified movement standard of the competing team (or members); when 3 referees give scores, take the average as the score for specified movement standard of the competing team (members).
III. When 5 referees of Group B give scores, remove the highest and lowest scores, and take the average value of the remainder as the score for the performance of the competing team (members); when 3 referees score, take the average as the performance score of the competing team (members).
IV. The final score shall be arrived at by the sum of the competing team's or its members' specified movement score and performance score minus the points deducted by the Chief Referee.
V. If a competing team, its member(s) fail to complete the performance of the entire routine, no score shall be given.

## Chapter IV Names of Difficult Movements in Competition Routines as well as Their Point Deduction Elements and Criteria

| No. | Movement | Scoring Elements | Scoring Criteria | Original Name(s) of the Movement |
| :---: | :---: | :---: | :---: | :---: |
| 1 | Raising the front leg | 1. The supporting leg is bent at the knee. <br> 2 The raised leg is bent at the knee. <br> 3. The heel of the raised leg is lower than the hip. | 1. Deduct 0.1 point for each mistake occurrence. <br> 2. Deduct 0.1 point for each occurrence of shifting, shaking or skipping. <br> 3. Deduct 0.2 point each occurrence of additional support or change of the movement nature. <br> 4. Deduct 0.3 point for fall onto the floor. <br> 5. The maximum accumulated deduction of 0.4 point for multiple repetition of the same mistake and multiple mistakes in the same movement. | Yi Jin Jing: Body upright with one leg raised in balance |
| 2 | Cross-legged balance | 1 The thigh of the supporting leg is above the horizontal line. <br> 2 The crossing leg is not close to horizontal level and the outer angle does not press the upper part of the supporting leg's knee. <br> 3. Keep still for less than 2 seconds. |  | Yi Jin Jing: cross-legged balance <br> Five-animal Game: cross-legged swooping |
| 3 | Raise heel and knee in balance | 1 The thigh of the lifted leg is lower than horizontal. <br> 2. Keep still for less than 2 seconds |  | Yi Jin Jing: Balance with raised heel and knee, and body upright <br> Five-animal Game: Raising one heel while standing on the other leg |
| 4 | Stretching one leg behind in balance | 1. The knee of the supporting leg is bent. <br> 2. The knee of the raised leg is bent. <br> 3. Both arms are lower than horizontal. <br> 4. The head is lower than the hips. <br> 5. The toes of the raised leg are lower than the head. <br> 6. Keep still for less than 2 seconds |  | Yi Jin Jing: Raised leg behind in balance <br> Yi Jin Jing: Balance stand in swallow style <br> Five-animal Game: <br> Balance stand in swallow style |
| 5 | Sideway balance | 1 The upper body's side is inclined below horizontal. <br> 2. The knee of the backward-raised leg is lower than the head. <br> 3 The included angle of the backward |  | Yi Jin Jing: Side balance |


|  |  | raised leg is greater than $90^{\circ}$ <br> 4. The supporting leg is bent at the knee. <br> 5. Keep still for less than 2 seconds |  |
| :---: | :---: | :---: | :---: |
| 6 | Three sections down to the ground | 1. The knees are not close together. 2. The head is not raised, the chest not held out and the waist not dropped in to form a reverse arch. <br> 3. The knees, hips, inside of the feet and the roots of palms are not touching the floor. <br> 4. Keep still for less than 2 seconds | Yi Jin Jing: Three sections down to the ground |
| 7 | Tiger's tail leg form | 1. The head is not raised, the chest not held out and the waist not dropped in to form a reverse arch. <br> 2. In the Iron Bull Cultivating the Land movement, There in no obvious shifting of gravity between front and back. <br> 3 When moving back and forth, the body does not show a reverse arch. | Yi Jin Jing: Tiger's tail leg form |
| 8 | Lifting hands while raising a heel | 1 When the hands move up to the chest, the heel is not off the ground 2. When the hands fall to the chest front, the heel has touched the ground. 3. The eyes do not move by following the hands. | Five-animal Game: Lifting hands while raising a heel |
| 9 | Retract the body and raise a leg. | 1. The shoulders and back have not formed two arches. <br> 2. The raised leg is not stretched straight or is lower than horizontal. | Five-animal Game: Retreat the body and lift a leg |
| 10 | Jump and stretch one leg backward in balance | 1. The jump is not obvious. <br> 2. The upper body leans forward at an angle that is more than $30^{\circ}$. <br> 3. The backswing leg's toes or the palms are lower than the hip. <br> 4. Failure to take form immediately after the jump. <br> 5. Keep still for less than 2 seconds | Five-animal Game: Change steps in balance |


| No. | Movement | Scoring Elements | Scoring Criteria | Original Name of the Movement |
| :---: | :---: | :---: | :---: | :---: |
| 11 | Rise from squatting while holding one leg up | 1. The supporting leg does not bend completely to form a squat. <br> 2. The foot of the supporting leg is off the floor. <br> 3. The swinging leg is not stretched straight. <br> 4. The swinging leg is lower than the horizontal. <br> 5 The body is not upright (For Eight-section Brocade, the resting still lasts less than 2 seconds). | 1. Deduct 0.1 point for each mistake occurrence. <br> 2. Deduct 0.1 point for each occurrence of shifting, shaking or skipping. <br> 3. Deduct 0.2 | Five-animal Game: Rising from squat on one leg <br> Five-animal Game: Hold one leg while standing on the other <br> Six-character Chant: Squat down while holding one leg <br> Eight-section Brocade: Leg stretched forward in a low-posture balance |
| 12 | Balance while leaning forward | 1. The upper body is below the horizontal level and the knee of the rear-raised leg is lower than the hip <br> 2. Keep still for less than 2 seconds | each occurrence of additional support or | Five-animal Game: <br> Balance while leaning forward |
| 13 | Balance after sidekick | 1. The kicking leg is lower than the horizontal level, the knee bends, and the toes are not taken inward to form a hook. <br> 2. The knee of the supporting leg is bent <br> 3. Keep still for less than 2 seconds | movement's nature. <br> 4. Deduct 0.3 point for falling onto the floor. | Six-character Chant: Side-raised knee in balance |
| 14 | Sit cross-legged on one leg | 1. The heel of the upper crossed leg is not tightly touching the root of the lower crossed leg. <br> 2. The outside thigh of the upper crossed leg is not tightly touching the inside of the lower crossed leg's sole. <br> 3. The upper body is not keeping upright | 5. The maximum accumulated deduction of 0.4 point for multiple repetition of the same mistake | Six-character Chant: Sit cross-legged on one leg |
| 15 | Stretch with one heel raised | 1 The body is not in reverse-bow shape. <br> 2. Keep still for not less than 2 seconds | multiple mistakes in the same movement | Six-character Chant: Raise heel and stretch |
| 16 | Hold up hands with heels raised | 1. When the hands are raised to the face, the head is not raised. <br> 2. Keep still for less than 2 seconds |  | Eight-section Brocade: Hold up hands with heels raised |


| 17 | Turn the body with heels raised | 1. Failure to turn the body left or right by $90^{\circ}$ with heels raised. <br> 2. Keep still for less than 2 seconds | Eight-section Brocade: Turn the body with heels raised |
| :---: | :---: | :---: | :---: |
| 18 | Stretch hands apart and swing one leg outward | 1. The swinging leg is bent at the knee and the foot surface is not stretched straight. <br> 2. The heel of the swinging leg is lower than the hip. <br> 3. The knee of the supporting leg is bent. . | Eight-section Brocade: Stretch hands apart and swing one leg outward |
| 19 | Balance while watching the moon (or: with the back leg hooked up) | 1. The toe tips of the rear-raised leg are not higher than the head. <br> 2. The wrist of the side supporting palm is lower than the head. <br> 3. Failure to look up in the direction of the supporting palm. <br> 4. The supporting leg is bent at the knee. <br> 5. Keep still for less than 2 seconds. | Eight-section Brocade: Balance while watching the moon (or: with the back leg hooked up) |
| 20 | Kiss boots | 1 When kissing a boot, the knee of the front leg bends, the toe tips of the supporting leg fail to point to the front. 2. The lower jaw is not touching the toe tips. <br> 3. Keep still less than 2 seconds | Eight-section <br> Brocade: Kiss boots |
| 21 | Balance after the kick | 1. The knees are bent. <br> 2. The heel of the extended leg is lower than the horizontal level; the upper body leans backward. <br> 3. Keep still for less than 2 seconds | Eight-section Brocade: Balance after a kick |

Note: 1. The movements listed in this table, both the failure to raise heels when so required and ground touching with finger roots or the entire palm instead of five fingers as required is considered having changed the nature of the movement.
2. The movements with higher degrees of difficulty as listed in this table will be adjusted and supplemented at an appropriate time in light of development of technology and the introduction of new routines.

## Chapter V Schematic Diagram of a Competition Site



| Seats for Oversight <br> Committee | Seats for Jury of <br> Appeal |  |  |  |
| :--- | :--- | :--- | :--- | :--- |
|  | Line-up position of <br> competitors |  |  |  |
| Videographers |  |  |  |  |
|  |  |  | (1)(3)(5)(7)(9) Group  <br> A referees  <br> (2)(4)(68)(10 Group <br> B referees  |  |
| $\star$ Head Referee <br> $\Delta$ Scorekeeper <br> 〇 Timekeeper | Chief Referee |  |  |  |
|  |  |  |  |  |

Note: 1. When 1 or 2 teams come unto the competition floor for a group event, and participants for individual events, they should line up in a linear pattern.
2. When 3 teams come onto the floor at the same time for a group competitive event, they should line up in a triangular pattern.

## Table 1

## Chapter XI Competition Forms

| Team |  |  | Leader |  |  |  | Gender |  | Coach |  | Gender |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Floor |  | Gender | Ethnicity/ Nationality | Organization/Company and Position | ID Card Number | Individual Events |  |  |  | Group Events |  |  |  |
| Position No. | Name |  |  |  |  | Yi Jin Jing | $\begin{gathered} \text { Wuqinxi } \\ \text { (Five-animal } \\ \text { Game) } \end{gathered}$ | Liu Zi Jue <br> (Six-character Chant) | $\begin{aligned} & \text { Baduanjin } \\ & \text { (Eight-section } \\ & \text { Brocade) } \end{aligned}$ | $\begin{gathered} \text { Yi } \\ \text { Jin } \\ \text { Jing } \end{gathered}$ | $\begin{gathered} \text { Wuqinxi } \\ \text { (Five-animal } \\ \text { Game) } \end{gathered}$ | $\begin{gathered} \text { Liu Zi Jue } \\ \text { (Six-character } \\ \text { Chant) } \end{gathered}$ | Baduanjin (Eight-section Brocade) |
| 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |

Note: 1. Select the competition event(s) for individuals (or the team) by ticking " $\downarrow$ " in the relevant individual or group event column.
2. The competition events may be added or removed in light of the events set for in each competition (The same applies to this part of subsequent tables).
3. This table shall be filed in two duplicates with both the organizer and the hosting organization.
$\qquad$ (Official Seal)

Table 2
Health Qigong Competition Events Statistical Table

| Serial No. | Organization | Individual |  |  |  |  | Group |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Yi jin Jing | $\substack { \text { Wurinixi } \\ \begin{subarray}{c}{\text { FFivanimal } \\ \text { Caneve }{ \text { Wurinixi } \\ \begin{subarray} { c } { \text { FFivanimal } \\ \text { Caneve } } } \end{subarray}$ |  |  | Toal | ${ }_{\substack{\text { Yijin } \\ \text { Jing }}}$ |  |  |  | Toal |
| 1 |  |  |  |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |  |  |  |  |  |
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| 11 |  |  |  |  |  |  |  |  |  |  |  |
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| 14 |  |  |  |  |  |  |  |  |  |  |  |
| 15 |  |  |  |  |  |  |  |  |  |  |  |
| 16 |  |  |  |  |  |  |  |  |  |  |  |
| 17 |  |  |  |  |  |  |  |  |  |  |  |
| 18 |  |  |  |  |  |  |  |  |  |  |  |


| 19 |  |  |  |  |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| 20 |  |  |  |  |  |  |  |  |  |

Table 3
Statistics Table of Health Qigong Competition Participants

| NO. | ORGANIZATION | TEAM MEMBERS |  |  | COACH |  |  | LEADER |  |  | STAFF |  |  | TOTAL |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | M | F | Subtotal | M | F | Subtotal | M | F | Subtotal | M | F | Subtotal |  |
| 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 12 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 13 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 14 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 16 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 17 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 18 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 19 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |


| 20 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 21 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 22 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 23 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 24 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 25 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 26 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Table 4

Scoring Form for Specified Movement Standards

Event: $\qquad$ Competition No. $\qquad$ Group No. $\qquad$ Judge No.
$\left.\begin{array}{|c|c|c|c|c|c|c|c|c|c||}\hline \text { No. } & \text { Organization } & \begin{array}{c}\text { Full } \\ \text { Name }\end{array} & \begin{array}{r}\text { Movement } \\ \text { Category } \\ \text { time(s) }\end{array} & \begin{array}{c}\text { Balance } \\ \text { Category } \\ \text { time(s) }\end{array} & \begin{array}{c}\text { Breathing } \\ \text { Category } \\ \text { _time(s) }\end{array} & \begin{array}{c}\text { Expression } \\ \text { Category } \\ \text { time(s) }\end{array} & \begin{array}{c}\text { Other } \\ \text { Categoryies } \\ \text { time(s) }\end{array} & \begin{array}{c}\text { Points } \\ \text { Deducted }\end{array} & \text { Score }\end{array}\right]$

Table 5

## Performance Scoring Form

Event Competition Appearance No. Group No. Referee
No. $\qquad$

|  |  | Excellent | Good | Ordinary |
| :---: | :---: | :---: | :---: | :---: |
| No. | Full Name (Team Name) | (1) $5.00-4.80$ <br> (2) $4.75-4.50$ <br> (3) $4.45-4.10$ | (1) $4.00-3.80$ <br> (2) 3.75-3.50 <br> (3) 3.45-3.10 | (1) $3.00-2.80$ <br> (2) $2.75-2.50$ <br> (3) 2.45-2.10 |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 7 |  |  |  |  |
| 8 |  |  |  |  |
| 9 |  |  |  |  |
| 10 |  |  |  |  |

Table 6

## Head Referee Points Deduction Form

Event: $\qquad$ Competition Appearance No. $\qquad$ Group No. $\qquad$ Referee No. $\qquad$

| No. | Name <br> (Team) | Repetition <br> 1 point <br> /occurrence | Time ahead or <br> lagging behind <br> 0.1 point/3seconds | 1 person more <br> or fewer than <br> registered <br> number <br> 0.5 point/person | Non-compliance <br> with the dress <br> code <br> $0.1-0.3$ point <br> /person | Total <br> point <br> deduction |
| :---: | :--- | :--- | :--- | :---: | :---: | :---: |
| 1 |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |

Head Referee $\qquad$

Table 7
Health Qigong Competition Registration Form (Score Record)

Event $\qquad$ Competition Appearance No. $\qquad$ Group No $\qquad$ (Date) $\qquad$

| No. | Full Name (Team Name) | Scores given by Group A referees |  |  | Average Score | Scores given by Group B referees |  |  | Average Score | Total Score | Points deducted by the Head Referee | Final <br> Score |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | 1 | 3 | 5 |  | 2 | 4 | 6 |  |  |  |  |
| 1 |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |  |  |  |  |  |  |

$\qquad$ Recorder $\qquad$ Head Referee $\qquad$

Table 8

## Health Qigong Individual Event Ranking Table

Event: $\qquad$

| Ranking | Name | Organization | Results | Remarks |
| :---: | :---: | :---: | :---: | :---: |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 7 |  |  |  |  |
| 8 |  |  |  |  |

$\qquad$ Chief Referee $\qquad$

Table 9
Health Qigong Group Event Ranking Table

| Ranking | Name | Organization | Results | Remarks |
| :---: | :---: | :---: | :---: | :---: |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 7 |  |  |  |  |
| 8 |  |  |  |  |
| 9 |  |  |  |  |
| 10 |  |  |  |  |
| 11 |  |  |  |  |
| 12 |  |  |  |  |

$\qquad$ Chief Referee $\qquad$

Table 10
Health Qigong Group Competition Ranking Table

| $\begin{aligned} & .0 .0 \\ & \text {. } \\ & \text { N } \\ & \text { En } \\ & 0.0 \end{aligned}$ | No. | Name | Individual Events |  |  |  |  |  |  |  | Group Events |  |  |  |  |  |  |  | Total Group Score | Group Rankin g |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  | Yi Jin Jing |  | Wuqinxi <br> (Five-nnimal Game) |  | $\begin{gathered} \text { Liu Zi Jue } \\ \text { (Six-character } \\ \text { Chant) } \end{gathered}$ |  | $\begin{aligned} & \text { Baduanjin } \\ & \text { (Eight-section } \\ & \text { Brocade) } \end{aligned}$ |  | Yi Jin Jing |  | Wuqinxi <br> (Five-animal Game) |  | Liu Zi Jue <br> (Six-character Chant) |  | Baduanjin <br> (Eight-section Brocade) |  |  |  |
|  |  |  | Score | Place | Score | Place | Score | Place | Score | Place | Score | Place | Score | Place | Score | Place | Score | Place |  |  |
|  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |



Recorder
Chief Programming \& Recording Officer
Chief Referee

