

Fixed Step: Both feet must remain on the floor at all times Heel or toe may be raised briefly, but the foot may not leave the floor or change position.

- The feet remain in the same starting position
- Any sideward movement or double placement of the foot is not permitted
- Advancing or retreating is not permitted

Restricted Step:

- For restricted push hands. The front foot at the start of the round must remain front in the round.
- Either front or back foot may move, but not both at the same time.
- There must be a beat between steps (no charging).
- Movement is lined along center line and players may not step more than 45° to either side to defend or gain advantage in pushing.

The Following descriptions apply to both Fixed and Restricted Step Push Hands.

Competition format:

- All matches are single elimination.
- Matches consist of three 1 minute rounds, with 15 seconds break in between. Winner of first two round win the match.
- The players change leg position after each round.

Match area:

- Two perpendicular lines form a cross in the center of area.
- Both competitors in forward stance, the ball of the right foot on the horizontal line, front feet are separated by the vertical line which is the centerline of the area.
- When stopped for any reason, competitors return to the starting position.

The purpose for the match is to uproot or off balance of opponent while keep own balance.

Progression of

Play begins in a neutral position with back of right wrists touching; left hands are at opponent's right elbow, reversed at second round.

- Players move their arms together in a horizontal circle until referee feels a neutral state, and says "begin", then can start the match.
- Players unable or unwilling to begin play neutrally may be issued a warning.

Techniques allowed

- Pulling with one hand no more than 1 second, trapping techniques, non-impact techniques to off opponent's balance.
- Contact is allowed between hips and collarbone.
- The head, neck, spine and legs cannot be attacked, or will result in a warning or disqualification.

Scoring:

- The center and corner judges can call for a point, points are awarded by majority judges.

Warning:

- Grabbing longer than 1 second or with both hands, grabbing clothing.
- Wrapping hands around the back.

- Striking, charging and joint locks are not allowed.

Immediate disqualification:

- Excessive or dangerous move.
- Accumulate 3 warning.
- Un-sportsman-like conduct by competitor coach.