



National  

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Senior Games  

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Association™

# Official Sport Rules

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**2025 National Senior Games**

Presented by **Humana**

(Updated: 12.10.24)

## TAI CHI - OPEN Individual/Group/Open

### QUALIFYING RULES

1. For 2025, Tai Chi will be classified as an "OPEN" sport. Athletes do not need to qualify at a 2024 state qualifier.

### ENTRY REGULATIONS

1. Anyone can register for the sport, regardless if a state qualifier offers it or not.
2. Athletes may enter all three Tai Chi events (Individual, Group, Open).
3. The age division of competition for all group events will be determined by the age of the youngest group member as of December 31, 2025.
4. Group competitions may be of same or mixed gender.
5. When applicable participants must provide their own equipment

### FORMAT

1. Events will be as follows:
  - a. Tai Chi Chuan Solo Women
  - b. Weapon Solo Women (sword only)
  - c. Tai Chi Chuan Solo Men
  - d. Weapon Solo Men (sword only)
  - e. Tai Chi Chuan Group - empty hand, weapon
  - f. Open Division (Women/Men) – weapon only (non-sword)
2. Competitors will have one routine for each event.
3. All routines must conform to Tai Chi style.
4. All routines shall be no less than 2 minutes, but no more than 6 minutes in duration.
5. The NSGA and LOC reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.
6. Awards will be presented for 1<sup>st</sup> through 8<sup>th</sup> place for each solo event within each age division, and 1<sup>st</sup> through 4<sup>th</sup> for each group event within each age division.

### SPORT RULES

1. All Tai Chi competition will be conducted in accordance with USAWKF rules, except as modified herein. For a copy of these rules, please visit:

USA Wushu Kungfu Federation  
<https://usawkf.org/>

2. Participant level of experience and mastery shall be as follows:
  - a. Beginner – 1 year of experience or less
  - b. Intermediate – 1-3 years of experience
  - c. Advanced – 3+ years of experience
3. Competitors will start each routine with a score of 10.000 points. Following completion of the routine, deductions are made based on the following criteria:
  - a. Quality of movement – 6 points
  - b. Power in harmony – 2 points
  - c. Spirit, pace, style, content, structure and choreography – 2 points
4. Group size shall be limited to ten participants or less for all group routines.
5. Solo and group routines shall be judged on rhythm, continuity, style, content, structure, composition and harmony.
6. Weapon routines shall be judged on ability to control the weapon, rhythm, continuity, style, content, structure, composition and harmony.
7. Open weapons division shall be open to all "other" Tai Chi weapons – fan, staff, stick, ball, etc. (No sword shall be allowed in the open weapons division).
8. All equipment and weaponry will be inspected by competition judges to determine condition and ensure safety. When possible, weaponry should conform to the IWUF (International Wushu Federation) technical standards and requirements.



9. For all events, music is optional. Music must be on external hard drive/removable media (i.e. flash drive, etc.) and given to referee/judge before ones turn.