

PROGRAM

DATE	TIME	ACTIVITIES			LOCATION			
Oct.23rd	All Day	Registration of Training Seminar Students			1, Hotel Ibis			
Oct.24th	9:00-12:00	Training for Health Qigong YI JIN JING	Training for Health Qigong TAI JI YANG SHENG Stick	Training for Health Qigong DAO YIN YANG SHENG SHI'ER(12) FA	2, Gym Insa			
	14:00-17:00				2, Gym Insa			
Oct.25th	9:00-12:00				2, Gym Insa			
	14:00-17:00				2, Gym Insa			
Oct.26th	9:00-12:00				Training for Health Qigong WU QIN XI	Training for Health Qigong BA DUAN JIN	Training for Health Qigong MAWANGDUI DAO YIN SHU	2, Gym Insa
	14:00-17:00							2, Gym Insa
Oct.27th	9:00-12:00	2, Gym Insa						
	19:30-21:30	2, Gym Insa						
	14:00-17:00	Symposium on the Confucian Culture and Health Qigong						3, Noema
Oct.28th	All Day	Registration of all teams						4 Novotel
	9:00-12:00	Duan Examination		Referee Training Seminar	2, Gym Insa			
	14:00-17:00	Health Qigong Demonstrations and Exchange			7, City Square Of Rouen			
	19:00-21:00	Judges and team leaders meeting (Drawing of lots)			4, Novotel			
Oct.29th	9:00-12:00	Health Qigong Tournament: Group competitions			2, Gym Insa			
	14:00-17:00	Health Qigong Tournament: Group competitions			2, Gym Insa			
	20:00-22:00	Opening Ceremony			5, Kindarena			
Oct.30th	9:00-12:00	Health Qigong Tournament: Individual competitions			2, Gym Insa			
	14:00-17:00	Health Qigong Tournament: Individual competitions			2, Gym Insa			
	20:00-22:00	Farewell Dinner			6 Chinese Restaurant			
Oct.31st	All Day	Departures of participants						

ADDRESS:

1, Hotel IBIS : 29 AVENUE MARYSE BASTIÉ 76800 ST. Etienne du Rouvray

2, Gym Insa : 160 AVENUE GALILEE 76800 ST. Etienne du Rouvray

3, Noema : 1 Rue du Maréchal Juin, 76130 Mont-Saint-Aignan

4, Novotel : Angle Avenue de l'Université Rue de la Mare Sansoure 76800

5, Kindaren : 40 Rue de Lillebonne, 76000 Rouen

THE 2ND EUROPEAN HEALTH QIGONG TOURNAMENT

RULES AND REGULATIONS

I. Date

Competition: October 29–30, 2016

Coaches and Judges Meeting: October 28, 2016

II. Place

Gym Insa : 160 AVENUE GALILEE 76800 ST. Etienne du Rouvray, France

III. Content

The following 7 Health Qigong forms compiled and published by CHQA will be competed at the European Health Qigong Games:

1. Health Qigong – Yi Jin Jing
2. Health Qigong – Wu Qin Xi
3. Health Qigong – Liu Zi Jue
4. Health Qigong – Ba Duan Jin
5. Health Qigong – Dawu Exercise
6. Health Qigong – Mawangdui Daoyin Exercises
7. Health Qigong – Daoyin Yang Sheng Gong Shi'er Fa (12 Step Daoyin Health Preservation Exercise)

Each of the seven (7) forms is open for one competition. The Organizing Committee will arrange the competition music of the Health qigong Forms WITHOUT any narrations on the movements in both group and individual competitions. The normal music will be used (not the reduced 6 minutes).

IV. Participation Policy

1. All European IHQF members and invited Health Qigong organizations may send their entries for competition. Each organization may send one or more team(s). Each team shall have one (1) team leader, one (1) coach and a maximum of eight (8) participants. The team leader and coach of one team can be the same person. Participants must be in good health and under the age of 75. The team leader and coach under the age limit can also compete as athlete/athletes.
2. Group and individual competitions will be conducted at the Tournament. In group competition each team may compete in a maximum of 2 Health Qigong form(s) regardless of sex gender and age with a minimum of four (4) athletes AND a maximum of 10 athletes.
3. Individuals may compete in a maximum of 2 Health Qigong form(s) regardless of age in their own sex gender.
4. The attire of the competitors shall be prepared by themselves in keeping with Health Qigong characteristics. The style and colour of members of a team for group competition shall be

uniform. The shoes shall be those fit for Health Qigong exercises. Competitors on the competing ground shall wear the bib distributed in unison by the organizing committee.

V. Competition Policy

1. For judging purposes, the Health Qigong Competition Rules that were reviewed, adopted and published in 2012 by the Chinese Health Qigong Administrative Center of the General Administration of Sport of China shall be applied.
2. In group competitive events, each team with more than 4 competitors shall line up in two staggered rows, forming a parallelogram. Teams in one competition will be located in one line or two lines in triangle.
3. In individual events, the competitors shall stand in one line or two lines a “saw-tooth” (serrated) formation.
4. In both group and individual competitions, the CD-based music WITHOUT command or narration published by the Chinese Health Qigong Association for the competition routines shall be played as accompanying music.
5. The technical standards of the routines shall be based on the teaching materials on those routines as compiled by the Chinese Health Qigong Association.

VI. Rankings and Awards

1. First Place, Second Place and Third Place awards shall be given in each of the group and individual competitions.
2. In each of the group and individual competitions:
The 1st Place awards are to be presented to those ranking the top 5;
The 2nd Place awards are to be presented to those ranking the next 8 below the top 5;
The 3rd Place awards are to be presented to those ranking the next 12 below the 2nd top 8;
Performing award will be given to those who haven't won the 1st, 2nd and 3rd place in individual and group competitions.
3. Trophy and diploma will be conferred to teams awarded in group competition; medal and diploma will be conferred to athletes awarded in individual competition; Certificate of Performance will be conferred to teams or athletes with Performing Award in the group and individual competitions.

VII. Technical Officials

The Head Judges and Arbitrators/Supervisors for the Tournament shall be appointed by the Technical Committee of the International Health Qigong Federation, part of the judges will be selected among graduates from Referee Training Seminar; assistant judges shall be designated by the host.

VIII. Technical Meetings

Team leaders and coaches are requested to be present at the technical meeting at 19:00 hrs. Oct.28th, 2016 and draw lots. The persons appointed by the organizing committee shall draw lots on behalf of the teams absent.

THE 2ND EUROPEAN HEALTH QIGONG GAMES

NOTICE ON TRAINING SEMINARS

A. HEALTH QIGONG TRAINING SEMINAR

I. Date

Oct.24-27,2016

II. Location

Rouen city, France

III. Participants

Open to all Health Qigong enthusiasts

IV. fees

Euro200.00/person (equipment or books excluded)

V. Curriculum

Oct.24-25: Health Qigong: YI JIN JING,TAI JI YANG SHENG ZHANG, DAO YIN YANG SHENG SHI ER FA

Oct.26-27: Health Qigong: WU QIN XI,BA DUAN JIN, MA WANG DUI DAOYIN SHU

VI. Participation policy

Participants may choose 1 health qigong form to learn Oct.24-25, and choose the other one Oct.26-27.

A. REFEREE TRAINING SEMINAR

I. Time and Date

08:30-12:00,14:00-17:30 on Oct.28,2016

II. Location

Rouen city Gymnase d' INSA.160 Avenue Galilee 76800 ST. E. R., France

III. Participants

IHQF Member Associations and other invited organizations related may send delegates to attend the seminar.

IV. Curriculum

1. study on <Health Qigong Competition Rules>
2. Explanation on the Technical tips of Health Qigong movements and performance evaluations
3. field study by Score giving practice

V. fees: Euro100.00/person

THE 2ND EUROPEAN HEALTH QIGONG GAMES
ACCOMMODATION & TRANSPORT SERVICES INFORMATION

SERVICE	ROUEN CITY, FRANCE
<p>Hotels and reservation policies</p>	<p>Recommended Hotel 1: Novotel 4 star Address: Novotel Rouen Sud ★★★★★ Rue de la Mare Sansoure 76800 SAINT ETIENNE DU ROUVRAY - FRANCE Tel (+33)2/32917676 - Fax (+33)2/32917686 Email H0432@accor.com -Single room: Euro90./night/person (tax exempted) including breakfast. -Double room: Euro60./night/person (tax exempted) including breakfast.</p> <p>Recommended Hotel 2: IBIS 3 star INFORMATIONS GÉNÉRALES: H0742@ACCOR.COM ACCÉDER À L'HÔTEL Address : 29 AVENUE MARYSE BASTIÉ 76800 - SAINT ETIENNE DU ROUVRAY FRANCE Tel : (+33)2/35660363 FAX : (+33)2/35666255 -Single room: Euro65./night/person (tax exempted) including breakfast. -Double room: Euro40./night/person (tax exempted) including breakfast. Website: http://www.accorhotels.com</p> <p>Recommended Hotel 3: Hôtel Campanile Rouen Sud - Zénith 3 star Hôtel Campanile Rouen Sud - Zénith Hôtel trois étoiles ADD: Rue de la Mare Sansoure, 76650 Saint-Étienne-du-Rouvray Tél : 0033 (0)2 35 64 04 16 -Single room: Euro65./night/person (tax exempted including breakfast). --Double room: Euro40./night/person (tax exempted) including breakfast.</p> <p>Remarks: 1, The above room rate are the current rate and may change at any time. 2, Hotel 1, 2, and 3 are within 15 minutes walk from the Gymnasium. 3, Volunteers at each hotel will escort the participants to the venue.</p>

Dinner	Dinner in the evening of Oct.30 th 2016.Euro40./person. Please specify the number of attendants and their names.
City Transportation	Transportation fees are paid by yourselves. Commute between Hotels and the venues of competitions are generally 15 minutes by walk.
Pick up service	The Organizing Committee provides city transportation service from the airports in Paris:Charles de Gualle, Ory and BVA Beaul-TILL on Oct. 23 rd (arrival day) and 31 st (departure day) to and from the recommended Hotels at a single trip fees Euro 90.00for 1 person;Euro55.00 for each of 2 persons and Euro40.for each of 3 or more persons.Airfares from Paris to Rouen are at your own costs.

The above information provided by the host organization. Matters not covered shall be informed later.

THE 2ND EUROPEAN HEALTH QIGONG GAMES

RELEASE OF LIABILITY STATEMENT

I, the undersigned, am taking part in the 2nd European Health Qigong Games of my own volition and promise to assume willingly all the responsibilities and consequences for any injury, casualty and disability caused by any accident or legal dispute that may arise during the said Games, including any and all related claims, actions and requests. My successors, personal assistants, agents, representatives, assignees and I myself shall bring any lawsuit against the Organizing Committee or any of the hosting organizations of the Games. I agree to and will comply with all the competition rules and regulations formulated by the International Health Qigong Federation and Chinese Health Qigong Association; in the event of any disagreement, it shall be settled in accordance with the arbitration ruling by the Games. I hereby agree to, inter alia, photography, video recording and live television coverage of all the activities that I take part in at the Games. I further agree that my name, address, voice, movements and images may be used by the International Health Qigong Federation and Chinese Health Qigong Association, in full or in part, by means of television, radio, video recording, media graphics and/or any other media equipment and will not make any claim thereto or seek any compensation thereof.

I have been made aware of and fully understand the above statement.

(PARTICIPANTS UNDER 18 YEARS OF AGE SHALL REQUIRE SIGNATURE BY A PARENT OR LEGAL GUARDIAN.)

Signature of Participant:

Signature of Parent or Legal Guardian:

Date: DD / MM / YYYY