

23th July, 2019

The 2019 China (Bozhou) International Health Qigong Expo
INVITATION

Dear Sir/Madam,

I would Like, on behalf of the Chinese Health Qigong Association, to express our gratitude for your unremitting efforts and outstanding contribution in promoting Health Qigong.

The 2019 China (Bozhou) International Health Qigong Expo will be held from September 11th to 12th, 2019 in Bozhou, Anhui, China. The Expo includes a series of activities, including the 11th Huatuo Wuqinxi Health Regimen Festival Tournament, the training of new Health Qigong from, the exhibition of Health Qigong, a group performance of Wu Qin Xi and the visiting of Bozhou, hometown of Huatuo and Wu Qin Xi. Enclosed is the Tournament regulation .

We are looking forward to your participation.

Sincerely,

Guo Hongfeng,

The Major Principal of the Chinese Health Qigong Association

The 2019 China (Bozhou) International Health Qigong Expo
The 11th Huatuo Wuqinxi Health Regimen Festival Tournament
REGULATIONS

1.Event Name

2019 China (Bozhou) International Health Qigong Expo & the 11th Huatuo Wuqinxi Health Regimen Festival Tournament

2.Location and Date

September 11th-12th, 2019, Bozhou, Anhui Province, P.R. China

Accreditation Date: September 10th, 2019

Departure date: September 13th, 2019

3.Organizers

Chinese Health Qigong Association

General Administration of Sport of Anhui Province

Bozhou Municipal Government

4.Hosts

Leisure Sports Administrative Center of Anhui

Bozhou Culture and Sports Tourism Bureau

Bozhou Foreign Affairs Office

Bozhou Chinese Medicine Expo Office

Anhui Huati Century Stadium Operation Management Co., Ltd

5. Co-Hosts

Bozhou Health Qigong Association

Bozhou Huatuo Wu Qin Xi Association

6.Competition Disciplines

--Group competition

(1) Health Qigong – Yi Jin Jing

(2) Health Qigong – Wu Qin Xi

(3) Health Qigong – Liu Zi Jue

(4) Health Qigong – Ba Duan Jin

--Individual competition

- (1) Health Qigong – Yi Jin Jing
- (2) Health Qigong – Wu Qin Xi
- (3) Health Qigong – Liu Zi Jue
- (4) Health Qigong – Ba Duan Jin

Competing disciplines are the ways of exercise recommended by the Chinese Health Qigong Association.

7. Participation

(1) There is no limit to the number of applicants for foreign teams. Domestic universities can send international students to participate in the competition. The number of applicants is the same as that of foreign teams.

(2) Each province, autonomous region, municipality and Xinjiang Production and Construction Corps, may organize a team to participate in the Tournament. Each team consists of a maximum of six (6) persons, of whom the team leader and coach can be competitors and the competitors are limited to four (4) persons.

(3) At Group competition, each team is limited to register two(2) disciplines. Wu Qin Xi is a must, another can be chosen from Yi Jin Jing, Liu Zi Jue and Ba Duan Jin. Each team must have 4 competitors for each discipline.

At Individual competition, each team is limited to register one competitor for each discipline, and each competitor is limited to register one discipline.

may be of both genders and at different ages.

(4) Competitors of Group competition are regardless of gender and age. Individual competitions will be classified by age. There will be two (2) age groups: 45 and under (Group B), and over 45 (Group A).

8. Competition Method

(1) The < Rules for International Health Qigong Competition (trial version)> that were published by the Chinese Health Qigong Association in 2017 shall be applied.

(2) Competitors of each team at Group competition march in 2 rows, forming a parallelogram. Competitors at individual competitions march in a dash line.

(3) Competing disciplines at group and individual competitions are the SIX-MINUTE ABBREVIATED VERSION without oral prompt of the original exercise compiled by the Chinese Health Qigong Association.

(4) The standard of the competition is based on the textbooks compiled by the Chinese Health Qigong Association.

9. Entry Requirements

(1) Competitors are limited the age from 18 to 65, and must be in good physical condition.

(2) Participants must buy Life Insurance. The delegation or the individual undertakes the responsibility for illness or injuries occurring during the events.

(3) The attires of the competitors of each team shall be uniform and in keeping with Health Qigong characteristics. The shoes shall be those suitable for Health Qigong exercises. Competitors on the competing floor shall wear the bib distributed by the organizing committee.

10. Ranking and Awards

(1) Awards of Gold, Silver and Bronze and are set up in each discipline in Group competitions, and for each ranking, 20% of awards of Gold, 30% of Silver and 50% of Bronze. Awards of Gold, Silver, Bronze and Performance are set up in Individual competitions, and for each ranking, 20% of awards of Gold, 30% of Silver, 30% of Bronze and 20% of Performance.

(2) Trophy and diploma are given to the awarded team in Group competition, diploma to the awarded athlete in Individual competition, and commemoration certificate to the Performance award.

11. Registration and accreditation

(1) Registration

a. Participating organizations are requested to complete the Participants Entry Form as required and send it by e-mail and fax to the Bozhou Culture and Sports Tourism Bureau. The deadline is on the 25th, August, 2019.

b. Contact Information

Ms. Chen Jing, Ms.Zhuang Yanyan

Tel: +86 558-5555469; +86 13966878278; +86 13956682200

E-mail: [wxqxzbz@163.com](mailto:wqxzxbz@163.com)

Fax: +86 558-5555119

(2)Accreditation

a. Date:10th September, 2019

b. Place: Xin Gui Du Hotel of Bozhou(388#,Shaohua Road,Jiaocheng District)

Tel: Ms.Zhang Jiao +86 15551585177

Ms.Zhuang Yanyan +86 17756786557

(3) Each delegation must submit the valid ID, Participants' Responsibility Statement and copy of the Life Insurance to the Organizing Committee.

12. Fees

Transportation fees shall be self by the participant teams. Board and lodging expenses during the event will be borne by the Organization Committee. Those who come in advance or leave late shall pay their own expenses.

13. Referees, Jury and Supervising personnel

All the referees, jury and supervisors are selected by the Chinese Health Qigong Association. Assistant referees are selected by the hosts.

14. Matters not covered above will be further noticed.

The 2019 China (Bozhou) International Health Qigong Expo

Agenda

Date & Time		Content	Place
9th, Sept. (Mon)	All day	Referee registration	Xin Gui Du Hotel
10th, Sept. (Tue)	All day	Participates registration	
	8:30-12:00	Referee training	
	14:30-18:00	Participates get familiar with the site	Bozhou Gym
	19:30-21:00	Technical meeting	Xin Gui Du Hotel
11th, Sept. (Wed)	8:00-11:00	Competition	Bozhou Gym
	14:00-16:30	Competition	
	16:30-17:30	Medal Ceremony	
	19:10-20:50	Show Sightseeing	Bozhou Exhibition Hall
12th, Sept. (Thu)	8:00-9:00	Opening ceremony of the Expo (all participate will take part in the Wu Qin Xi performance)	Bozhou Gym
	9:00-12:00	Health Qigong new form training	
	12:00-18:00	Visit Bozhou scenic spot, the birthplace of Wu Qin Xi	
13th, Sept. (Fri)	10:00	Departure	

The Entry Form of the 2019 China (Bozhou) International Health Qigong Expo

Team's Name(Seal): _____

Team Leader:

Gender:

Coach:

Gender:

No.	Name	Age	Gender	Nationality	Passport No.	Group				Individual			
						Yi	Wu	Liu	Ba	Yi	Wu	Liu	Ba
						Jin	Qin	Zi	Duan	Jin	Qin	Zi	Duan
						Jing	Xi	Jue	Jin	Jing	Xi	Jue	Jin
1													
2													
3													
4													
5													
6													

Contact Person:

Tel:

Note: 1. Please tick √ where applicable. 2. This form can be copied.

3. Please send the scanned form with seal to the host (wqxzxbz@163.com) before 25th August, 2019.