



国际健身气功联合会

INTERNATIONAL HEALTH QIGONG FEDERATION

THE 4TH EUROPEAN HEALTH QIGONG GAMES & THE 5TH EUROPEAN HEALTH QIGONG SCIENTIFIC SYMPOSIUM

DIRECTIVES

I. Date and Location

09th - 15th June 2020

Cinecittà World, Rome, ITALY

Registration date: 09th June 2020

Departure date: 15th June 2020

II. Organizer

International Health Qigong Federation (IHQF)

III. Support Organizer

Chinese Health Qigong Association (CHQA)

IV. Host

Italy Health Qigong Association (IHQA)

V. Events

The 4th European Health Qigong Games will comprise of:

A. Health Qigong Training – Master Class and exchanging

B. Scientific Symposium

C. Health Qigong Tournament

D. Referees Training

E. Duan Examination

F. Health Qigong Demonstration

VI. Schedule

DATE	TIME	EVENT DESCRIPTION	LOCATION
Monday 08/06/2020	Whole Day	Arrival & Registration for Referee Training Course	HOTEL SELENE
Tuesday 09/06/2020	10:00-19:00	Referee Training Course	CINECITTA' WORLD
	Whole Day	Arrival & Registration	HOTEL SELENE

DATE	TIME	EVENT DESCRIPTION	LOCATION
Wednesday 10/06/2020	10:00-13:00	Health Qigong Training – Master Class Course Referee Training Course	CINECITTA' WORLD
	14:00-16:00		
	16:00-19:00	Duan/Referee Examination – Technical Test	CINECITTA' WORLD
Thursday 11/06/2018	10:00-13:00	Health Qigong Training – Master Class Course Referee Training Course	CINECITTA' WORLD
	14:00-17:00		
	17:00-19:00	Duan/Referee Examination - Theory Test	CINECITTA' WORLD
	Whole Day	Arrival & Registration	HOTEL SELENE
Friday 12/6/2020	10:00-17:00	Scientific Symposium	CINECITTA' WORLD
	17:30-18:00	Health Qigong Demonstration	CINECITTA' STREET
	19:30-21:30	Technical Meeting (Draw Lots)	HOTEL SELENE
Saturday 13/6/2020	10:00 – 21:00	Tournament & Exchange 1. Opening Ceremony 2. Group & Individuals Competition	CINECITTA' WORLD
Sunday 14/6/2020	10:00-18:00	Tournament & Exchange 1. Group & Individuals Competition 2. Closing & Awarding Ceremony	CINECITTA' WORLD
	Evening 19:00 – late	Farewell Banquet	CINECITTA' WORLD
Monday 15/6/2020	Whole day	Departures	

VII. Fees

A Recommended Accommodation

Accommodation hotels are booked by the delegation in the hotels designated by the organizing committee.

The competition venue is located in Cinecittà World, which is a well-known attraction and a large-scale event venue in Rome. Dozens of surrounding hotels cooperated can be found the booking at

<https://www.cinecittaworld.it/Vendita/Parco-Hotel>. As most of the events are held in CINECITTA' WORLD, we recommend you to book the following hotels:

1. HOTEL SELENE****(Official Games Hotel)
2. SHG ANTONELLA****(Ready hotel)
3. GREEN PARK HOTEL*** (Hotel nearby)
4. HOTEL CORTESE *** (Hotel nearby)
5. HOTEL ARCOM PALACE**** (Hotel nearby)

6. L'AQUILA**** (Hotel nearby)
7. HOTEL PRINCIPE**** (Hotel nearby)

The promotional code for the hotel reservation will be transmitted to each association/federation through the emails before January 15, 2020. Or you can contact the IHQF or Italy Health Qigong Association directly to obtain them.

Near the above hotels and Cinecittà World are Castel Romano Outlet, the world's largest fashion chain outlet, and Zoomarine. It is 5 km from the seaside resort of Torvajonica, 29 km from the Roman-era ancient town of Anzio, and 30 km from the ancient seaside town of Nettuno.

The reference price for each room is as follows (the specific price is subject to the actual booking, so it is recommended that you book as soon as possible):

Type of room	Hotel	Note
SINGLE	69 €/Per person/day	Breakfast / Lunch / Dinner can be customized on the website
DOUBLE	49 €/ Per person/day	
Triple room	49 €/ Per person/day	
Quadruple Room	49 €/ Per person/day	

B Fees - (10% discount if full payment made by 30th March 2020)

1. Health Qigong Training – Master Class. € 200 per person (2 Days, refer to appendix 3)
2. Tournament: Group competition: € 15 per team member per event
Individual competition: € 20 per person per individual event

C Other Fees

1. Referees Training. € 200 per person. Those who meet the standard and apply for the International Health Qigong B-level certificate will pay an additional assessment fee of USD 100 per person.
2. Scientific Symposium: € 20 - € 50 per person ((For details, please refer to Appendix 1)
3. Farewell Banquet: € 35 per person

D Duan Examination

Costs are to be charged as prescribed in related International Health Qigong Duan Regulations.

VIII. Registration

A. European Health Qigong organizations and other organizations are kindly requested to fill in the attached forms as required and send via e-mail to **Italy Health Qigong Association**

B. Early bird booking discount 10% on costs shown in section B above if full payment received by 30th March 2020.

C. From 30th April onward, a late booking charge of 10% will apply along with full payment.

D. Registration deadline is 15th May 2020. Participants registered after the deadline may take part in the events but shall not be listed in the Official European Health Qigong Games 2020 Program.

E. Advisory service on transportation to and from the airports to the Official Games Hotel, and from the Official Games Hotel to and from the Cinecitta' World on request.

F. Registration date and time.

1. Health Qigong Training Participants – must register on 09th June
2. Referee training participants must register on 08th June
3. Competitors must register on 11th June

G. Location for registration: Reception desk, **Hotel Selene**

IX. Other Matters

A. Each delegation must submit the original Entry Forms and 1 copy of the Participants' Responsibility Statement to the Organizing Committee

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

C. Entry forms may be downloaded from the following websites.

IHQA official website. www.ihqa.it

X. Contacts

A. Italy Health Qigong Association(IHQA)

Contact person. ANDREA ZANCONATO, XU Hao

Tel: +39 3403315786, +39 3391527437

E-mail: ihqa2016@gmail.com

B. International Health Qigong Federation(IHQF)

Mr. WU ZHIPENG

Tel: +86 1087187160

E-mail: headoffice@ihqfo.org

XI. Matters not mentioned herein will be provided later.

XII. The Organizing Committee of the 4rd European Health Qigong Games reserves the right for interpretation of these Directives.

International Health Qigong Federation

December 15th, 2019



Appendix 1

THE 5TH EUROPEAN HEALTH QIGONG SCIENTIFIC SYMPOSIUM

CIRCULAR

I. Date

12th June 2020

II. Location

Cinecittà World, Rome, Italy

III. Theme

Health Qigong: Between Tradition and Innovation

IV. Contents

Health Qigong experts and scholars will be invited to give keynote speeches to introduce the rich traditional connotation, fitness mechanism and latest research results of Health Qigong from different perspectives such as culture, psychology and sports medicine. Participants can explore the importance of Health Qigong development in Europe with experts and interact with the experts.

V. Attendants

Health Qigong experts and masters, academic scholars and lovers.

VI. Costs for participants

There are no entry costs for participants registered for Health Qigong Training. Participants registered for Health Qigong competition can pay the favorite price while participants only for the symposium will pay the full price.

Health Qigong Training participants: free entry

Competitors in the tournament: €20 per person

Symposium only Attendance: €50 per person

Appendix 2

THE 4TH EUROPEAN HEALTH QIGONG TOURNAMENT REGULATIONS

I. Date

June 13 to 14, 2020

II. Location

Cinecittà World , Rome, Italy

III. Competition Events

- A. Health Qigong – Yi Jin Jing
- B. Health Qigong – Wu Qin Xi
- C. Health Qigong – Liu Zi Jue
- D. Health Qigong – Ba Duan Jin
- E. Health Qigong – Tai Ji Yang Sheng Zhang
- F. Health Qigong – Da Wu
- G. Health Qigong – Dao Yin Yang Sheng Gong 12 Fa
- H. Health Qigong – Ma Wang Dui Dao Yin Shu

IV. Participation

A. European Member Organization of the International Health Qigong Federation, other European promotion organizations and other organizations in the world may each send more than one team to the Games((If there are special local regulations, please register according to relevant regulations)), each consisting of a maximum TEN(10) participants with ONE (1) team leader, ONE (1) coach (who may also be the team leader) and EIGHT(8) members. Participants must be in good health. The team leader and coach may compete as well.

B. Competitors in a group competition may be of both genders. Each team may register for up to TWO (2) events with minimum 4 competitors for each event.

C. Competitors in individual events are divided by gender. Each individual may register for up to TWO (2) events only.

V. Competition Method

A. < The Rules for International Health Qigong Competition (Trial)> issued in 2017 by Chinese Health Qigong Association shall apply.

B. Each team in Group Competitions must stand in one or two lines.

C. Competitors in one individual event must stand in one or two lines.

D. For group and individual competitions, the ABBREVIATED VERSION of the original exercise, compiled by the Chinese Health Qigong Association, and the music WITHOUT oral prompt shall be used. (both of the competition music and practice music with/without oral prompts are available on the IHQF official website).

VI. Ranking and Awards

A. Athletes/teams of European Member organization of IHQF and athletes/teams of European promotion organizations and other organizations Non-European will compete together with their score ranked separately. European Member organizations Athletes/teams are ranked exclusively, while European promotion organizations and Non-European Athletes/teams are ranked among all participating athletes/teams.

B. Awards of Gold, Silver and Bronze are set up in each discipline in group and individual competitions. For each ranking, 20% of awards of Gold, 30% of Silver and 50% of Bronze are given to the athletes/teams in single discipline respectively. Places of all the awards are calculated per round-off principle.

C. Trophy and diploma are given to the awarded team in group competition, medal and diploma to the awarded athlete in individual competition.

VII. Jury and its members

Jury members and the Head Referee are appointed by the International Health Qigong Federation. Other Referees at competition shall be those selected from the Referees training course of this event. Auxiliary Referees will be chosen by the host, IHQA.

VIII. Other matters

A. Attire is required to be in accordance with the stated Health Qigong uniform/clothing characteristics. In any group competition, the team members must wear identical attire of the same type and color as well as health Qigong sports shoes. Competitors must wear the bib number at all times during the competition.

B. Sport Equipment utilized in Tai Ji Yang Sheng Zhang competition must designated by Chinese Health Qigong Association.

C. All team leaders and Coaches should attend the technical meeting held at 19:30-21:30, June 12, 2020 for lot-drawing. The absent teams shall be represented by organizing committee staff.

Appendix 3

THE 4TH EUROPEAN HEALTH QIGONG GAMES TRAINING

CIRCULAR

II. HEALTH QIGONG TRAINING – Master Class Course

A. Date: June 10th-11th , 2020

B. Location: Cinecittà World, Rome, Italy.

C. Attendants

All Organizations are entitled to send attendees.

D. Training fees

€ 200 per person

E. Instructors

Mr. YANG Bailong & Mr. ZHANG Mingliang

E. Training contents

Name: Advanced Master Class on Health Qigong - Daoyin expiration-inspiration and banish illness for increasing long life.

Content and arrangement:

Morning of June 10: Intensive Lecture on Health Qigong Theory

Afternoon on June 10: Health Qigong • Intensive Exposition on Baduanjin

Morning on June 11: Health Qigong • Intensive Lecture on Liuzijue

Afternoon of June 11th: Options' exchanging about Health Qigong Daoyin expiration-inspiration principle theory.

II. REFEREES' TRAINING

A. Date: June 9th-11th , 2020

B. Location: Cinecittà World, Rome, ITALY.

C. Attendants

1. All organizations participating in the competition are suggested send at least one attendee to participate the Referee training.

2. All Organizations are entitled to send attendees with adequate health qigong background.

D. Training fees

€ 200 per person

E. . Training contents

1. The revised Health Qigong Competition Rules (For Trial Implementation) and key points deduction in 2017;

2. Health Qigong forms technical training;
3. Arrangement, registration and other work to organize Health Qigong competitions.

F. Evaluation arrangements

The examination consists of three parts: basic theories, techniques of forms and refereeing capacity. All the results shall meet the examination standards.

1. The theoretical examination is based on a hundred-points system with Chinese or English examination papers. The contents include competition rules and key points deduction for techniques of forms, and the final score must be 60 or above. The examination will be carried out in closed-book form. The IHQF Techniques and Promotion Committee is responsible for the printing of the examination papers.

2. The Health Qigong forms technical examination is randomly selected from one of the four Health Qigong forms such as Yi Jin Jing, Wu Qin Xi, Liu Zi Jue and Ba Duan Jin, and one from the four Health Qigong forms such as Da Wu, Tai Ji Yang Sheng Zhang and Dao Yin Yang Sheng Gong Shi Er Fa, and Ma Wang Dui Dao Yin Shu proposed at this Games. The total score must be above 8.5 or above.

3. The refereeing capacity examination will be carried out by judging the on-the-spot demonstration or video-taped performance of two forms (one old Health Qigong form and one new Health Qigong form) by Health Qigong practitioners. The final score must be 60 or above.

G. Training and referee grade promotion

1. Those who pass the training and meet the qualification requirements for referee grade promotion can apply for international B-level referees (for details, please refer to the notice of international referee promotion examination).

2. Those who pass the training but do not meet the referee's grade promotion reporting requirements, the results of this skill training exam are valid for three years, and can be used as the basis for applying for Health Qigong International Referee B-level grade promotion.

3. Those who pass some subjects will only participate in the re-examination of subjects that fail to meet the standards in the next training.

Appendix 4

THE 4th EUROPEAN HEALTH QIGONG GAMES INTERNATIONAL HEALTH QIGONG DUAN EXAMINATION CIRCULAR

I. Date

10-11th June 2020

II. Location

Cinecittà World, Rome, Italy.

III. Attendants

Those qualified to the International Health Qigong Duan examination requirements for technical grades may register for the examination to be held at the European Health Qigong Games Rome 2020.

IV. Duan Examinations

Technical grades evaluation. 1-5 Duan

V. Examination standards

The International Duan Evaluation System For Health Qigong and the Rules for the Implementation of Conversion to the international Duan System apply.

VI. Examination contents and fees

The International Duan Evaluation System for Health Qigong will apply.

VII. Requirements

A. Attendants are required to finish the online application process before the 20th May, 2020.

No other ways of Duan application will be accepted.

B. The entrance of online. www.lhqfo.org

Appendix 5

THE 4TH EUROPEAN HEALTH QIGONG GAMES & THE 5TH EUROPEAN HEALTH QIGONG SCIENTIFIC SYMPOSIUM

PARTICIPANTS' RESPONSIBILITY STATEMENT Disclaimer/Waiver

On my own willingness, I would like to attend the 4th European Health Qigong Games and 5th European Health Qigong Scientific Symposium and promise to all consequences of any accidents or legal disputes, including any claim damages, actions and requests during the event. Meanwhile, I myself, my heir, personal assistant, agent and representative shall not sue either the organizer or the host. I hereby agree and comply with all the Tournament regulations made by the host. I shall respect the Jury's decisions on any of the disputed matters. During the event, I agree to be photographed, video recorded or televised live. Also, I shall agree my name, address, voice, actions, image or figures to be used on a whole or partial by the organizer and the host on TV coverage, radio broadcasting, video recording, media figure or any other media equipment and shall not demand any payment or compensation.

I am aware of and fully understand the above statement.

(Parents or the legal guardians are requested to sign if the participants are minors.)

Signature.

Parent / legal guardian signature.

Date. , , 2020

Appendix 6 – Form 1

**THE 4TH EUROPEAN HEALTH QIGONG GAMES &
THE 5TH EUROPEAN HEALTH QIGONG SCIENTIFIC SYMPOSIUM**

REGISTRATION FORM

Country/region	
Name of organization	
Number of participants to Scientific Conference	
Number of teams to Games	
Number of athletes to Games	
Number of participants to health qigong training	
Number of participants to Referee instruction	
Accommodation requirement	
Name of the team leader	
Contact of team leader	

N.B. Please send the form to Italy Health Qigong Association (ihqa2016@gmail.com)

before **30th April 2020**.

Applicant . _____ Tell. _____

E-mail: _____

Signature of Person-in Charge.

Date. . . 2020

Appendix 6 – Form 2

ENTRY FORM OF THE 4TH EUROPEAN HEALTH QIGONG GAMES

Country/Region.		Delegation.		Leader of the delegation.		Coach.							
No.	Name	Gender	D.O.B (D/M/Y)	Passport No.	Events								
					Event	Yi Jin Jing	Wu Qin Xi	Liu Zi Jue	Ba Duan Jin	Da Wu	Tai Ji Yang Sheng Zhang	Dao Yin Yang Shang	
1					Team								
					Individual								
2					Team								
					Individual								
3					Team								
					Individual								
4					Team								
					Individual								

N.B.. 1.Please tick ✓ where applicable. 2. This form can be copied.

3. Please send the form to Italy Health Qigong Association (ihqa2016@gmail.com) before 30th April 2020

Contact person . _____ Tel. _____ Fax . _____ E-mail: _____

Signature of Person-in Charge.

Date. .

Appendix 6 – Form 3

ENTRY FORM OF THE 4TH EUROPEAN HEALTH QIGONG GAMES REFEREES TRAINING

Country/Region.			Delegation.				
No.	Name	Gender	D.O.B (D/M/Y)	Passport No.	Working Experiences		
					Competition Name	Competition Venue & Time	Position
1							
2							
3							

N.B.. 1.Please brief you at Working Experiences field. 2. The form can be copied.
 3. Please send the form to Italy Health Qigong Association (ihqa2016@gmail.com) before 30th April 2020

Applicant . _____ Tell. _____ Fax . _____ E-mail: _____

Signature of Person-in Charge. _____ Date. _____

Appendix 6 – Form 4

ENTRY FORM FOR ADVANCED TRAINING COURSE OF THE 4TH EUROPEAN HEALTH QIGONG GAMES

Country/Region.			Delegation.			
N.	Name	Gender	D.O.B (D/M/Y)	Passport No.	Current Duan acquired	Form(s) Learned
1						
2						
3						
4						
5						
6						
7						
8						

N.B.. 1.Please brief you at Health Qigong practice field. 2. The form can be copied.
 3. Please send the form to Italy Health Qigong Association (ihqa2016@gmail.com) before 30th April 2020

Applicant . _____ Tell. _____ Fax . _____ E-mail: _____

Signature of Person-in Charge. _____ Date. . _____

Appendix 6 - Form 5

ENTRY FORM OF THE 5TH EUROPEAN HEALTH QIGONG SCIENTIFIC SYMPOSIUM

Country/Region.		Organization.			Team leader.	
No.	Name	Gender	Education	Passport No.	Profession	For Symposium
1.						
2.						
3.						
4.						
5.						
6.						
7.						

N.B.. Please send the form to Italy Health Qigong Association (ihqa2016@gmail.com) before 30th April 2020

Applicant . _____ Tell. _____ Fax . _____ E-mail: _____

Signature of Person-in Charge.

Date. . . 2020

Appendix 6 - Form 6

**TRAVEL FORM OF THE 4TH EUROPEAN HEALTH QIGONG GAMES &
THE 5TH EUROPEAN HEALTH QIGONG SCIENTIFIC SYMPOSIUM**

Country/Region.					Delegation.			
No.	Arrival				Departure			
	Flight No.	Arrival Time	Arrival Date	Number of persons	Flight No.	Departure Time	Departure Date	Number of persons

N.B.. 1. the form can be copied.2. Please send the form to Italy Health Qigong Association (ihqa2016@gmail.com) before 30th April 2020

Applicant . _____ Tell. _____ Fax . _____ E-mail: _____

Signature of Person-in Charge.

Date. . . 2020

Appendix 6 - Form 7

PAYMENT INFORMATION AND FORM OF THE 4TH EUROPEAN HEALTH QIGONG GAMES AND THE 5TH EUROPEAN HEALTH QIGONG SCIENTIFIC SYMPOSIUM

We wish to provide an optimal participant experience. Inclusive of an efficient and secure registration process at arrival.

We kindly request you to promptly fulfill all of the requested payments before arrival via bank transfer. The pre-payments of accommodation, registration tournament, and Conference are as follows.

1. Member organizations of the International Health Qigong Federation and the relevant social organizations are responsible to collect all registration forms of their participants.
2. Member organizations of the International Health Qigong Federation and the relevant social organizations are responsible to collect all payments of their participants.
3. Member organizations of the International Health Qigong Federation and the relevant social organizations are responsible to fill in the Appendix 6 Form 7.
4. Bookings made with full payment before March 30th, 2020 will enjoy a **10%** reduction on the training and competition fee. Payment should be made to Italy Health Qigong Association by bank transfer.
5. From 1st May, 2020 late bookings will incur additional 10% late booking charge
6. Final payment must reach the Health Qigong Games bank account prior to 15th May 2020.
7. Participants registered after 30th April may take part in the events but shall not be listed in the Program.
8. Bank information.

Account Name.	IHQA – ITALY HEALTH QIGONG ASSOCIATION
IBAN.	IT27 T 05034 23302 000000024257
BIC / SWIFT.	BAPPIT21406
Bank Name	BANCO BPM

Appendix 6 - Form 7

**PAYMENT INFORMATION AND FORM OF THE 4TH EUROPEAN HEALTH QIGONG GAMES &
THE 5TH EUROPEAN HEALTH QIGONG SCIENTIFIC SYMPOSIUM**

No.	Name	Gender (M/F)	D.O.B (D/M/Y)	Passport No.	Individual competition €	Group competition €	Referees Training €	Health Qigong Training €	Scientific Forum €	Farewell Banquet €	SUB- TOTAL €
0	example Alfredo Ferrai	M	1-12-1965	NL 123456	-	-	200,00	200,00	N/A		400,00
0	example Giulia Rossi	F	1-12-1965	NL 987654	20,00	30,00	-	-	20,00	35,00	105,00
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
13											
14											
15											
16											
17											
18											
										TOTAL(€)	

N.B. Please send the form to Italy Health Qigong Association (ihqa2016@gmail.com) before 30th April 2020