

Chinese-style Wrestling – Shuai Jiao

Rules and Regulations

Authorised by the European Shuai Jiao Union (ESJU)
Approved for Tournaments from March 2013

1. Contestants

- 1.1 All contestants **must** be aged **14 years old or over** on the day of the tournament; they should be in medically fit to compete in a contact sport; and be licensed and insured to participate in Chinese martial arts tournaments and events.

2. Participation

2.1 World and Continental Tournaments

- 2.1.1 A National Team must be fielded to represent one country or UN approved region only. Only one team for each country or approved region may participate. Each National Team will usually consist of: one (1) Team Leader; one (1) Team Coach; one (1) Referee; a maximum of two (2) contestants are allowed in each weight category.

2.2 Open International (Invitational) Tournaments

- 2.2.1 Teams may be fielded to represent countries, regions, associations and/or schools. Teams may represent the same country or approved region and be separated into National Teams 1, 2, 3 etc. Each team will usually consist of: one (1) Team Leader; one (1) Team Coach; one (1) Referee; a maximum of two (2) contestants are allowed in each weight category for each team.

3. Registration and Weigh-In

- 3.1 The registration is supervised by an Administrator supported by a Referee and a Medical Doctor. To register, each contestant must produce: a medical certificate (with English translation, if appropriate); insurance documentation; signed waiver declaration; and a passport or other internationally acceptable photograph identification. The contestant is then cleared to weigh-in.
- 3.2 The weigh-in is conducted by an Administrator and Referee. Contestants are allowed to remove clothing (to underwear) to weigh-in. Contestants may only weigh once, and will then be allocated to the appropriate weight category. The official scales used will be calibrated to industry standards and will be the only acceptable measure of the contestants' weight.

4. Divisions

- 4.1 Divisional age ranges are inclusive and are applicable on the date of the event. Where there are insufficient contestants to run the Senior Divisions these can be combined with the Adult Divisions and reclassified as Adult Divisions at the discretion of the event organisers. A contestant may **only** participate in **one** of the gender and age specific divisions below:

Ref.	Male Sparring Divisions	Ref.	Female Sparring Divisions
M1	Junior (14 to 15 Years)	F1	Junior (14 to 15 Years)
M2	Youth (16 to 17 Years)	F2	Youth (16 to 17 Years)
M3	Adult (18 to 40 Years)	F3	Adult (18 to 40 Years)
M4	Senior (41 to 50 Years)	F4	Senior (41 to 50 Years)
M5	Youth Shuai Jiao Tao Lu	F5	Youth Shuai Jiao Tao Lu
M6	Adult Shuai Jiao Tao Lu	F6	Adult Shuai Jiao Tao Lu

5. Weight Categories

- 5.1 Contestants will be matched by gender, age and weight, in the first instance, to the following weight categories. If there are insufficient numbers to run a category (ie less than two contestants) then categories may be combined at the discretion of the organiser, in consultation with the coaches and contestants into: Light Weight; Middle Weight; Heavy Weight; and Infinite Weight.

Ref.	Male Weight Categories	Female Weight Categories
01	Under 56 Kg – Light A	Under 48 Kg – Light A
02	Under 60 Kg – Light B	Under 52 Kg – Light B
03	Under 65 Kg – Light C	Under 56 Kg – Light C
04	Under 70 Kg – Middle A	Under 60Kg – Middle A
05	Under 76 Kg – Middle B	Under 65 Kg – Middle B
06	Under 82 Kg – Middle C	Under 75 Kg – Middle C
07	Under 90 Kg – Heavy A	Under 82 Kg – Heavy A
08	Under 100 Kg – Heavy B	Under 90 Kg – Heavy B
09	Under 115 Kg – Heavy C	90 Kg and Over – Infinite
10	115 Kg and Over – Infinite	

6. Uniform

- 6.1 Unless contestants already have their own uniform and equipment, the ESJU will source: Shuai Jiao Yi (Jacket) and Shuai Jiao Dai (Belt) to indicate Blue or Red. The contestants **should** also wear: Shuai Jiao Kuzi (martial arts trousers).
- 6.2 The contestant **should** also wear Shuai Jiao Xie (Wrestling Boots) or martial arts shoes. Bare feet are not advised but **may** be allowed at the Chief Referee's discretion. Contestants **may** also wear: a groin shield; a mouth guard; and shin guards. The wearing of jewellery, piercings and other adornments is strictly prohibited.



Shuai Jiao Yi
Shuai Jiao Kuzi



Shuai Jiao Dai



Shuai Jiao Xie

7. Sparring Area

- 7.1 The sparring area (including a safety zone) is normally a matted 10m x 10m area (100 square metres). The sparring area is a minimum of 8m x 8m (64 square metres). The sparring area may be raised onto a platform (Lei Tai) to a maximum height of 1.2m.
- 7.2 Contestants enter the area when instructed to do so by the Executive Referee. When facing the Head table the contestant in **blue** should enter from the **right** and the contestant in **red** should enter from the **left**. On entering the area the contestants should salute the Head Table; then each other; and then prepare to engage each other on the Executive Referee's command.

8. A Match

- 8.1 The format for the match will be continuous sparring. During the match time will be stopped for: offences and warnings; uniform and equipment failure; and to seek medical advice.
- 8.2 **Adult Male** - a match will **usually** consist of **two rounds of three minutes duration** with a **30 second** break between rounds. The time for the rounds may be reduced to two minutes; or at the discretion of the event organiser if there is insufficient time to run all matches.
- 8.3 **Junior, Youth, Senior and Female** - a match will consist of **two rounds of two minutes duration** with a **30 second** break between rounds.
- 8.4 **Round Robin** match orders will be created for categories of five (5) contestants or less.
- 8.5 **Double Elimination** match orders will be created for categories of six (6) contestants or more.

9. Scoring Techniques

- 9.1 Contestants may use the following techniques: Shuai Jiao (throwing, wrestling and standing grappling); Kuai Chiao (fast throwing – shoot techniques); Da Shuai (open hand techniques to throw/sweep/take down); Na Shuai (joint manipulation to throw/sweep/take down); Dien Shuai (pressure point manipulation to throw/sweep/take down). The contestant may make use of the opponent's jacket, belt or anatomical handles to execute their technique.

10. Illegal Techniques

- 10.1 The contestant must obey the Executive Referee's commands at all times. Contestants may not use the following techniques: strike the opponent with the head, digits, palm, fist, forearm, elbow, knee, shin or foot; bite, spit or gouge the opponent; attempt to dislocate the opponent's joints; attempt to break the opponent's bones; pull the opponent's hair; pull the opponent's trousers; pull the opponent down once thrown; continue to grapple on the area once the opponent has been thrown; stamp or stand on the opponent's foot; use the hand or forearm to cover the opponents face; and block continuously (to a count of 5 seconds) without attempting any techniques.
- 10.2 Coaches and Team Officials may only instruct the competitor when in their corner. Coaches and Team Officials may not give instruction during the match, (when the competitors are wrestling) unless the intention is to withdraw their competitor by 'throwing in the towel'. Any intervention by the Coach or Team Officials will result in the competitor's immediate disqualification.

11. Warnings and Penalties

- 11.1 The Executive Referee may give a private or public warning, or disqualify a contestant depending on the seriousness of a foul or offence. For the first warning there is no point penalty, for the second warning there is a one point penalty, and the third warning will result in a disqualification.

12. Points Scoring

One (1) Point

- Contestant remains standing whilst causing the opponent to touch down on the area with up to three limbs: hands or knees.
- Contestant throws/sweeps/takes down the opponent causing them to land on their back; and lands on top of the opponent's torso.
- Contestant forces the opponent step out of the area while applying a technique.
- Opponent falls through their own imbalance.

Two (2) Points

- Contestant remains standing whilst causing the opponent to touch down on the area with: one hand and one knee; both hands; both elbows; and/or both knees simultaneously.
- Contestant remains standing whilst effectively sweeping or throwing the opponent causing the opponent to land on their head, side, elbows, chest or bottom.
- Contestant effectively throws the opponent causing the opponent to land on their side or back; and remains standing.

Three (3) Points

- Contestant effectively throws the opponent causing with speed and control causing them to turn through the air (a minimum of 180 degrees) and to land on their back; and they contestant remains standing and balanced after the throw is completed.

Non Scoring

- Both contestants fall simultaneously or leave the area without the use of recognised technique or acceptable countering or finishing technique.

13. Determining the Winner

- 13.1 **Match:** The winner is determined by the highest cumulative score at the end of the two rounds or by a contestant taking a nine (9) point lead.
- 13.2 In the event of a draw the winner will be determined by the number of warnings issued. If the number of warnings given are nil or equal then there will be an additional one minute extension with the winner determined by the first contestant to score.
- 13.3 In the event of a draw persisting the Executive Referee and Assistant Referees will meet with the Chief Referee to determine the winner based on the most technically active performance.
- 13.4 The winner may also be determined by the Executive Referee's decision based on:
- Technical Knock Out (TKO) based on determination that the contestant cannot or should not continue.
 - Corner/Second 'throws in the towel'.
 - Advice from Medical Staff.

14. Officials: Referees and Judges

14.1 Sparring Area Officials

- One (1) Executive Referee
- One (1) Assistant Referee

14.2 Head Table Officials

- One (1) Head Judge (usually the Chief Referee)
- One (1) Verification Judge
- One (1) Time Keeper
- One (1) Score Keeper
- One (1) Administrator

15. Responsibilities of the Officials

- 15.1 The Executive Referee is the official in charge of the Sparring Area.
- 15.2 The Assistant Referee is responsible for area control and to award points to be confirmed by the Executive Referee and validated by the Verification Judge.
- 15.3 The Verification Judge will be the deciding judge if there appears to be a discrepancy in the points awarded by the Executive and the Assistant Referees.
- 15.4 The Head Judge is responsible for the administration of the match and for the interpretation and implementation of the rules and regulations of the contest.

16. Protests

- 16.1 Any coach who disputes the results of a match must notify the Chief Referee within 15 minutes of the end of the match. The coach must then file a written request for arbitration with a fee stipulated by the organiser. On receipt of the protest the Chief Referee, the Arbitrator, the Referee and the Coach will review the evidence. The results of the arbitration will then be announced. If the decision is to uphold the results of the match the fee will be retained by the organiser. If the decision is to overturn the results of the match the fee will be returned to the coach.

End

