

British Council for Chinese Martial Arts



Chinese Wrestling – Shuai Jiao Competition Rules 2017

Approved for worldwide use by the International Development Forum

1. Contestants

- 1.1 Must be aged 18 to 40 (inclusive) 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 For national tournaments each team will consist of: One (1) Team Leader; One (1) Team Coach; and Team Member(s) - a maximum of two (2) Team Members for each weight category.

3. Registration and Weigh-in

- 3.1 The registration is supervised by an Administrator supported by a Referee and/or a Medical Doctor. To register, each contestant must produce: a BCCMA License for insurance purposes; and for international competition a medical certificate; a signed waiver declaration; and a passport or other internationally acceptable identification (with photograph). 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. Weight Categories

Male Adult		Female Adult	
M1	Up to 52 Kg	F1	Up to 48 Kg
M2	52.1 to 56 Kg	F2	48.1 to 52 Kg
M3	56.1 to 60 Kg	F3	52.1 to 56 Kg
M4	60.1 to 70 Kg	F4	56.1 to 60 Kg
M5	70.1 to 75 Kg	F5	60.1 to 65 Kg
M6	75.1 to 82 Kg	F6	65.1 to 70 Kg
M7	82.1 to 90 Kg	F7	70.1 to 75 Kg
M8	90.1 to 100 Kg	F8	75.1 to 82 Kg
M9	Over 100 Kg	F9	Over 82 Kg

- 4.1 If there are insufficient contestants to run a category, then contestants may be matched to an opponent of the closest weight within a 10 Kg safety margin.
- 4.2 Weight categories of 5 or less contestants will use the round-robin method.
- 4.3 Weight categories of 6 or more contestants will use the double-elimination method.

5. Uniform

- 5.1 Unless contestants already have their own uniform and equipment, the BCCMA will provide: Shuai Jiao Yi (Jacket) and Shuai Jiao Dai (Belt) to indicate Blue or Red.
- 5.2 The contestants should also wear: Shuai Jiao Kuzi (martial arts trousers) the preferred option is Blue trousers with a Red Stripe. Black martial arts trousers are also acceptable at national events.

- 5.3 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.
- 5.4 Contestants may also wear: a groin shield; a mouth guard; and shin guards. Wearing jewelry, piercings and other adornments is strictly prohibited.
- 5.5 An appropriate Shuai Jiao uniform is pictured below:



6. Arena

- 6.1 The Arena - Shuai Jiao Sparring Area: is a square stage measured to a maximum of 16x16m and a minimum of 10x10m. The Arena for national events can be held on a flat mat or stage to the height of 60-80cm.
- 6.2 For International events: the wrestling mat is made from EVA, with a thickness of 6-8cm, hardness between 18 to 22 IRHD (International Rubber Hardness Degree), penetration depth less than or equal to 38mm, duration of rebound upon contact no more than 50mm, energy absorption at least 70%, and collision strength at maximum acceleration less than or equal to 30g.
- 6.3 For national events: the wrestling mat should meet European standard EN 12503-3.
- 6.4 Competition zone: A circular area in the middle of the mat with a diameter of 9m. The color should be distinctive from that of the protected zone.
- 6.5 Protected zone: The area measuring from the perimeter of the competition zone to that of the wrestling mat usual 1m,
- 6.6 Starting lines: Facing the referee, mark a red line 3 meters from the left of the competition zone, and a blue line 3 meters from the right. The lines should be 60 cm in length and 6 cm in width.
- 6.7 Ready lines: Located outside of the competition zone on both red (left) and blue (right) sides from the Executive Referee's perspective facing the Head Table.

7. Etiquette

- 7.1 Bao Quan Li (fist wrapping salute) – Contestant should stand straight while raising both arms to the front of the chest, forming a circular shape. Make a fist with the right

hand, the end with the thumb facing the chest. With the left hand, keep the fingers together, slightly bending the thumb, and press the palm against the fist's surface of the fingers. When both hands touch each other, slightly pushing forward.

- 7.2 Before the competition starts, both athletes should stand in the protected zone on their respective sides, and can only enter the competition zone when the Referee gives the signal to do so. After entering, both athletes stand by the starting lines, and greet each other with the Bao Quan Li when the Referee gives the signal.
- 7.3 When the competition ends, both athletes should stand by the starting lines to wait for the Referee's announcement of the results; then both athletes perform the Bao Quan Li again before leaving the area.

8. Referee Hand Signals and Commands

- 8.1 Signal to enter: The Referee will call for the Athletes to enter the arena from outside of the competition zone by reaching out both arms horizontally and bending them at 90 degrees, palms inward.
- 8.2 Signal to the Head Table: The Referee raises the right arm at 45 degrees.
- 8.3 Signal to start the match: The competition begins when the referee says 'Yubei (Ready)' - extending the arm palm up towards the contestants; and then 'Kaishi (Begin)' – crossing the arms (right arm over left arm) in front of the abdomen arms forward and palms down.

Executive Referee Commands

yù bèi	预备	Ready
kāi shǐ	开始	Begin
tíng	停	Stop
jì xù	继续	Continue
yī shēng	医生	Medic
shēn sù	申诉	Protest

- 8.4 Signal to stop the match: The competition stops when the Referee says 'Ting (Stop)' – the right arm extending forward at 90 degrees to the body.
- 8.5 Signal to end the match: The match is over when the electronic timing system whistles or the gong is struck.

9. Match Format

- 9.1 The matches of all classes will finish in one day. An athlete will have an interval of at least 15 minutes between each match.
- 9.2 A match will consist of two (2) rounds of three (3) minutes duration with a thirty (30) second break between rounds. The format for the match will be continuous sparring.
- 9.3 During the match time will be stopped for: offences and warnings; uniform and equipment failure; and to seek medical advice

10. Legal Techniques

- 10.1 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.

11. Illegal Techniques

- 11.1 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. The contestant must obey the Executive Referee's commands at all times.
- 11.2 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

12. Warnings and Penalties

- 12.1 The Executive Referee may give a private or public warning, or disqualify a contestant depending on the seriousness of a foul or offence.
- 12.2 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.

Executive Referee Commands

qīn rén fàn guī	侵人犯规	Warning
jì shù fàn guī	技术犯规	Technical
xiāo jí	消极	Minor Warning
jǐng gào yí cì	警告一次	Major Warning

13. Points Scoring

- 1 Point
- The opponent touches the ground with any one and up to four limbs (hands and/or knees), elbows or hip/bottom.
 - The opponent is forced out of area.
 - Special rule: When the attacker uses the single-knee-down technique to take down the opponent, the points are given according to the opponent's status on the ground.

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| 2 Points | <ul style="list-style-type: none"> • The opponent touches the ground with the head, shoulders, chest, back or side; and the contestant executing the technique falls after completing the technique. |
| 3 Points | <ul style="list-style-type: none"> • The opponent touches the ground with the head, shoulders, chest, back or side; and the contestant executing the technique remains standing. |
| No Score | <ul style="list-style-type: none"> • The contestants fall without technique. • It cannot be determined who falls to the ground first and who gains the upper position. • A contestant uses the single-knee-down technique (Special rule) and fails, but is able to stand up immediately after his/her knee touches the ground. |

14. Passiveness Definition

14.1 When the athlete shows no intention of actual attack during the competition. The following conditions are ruled as passiveness:

- Intending to shun the opponent, immediately handled with penalty regardless of how long the shunning lasts
- Not rising immediately after a fall with the intention to delay the competition for five seconds
- Pressing the head against the opponent during the competition with the intention to delay the competition for 10 seconds
- Not absolutely attacking or counterattacking for 15 seconds during the competition, whether with an advantageous hold or not.
- Not aggressively grappling, grasping the opponent's wrestling jacket, attacking, or showing any intention to attack for 15 seconds
- If neither athlete scores a point for 60 seconds into the competition, the referee should rule it with passive penalty according to the athlete's performance, and impose the penalty upon the relatively passive of the two.

15. Match Outcome

15.1 The winner is determined by the contestant with the highest score at the end of the match; or the contestant who establishes a lead of eight (8) or more points on their opponent during the match.

15.2 In the event of a draw the following is considered in order:

- No Points Scored
 - One-minute extension round (first point to score); and most technically active contestant as determined by the Referees.

- Points Scored
 - One-minute extension round (first point to score); points differential
 - The contestant with the higher number of warnings
 - The most technically active contestant (determined by the Referees)
- 15.3 In the event of a draw the Executive Referee and Assistant Referees will meet with the Chief Referee to determine the winner based on the most technically active performance.
- 15.4 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.

16. Officials: Referees and Judges

- 16.1 For every match there should be 1 Head Judge (Mat-chairman), 1 Executive Referee, 1 Assistant Referee, 1 Timekeeper, and 1 Administrator.
- 16.2 The Executive Referee and Assistant Referee are the official in charge of the Arena.
- 16.3 The Verification Judge provides a deciding score if there is a discrepancy between the Executive Referee and Assistant Referee's score.
- 16.4 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.

17. Arena Plan View

