

中華武術摔跤協會

Chinese Wrestling – Shuai Jiao Competition Rules Summary 2019

International Chinese Kuoshu Federation
Europe Sub-Association

中華國術國際聯盟總會歐洲分會

摔跤

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1. Participating Athletes

- 1.1 All participating athletes must be medically fit to compete in a contact sport; and be licensed and insured to participate in martial arts tournaments and events.
- 1.2 The Chinese Wrestling contests are divided into categories by age, gender and weight.
- 1.3 The age specification applies for the duration of the contest. If your birthday takes place during the contest you are expected to participate in the contest appropriate to your age at the end of the contest. If you are aged over 50 years at the end of the contest you will not be able to participate.
- 1.4 Athletes who identify as non-binary or transsexual are expected to participate in contest relating to their gender designated at birth. No exceptions can be made unless gender reassignment has been completed and is confirmed legally and supported with identification documentation, such as a passport.
- 1.5 Athletes must register and weigh-in as specified by the contest organisers. Failure to register and weigh-in will lead to disqualification. If an athlete weight is different to the one registered, the organisers may accommodate the athlete by placing them in the appropriate category. Unless two members of their team are already in that category and have weighed in correctly. In which case the athlete will be disqualified. Athletes are expected to compete in the weight for which they are registered and to make every effort to make that weight.

2. Participating Teams

- 2.1 For national and international tournaments each team will consist of: one (1) Team Leader; up to two (2) Team Coaches; one Team Secretary (Administrator or Medical Professional) and Team Member(s) - a maximum of two (2) Team Members for each weight category. Individuals may be nominated to officiate; but anyone nominated for an official position must be appropriately qualified.

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 ICKF Europe 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. Athlete Age Specification

4.1 Athletes may be required to provide proof of age to participate in the contest. The age specification for the contests is listed below:

- Junior Contest (Athletes aged 12 to 15 inclusive)
- Youth Contest (Athletes aged 16 to 17 inclusive)
- Adult Contest (Athletes aged 18 to 36 inclusive)
- Veteran Contest (Athletes aged 37 to 50 inclusive)

5. Weight Categories

Male

Adult and Senior

*M1	Up to 56 Kg
*M2	56.1 to 60 Kg
*M3	60.1 to 65 Kg
*M4	65.1 to 70 Kg
*M5	70.1 to 75 Kg
*M6	75.1 to 82 Kg
*M7	82.1 to 90 Kg
*M8	90.1 to 100 Kg
*M9	100Kg to 115 Kg
*M10	Over 115Kg

Junior and Youth

*M1	Up to 40 Kg
*M2	40.1 to 44 Kg
*M3	44.1 to 48 Kg
*M4	48.1 to 52 Kg
*M5	52.1 to 56 Kg
*M6	56.1 to 62 Kg
*M7	62.1 to 68 Kg
*M8	68.1 to 75 Kg
*M9	Over 75 Kg

Female

Adult and Senior

*F1	Up to 48 Kg
*F2	48.1 to 52 Kg
*F3	52.1 to 56 Kg
*F4	56.1 to 60 Kg
*F5	60.1 to 65 Kg
*F6	65.1 to 70 Kg
*F7	70.1 to 75 Kg
*F8	75.1 to 82 Kg
*F9	Over 82 Kg

Junior and Youth

*F1	Up to 40 Kg
*F2	40.1 to 44 Kg
*F3	44.1 to 48 Kg
*F4	48.1 to 52 Kg
*F5	52.1 to 56 Kg
*F6	56.1 to 62 Kg
*F7	62.1 to 66 Kg
*F8	Over 66 Kg

*Category codes are prefixed with:

A - Adult

S - Senior

J - Junior

Y - Youth

5.1 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.

5.2 Weight categories of 5 or less contestants will use the round-robin method.

5.3 Weight categories of 6 or more contestants will use the double-elimination

method.

6. Uniform

- 6.1 Contestants are expected to have their own uniform. Unless they already have their own uniform and equipment, the ICKF Europe will make available for sale: Shuai Jiao Yi (Jacket) and Shuai Jiao Dai (Belt) to indicate Blue or Red.
- 6.2 The contestants should also wear: Shuai Jiao Kuzi (martial arts trousers) the preferred option is White trousers with a Blue or Red Stripe. Black martial arts trousers are also acceptable at national events.
- 6.3 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.
- 6.4 Contestants may also wear: a groin shield; a mouth guard; and shin guards. Wearing jewelry, piercings and other adornments is strictly prohibited.

Approved Shuai Jiao Uniform



- 6.5 Please note that a reasonable accommodation may be made to conform with religious beliefs and modesty for female contestants.

7. Contest Wrestling Area

Shuai Jiao Sparring Area

- 7.1 The 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.
- 7.2 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.

- 7.3 For national events: the wrestling mat should meet European standard EN 12503-3.

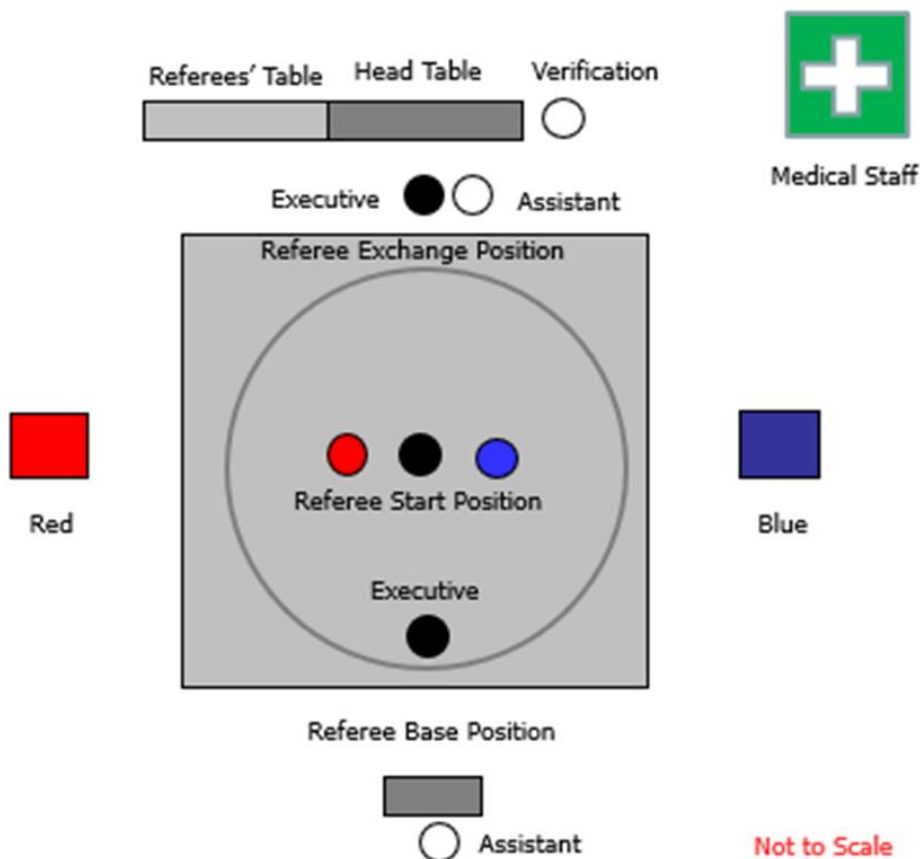
Competition zone

- 7.4 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.
- 7.5 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.
- 7.6 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.

Protected zone

- 7.7 The area measuring from the perimeter of the competition zone to that of the wrestling mat usual 1m.

Area Plan View



8. Etiquette

- 8.1 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.
- 8.2 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.
- 8.3 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.

9. Referee Hand Signals and Commands

- 9.1 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.

- 9.2 Signal to the Head Table: The Referee raises the right arm at 45 degrees.
- 9.3 Signal to start the match: The Executive Referee steps forward with the left leg while 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

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

- 9.4 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.
- 9.5 Signal to end the match: The match is over when the electronic timing system whistles or the gong is struck.

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10. Match Format

- 10.1 The matches of all classes will finish in one day. An athlete will have an interval of at least 15 minutes between each match.
- 10.2 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.
- 10.3 During the match time will be stopped for: offences and warnings; uniform and equipment failure; and to seek medical advice

11. Legal Techniques

- 11.1 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.

12. Illegal Techniques

- 12.1 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.
- 12.2 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

13. Warnings and Penalties

- 13.1 The Executive Referee may give a private or public warning, or disqualify a contestant depending on the seriousness of a foul or offence.
- 13.2 In any one match a contestant may receive three public warning without disqualification and is disqualified on the fourth public warning. Private warnings do not incur a point penalty whereas public warnings incur a one-point penalty for each warning given.

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

14. 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.
- Any part of the opponent's body touches the protected zone..
- 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.
- 2 Points 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 The opponent touches the ground with the head, shoulders, chest, back or side; and the contestant executing the technique remains standing.
- No Score 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.

15. Passive Athletes

- 15.1 When the athlete shows no intention of actual attack during the competition. The following conditions are ruled as passiveness:
- 15.2 Intending to shun the opponent, immediately handled with penalty regardless of how long the shunning lasts.
- 15.3 Not rising immediately after a fall with the intention to delay the competition for five seconds.

- 15.4 Pressing the head against the opponent during the competition with the intention to delay the competition for 10 seconds
- 15.5 Not absolutely attacking or counterattacking for 15 seconds during the competition, whether with an advantageous hold or not.
- 15.6 Not aggressively grappling, grasping the opponent's wrestling jacket, attacking, or showing any intention to attack for 15 seconds
- 15.7 If neither athlete scores a point for 60 seconds into the competition, the referee should convene a referees meeting and issue a 'passive penalty' according to the athlete's performance, and impose the penalty upon the relatively passive of the two.

16. Match Outcome

- 16.1 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.

Injury Suspension

- 16.2 If an Athlete is injured during the match and there are no violations of the rule related to the injury then the Executive Referee should call 'Time Out'. If the athlete is unable to compete after 2 minutes then the athlete will be deemed the loser of the match. The athlete will retain any technical points scored up until the incident, which will be counted towards the places for the category, if in a round-robin contest.

Match Points are Drawn

- 16.3 In the event of a draw the following is considered in order:
- Technical Ability – the Athlete with the higher number of technical points awarded. For example, Athlete A scored $3 + 2 + 1 = 6$ and Athlete B scored $2 + 2 + 2 = 6$ then Athlete A is deemed to be the winner as they achieved a 3-points scoring technique.
 - Technical Points – if Technical Ability is tied then the Athlete who scored the most technical points. Penalty points are removed. The Athlete with the highest score once Penalty points are removed is deemed to be the winner.
 - Last Scoring Technique – if Technical Points are tied then the Athlete who achieved the last scoring technique is deemed to be the winner.

Technical Knock Out, Mismatch and Withdrawal

- 16.4 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.

17. Officials: Referees and Judges

17.1 For every match there should be 1 Head Judge (Mat-chairman), 1 Executive Referee, 1 Assistant Referee, 1 Verification Judge, 1 Timekeeper, and 1 Administrator.

17.2 The Executive Referee is the official in charge of the Contest Area.

17.3 The Verification Judge provides a deciding score if there is a discrepancy between the Executive Referee and Assistant Referee's score.

17.4 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. If the Head Judge believes that an error in judgement has been made, then the Head Judge may convene an Officials' Meeting.

17.5 In the event of a protests, the Head Judge must convene an Officials' Meeting.

18. Approval

18.1 These rules are approved for use at national and international Chinese Wrestling (Shuai Jiao) tournaments and events and are approved by the World Shuai Jiao Federation, continental and national associations.

18.2 Please note to maintain the high standard of Chinese Wrestling (Shuai Jiao), only officially qualified referees and judges should be engaged to officiate at national and international tournaments and events.

19. Sanction

19.1 Other Chinese martial arts organisations that are seeking to promote and develop Chinese Wrestling (Shuai Jiao) may also make use of these rules under sanction.

20. Information

20.1 For more information contact the Secretary at ICKF Europe:

Email: secretary@ickf-europe.org