



International Shuai Jiao Rules for Tournament Approved by the European Shuai Jiao Union (ESJU)

1. Contestants

1.1 **Must** be aged between **18 and 36 (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 international tournaments each ESJU member state or region will be represented by one (1) national or regional team.

2.2 For international tournaments each national team will consist of: One (1) Team Leader; One (1) Team Coach; One (1) Referee; 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 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. Weight Categories

Male

Under 56 Kg	123.46 lbs
Under 60 Kg	132.28 lbs
Under 65 Kg	143.30 lbs
Under 70 Kg	154.32 lbs
Under 76 Kg	167.55 lbs
Under 82 Kg	180.78 lbs
Under 90 Kg	198.42 lbs
Under 100 Kg	220.46 lbs
Under 115 Kg	253.53 lbs
115 Kg and Over	253.53 lbs and Over

Female

Under 48 Kg	105.82 lbs
Under 52 Kg	114.64 lbs
Under 56 Kg	123.46 lbs
Under 60 Kg	132.28 lbs
Under 65 Kg	143.30 lbs
Under 75 Kg	165.35 lbs
Under 82 Kg	180.78 lbs
82Kg and Over	180.78 lbs and Over

5. Uniform

5.1 Unless contestants already have their own uniform and equipment, the ESJU will provide: 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) the preferred option is Blue trousers with a Red Stripe. Black martial arts trousers are also acceptable at national events. 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. Wearing jewellery, piercings and other adornments is strictly prohibited.

6. Area

6.1 The Shuai Jiao 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). 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.

7. A Match

7.1 A match will consist of **two** rounds of **three** minutes duration with a **30 second** break between rounds. 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. Scoring Techniques

8.1 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.

9. Illegal Techniques

9.1 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.

9.2 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.

10. Warnings and Penalties

10.1 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.

11. Points Scoring

1 Point Contestant causes the opponent to touch down on the area with: the hand(s); elbow(s); or knee(s); and remains standing.

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 area.

Opponent falls through imbalance.

2 Points Contestant causes the opponent to touch down on the area with: both hands (or both elbows) and both knees simultaneously; and remains standing.

Contestant effectively sweeps the opponent causing the opponent to land on their head, chest or bottom; and remains standing.

Contestant effectively throws the opponent causing the opponent to land on their side or back; and remains standing.

3 Points Contestant effectively throws the opponent causing the opponent rotate through 360 degrees and to land on their back; and remains standing and balanced.

No Points Both contestants fall simultaneously without the use of recognised technique or acceptable countering or finishing technique.

Both contestants leave the area simultaneously without the use of technique.

12. Determining the Winner

12.1 **Round:** The winner is determined by the contestant with the highest score at the end of the round; or the contestant who establishes a lead of six or more points on their opponent.

12.2 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; or
- the most technically active contestant (determined by the Referees).

12.3 **Match:** The winner is determined by winning the best of **two** round.

12.4 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.

12.5 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.

13. Officials: Referees and Judges

13.1 Sparring Area Officials

- One (1) Executive Referee
- Two (2) Corner Judges

13.2 Head Table Officials

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

14. Responsibilities of the Officials

14.1 The Executive Referee is the official in charge of the Sparring Area.

14.2 The Corner Judges are responsible for scoring the competitors' techniques, to be validated by the Executive Referee.

14.3 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.

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