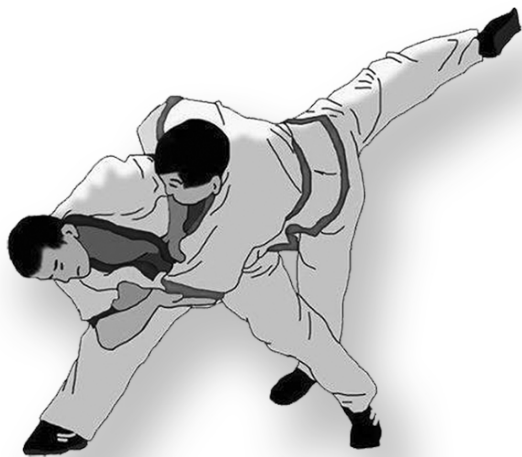




Shuai-Jiao

Rules and Regulations

中国式摔跤竞赛规则



中国式摔跤竞赛规则	Shuai-Jiao (Chinese Wrestling) Rules and Regulations
第一章 通则	Chapter 1 Overall rules
<p>竞赛规则是推动项目健康发展和引导项目科学训练、比赛的重要指南。中国式摔跤本着继承与发展、普及与提高、传统与创新相结合的原则，坚持既继承传统又开创未来；既保持原味又适应现代的思想理念制定竞赛规则。</p> <p>通过竞赛规则的杠杆作用，最大限度的展现中国式摔跤快速、多变、主动、连贯的精髓。鼓励积极进攻，鼓励做高难度、大幅度的技术动作，增强对抗性、提高观赏性；最大程度的激发运动员主动进攻意识，限制消极防守行为，完美展现中国式摔跤项目魅力，力求做到观众易懂、裁判易判。</p>	<p>The competition rules serve as an important guideline to promoting body health, scientific training, and competitions. Shuai-Jiao is based on the principles of traditional inheritance and future development, popularization and improvement, as well as tradition and innovation. With that foundation, Shuai-Jiao insists in and inherits from the tradition while also moving forward into the future, and develops a set of competition rules with both traditional and contemporary ideas.</p> <p>Through the leverage of the competition regulations, the essence of Shuai-Jiao -- speed, diversity, active engagement, and coherence -- is most excellently presented. The sport encourages active attacks as well as difficult and drastic technical actions, increasing exciting actions between the athletes and offering the audience more entertainment. It stimulates the athletes' consciousness of</p>

	<p>performing active offense acts, and limits that of the passive defense ones, exhibiting the charms of Shuai-Jiao, and making it easier for the audience to understand and for the referee to make a judgment.</p>
<p>第一条 比赛场地</p> <p>1.1 比赛场地：竞赛台为宽 16 米(m) X 16 米(m)，高 60-80 厘米 (cm) 的正方形比赛台。比赛场地为 12 米 (m) X12 米(m)、14 米(m) X 14 米(m)表面覆盖革制盖单的正方形比赛垫子。</p> <p>1.2 比赛垫子为厚度 6~8 厘米 (cm)，硬度 18-22 度，渗透深度小于或等于 38mm，接触回弹时间小于或等于 50ms，能量吸收大于或等于 70%，最大加速瞬间碰撞强度小于或等于 30g 的 EVA 材质的摔跤垫子。</p> <p>1.3 比赛区：是场地中心直径为 9 米(m)的圆形区域，比赛区域颜色明显区别于保护区。</p>	<p>Article One: Competition Area</p> <p>1.1 Competition area: The arena is a square stage measured by a width of 16x16 m and a height of 60-80 cm. The competition area is a square mat for competition use that is measured by 12x12 m or 14x14 m and is laid on the stage.</p> <p>1.2 The wrestling mat is made from EVA, with a thickness of 6-8 cm, hardness between 18 to 22 IRHD (International Rubber Hardness Degree), penetration depth less than or equal to 38 mm, duration of rebound upon contact no more than 50 ms, energy absorption at least 70%, and collision strength at maximum acceleration less than or equal to 30 g.</p> <p>1.3 Competition zone: A circular area in the middle of the mat with a diameter of 9 m. The color should be distinctive from that of the protected zone.</p>

<p>1.4 保护区：比赛区外部边沿至比赛垫子外部边沿为保护区。</p> <p>1.5 比赛开始线：比赛区中间相距 3 米(m)各标出红蓝线，面向裁判台左红右蓝，开始线长 60 厘米(cm)，宽 6 厘米(cm)</p> <p>1.6 运动员出场线：位于红方、蓝方一侧的比赛区外侧。</p>	<p>1.4 Protected zone: The area measuring from the perimeter of the competition zone to that of the wrestling mat.</p> <p>1.5 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.</p> <p>1.6 Ready lines: Located outside of the competition zone on both red and blue sides.</p>
<p>第二条 比赛器材</p> <p>2.1 公制计重器数台（能精确到小数点后两位数的计重器：每个运动队驻地 2 台，称重室 4 台）。</p> <p>2.2 计时钟 2 台，备用；示分器 2 个，备用。</p> <p>2.3 秒表 3 块，红、蓝色标识袖标各 16 个。</p> <p>2.4 电子计分系统电脑 5 台，操作密匙若干。</p>	<p>Article Two: Competition Equipment</p> <p>2.1 Weighing scales with metric system and able to show 2 decimal places. There should be 2 scales in the resting spaces for the competing teams, and 4 in the weigh-in room.</p> <p>2.2 2 timers and 2 scoreboards</p> <p>2.3 3 stopwatches; 16 red sleeve patches and 16 blue ones for identification</p> <p>2.4 5 computers with electronic scoring system</p>

<p>2.5 计分系统电脑扩音音响 2 套。(音箱型号为中号或大号)</p> <p>2.6 计时、成绩显示电视屏幕 6 块。</p> <p>2.7 单音哨 2 个。</p> <p>2.8 双音哨 2 个。</p> <p>2.9 铜锣(钟) 2 套，备用。</p> <p>2.10 120m 移动接线板 4 套，电源线，音响线若干。</p> <p>2.11 摄像机 8 台。</p> <p>2.12 打印机 2 台。</p> <p>2.13 复印机 1 台。</p> <p>2.14 打印纸 若干。</p> <p>2.15 记录表格：临场记分表，运动员称重表，临场申诉表，临场弃权表，比赛对阵表，各级别轮次编排定位表，若干。</p> <p>2.16 笔 若干。</p>	<p>2.5 2 sets of medium or large loudspeaker systems for the score-keeping computers</p> <p>2.6 6 television screens for the display of time keeping and scores.</p> <p>2.7 2 single tone whistles</p> <p>2.8 2 double tone whistles</p> <p>2.9 2 sets of gongs</p> <p>2.10 4 power strips with 120-meter long cords; several power cords and audio cables</p> <p>2.11 8 cameras</p> <p>2.12 2 printers</p> <p>2.13 1 copier</p> <p>2.14 Some printer paper</p> <p>2.15 Tables and forms: several tables for on-site score-keeping, tables for athletes' weigh-in, on-site complaint forms, on-site forfeit tables, match tables, and match schedules for each class</p> <p>2.16 Some pens.</p>
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<p>2.17 桌、椅 若干。</p> <p>2.18 得分及判罚牌：得分及判罚牌直径20厘米(cm),把长20厘米(cm),两面内容相同。</p> <p>2.18.1 得分牌 12 块，红、蓝底白色字各 6 块，分别为 1、2、3。</p> <p>2.18.2 警告牌：4 块,红色、蓝色警告各 2 块。</p> <p>2.18.3 罚出场牌：2 块，红色(可共用红色警告牌)。</p> <p>2.19 赛场主扩音设备一套</p> <p>2.20 场地灯光：灯光照度不低于1500LUX(勒克斯)。</p> <p>2.21 “布绒吉祥物”8 个，用于教练员申诉。</p>	<p>2.17 Some tables and chairs</p> <p>2.18 Signs used for showing scoring and penalty: The signs used to indicate if the athlete scores a point or receives a penalty are circular signs 20 cm in diameter, with the same content on both sides, and the handle is 20 cm long.</p> <p>2.18.1 Signs of scoring: 12 signs in total, 6 red and 6 blue, all of which has on them numbers 1, 2, and 3 written in white.</p> <p>2.18.2 Signs of warning: 4 signs in total, 2 red and 2 blue.</p> <p>2.18.3 Signs of being escorted out the arena: 2 signs in total, both red (interchangeable with the red warning signs).</p> <p>2.19 1 set of main loudspeaker system to be used at the arena.</p> <p>2.20 Lighting: Illuminance at least 1500 lux</p> <p>2.21 8 mascot dolls, used as <i>the assigned object</i> in case of on-site complaint</p>
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<p>2.22 网络直播用 10 兆网线一条。</p>	<p>2.22 1 Internet cable with 10 Mbps Internet connection, used for live online streaming</p>
<p>第三条 服装</p> <p>3.1 跤衣：</p> <p>3.1.1 布料成分为全棉或含棉 70% 的棉布，不可太厚，太硬或者太滑，撕拉强度不少于 2000 牛顿。布料重量为 700-850 克/m²，面料应有凹凸纹路。</p> <p>3.1.2 颜色：跤衣为白色。跤衣衣襟、袖口边缘缝有 3.5 厘米(cm) 宽的红色或蓝色的色带。</p> <p>3.1.3 跤带：带子宽度为 3.5 厘米 (cm) 厚度为 0.6 厘米 (cm)，扎腰带时跤带必须穿过穿孔由腹前绕至后腰，第二圈再绕回腹前打扁结，打节后带子余长 35—40 厘米 (cm)。</p> <p>3.1.4 运动员着摔跤衣后抬肘关节与肩关节齐平后屈臂 90 度，</p>	<p>Article Three: Uniform</p> <p>3.1 Shuai-Jiao jacket:</p> <p>3.1.1 The fabric should be 100% or 70% cotton, with a tear strength of at least 2,000 N. It should not be too thick, too hard, or too slippery. The fabric should weigh 700-850 g/m², and should have bumpy patterns on it.</p> <p>3.1.2 Color: The jacket should be white. The front pieces of the jacket and the margin of the cuffs should be sewn with red or blue color bands with a width of 3.5 cm.</p> <p>3.1.3 Shuai-Jiao band: The band should be 3.5 cm in width and 0.6 cm in thickness. When putting on, the band should go through the hole, around the stomach to the back of the waist, and tied into a square knot after the second circle back to the front of the stomach. After tying the knot, the remaining length of the band should be 35-40 cm.</p> <p>3.1.4 After donning the wrestling jacket, when the athlete raises</p>

<p>袖口尺寸不小于8厘米 (cm)。</p> <p>3.2 跤裤：</p> <p>3.2.1 布料为全棉含棉量不低于70%，颜色与跤衣相同，沿裤缝外侧分别缝有3.5厘米(cm)宽的红、蓝色带。</p> <p>3.2.2 跤裤底部与踝骨持平。</p> <p>3.3 跤鞋：为软底高腰跤鞋。</p>	<p>his/her elbow to the level of the shoulders, arms bent at 90 degrees, the cuff size cannot be smaller than 8 cm.</p> <p>3.2 Shuai-Jiao pants:</p> <p>3.2.1 The fabric should be 100% cotton or at least 70%. The color should be the same as the wrestling jacket. Red and blue color bands of 3.5 cm in width should be sewn along the outseams of the pants.</p> <p>3.2.2 The bottom of the pants should be at the ankle's level.</p> <p>3.3 Shuai-Jiao shoes: Soft sole high-top wrestling shoes</p>
<p>第四条 比赛礼仪</p> <p>4.1 着装礼仪：</p> <p>4.1.1 运动员上场之前，必须按本规则第三条之规定着装。跤衣、跤裤边条和跤带的颜色要一致。</p> <p>4.1.2 比赛进行中，运动员须经场上裁判指令，才能整理服装。</p>	<p>Article Four: Competition Etiquette</p> <p>4.1 Clothing etiquette:</p> <p>4.1.1 Before the athlete enters the arena, he/she should be appropriately dressed as described in Article Three. The color (red/blue) of the wrestling band should be consistent with that of the color bands on the wrestling jacket and pants.</p> <p>4.1.2 During the competition, the athlete can fix their clothing only after receiving permission from the</p>

<p>4.1.3. 女运动员跤衣内必须穿白色无袖带弹力的紧身上衣，不得穿戴有金属或其它硬质框架的胸罩。</p> <p>4.2 仪表礼仪：</p> <p>4.2.1 运动员仪表要整洁大方，皮肤暴露处不得涂抹油脂或油彩。</p> <p>4.2.2 运动员不得佩戴各种首饰、硬质发夹及硬质护件。</p> <p>4.2.3 运动员的头发和男性胡须应长于 10 毫米(mm)或刮净，长发必须编扎。</p> <p>4.2.4 运动员的指甲不得长于 1 毫米(mm)。</p> <p>4.3 礼节礼仪：抱拳礼</p> <p>4.3.1 持立正姿势，两臂上抬至胸前呈环形状，右手握拳，拳眼向下颌，左手五指并拢，拇指微</p>	<p>referee.</p> <p>4.1.3 Female athletes should wear a white, sleeveless, elastic, and close-fitting shirt inside the wrestling jacket, and should not wear any type of underwear with metal wire or other hard rims.</p> <p>4.2 Appearance etiquette:</p> <p>4.2.1 Athletes should look clean, and should not apply oil, paint or makeup on areas of uncovered skin.</p> <p>4.2.2 Athletes should not wear any kind of accessories, hair clips, or other hard protective gear.</p> <p>4.2.3 Athletes should be either clean shaved, or grow their hair and/or beard to at least 10 mm long. Long hair should be tied or braided.</p> <p>4.2.4 Athletes' nails should not be over 1 mm long.</p> <p>4.3 Manners and etiquette: Bao Quan Li (fist wrapping salute)</p> <p>4.3.1 Stand straight while raising both arms to the front of the chest, forming a circular shape. Make a</p>
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<p>屈，掌心压在右拳四指部位。两手合拢瞬间，向前略推。</p> <p>4.3.2 比赛开始前，运动员站在场地保护区两侧，裁判员做出进场示意手势后方可进场。进场后站在开始线按裁判员手势向对方致抱拳礼。</p> <p>4.3.3 比赛结束，运动员站在开始线，待场上裁判员宣判结果后，运动员相互致抱拳礼后离场。</p>	<p>fist with the right hand, the end with the thumb facing the chin. 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, lightly push forward.</p> <p>4.3.2 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 signals 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.</p> <p>4.3.3 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 arena.</p>
<p>第二章 一般规定</p>	<p>Chapter 2 – General Rules</p>
<p>第五条 竞赛性质</p> <p>5.1 个人竞赛：以个人在所属级别所取得的成绩，确定个人名次。</p>	<p>Article Five: Contest Category</p> <p>5.1 Individual: The athlete's ranking is determined by the score that he/she wins in his/her weight class.</p>

<p>5.2 团体竞赛：</p> <p>5.2.1 以每个团体所有被录取的运动员的成绩积分总和，确定团体名次（具体要求以竞赛规程规定为准）。</p> <p>5.2.2 团体竞赛：以所属团体之间比赛成绩确定名次。</p>	<p>5.2 Group:</p> <p>5.2.1 The ranking is determined by the sum of each athlete's accumulated points. (Actual methods should follow the competition regulations made by the organizer.)</p> <p>5.2.2 Group: The ranking is determined by the scores of the groups.</p>
<p>第六条 竞赛制度</p> <p>6.1 淘汰制</p> <p>6.2 淘汰复活制。</p> <p>6.3 循环制。</p>	<p>Article Six: Contest System</p> <p>6.1 Elimination tournament</p> <p>6.2 Elimination tournament with repechage</p> <p>6.3 Round-robin tournament</p>
<p>第七条 年龄组别及体重级别</p> <p>7.1 年龄组别：</p> <p>7.1.1 男、女成年组：18 周岁以上。只有中国 奖学金: 16 周岁以上。</p> <p>7.1.2 男、女青年组：15 周岁～17 周岁。</p> <p>7.1.3 男、女少年组：12 周岁～14 周岁。</p>	<p>Article Seven: Age and Weight Class</p> <p>7.1 Age class:</p> <p>7.1.1 Adult male and female: 18 years of age or older. Only China has 16 years of age as lower age limit for scholarships.</p> <p>7.1.2 Senior Youth male and female: 15 to 17 (inclusive) years of age</p> <p>7.1.3 Junior Youth male and female: 12 and 14 (inclusive) years of age</p>

<p>7.2 体重级别：</p> <p>7.2.1 男子：</p> <p>7.2.1.1 成年组：52kg、56kg、60kg、65kg、70kg、75kg、82kg、90kg、100kg、100 公斤以上级。</p> <p>7.2.1.2 青年组：48kg、52kg、56kg、60kg、65kg、70kg、75kg、82kg、90kg、100kg。</p> <p>7.2.1.3 少年组：40kg、44kg、48kg、52kg、56kg、62kg、68kg、75kg。</p> <p>7.2.2 女子：</p> <p>7.2.2.1 成年组：48kg、52kg、56kg、60kg、65kg、70kg、75kg、82kg。</p> <p>7.2.2.2 青年组：44kg、48kg、52kg、56kg、60kg、65kg、70kg、75kg。</p> <p>7.2.2.3 少年组：40kg、44kg、48kg、52kg、56kg、62kg、66kg。</p>	<p>7.2 Weight class:</p> <p>7.2.1 Male:</p> <p>7.2.1.1 Adult: 52kg, 56kg, 60 kg, 65 kg, 70 kg, 75 kg, 82 kg, 90 kg, 100 kg, over 100 kg</p> <p>7.2.1.2 Senior: 48 kg, 52 kg, 56 kg, 60 kg, 65 kg, 70 kg, 75 kg, 82 kg, 90 kg, 100 kg</p> <p>7.2.1.3 Junior: 40kg, 44kg, 48kg, 52kg, 56kg, 62kg, 68kg, 75 kg</p> <p>7.2.2 Female</p> <p>7.2.2.1 Adult: 48 kg, 52 kg, 56 kg, 60 kg, 65 kg, 70 kg, 75 kg, 82 kg</p> <p>7.2.2.2 Senior: 44 kg, 48 kg, 52 kg, 56 kg, 60 kg, 65 kg, 70 kg, 75 kg</p> <p>7.2.2.3 Junior: 40 kg, 44 kg, 48 kg, 52 kg, 56 kg, 62 kg, 66 kg</p>
<p>第八条 称量体重和抽签</p> <p>8.1 称量体重的工作由总裁判长领导，副总裁判长负责组织裁判员组成称重组进行称重工作，由检录长组织开展检录工作。</p>	<p>Article Eight: Weigh-in and Drawing of Lots</p> <p>8.1 Weigh-in of the athletes will be led by the chief referee. The vice chief referee will be responsible for organizing groups of referees for the weigh-in process, and the register</p>

<p>8.2 比赛的前一天统一进行称量体重，运动员应赤足穿短裤（女运动员穿贴身上衣）进行称重。</p> <p>8.3 运动员在第一次称重时，体重低于或高于报名级别，可在30分钟内复称1次，超时或在规定时间内称重达不到报名级别体重标准即为弃权。</p> <p>8.4 抽签：抽签工作是在技术会议确认运动员相关信息后，由人工或电脑进行抽签（根据竞赛规程规定执行）根据抽签结果进行编排。</p>	<p>officer will be in charge of the roll-call of athletes.</p> <p>8.2 Weigh-in of all competing athletes will happen one day previous to the contest. During the weigh-in process, athletes should be barefoot and wearing shorts. A close-fitting shirt is also required for female athletes.</p> <p>8.3 If the athlete, in the first weigh-in, is weighed less or more than the weight class that he/she signed up for, he/she can request one more attempt of weigh-in within 30 minutes. Qualification will be canceled if the athlete has not completed the weigh-in process within the time limit, or if his/her weight does not match that of the given weight class.</p> <p>8.4 Drawing of lots: After the athletes' information has been confirmed by the committee, lots will be drawn, either by people or a computer, -- depending on the contest regulations -- to decide the matches.</p>
<p>第九条 赛事安排、竞赛时间</p>	<p>Article Nine: Contest Arrangements and Duration of the Matches</p>

<p>9.1 赛事安排：</p> <p>9.1.1 每个级别的比赛在一天内结束，同一运动员每场比赛之间的间隔时间不少于 15 分钟。</p> <p>9.2 竞赛时间：</p> <p>9.2.1 成年比赛每场比赛净时 6 分钟，上下半场各 3 分钟，局间休息 30 秒。</p> <p>9.2.2 青年和少年比赛每场比赛净时 4 分钟，上下半场各 2 分钟，局间休息 30 秒。</p>	<p>9.1 Contest Arrangements:</p> <p>9.1.1 The matches of all classes will finish in one day. An athlete will have an interval of at least 15 minutes between each match.</p> <p>9.2 Duration of the Matches:</p> <p>9.2.1 Each adult match, set for six net minutes, consists of two rounds (three net minutes for each round) and a halftime of 30 seconds between the rounds.</p> <p>9.2.2 Each senior and junior match, set for four net minutes, consists of two rounds (two net minutes for each round) and a halftime of 30 seconds between the rounds.</p>
<p>第十条 比赛中的信号</p> <p>10.1 上场信号：场上裁判做出两臂侧平伸后向上呈 90 度弯曲，掌心向内，召集运动员从比赛区外侧上场。</p> <p>10.2 开始比赛信号：场上裁判发出“预备(yubei)，开始(kaishi)”口令，运动员开始比赛。</p>	<p>Article Ten: Signals Used in the Contest</p> <p>10.1 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.</p> <p>10.2 Signal to start the match: The competition begins when the referee says “Ready, go (Yubei, kaishi).”</p>

<p>10.3 停止比赛信号：场上裁判发出“停(Ting)”的口令，运动员停止比赛。</p> <p>10.4 比赛结束信号：以电子计时系统鸣哨或鸣锣为准。</p>	<p>10.3 Signal to stop the match: The competition stops when the referee says “Stop (Ting).”</p> <p>10.4 Signal to end the match: The match is over when the electronic timing system whistles or the gong is struck.</p>
<p>第十一条 临场指挥教练员</p> <p>11.1 教练员 1 人必须着装整洁坐在指定的席位上。</p> <p>11.2 比赛进行中，教练员不得用语言、手势等不文明行为侮辱裁判员，不得进入比赛区域。</p> <p>11.3 临场申诉：教练员对比赛判罚有异议时，必须在场上裁判宣判后 3 秒钟内起立，向场内抛掷“抛掷物”提出申诉。如教练员申诉成功，则退还“抛掷物”，教练员依然享有申诉权；如维持原判，则收回“抛掷物”并取消该场教练员临场申诉权。</p>	<p>Article Eleven: Site Coach</p> <p>11.1 One site coach should be appointed. He/she should be neatly dressed and sitting in the designated seat.</p> <p>11.2 During a match, the coach cannot enter the competition zone or attack the referee with vulgar language, obscene gestures or insults of any form.</p> <p>11.3 Filing a complaint on site: When the coach has any doubt about the referee’s judgment, he/she must stand up within 3 seconds after the referee’s announcement, and file a complaint on site by casting <i>the assigned object</i> into the arena. If the complaint is granted, <i>the object</i> will be returned to the coach, his/her right of complaint filing reserved. If the original judgment stands, <i>the object</i> will be retrieved, and the</p>

<p>11.4 如果教练员仍对场上判罚存在质疑，也可在本场比赛结束后，按规定程序，向仲裁委员会提出书面申诉。</p>	<p>coach's right of complaint filing during that match will be canceled.</p> <p>11.4 If the coach still holds doubt against the referee's judgment, it is also possible to file a written complaint through the procedures to the committee after the match has ended.</p>
<p>第三章 比赛中的判罚</p>	<p>Chapter 3 Infraction and penalty</p>
<p>第十二条 进攻有效与无效 (一) 进攻有效：</p> <p>12.1 在比赛区内将对方摔倒着地在保护区。</p> <p>12.2 在比赛区内将对方摔倒着地后，自己踏入或跌入保护区。</p> <p>12.3 在比赛区内将对方摔倒着地与自己踏入保护区同时发生。</p> <p>12.4 将对方摔倒着地与裁判员暂停口令同时发生。</p> <p>12.5 将对方摔倒着地与鸣哨(锣)同时发生。</p>	<p>Article Twelve: Valid and Invalid Attacks I. The attack is ruled as valid when:</p> <p>12.1 the opponent is taken down within the protected zone</p> <p>12.2 the attacker steps in or falls to the protected zone after the opponent is taken down</p> <p>12.3 the attacker takes down the opponent and steps in the protected zone at the same time</p> <p>12.4 the opponent falls to the ground and the referee calls timeout at the same time</p> <p>12.5 the opponent falls to the ground and the time-up signal</p>

<p>(二) 进攻无效：</p> <p>12.6 使用犯规动作进攻。</p> <p>12.7 场上裁判员叫停后仍然进攻。</p> <p>12.8 将对方摔倒着地在鸣哨(锣)之后发生。</p>	<p>(whistle blown or gong struck) occurs at the same time</p> <p>II. The attack is ruled as invalid when:</p> <p>12.6 infractions happen in the process of attacking the opponent</p> <p>12.7 the attacker continues to attack after the referee calls timeout</p> <p>12.8 the opponent falls to the ground after the time-up signal (whistle blown or gong struck)</p>
<p>第十三条 得分标准</p> <p>得分判定依据：每个技术最后判分结果，是以被摔倒运动员的最后倒地状态为判分依据和标准。具体得分标准如下：</p> <p>13.1 得 3 分：将对方摔成躯干着地（肩、背、胸、腹、头、体侧），自己保持站立。</p> <p>13.2 得 2 分：将对方摔成躯干着地（肩、背、胸、腹、头、体侧），自己随之倒地。</p>	<p>Article Thirteen: Scoring Criteria</p> <p>Criteria for scoring: The scoring for all techniques are based on the taken down athlete's status on the ground. Details are as follows:</p> <p>13.1 Three points: The opponent is taken down with his/her shoulders, back, chest, abdomen, head, and/or side of the body touching the ground, while the attacker maintains a standing position.</p> <p>13.2 Two points: The attacker falls as well when the opponent is taken down with his/her shoulders, back, chest, abdomen, head, and/or</p>

<p>13.3 得 1 分：</p> <p>13.3.1 将对方摔成手、肘、膝、臀部着地。</p> <p>13.3.2 对方身体任何部位接触保护区。</p> <p>13.3.3 对方或对方教练受到 1 次警告。</p> <p>13.4 特殊说明：使用跪腿摔将对方摔倒，根据对方倒地状况判定得分。</p> <p>13.5 互不得分：</p> <p>13.5.1 双方不分上下同时倒地。</p> <p>13.5.2 双方同时出界。</p> <p>13.5.3 使用跪腿摔未成功，进攻方虽然膝盖着地但能迅速站立。</p>	<p>side of the body touching the ground.</p> <p>13.3 One point:</p> <p>13.3.1 The opponent falls with his/her hands, elbows, knees, or hip touching the ground.</p> <p>13.3.2 Any part of the opponent's body touches the protected zone.</p> <p>13.3.3 The opponent or the opponent's coach receives a warning.</p> <p>13.4 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.</p> <p>13.5 No points are given to either athlete when:</p> <p>13.5.1 it cannot be determined who falls to the ground first and who gains the upper position</p> <p>13.5.2 both parties go out of bounds at the same time</p> <p>13.5.3 the attacker uses the single-knee-down technique and</p>
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	<p>fails, but is able to stand up immediately after his/her knee touches the ground</p>
<p>第十四条 犯规 14.1 侵人犯规： 14.1.1 使用反关节动作有意伤害对方者。 14.1.2 以手、肘、膝、头部击打和撞击对方或抓对方生殖器官者。 14.1.3 用脚尖踢对方或用脚蹬踹对手者。 14.1.4 用脚踢、弹对手小腿中部以上部位者。 14.1.5 按压对方眉口之间的面部或咽喉或抓对方头发者。 14.1.6 双手搂抱对方头、颈者。 14.1.7 已将对方摔倒，还故意压砸对方者。</p>	<p>Article Fourteen: Infraction 14.1 Personal offense 14.1.1 Intentionally hurting the opponent with an anti-joint action 14.1.2 Hitting and striking the opponent with hands, elbows, knees or head, or grasping the opponent by the genitals 14.1.3 Kicking the opponent with the toes or feet 14.1.4 Kicking or plucking the area above the middle part of the opponent's shin 14.1.5 Pressing against the opponent's face between the eyebrows and the mouth, or grasping the opponent by the throat and hair 14.1.6 Holding the opponent's head or neck with both hands 14.1.7 Intentionally pressing against the opponent after the opponent falls to the ground</p>

<p>14.1.8 将对方抱起使之失去控制能力，仍将对方头朝下垂直下摔，有意伤害对方者。</p>	<p>14.1.8 Holding the opponent up and banging the opponent vertically head-down when the opponent loses the ability to control himself/herself, so as to harm the opponent intentionally</p>
<p>14.2 技术犯规：</p>	<p>14.2 Technical infraction</p>
<p>14.2.1 场上裁判发出开始口令之前或叫停之后，仍然进攻者。</p>	<p>14.2.1 Attacking before the referee says “Kai-Shi (開始; Go)” or continuing to attack after the referee says “Ting (停; Stop)”</p>
<p>14.2.2 比赛进行中，作为教练员、助手干扰比赛或进入场地者。</p>	<p>14.2.2 The coach or team staff interfering with the competition or entering the arena</p>
<p>14.2.3 比赛进行中，自行停止比赛者。</p>	<p>14.2.3 Stopping the competition unilaterally while the competition is in process</p>
<p>14.2.4 比赛中抓对方裤子者。</p>	<p>14.2.4 Grasping the opponent’s wrestling pants without letting go during the competition</p>
<p>14.2.5 女运动员故意撕扯对方内衣者。</p>	<p>14.2.5 Female athlete intentionally tearing at the opponent’s undergarment</p>
<p>14.2.6 比赛中佩戴饰物或坚硬护具者。</p>	<p>14.2.6 Wearing accessories or hard protective equipment</p>
<p>14.2.7 比赛进行中，跤衣带、</p>	<p>14.2.7 Wrestling band or boot</p>

<p>跤靴带松开者。</p> <p>14.2.8 违反本规则第四条各款规定者。</p>	<p>laces loosening during the competition</p> <p>14.2.8 Violating any item of Article Four</p>
<p>第十五条 消极</p> <p>消极：是指运动员在比赛中没有实质性进攻意图的行为。有下列情形之一者视为消极：</p> <p>15.1 故意逃避比赛者，不受时间限制立即处罚。</p> <p>15.2 倒地后不立即起身，故意拖延比赛达 5 秒钟。</p> <p>15.3 比赛进行中，用头顶住对方，故意拖延比赛时间达 10 秒钟。</p> <p>15.4 无论运动员把位是否有利，只要没有实质性进攻或反攻动作达 15 秒钟。</p> <p>15.5 不积极抢手、不抓握跤衣、不积极进攻、无进攻意图达 15 秒钟。</p>	<p>Article Fifteen: Passiveness</p> <p>Definition of passiveness: When the athlete shows no intention of actual attack during the competition. The following conditions are ruled as passiveness:</p> <p>15.1 Intending to shun the opponent, immediately handled with penalty regardless of how long the shunning lasts</p> <p>15.2 Not rising immediately after a fall with the intention to delay the competition for five seconds</p> <p>15.3 Pressing the head against the opponent during the competition with the intention to delay the competition for 10 seconds</p> <p>15.4 Not absolutely attacking or counterattacking for 15 seconds during the competition, whether with an advantageous hold or not</p> <p>15.5 Not aggressively grappling, grasping the opponent's wrestling jacket, attacking, or showing any</p>

<p>15.6 比赛开始 60 秒后，双方运动员均没得分，裁判员应根据运动员在场上的表现，对相对消极的一方运动员进行消极处罚。</p>	<p>intention to attack for 15 seconds</p> <p>15.6 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</p>
<p>第十六条 检录</p> <p>16.1 运动员必须持有效证件在赛会指定检录处检录，合格后方可参赛。</p> <p>16.2 检录人员应对运动员是否佩戴各种饰物及硬质护件、跤服、跤靴等认真检查。</p> <p>16.3 检录合格后的运动员必须在指定的候场处等待。</p>	<p>Article Sixteen: Registration</p> <p>16.1 Athletes have to show their official identifications at the designated place for registration. Only after proven eligible can they sign up for the competition.</p> <p>16.2 The register officer should examine closely if the athlete is equipped with any kind of accessories, hard protective equipment, wrestling jacket, and boots.</p> <p>16.3 Eligible athletes have to wait in the designated area.</p>
<p>第十七条 罚则</p> <p>17.1 运动员在规定检录时间内 3 次点名未到，按弃权处理。检录后运动员在宣告出场比赛的 1 分钟内未能按时上场比赛者按弃权处理。</p>	<p>Article Seventeen: Penalty</p> <p>17.1 Athletes who have not signed up after three consecutive roll-calls are considered giving up their rights to take part in the competition. Athletes who, after signing up, do not show up in the arena within one</p>

<p>17.2 比赛期间，运动员无故弃权，取消本人全部成绩。</p> <p>17.3 教练员违反第十一条第一款或第二款，第一次违反给予警告处罚，第二次违反给予判罚出场的处罚。</p> <p>17.4 凡触犯“侵人犯规”条例的运动员，将根据情节轻重，给予警告或直接取消该场比赛资格处罚。</p> <p>17.5 凡触犯“技术犯规”条例者，将给予警告处罚。</p> <p>17.6 比赛中一方或双方运动员凡触犯“消极”处罚条例</p>	<p>minute after the competition is announced to begin, are also considered giving up their rights to take part in the competition.</p> <p>17.2 During a competition, when the athlete spontaneously gives up the right to take part in the competition, all of his/her scores and records will be eliminated.</p> <p>17.3 When the coach violates Item 1 or 2 of Article Eleven, a warning will be given upon the first incidence. If it happens again, he/she will be escorted out of the arena.</p> <p>17.4 When the athlete has one of the situations in Item 1 of Article Fourteen: Personal Offense, a warning or a cancellation of qualification to the round will be determined based on the severity of the situation.</p> <p>17.5 When the athlete has one of the situations in Item 2 of Article Fourteen: Technical Infraction, a warning will be given.</p> <p>17.6 During the competition, when one or both of the athletes</p>
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者，将给予警告处罚。

17.7 比赛中，一方犯规，情形对犯规者有利时，立即停止比赛按规定给予处理；如对犯规者不利则等该进攻动作结束后再叫停，并按规定给予处理。犯规者将对手摔倒不得分，并给予处罚；如犯规者被对手摔倒，则判对手得分，并追加犯规者的处罚。

17.8 比赛中，一方运动员受到4次警告，则取消该运动员本场比赛资格，宣布对方获胜。

17.9 伤停判罚：比赛进行中，一方运动员因受伤（非犯规导

have one of the situations in Article Fifteen: Passiveness, a warning will be given.

17.7 During the competition, if one of the athletes violates the rules and the violator gains the upper hand, the competition should be suspended immediately. If the violator is in an unfavorable situation, the competition should not be suspended until the movement is complete. In both cases, the infraction will be handled in accordance with the competition rules. If the violator pins the opponent to the ground, penalty should be applied and no points should be given. If the violator is pinned by the opponent to the ground, points should be given to the opponent and additional penalty should be applied to the violator.

17.8 When the athlete receives four warnings during the competition, he/she is disqualified from the round of the competition and the opponent is declared the winner.

17.9 Injury: During the competition, when the athlete is not

<p>致)而不能比赛时,场上裁判员暂停比赛。但暂停时间累计不能超过2分钟,如果受伤者累计超过2分钟仍不能参赛,则判受伤运动员本场负,保留其技术得分。</p>	<p>able to compete due to injuries that do not involve violations of the rules, the referee should call timeout. The duration of the timeout, however, should not be over 2 minutes. If the injured athlete remains unable to compete after 2 minutes, then he/she keeps the technical points but should be declared the loser of the round.</p>
<p>第四章 判定胜负和确定名次</p>	<p>Chapter4 Determination of the competition results and ranking</p>
<p>第十八条 判定胜负</p> <p>18.1 累计得分多者胜。</p> <p>18.2 优势获胜。比赛中双方得分累计分差达8分时,即终止比赛,判得分多者优势获胜。</p> <p>18.3 双方得分相同,技术分多者获胜;若相同,则判得3分多者胜,若相同,则判得2分多者胜;若还相同,则判最后得分者胜。</p>	<p>Article Eighteen: Determination of the Competition Results</p> <p>18.1 The one with the most accumulated points wins.</p> <p>18.2 The one in the upper hand wins: When the difference in the total scores of the athletes reaches 8 points, the competition ends and the one with more points wins.</p> <p>18.3 When both athletes have the same score, the one with more technical points wins; if both have the same technical points, the one with more three-points wins; if both have the same number of three-points, the one with more two-points wins; if both have the</p>

	same number of two-points, the one who scores the last point(s) wins.
<p>第十九条 名次的确定</p> <p>19.1 个人淘汰赛名次 个人淘汰赛时直接产生 1、2 名，负于第 1 名、第 2 名者为并列第 3 名，负于第 3 名者为并列第 5 名，依此类推。</p> <p>19.2 个人循环赛名次</p> <p>19.2.1 循环赛时，全部比赛结束后，按积分(即计分的总和，循环赛胜 1 场积 2 分，输 1 场积 1 分，弃权 1 场 0 分)的多少确定个人名次，积分多者名次列前。</p>	<p>Article Nineteen: Determination of the Ranking</p> <p>19.1 Ranking in individual elimination tournaments In an individual elimination tournament, the ranking starts from the first place and second place, followed by the third place, which is shared by those who lost to the first and second place winners. The third place is then followed by the fifth place, shared by those who lost to the third place winners, and so on and so forth.</p> <p>19.2 Individual round-robin tournaments</p> <p>19.2.1 In a round-robin tournament, after all matches are finished, the individual ranking is determined by the accumulated points, which refer to the sum of the individual's scores (winning one round-robin tournament is worth 2 points, losing one is worth 1 point, and giving up the right to participate in a competition is worth none). The one with more accumulated points</p>

19.2.2 如两人积分相等，则按两人在比赛中的胜负确定名次，胜者名次列前。

19.2.3 如两人以上积分相等，则以他们之间的比赛胜负确定名次。

19.2.4 如两人以上积分相等又为循环互胜，技术分多者名次列前，其次获3分多者名次列前，如相同，获2分多者名次列前，若还相同，体重轻者名次列前。两人体重相同，胜者名次列前。若三人体重还相同，进行附加赛确定名次排列。

19.2.5 参加预赛或决赛的场数不到一半者，成绩全部作废，不

ranks higher.

19.2.2 If both athletes share the same accumulated points, then the ranking will be determined by the results of their competition. The winner ranks higher.

19.2.3 If two or more athletes share the same accumulated points, then the ranking will be determined by the results of their competitions.

19.2.4 If two or more athletes share the same accumulated points, the one with more technical points ranks higher, followed by the one with more three-points. If the athletes share the same number of three-points, the one with more two-points ranks higher. If the athletes still share the same number of two-points, the one with the lighter weight ranks higher. If two athletes have the same weight, the winner ranks higher. If three athletes have the same weight, a tiebreaker is mandated to determine the ranking.

19.2.5 If the athlete takes part in less than half of the preliminary or

计名次，曾与其比赛的对方成绩均予注销。

19.2.6 参加预赛或决赛的场数已达到或超出一半时(如应赛 6 场，已赛完 3 场或 3 场以上)应按其积分确定名次，其余未进行比赛的场次，均按弃权论处。

19.3 团体名次：

19.3.1 按各单位运动员在各级别比赛中被录取最好名次的总和确定名次，得分多者名次列前。

19.3.2 如遇两个或两个以上单位团体积分相等，获得第 1 名多的单位名次列前；如再相等，获得第 2 名多者名次列前；依此类推。

19.3.3 团体对抗赛时，以循环

final competitions, his/her scores and rankings will all be eliminated, as well as the scores of the athletes who have competed with him/her.

19.2.6 If the athlete takes part in half or more than half of the preliminary or final competitions (for example, having completed 3 or more competitions out of 6 in total), the ranking should be determined by his/her accumulated points. The competitions not participated by the athlete will be regarded as the athlete giving up the right of participation.

19.3 Ranking in group competitions

19.3.1 The ranking is determined by the sum of each athlete's best rankings in his/her weight class. The one with more points ranks higher.

19.3.2 If two or more groups share the same accumulated points, the group with more first-places ranks higher. If they share the same number of first-places, the group with more second-places ranks higher, and so on and so forth.

19.3.3 Round-robin or elimination

<p>赛或淘汰赛赛制进行比赛。</p> <p>19.3.4 录取方法及每个级别录取前几名及每个名次各得几分，由主办单位在竞赛规程中规定。</p>	<p>tournaments are applied in group competitions.</p> <p>19.3.4 The organizer will include the following in the competition regulations: the methods of ranking, the number of places ranked in each class, and the number of points that each rank is worth</p>
<p>第五章 裁判人员及其职责</p>	<p>Chapter 5 Referee duty</p>
<p>第二十条 裁判人员的组成</p> <p>20.1 总裁判长 1 人、副总裁判长 1 至 3 人。</p> <p>20.2 每场比赛：执行裁判长 1 人、场上裁判 1 人、侧面裁判 1 人、计时记录裁判 1 人、检录裁判 1 人。</p> <p>20.3 编排记录长 1 人、编排裁判 2 至 4 人。</p> <p>20.4 检录长 1 人，检录裁判 2 至 4 人。</p> <p>20.5 宣告员 1 人。</p> <p>20.6 医务监督 1 人。</p> <p>20.7 根据比赛规模可酌情安排裁判员和工作人员的人数。</p>	<p>Article Twenty: The Composition of Referees</p> <p>20.1 1 chief referee, 1 to 3 vice chief referees</p> <p>20.2 For every match there should be 1 mat-chairman, 1 executive referee, 1 side referee, 1 timekeeper, and 1 register referee.</p> <p>20.3 1 schedule arrangement recorder, 2 to 4 arrangement referees</p> <p>20.4 1 register officer, 2 to 4 register referees</p> <p>20.5 1 reporter</p> <p>20.6 1 medical supervisor</p> <p>20.7 The number of referees and staff can be adjusted according to</p>

	the scale of the competition.
<p>第二十一条 裁判人员的职责</p> <p>21.1 总裁判长：</p> <p>21.1.1 解释规则</p> <p>21.1.2 领导裁判人员，负责裁判组的组织工作。</p> <p>21.1.3 比赛前对场地器材和设备进行总的检查。</p> <p>21.1.4 当裁判员的判定不一致时，可做最后的决定。</p> <p>21.1.5 裁判员不称职或发生严重错误时，可建议竞赛委员会给予相应的处理，必要时可停止裁判员职务。</p> <p>21.1.6 如遇特殊情况（不可预见性）影响比赛时，可决定是否继续进行比赛。</p>	<p>Article Twenty One: The Duties of Referees</p> <p>21.1 Chief referee:</p> <p>21.1.1 Explains the rules.</p> <p>21.1.2 Leads the referee team and organizes the duties of the referees.</p> <p>21.1.3 Makes an overall examination of the competition equipment and facilities before competition.</p> <p>21.1.4 Makes the final decision when there is inconsistency in the judgments of the referees.</p> <p>21.1.5 Provides the competition committee with suggestions when one of the referees appears unprofessional or makes a serious error; termination of the referee is in order when necessary.</p> <p>21.1.6 Decides whether the competition continues when unforeseeable events affect the competition.</p>

<p>21.1.7 审定、签署和宣布比赛成绩。</p>	<p>21.1.7 Examines, signs, and announces the competition results.</p>
<p>21.1.8 比赛结束后及时作出书面总结。</p>	<p>21.1.8 Issues a written conclusion immediately after a competition ends.</p>
<p>21.2 副裁判员：</p>	<p>21.2 Vice chief referee:</p>
<p>21.2.1 服从并协助总裁判长领导裁判组的工作。总裁判长缺席时，代行总裁判长职责。</p>	<p>21.2.1 Obeys and helps the chief referee with leading the referee team, and serves as the acting chief referee when the chief referee is absent.</p>
<p>21.2.2 全面负责所分场地执裁工作，负责管理、调度裁判员工作和裁判员个人推优或处分的工作。</p>	<p>21.2.2 Fully in charge of the tasks regarding the referees in the appointed arena, and manages and appoints jobs for the referee team.</p>
<p>21.2.3 根据需要也可兼任执行裁判员工作。</p>	<p>21.2.3 Also serves as the mat-chairman when necessary.</p>
<p>21.2.4 处理临场比赛录像审议，由该场比赛的三名裁判员和负责该台比赛的副裁判员共同研究，如果意见不统一，则请总裁判长参加，最后以少数服从多数来决定判罚。</p>	<p>21.2.4 When dealing with a discussion in the event of a judgment in question, the three referees of that match and the vice chief referee in charge should be working together. If a consensus cannot be reached, the chief referee should join the discussion, and the final judgment will be made by majority rule.</p>

21.3 执行裁判长：

21.3.1 比赛开始前检查本场地比赛的用具和比赛场地，准备好记分表。

21.3.2 比赛中监督、协调场上裁判及其他裁判员的工作。

21.3.3 比赛中在接到场上裁判和侧面裁判判定的得分信息后，即刻判定出得分结果，并举牌示众。如场上裁判和侧面裁判所判分值不统一时，执行裁判长可采纳其中一方意见并举牌示众。如执行裁判长持有第三种意见，可召集场、侧裁判员会议并将结果示众。如会议意见不能统一时，报副总裁判长审定。

21.3.4 根据场上情况，判定运

21.3 Mat-chairman:

21.3.1 Examines the equipment and arena for competition use before the match and prepares the scoreboards.

21.3.2 Supervises and manages the referees' duty during the match.

21.3.3 Announces the points scored immediately after the executive referee and the side referee make the judgment, and raises the sign of scoring to show the audience. If the executive referee and the side referee do not agree on the points given, the mat-chairman can decide which one of the two opinions he takes and then raises the sign of scoring to show the audience. If the mat-chairman has a third opinion, he/she can discuss with the executive referee and the side referee and afterwards raises the sign to show the audience. If a consensus remains unreachable, the vice chief referee will make the final decision.

21.3.4 Determines the score,

<p>动员的得分、处罚、获胜、弃权、取消比赛资格，以及对教练员的处罚等事宜。</p> <p>21.3.5 比赛结束，审核、签署比赛成绩记录表。</p> <p>21.4 场上裁判：</p> <p>21.4.1 严格执行规则，用手势和口令指挥运动员上场进行比赛、下场、行礼和临场治疗等事宜。</p> <p>21.4.2 判定运动员的得分和判罚情况，并第一时间用手势示众，然后按执行裁判长的最后判定结果宣告得分和处罚情况。</p> <p>21.4.3 处理场上的相关事宜，宣告本场比赛结果。</p> <p>21.5 侧面裁判：</p> <p>21.5.1 在侧面裁判工作台就坐，对运动员得分、犯规等情况</p>	<p>fouls, victory, discard, and disqualification of the athletes, as well as the punishments of the coaches according to the situation.</p> <p>21.3.5 Checks and signs the competition score record sheet when the competition ends.</p> <p>21.4 Excutive referee:</p> <p>21.4.1 Executes the rules rigorously, and uses gestures and verbal commands to signal the athletes to enter or exit the arena, salute, and receive medical treatment.</p> <p>21.4.2 Determines the athletes' scores and fouls while immediately showing the audience, and announces the final scores and fouls determined by the mat-chairman.</p> <p>21.4.3 Deals with incidents that happen during the match and declares the results of a game.</p> <p>21.5 Side referee:</p> <p>21.5.1 Sits at the side official table and raises signs when expressing</p>
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<p>及时表达自己的意见并举牌示意。</p> <p>21. 5.2 及时向执行裁判长举牌示意教练员的违规情况。</p> <p>21. 6 电子计时记录裁判员：</p> <p>21. 6.1 根据场上裁判发出的开始和暂停的口令计时。</p> <p>21. 6.2 发出比赛开始和结束的信号，比赛时间结束以电子记分器发出的声音为准。</p> <p>21. 6.3 比赛开始前 5 秒钟，发出准备开始的信号。</p> <p>21. 6.4 根据场上裁判员的宣告，负责记分、示分、计时。</p> <p>21. 6.5 遇有伤病等情况时，根据场上裁判员的指示计时，提示疗伤时间，累计疗伤时间达 2 分钟时，即鸣哨告示。</p>	<p>his/her opinions regarding the scores and fouls of the athlete.</p> <p>21.5.2 Raises signs immediately to the mat-chairman in the event of a violation by the coach.</p> <p>21.6 Timekeeper:</p> <p>21.6.1 Keeps the time according to the start and timeout commands made by the executive referee.</p> <p>21.6.2 Signals the start and end of the match, the end of the match signaled by the sound of the timer.</p> <p>21.6.3 Signals the athletes to be ready 5 seconds before the match starts.</p> <p>21.6.4 Keeps and shows the scores as well as keeps the time according to the executive referee's announcements.</p> <p>21.6.5 In the event of injuries, keeps the time according to the executive referee's instructions, indicates the time for treatment, and blows the whistle when the accumulated time for treatment</p>
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<p>21.7 编排记录长：</p> <p>21.7.1 负责编排组审核最后报 名单、抽签及比赛编排工作。</p> <p>21.7.2 比赛开始 2 小时之前， 负责将各级别轮次编排定位 表，公示张贴至驻地和赛场的工作。</p> <p>21.7.3 负责各种竞赛记录表格 的准备工作，收集、审查、登记、 发布比赛成绩。</p> <p>21.7.4 负责编制成绩册，填写 证书并协助大会发奖。</p> <p>21.7.5 负责将所有编排记录、 成绩录取表、体重表等表格资料 整理后上交总裁判长。</p>	<p>reaches 2 minutes.</p> <p>21.7 Schedule arrangement recorder:</p> <p>21.7.1 Arranges and checks the final enrollment list, draws the lot, and attends to other arrangements regarding the competition.</p> <p>21.7.2 2 hours before the competition, puts up match schedules for each class in the resting areas and the arena.</p> <p>21.7.3 In charge of all the competition forms, as well as collects, checks, registers, and announces the competition results.</p> <p>21.7.4 Makes the game result record books and the certificates, and helps the association distribute the awards.</p> <p>21.7.5 Organizes all tables and forms, including the schedule arrangements, result records, and the athletes' weigh-in, and passes the organized information to the chief referee.</p>
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21.8 检录长：

21.8.1 参与称量运动员体重的
工作，检查称重器材。

21.8.2 在每场比赛开始前 10
分钟，负责组织运动员点名，严
格执行规则检查运动员的服装
及仪表。

21.8.3 比赛前 3 分钟通知运动
员入场，并检查其服装颜色是否
与出场顺序表一致。

21.8.4 组织志愿者或工作人员
在比赛场地内引领运动员入
场、退场的工作。

21.8.5 向裁判台副裁判员长报
告弃权运动员名单，向编排长上
交运动员弃权表。

21.8.6 检录裁判在检录长的领
导下开展工作。

21.8 Register officer:

21.8.1 Assists in the athletes'
weigh-in, and examines the
weighing equipment.

21.8.2 Starts the roll-call 10
minutes before every match, and
closely inspects the athletes'
uniform and appearance etiquette.

21.8.3 Notifies the athletes to
enter 3 minutes before the match,
and makes sure that the color of
their uniform is consistent with the
order of their entrances.

21.8.4 Volunteers or staff should
lead the athletes to enter or exit the
arena.

21.8.5 Reports the list of
abstaining athletes to the vice chief
referee at the official table, and
hands in the abstention form to the
schedule arrangement recorder.

21.8.6 Guides the register referee
regarding his/her duty.

<p>21.9 宣告员：</p> <p>21. 9.1 摘要介绍竞赛规程和规则。</p> <p>21. 9.2 宣告每场比赛顺序，报告每场比赛结果。</p> <p>21. 9.3 负责临场的宣传教育工作。</p> <p>21. 9.4 宣告总裁判长确定告知全体参会人员的有关事宜。</p> <p>21.10 医务监督：</p> <p>21. 10.1 审核运动员的“体格检查表”。</p> <p>21. 10.2 负责受伤者的急救工作，对受伤运动员能否继续参加比赛给予建议。</p>	<p>21.9 Reporter:</p> <p>21.9.1 Briefly introduces the rules of the competition.</p> <p>21.9.2 Announces the order and results of each competition.</p> <p>21.9.3 In charge of the publicity and education work.</p> <p>21.9.4 Declares that the chief referee has informed all the participants about the matters regarding the competition.</p> <p>21.10 Medical supervisor:</p> <p>21.10.1 Examines the athletes' physique examination forms.</p> <p>21.10.2 Treats the injured and gives suggestions on whether the injured athlete is able to continue the match.</p>
<p>第六章 裁判方法及手势口令</p>	<p>Chapter 6 Methods of judgment, gestures, and commands</p>
<p>第二十二条 裁判方法</p>	<p>Article Twenty Two: Methods of Judgment</p>

22.1 每场比赛由1名执行裁判长、1名场上裁判、1名侧面裁判负责比赛的判罚工作。执行裁判长坐在裁判台(离保护垫2米)执裁；场上裁判在比赛区执裁；侧面裁判坐在执行裁判长对面(离保护垫2米)。

22.2 比赛中当出现运动员“第三点”着地时，场上裁判应即刻发出“停”的口令，并举手示分。侧面裁判根据自己的观察，举牌示分。执行裁判长如同意其中一方或双方的判决，举牌示分。场上裁判根据执行裁判长的判定做出宣告。

22.3 执行裁判长若与场上、侧面裁判意见不同时，可召集场上、侧面裁判商议后判定。如意见不能达成统一时，应报副裁判长合议后做出判决。仍不能达成统一时，须报总裁判长合议，以少数服从多数的原则。

22.1 For each match, 1 mat-chairman, 1 excutive referee, and 1 side referee are responsible for the judgment. The mat-chairman sits at the official table 2 meters away from the mat; the excutive referee stays in the competition zone; and the side referee sits across from the mat-chairman, also 2 meters away from the mat.

22.2 When the athlete touches the ground with “a third point,” the excutive referee should immediately say “Stop (Ting)” and raise the sign to show the score. The side referee will also raise the sign according to his/her own observations. The mat-chairman will raise the sign if he/she agrees with one or both of the referees. The excutive referee will then announce the score according to the mat-chairman’s judgment.

22.3 When the mat-chairman has a different opinion from the excutive and side referees, he/she can call together both referees and make the decision after discussion. If a consensus cannot be reached, the vice chief referee should be called in for the discussion. If a

22.4 场上、侧面裁判员认为运动员有消极、犯规行为时，应向执行裁判长示意。若场上、侧面裁判员同时示意，则执行裁判长应即刻判定，由场上裁判宣告。若1位裁判员示意，执行裁判长则根据自己的判断决定是否判定。场上裁判有权先停止比赛，再征求判罚。

22.5 比赛中教练员出现违反规则行为，场上、侧面裁判员应向执行裁判长提出处罚意见，执行裁判长决定是否处罚。如处罚，由执行裁判长向违规教练员出示警告牌，教练员受第二次警告时，场上裁判员令其离开比赛场地。

consensus still cannot be reached, then the chief referee should be called in and the majority rule will be applied.

22.4 When the executive and side referees think the athlete is engaging in passiveness or fouls, they should signal the mat-chairman. If both the referees signal at the same time, the mat-chairman must immediately make the judgment and the executive referee will announce. If one of the referees signal, the mat-chairman will decide whether the ruling is valid according to his/her own observation. The executive referee has the right to pause the match before asking for a judgment to be made.

22.5 When the coach violates the rules during the competition, the executive and side referees should propose penalty suggestions to the mat-chairman for him/her to decide whether the coach will receive the penalty. If the mat-chairman decides that the penalty will be in order, he/she will show the sign of warning to the coach. When the coach receives the warning for the

<p>22.6 出现双方相互抓握对方均无进攻意识的僵局时，可暂停比赛，重新开始。</p>	<p>second time, he/she will be required to leave the arena by the executive referee.</p> <p>22.6 In the event of a deadlock where both athletes are grasping onto each other without attac</p>
<p>第二十三条 裁判员的手势、口令及记录工作</p> <p>23.1 场上裁判员手势口令</p> <p>23.1.1 运动员上场：场上裁判左手戴红色标识，右手戴蓝色标识站在比赛场地中央面向裁判台，两臂侧平举，手心向上，五指并拢，然后做肘弯曲，两上臂向上 90 度，手心向内；待运动员走到比赛开始线，两臂下摆，指向双方开始线后，待双方运动员行礼后收臂。</p>	<p>Article Twenty Three: Referees' Gestures, Commands, and Recording</p> <p>23.1 The executive referee's gestures and commands</p> <p>23.1.1 Signal for the athletes to enter the arena: The executive referee should stand in the center of the arena facing the official table, wearing a red sign on the left hand and a blue one on the right. He/she will stretch both arms horizontally, palms facing upward, fingers closed together, and then bend both arms upwards by 90 degrees, palms facing inward. When the athletes come to the starting lines, the executive referee should point downward to both starting lines with both arms, wait for both athletes to complete the salute, and then put down his/her arms.</p>

23.1.2 征询比赛开始：场上裁判面向裁判台立正姿势站立，右臂前举，掌心向前，得到执行裁判长示意后放下。

23.1.3 开始比赛：场上裁判立正姿势站立，左脚向前跨一步，两臂在体侧下方抬起，与身体成45度角，掌心向上，并发出“预备”口令，然后两臂直臂摆动至身体前方呈交叉状，五指并拢，掌心向下，同时发出“开始”口令。

23.1.4 暂停比赛：场上裁判右臂向前伸直，五指并拢，拇指在上，指向运动员，同时发出“停”的口令。

23.1.5 得1分：场上裁判面向执行裁判长，一臂(左红右蓝)侧举，小臂呈90度向上，伸出食指。

23.1.2 Request for the match to start: The executive referee should stand erect facing the official table, stretch forward his/her right arm, palm facing outward, and put the arm down after the mat-chairman's confirmation.

23.1.3 Start of the match: The executive referee should stand erect, take a step forward with his/her left foot, slightly raise both arms to form 45-degree angles with both sides of the body, palms facing upward, and says "Ready (Yubei)." Then the executive referee should stretch both arms to the front of the body, making a cross, fingers closed together and palms facing downward, and say "Start (Kaishi)."

23.1.4 Timeout: The executive referee should stretch out the right arm straight and forward, fingers closed together, palm facing sideways with the thumb at the top, point at the athletes while saying "Stop (Ting)."

23.1.5 Scoring 1 point: The executive referee should face the mat-chairman, stretch sideways the arm with the color representing the

23.1.6 得 2 分：场上裁判面向执行裁判长，一臂(左红右蓝)侧举，小臂呈 90 度向上，伸出食指和中指。

23.1.7 得 3 分：场上裁判面向执行裁判长，一臂(左红右蓝)伸直上举，伸出拇指、食指、中指。

23.1.8 红(蓝)方得分：场上裁判看到执行裁判长裁决后，做出得分手势，发出“红(蓝)方(1、2、3)分”口令。

23.1.9 互不得分：两臂体前斜下举，掌心向后，然后摆动交叉

scoring athlete (red on the left and blue on the right), bend the arm upwards at 90 degrees, and hold up his/her index finger.

23.1.6 Scoring 2 points: The excutive referee should face the mat-chairman, stretch sideways the arm with the color representing the scoring athlete (red on the left and blue on the right), bend the arm upwards at 90 degrees, and hold up his/her index finger and middle finger.

23.1.7 Scoring 3 points: The excutive referee should face the mat-chairman, stretch sideways the arm with the color representing the scoring athlete (red on the left and blue on the right), bend the arm upwards at 90 degrees, and hold up his/her thumb, index finger, and middle finger.

23.1.8 Scoring: The excutive referee will make the scoring gestures after seeing the mat-chairman's judgment, and say "Red/blue, 1/2/3 point(s)."

23.1.9 No points given to either athlete: The excutive referee should

2 次。

23.1.10 消极判罚提示手式：一方运动员消极时，场上裁判员口令提示消极方，一臂(左红右蓝)五指并拢掌心向上，在腰腹处侧举反复屈肘摆动 3 秒钟。手臂摆动中，若消极一方开始进攻，则停止摆动。

23.1.11 警告：场上裁判一臂(左红右蓝)屈肘侧上举，握拳，拳心向前，同时发出“红(蓝)方，消极(技术犯规、侵人犯规)警告一次”口令。

23.1.12 出界：一臂向前伸直，五指并拢，拇指在上，在体侧前

stretch out both arms downward diagonally, palms facing backward, and move the arms to make a cross twice.

23.1.10 Penalty for passiveness: When one of the athletes shows passiveness, the executive referee should make verbal indication to him/her, stretch out sideways the arm with the representing color of the athlete, keep the arm close to the waist, and repetitively bend it at the elbow for three seconds, fingers closed together and palm facing upward. In the middle of the gesture, if the passive athlete starts attacking, the executive referee should stop making the gesture.

23.1.11 Warning: The executive referee should stretch sideways the arm with the color representing the athlete (red on the left and blue on the right), bend it upward at 90 degrees, palm facing forward, make a fist, and say “Red/blue, passiveness (technical infraction, personal offense), first warning.”

23.1.12 Out of bounds: The executive referee should stretch one

后摆动两次。

23.1.13 整理服装：面向需整理服装的运动员，两掌放在左右腰腹处，指尖向下。

23.1.14 宣告胜负：场上裁判一臂(左红右蓝)向获胜运动员侧上方举起后小幅度落下(约30度角左右)，同时发出“红(蓝)方胜”口令。

23.2 执行裁判长的执裁动作

23.2.1 开始比赛：执行裁判长端坐裁判台，一臂上举，五指并拢，掌心向前。

23.2.2 暂停示意：鸣单音哨。起立面向场上裁判，一臂上举，五指并拢，掌心向前。

arm straight forward, fingers closed together, palm facing sideways with the thumb on top, and swing the arm twice by the side of the body.

23.1.13 Fix clothing: The executive referee should face the athlete who is required to fix his/her clothing, place both palms on either side of the stomach, fingers pointing downward.

23.1.14 Announcement of the results: The executive referee should stretch the arm with the color representing the winner (red on the left and blue on the right), reach toward the winner and slightly lay down the arm by 30 degrees, and say “Red/blue wins.”

23.2 The mat-chairman's gestures

23.2.1 Start of the match: The mat-chairman should sit at the official table, raising up one arm, fingers closed together and palm facing forward.

23.2.2 Timeout: The mat-chairman should blow the single tone whistle, stand up to face the executive referee, raising up one

<p>23.2.3 得分示牌：向得分运动员一侧，举(1分2分或3分)得分牌。</p> <p>23.2.4 互不得分：举白牌示意。</p> <p>23.2.5 处罚示牌：</p> <p>23.2.5.1 对运动员警告：向被警告运动员上举红色或蓝色警告牌。</p> <p>23.2.5.2 对教练员警告：向被警告教练员上举红色或蓝色警告牌。</p> <p>23.2.6 判定胜负：一臂(左或右)侧举，五指并拢，掌心向前，指向获胜一方。</p> <p>23.2.7 召集场上裁判员：起立，两臂向前抬起屈肘上举，五指并拢向上，掌心向内。</p>	<p>arm, fingers closed together and palm facing forward.</p> <p>23.2.3 Showing signs of scoring: The mat-chairman should raise the scoring signs of 1, 2, or 3 point(s) to the scoring athlete.</p> <p>23.2.4 No points given to either athlete: The mat-chairman should raise blank signs.</p> <p>23.2.5 Showing signs of penalty:</p> <p>23.2.5.1 Warning to the athlete: The mat-chairman should raise the red or blue warning sign to the regarding athlete.</p> <p>23.2.5.2 Warning to the coach: The mat-chairman should raise the red or blue warning sign to the regarding coach.</p> <p>23.2.6 Announcement of the results: Stretch out one arm (left or right) sideways to the winner, fingers closed together and palms facing forward.</p> <p>23.2.7 Calling together the executive referee: Stand up, stretch both arms forward and bend upward</p>
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at the elbow, fingers closed together and pointing upward, palms facing backward.

23.3 侧面裁判的示分动作

23.3 The side referee's gestures

23.3.1 得分：面向执行裁判员，举得分牌(1分、2分或3分)。

23.3.1 Scoring: The side referee should face the mat-chairman and raise the scoring signs of 1, 2, or 3 point(s).

23.3.2 互不得分：单臂向前举白牌。

23.3.2 No points given to either athlete: The side referee should stretch one arm forward and raise the blank sign.

23.3.3 处罚：

23.3.3 Penalty:

23.3.3.1 对运动员警告：上举(红或蓝)警告牌。

23.3.3.1 Warning to the athlete: The side referee should raise the red or blue warning sign.

23.3.3.2 对教练员警告：起立，上举(红或蓝)警告牌。

23.3.3.2 Warning to the coach: The side referee should stand up and raise the red or blue warning sign.

23.3.4 暂停：侧面裁判若发现需暂停比赛的情况时，应面向执行裁判员，起立，右臂上举，示意暂停。

23.3.4 Timeout: If the side referee considers that the situation requires a timeout, he/she should stand up, facing the mat-chairman, and raise up the right arm to signal for a timeout.

<p>23.4 记录员记录工作 记录符号：</p> <p>23.4.1 得分：“1”表示得1分；“2”表示得2分；“3”表示得3分。</p> <p>23.4.2 警告：用“x”符号表示。</p> <p>23.4.3 最后得分：用“0”符号表示。</p>	<p>23.4 The recorder's duty Symbols used for recording:</p> <p>23.4.1 Scoring: “1” for 1 point; “2” for 2 points; “3” for 3 points.</p> <p>23.4.2 Warning: Recorded as “x”.</p> <p>23.4.3 Final score: Recorded as “0”</p>
<p>第七章 附录</p>	<p>Chapter7 Appendix</p>
<p>竞赛台、比赛场地、跤服、跤靴标准规格尺寸与各种竞赛用表格附录在后。</p>	<p>The forms for competition use and the standard size of the competition stage, arena, uniform, and boots are attached in the appendix.</p>
<p>第八章 修改权与解释权</p>	<p>Chapter8 Amendment and interpretation</p>
<p>第二十四条 规则的解释权与修改权</p> <p>《中国式摔跤竞赛规则》的解释权、修改权由中国摔跤协会中国式摔跤发展委员会负责。</p> <p>本规则于2017年1月1日期开始实行。</p>	<p>Article Twenty Four: The Amendment and Interpretation of the Rules</p> <p>The Committee of Development at the Shuai-Jiao (Chinese Wrestling) Association is in charge of the amendment and interpretation of the rules herein.</p> <p>The Shuai-Jiao (Chinese type Wrestling) Rules and Regulations are in effect since January 1st, 2017.</p>