

Shuai Jiao (Traditional Chinese Wrestling) Rules and Regulations Summary

International

The following rules are a summary of the Shuai Jiao (Traditional Chinese Wrestling) rules recognised by the World Kuo Shu Federation (TWKSF) for use in regional, national and international tournaments.

Format

- Continuous wrestling with point breaks to award points for techniques. Contestants will be matched by gender, weight, school/style and experience (in that order).

Match

- Two rounds of two minutes duration (cumulative points) with a thirty second rest between rounds.

Area

- The match area will be a square matted area of 20 ft x 20 ft (6 m x 6 m) minimum to 26 ft x 26 ft (8 m x 8 m) maximum.
- The matted area may be raised onto a Lei Tai (Platform) of up to 3 ft (0.9 m) high.

Safety Equipment

- Optional: groin guard and mouth guard.
- Unless advised by medical staff the use of other safety equipment is prohibited.

Uniform

- Shuai Jiao Yi (Jacket), Shuai Jiao Kuzi (Long martial arts trousers), Shuai Jiao Xie (Soft Shoes or Wrestling Boots) and Shuai Jiao Dai (Belt). Contestants may use their own Shuai Jiao uniform. A red or blue belt will be supplied.

Officials

- One Executive Referee and one Assistant Referee to supervise the match and award points.
- One Verification Referee to confirm the points awarded.
- One Head Judge to ensure adherence to the rules and regulations.
- Two Administrators to keep score and organise the matches.
- One Doctor (First Aider) to ensure that Contestants are medically safe to compete.

Coaches and Seconds

- Each contestant should have at least one coach or a second in his corner.

Competitors

- All competitors should be aged between 18 and 40 (inclusive) on the day of the event (or an earlier date specified by the organiser).
- All competitors should have read the rules and regulations and have signed the waiver declaration on submitting their entry.
- At registration and on demand:
 - All competitors should be able to produce a medical certificate (dated within two weeks of the event) to confirm that they are able to compete in a contact event.
 - All competitors should be able to produce evidence that they are appropriately licensed and insured.
 - All competitors should be able to produce proof of identity and age.

Weight Categories

- Contestants will be matched by gender and weight, in the first instance, to the following weight categories.
- Where there are insufficient number 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.

Male			Female		
		<i>Maximum</i>			<i>Maximum</i>
50.1 – 56	Kg	123.46 lbs	45.1 – 48	Kg	105.82 lbs
55.1 – 60	Kg	132.28 lbs	50.1 – 52	Kg	114.64 lbs
60.1 – 65	Kg	143.30 lbs	55.1 – 56	Kg	123.46 lbs
65.1 – 70	Kg	154.32 lbs	60.1 – 60	Kg	132.28 lbs
70.1 – 76	Kg	167.55 lbs	65.1 – 65	Kg	143.30 lbs
75.1 – 82	Kg	180.78 lbs	70.1 – 75	Kg	165.35 lbs
82.1 – 90	Kg	198.42 lbs	75.1 – 82	Kg	180.78 lbs
90.1 – 100	Kg	220.46 lbs	Over 82		Infinite
100.1 – 115	Kg	253.53 lbs			
Over 115	Kg	Infinite			

Illegal Techniques

- Minor Foul
 - Disobeying the Referee's commands and hand signals.
 - Stepping on the Opponent's foot.
 - Pulling the Opponent's trousers
 - Touching the Opponent's face.
 - Pulling the Opponent's hair.
 - Pulling the Opponent down after being successfully thrown.
- Major Foul
 - Striking with fist, palm, foot, forearm, shin, elbow or knee.
 - Biting, spitting or gouging.
 - Striking with the head (head butting).
 - Dislocation, and breaking, of the joints.
 - Coaching from the sidelines to disturb or influence the match.

Penalties

- Fouls
 - First violation: warning
 - Second violation: 1 point penalty (minor foul); and 2 point penalty (major foul)
 - Third violation: disqualification
- A serious foul committed with intent may result in immediate disqualification

Legal Techniques

- Throwing, wrestling, grappling and take downs.
 - Shuai Jiao – stranding wrestling and throwing.
 - Kuai Jiao – 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 controls to throw/sweep/take down.
- Contestants may use their Opponent's jacket, belt or limbs to execute techniques.
- Blocking

- Contestants may engage in 'passive' standing wrestling for up to 5 seconds. Failure to attempt a technique or counter technique will result in the match being stopped and the Contestants separated and then restarted.
- Contestants may block the Opponent's techniques for up to 5 seconds. Failure to attempt a technique or counter technique may result in a penalty.

Points Scoring

- 1 Point
 - Opponent touches the mat with one or both hands.
 - Opponent touches the mat with one or both elbows.
 - Opponent touches the mat with one or both knees.
 - Opponent is forced out of area.
 - Contestant throws the Opponent and lands on top (covering the torso).
- 2 Points – Contestant executing the technique must remain standing.
 - Opponent touches the mat with both hands and knees.
 - Opponent touches the mat with their head.
 - Opponent is thrown and lands on their chest.
 - Opponent is thrown and lands on their bottom.
 - Opponent is thrown and lands on their side.
 - Opponent is thrown and lands on their back.
- 3 Points – Contestant executing the technique must remain standing and balanced.
 - Opponent is thrown, lifted and turned in the air through 360 degrees and lands on their back.
- If both Contestants fall simultaneously or leave the area simultaneously without technique then no points will be scored.

Winner

- Contestant wins by points scored cumulatively in two rounds.
- Contestant leads Opponent by nine points.
- Opponent withdraws from match (throws in the towel).
- Opponent is advised to withdraw by medical staff due to injury.
- Referee judges a mismatch in the skills of the contestants.
- In the event of a tie
 - One minute extension.
 - Contestant with the least number of warnings.
 - Lightest Contestant.
 - Chief Referee's decision.

Protests

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