

**SHUAIJIAO**  
**CHINESE WRESTLING**  
**NO JIAO FU**  
**RULES AND REGULATIONS**

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LITHUANIAN WUSHU FEDERATION

CHINESE WRESTLING

**SHUAIJIAO**

(NO JIAO FU 跤服)

**Tournament Rules and Regulations**

**2019**

## CHAPTER 1

### GENERAL RULES

#### Article 1 Types of Competition

Chinese Wrestling Shuai Jiao (no Jiao fu) competition is divided into team event and individual event.

#### Article 2 Systems of Competition

2.1 Chinese Wrestling Shuai Jiao (no Jiao fu) competition shall be conducted under the round-robin or elimination system.

2.2 Each bout consists two of two-minute rounds with a one-minute rest in between. A bout is won by the best two of two rounds.

#### Article 3 Qualifications

3.1 The competitor must hold a passport issued by the country /region which he/she represents.

3.2 A *Senior* competitor shall be 18-35 full years and a *Junior* competitor shall be 15-18 ("*Juniors B*": full age 15 – 16; "*Juniors A*": full age 17). *Children: full age 7-8, Children: full age 9 – 11, Cadets: full age 12 – 14.*

3.3 The competitor must produce a personal insurance certificate.

3.4 The competitor must produce a health certificate showing his Electrocardiogram (ECG), blood pressure and heart rate in a medical check-up taken within 30 days before his registration.

#### Article 4 Weight Categories

4.1.1 20kg Category ( $\text{Under} - \leq 20\text{kg}$ )

4.1.2 24kg Category ( $>20\text{kg} - \leq 24\text{kg}$ )

4.1.3 28kg Category ( $>24\text{kg} - \leq 28\text{kg}$ )

4.1.4 32kg Category ( $>28\text{kg} - \leq 32\text{kg}$ )

4.1.5 36kg Category ( $>32\text{kg} - \leq 36\text{kg}$ )

4.1.6 40kg Category ( $>36\text{kg} - \leq 40\text{kg}$ )

4.1.7 44kg Category ( $>40\text{kg} - \leq 44\text{kg}$ )

4.1 48kg Category ( $>40\text{kg} - \leq 48\text{kg}$ )

4.2 52kg Category ( $>48\text{kg} - \leq 52\text{kg}$ )

4.3 56kg Category ( $>52\text{kg} - \leq 56\text{kg}$ )

4.4 60kg Category ( $>56\text{kg} - \leq 60\text{kg}$ )

- 4.5 65kg Category ( $>60\text{kg} - \leq 65\text{kg}$ )
- 4.6 70kg Category ( $>65\text{kg} - \leq 70\text{kg}$ )
- 4.7 75kg Category ( $>70\text{kg} - \leq 75\text{kg}$ )
- 4.8 80kg Category ( $>75\text{kg} - \leq 80\text{kg}$ )
- 4.9 85kg Category ( $>80\text{kg} - \leq 85\text{kg}$ )
- 4.10 90kg Category ( $>85\text{kg} - \leq 90\text{kg}$ )
- 4.11 Over 90kg Category ( $>90\text{kg}$ )

### **Article 5 Weighing-in**

5.1 The weighing-in shall be conducted by the chief registrar in collaboration with the scheduler-recorders under the supervision of the Head Judge.

5.2 Only competitors with credentials shall be weighed in. They must show their passports at the time of weighing-in.

5.3 Competitors shall be weighed-in at the designated place and at the designated time, either in the nude or only with their trunks on.

(Female competitors may wear close-fitting undergarments.)

5.4 The weighing-in shall start with the lighter weight categories, each to finish in an hour. A competitor who outweighs his entered category and fails to reduce his weight within the stipulated time shall not be allowed to compete in any of the subsequent contests.

### **Article 7 Dress and Protective Gear**

7.1 Competitors shall wear shirts and trunks and use their own *gum shields* and *cup protectors* (under their trunks). Female competitors may wear close - fitting undergarments.

Shuai Jiao Dai (Belt) to indicate Blue or Red.

### **Article 8 Competition Protocol**

8.1 Competitors shall give a fist-palm salute when they are introduced to the audience.

8.2 Each round shall start with a fist-palm salute on the platform from both sides to their respective coaches, who shall answer with the same salute.

8.3 Each bout shall start with an exchange of fist-palm salute between the two sides.

8.4 At the announcement of the result, the two competitors shall exchange their positions. After the announcement, they shall give a fist-palm salute to each other and then simultaneously to the platform judge, who shall answer with

the same salute, and then to the opponent's coach, who shall answer with the same salute.

8.5 Sideline judges shall exchange fist-palm salute at the time of replacement.

## **Article 9 Default**

9.1 A competitor who is unable to compete due to injury or illness, which must be proved by a platform doctor's prescription or who is not qualified for competition due to over weight, shall be considered as a default, and shall not be allowed to take part in the subsequent contests. However, his results achieved in previous placings shall count.

9.2 If a competitor is being outclassed, his coach may for the sake of safety show the default plate. The competitor may also raise his hand to request a default.

9.3 A competitor who is absent for weighing-in, or who fails to answer the three roll – calls prior to a bout, or who leaves after the roll – calls without permission and fails to appear in time in the competition area, shall be regarded as a groundless default.

9.4 A competitor who makes a groundless default shall have all his results cancelled.

## **Article 10 Other Provisions During Competition**

10.1 All officials on duty shall concentrate on their work, without talking among themselves.

Nor shall they leave their seats without the referee's permission.

10.2 All participating teams shall abide by the Rules and respect and obey the judges' decisions. It is prohibited to wrangle, curse, throw protective gear, or act in any way to vent discontent.

Competitors are not all owed to walk out (except in cases of first - aid emergency) before the announcement of result of the bout.

10.3 The team coach and doctor may be seated at the designated place and are allowed to give massage or guidance to their athletes during the rest periods between the rounds.

10.4 Doping is strictly prohibited. Infusion of oxygen is forbidden during the rest periods between the rounds.

## CHAPTER 2

### FIGHTING METHODS, SCORING CRITERIA AND PENALTIES

#### 11. FIGHTING METHODS

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).

#### 12. Illegal Techniques

12.1 The contestant must obey the Executive Referee's commands at all times. 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, t-shirt, belt; 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 without attempting any techniques. 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. Points Scoring

##### One (1) Point

- Contestant remains standing whilst causing the opponent to touch down on the area with up to three limbs: hands or knees.
- 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 using a technique.
- Opponent falls through their own imbalance.

### **Nota bene. One (1) Point - Children and Cadets**

*Only in Categories Children (age 7-8, age 9 – 11) and Cadets (age 12 – 14) are allowed to make a throw only from two limbs and to use for support third limb to accomplish throw and to score one (1) point.*

### **Two (2) Points**

- Contestant remains standing whilst causing the opponent to touch down on the area with: one hand and one knee; both hands; both elbows; and/or both knees simultaneously.
- Contestant remains standing whilst effectively sweeping or throwing the opponent causing the opponent to land on their head, side, elbows, chest or bottom.
- Contestant effectively throws the opponent causing the opponent to land on their side or back; and remains standing.

### **Three (3) Points**

- Contestant effectively throws the opponent causing with speed and control causing them to turn through the air (a minimum of 180 degrees) and to land on their back; and they contestant remains standing and balanced after the throw is completed.

### **Non Scoring**

- Both contestants fall simultaneously or leave the area without the use of recognized technique or acceptable countering or finishing technique.

## **14. Warnings and Penalties**

14.1 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.

## **15. Determining the Winner**

15.1 Match: The winner is determined by the highest cumulative score at the end of the two rounds.

15.2 In the event of a draw the winner will be determined by the number of warnings issued. If the number of warnings given are nil or equal then there will be an additional one minute extension with the winner determined by the first contestant to score.

15.3 In the event of a draw persisting 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.



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