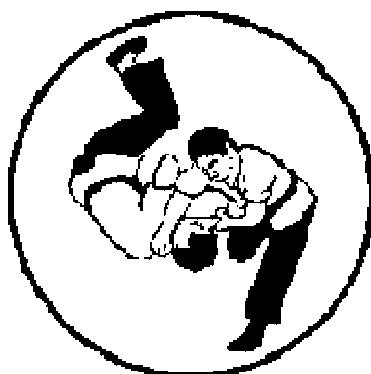


Regolamento per la competizione Shuai - Chiao



Rules and Regulations for Shuai Jiao Tournaments

1. Contestants: should be between 18 and 35 (inclusive) years of age 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.

1. Weight Categories:

2.1 Men

Male

Under 57Kg	125.4 lbs
Under 62Kg	136.4 lbs
Under 67Kg	147.4 lbs
Under 72Kg	158.4 lbs
Under 77Kg	169.4 lbs
Under 82Kg	180.4 lbs
Under 87Kg	191.4 lbs
Under 92Kg	202.4 lbs
Under 97Kg	213.4 lbs
97kg and Over	213.4 lbs

2.2 Women

Female

Under 50Kg	110.0 lbs
Under 55Kg	121.0 lbs
Under 60Kg	132.0 lbs
Under 65Kg	143.0 lbs
Under 70Kg	154.0 lbs
Under 75Kg	165.0 lbs
Under 80Kg	176.0 lbs
80Kg and Over	176.0 lbs

3. Participants

3.1 Each invited country/region can enter only 1 representative.

3.2 Each team should be of 1 team leader, 1 coach, 1 referee.

3.3 Maximum 20 male wrestlers (two for each category), 16 female wrestlers (two for each category).

4. Competition type

4.1 In the case of 5 or less than 5 westlers in one category, single round robin system will be applied.

4.2 In the case of 6 or more than 6 westlers in one category, double elimanation system will be applied. When a fighter has lost 2 fights, he is eliminated of the competition.

5. A Match

5.1 For men: each match consists of two rounds and the one who wins two rounds will be declared the winner of the match. The duration of the match will be of three minutes, with a break of 30 seconds between each round.

5.2 For women: each match consists of two rounds and the one who wins two rounds will be declared the winner of the match. The duration of the match will be of two minutes, with a break of 30 seconds between each round.

5.3 Format for the match will be continuous sparring. During the match time will be stopped only for: uniform and equipment failure; and to seek medical advice.

5.4 The one who gets the most points will be declared the winner of the round.

5.5 The one who gest six points for differetation between they will be declared the winner of the round.

5.6 Extra time is one round of there is not time limit after 30 seconds break, in the following cases:

- Each fighter has won and lost a round.
- There is equality on the two rounds.

6. Uniform

6.1 Unless contestants already have their own uniform and equipment, autorized of the ESJU. The organization will provide at belt to indicate blue or red.

6.2 The equipment must be in this mode:

- (Shuai Jiao Yi) Jacket
- (Shuai Jiao kuzi) Martial Arts Trousers
- (Shuai Jiao Xie) soft shoes or Wrestling boots.

6.3 Contestants can use also wear: a groin shield; a mouth guard, guard shell.

7.Area

7.1 The Shuai Jiao area is normally a matted 10m x 10m area. The fighting area is made of 8x8 for a total of 64 m², and 2 meters of internal perimeter with intended to prevent the limits of the fighting area.

7.2 Contestants enter the area when instructed to do so by the Executive Referee. When facing the Head table the contestant in **red** should enter from the **right** and the contestant in **blue** 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.

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).

8.2 The contestant may make use of the opponent's jacket, belt or anatomical handles to execute their technique.

9. Weigh-in

9.1 Weigh-in is made under the control of:

- One referee
- One physician
- One secretary

9.2 Each fighter must, before weigh-in, show a medical certificate allowing him to the Shuai Jiao competition

10.Illegal Techniques

- 10.1 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.
- 10.2 The contestant must obey the Executive Referee's commands at all times.
- 10.3 Drawing hair is prohibited.
- 10.4 Grabbing the opponent when falling down is unavoidable is prohibited.
- 10.5 Grabbing the opponent's trousers is prohibited.
- 10.6 When a fighter grabs his opponent with both hands and stands still, in a blocking position more than 5 seconds.

11. Warnings and Penalties

- 11.1 The Referee may give a private or public warning, or disqualify a contestant depending on the seriousness of a foul or offence.
- 11.2 Verbal warning:
 - ✓ For the first warning there is no point penalty.
- 11.3 Light warning:
 - ✓ For the second warning there is a one point penalty.
- 11.3 Serious warning:
 - ✓ And the third warning will result in a disqualification.

12. Points Scoring:

1 Point	<p>Opponent touches the mat with one hand.</p> <p>Opponent touches the mat with one knee.</p> <p>Opponent steps out of area.</p> <p>Opponent touches the mat with one elbow.</p> <p>Contestant throws/sweeps/takes down the opponent and lands on top of the opponent.</p>
2 Points	<p>Opponent touches the mat with both hands.</p> <p>Opponent touches the mat with both knees.</p> <p>Opponent touches the mat with both elbows.</p> <p>Opponent touches the mat with a hand and a knee.</p> <p>Contestant effectively throws/sweeps opponent and remains standing.</p>
3 Points	<p>The opponent turns in the air.</p> <p>The one who is carrying out the technique must keep a perfect balance.</p>
No Points	<p>Both contestants fall simultaneously without the use of technique.</p>

13. Referees and judges

13.1 Are appointed to each fighting area:

- ✓ A chief referee of the fighting area
- ✓ A mat referee (control of match and validated the points)
- ✓ The chair judge

13.2 On the table:

- ✓ One time keeper
- ✓ One person responsible for the notice board

- ✓ One secretary

14. Responsibility of the referees

14.1 The chief referee:

- ✓ He is responsible for the fighting area and the fight.
- ✓ If he notices something wrong, he may stop the fight and consult the mat referee.

14.2 The mat referee:

- ✓ He manages the fight on the mat: beginning, breaks, points.....
- ✓ At the end of fight, he nominates the winner.
- ✓ He can stop the match for to call in the case of necessary the doctor.

14.3 The chair judge:

- ✓ He supervising the match and observers that all the functions are correct.

In the event of a draw the Executive Referee and Assistant Referees will meet with the Head Judge to determine the winner based on the most technical performance.

15. faults verbal without penalty

15.1 Beginning the fight before the referee gives the signal is prohibited.

15.2 Going on fighting after the referee give the signal is prohibited.

15.3 Grabbing the opponent's trousers is prohibited.

15.4 Wearing jewels is prohibited.

16. Faults light gives one point to the opponent

16.1 Touching the opponent's face with the hand between eyebrows and mouth is prohibited.

16.2 Drawing hair is prohibited.

16.3 After that the opponent receive a trow he can't pull down.

16.4 Walking on the opponent's foot deliberately is prohibited.

17.5 Stopping the fight without the referee's advise is prohibited.

17.6 When a fighter grabs his opponent with both hands and he stands in passivity more of than 5 seconds without to allow the fight.

17. Faults serious gives two points to the opponent

17.1 Shooting intesionaly with a fit, kick, elbow, knee and had.

17.2 Trainers and team members are not allowed to intervene or shout during a fight with an obvious intention to disturb the arbitration or have an influence on the fight progress.

17.3 Shooting the opponent when he is down is prohibited.