



## European Shuai Jiao Union

### Rules and Regulations for Shuai Jiao Tournaments

The rules listed below are currently adopted by the European Shuai Jiao Union (ESJU) for use in Shuai Jiao tournaments in Europe:

1. **Contestants:** must be aged between **18 and 35 (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. **Weight Categories:**

**Male**

Under 57Kg  
Under 62Kg  
Under 67Kg  
Under 72Kg  
Under 77Kg  
Under 82Kg  
Under 87Kg  
Under 92Kg  
Under 97Kg  
97Kg and Over

**Female**

Under 50Kg  
Under 55Kg  
Under 60Kg  
Under 65Kg  
Under 70Kg  
Under 75Kg  
Under 80Kg  
80Kg and Over

3. **A Match:** will consist of **two** rounds of **three** minutes duration. Between rounds there will be a break of: thirty (30) seconds for elimination rounds; and sixty (60) seconds for semi finals and finals. 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.

4. **Uniform:** Unless contestants already have their own uniform and equipment, the ESJU will provide: Shuai Jiao Jacket and Belt to indicate Blue or Red. Contestants **should** also wear: Shuai Jiao martial arts trousers (**Preferred:** Blue with Red Stripe; or Black is acceptable at national events); and Soft Shoes or Wrestling Boots. Contestants **may** also wear: a groin shield; a mouth guard; and shin guards.

5. **Area:** The Shuai Jiao area (including a safety zone) is normally a matted 10m x 10m area. The sparring area is a minimum of 8m x 8m. 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.

6. **Scoring Techniques:** 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.

7. **Illegal Techniques:** 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. The contestant may be warned if their coach or corner shouts out instructions during the round. Coaches may only provide instruction when the contestant is in their corner. The contestant must obey the Executive Referee's commands at all times.

8. **Warnings and Penalties:** The 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.

9. **Points Scoring:**

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|----------|---|
| 1 Point  | Opponent touches the mat with the hand(s).  |
|          | Opponent touches the mat with the knee(s).  |
|          | Contestant forces the opponent step out of area.  |
|          | Contestant throws/sweeps/takes down the opponent and lands on top of the opponent.                                      |
| 2 Points | Contestant effectively sweeps the opponent causing the opponent to land on their chest or bottom, and remains standing. |
|          | Contestant effectively throws the opponent causing the opponent to land on their side, and remains standing.            |
|          | Opponent touches the mat with both hands and knees simultaneously.  |
| 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 technique.

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

#### 10. **Determining the Winner:**

**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.

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;
- most technically active contestant as determined by the Referees.

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

- the contestant wins both rounds;
- the contestant wins one round and draws one round; or
- the contestant draws both rounds and wins the extension round.

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 technically active performance.

The winner may also be determined by the Referee's decision based on:

- technical Knock Out (TKO) based on determination that the contestant cannot or should not continue;
- coach or corner/second 'throws in the towel'; or
- advice from Medical Staff.

**End**