

Shuai Jiao

Rules and Responsibilities - Shuai Jiao (摔跤 or 摔角) is a Chinese martial art that is a combination of Mongolian and Chinese techniques. It is a type of jacket wrestling that originated in Beijing, Tianjin, and Baoding in Hebei Province, China. The art is characterized by throws, holds, and submissions that can be performed while standing or on the ground.

Throwing, sweeping, takedowns, wrestling, standing grappling, and shoot techniques; use opponent's jacket, belt, or limbs to execute allowable techniques.

Competitors 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); Dian Shuai (pressure point manipulation to throw/sweep/take down). The competitor may make use of the opponent's jacket, belt, or anatomical handles to execute his/her technique.

The format for the match will be continuous sparring. During the match time will be stopped for: offenses and warnings; uniform and equipment failure; and to seek medical advice.

Weigh-in will occur at the Shuai Jiao ring. If a competitor missed the weigh-in time, weigh-in will take place at the time when the competitor is called to compete.

Each match is 3 rounds; each round is 2 minutes with 30 second rest in between each round. The winner is determined by the highest score at the end of the two rounds. In the event of a draw the Executive Referee and Assistant Referees will meet to determine the winner based on the most technically active performance.

Competitors will be matched by gender, age and weight, in the first instance, to the following weight categories. If there are insufficient numbers to run a category (i.e. less than two competitors) then categories may be combined at the discretion of our judges.

Weight Classes

Male

- Light: under 60kg (132.3 lbs)
- Middle C: 60.1 – 65kg (upper limit: 143.3 lbs)
- Middle B: 65.1 – 70kg (upper limit: 154.3 lbs)
- Middle A: 70.1 – 75kg (upper limit: 165.3 lbs)
- Heavy C: 75.1 – 80kg (upper limit: 176.3 lbs)
- Heavy B: 80.1 – 86kg (upper limit: 189.6 lbs)
- Heavy A: 86.1 – 92kg (upper limit: 202.8 lbs)
- Super Heavy: 92.1 – 98kg (upper limit: 216 lbs)
- Infinite: over 98.1kg

Female

- Light: under 55kg (121.3 lbs)
- Middle B: 55.1 – 60kg (upper limit: 132.3 lbs)
- Middle A: 60.1 – 65kg (upper limit: 143.3 lbs)
- Heavy B: 65.1 – 71kg (upper limit: 156.5 lbs)
- Heavy A: 71.1 – 77kg (upper limit: 169.7 lbs)
- Infinite: over 77.1kg

**Tournament officials reserve the right to combine weight classes.*

Equipment

Shuai Jiao Jackets, Shai Jiao belt (s), soft and flexible shoes (Wrestling shoes, Feiyue, etc.), long pants, and groin cups for males. The wearing of jewelry, piercings and other adornments is strictly prohibited.

Fouls/Disqualification -Strike the opponent with the head, fingers, 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; 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 opponent's face; and block continuously (to a count of 5 seconds) without attempting any techniques.

The head judge may give a private or public warning, or disqualify a competitor depending on the seriousness of a foul or offense.

- First Warning: no point penalty.
- Second Warning: one point penalty.
- Third Warning: disqualification.

Scoring

1 Point

- Competitor remains standing whilst causing the opponent to touch down on the area with: a hand; an elbow; or a knee.
- Competitor throws/sweeps/takedowns the opponent causing them to land on their back; and lands on top of the opponent's torso.
- Competitor forces the opponent to step out of the ring.
- Opponent falls through his/her own imbalance.

2 Points

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

3 Points

- Competitor effectively throws the opponent, causing the opponent to rotate through a minimum of 180 degrees and to land on his/her back, and the competitor remains standing and balanced.

No Points

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

Injuries - If someone requires medical attention, they are allowed 2 minutes in their corner with a medical official. If a competitor is injured through their own volition, and the competitor cannot return because of medical advice, the opponent will automatically receive a "win" for that match.

Depending on the bracket seeding, if a previously injured competitor is reexamined by a medical professional and cleared, then the competitor may return to competition.

Any competitor that has been knocked out, has lost consciousness, or has received a head injury that appears to have markedly affected his or her awareness, balance or orientation, will not be allowed to continue sparring.

Arbitration - Any coach disputing the results of a match and wishing to have arbitration of a match for any reason must notify the head referee verbally within 15 minutes of the match. The team coach must then file a written request for arbitration along with a \$300 arbitration fee to the Tournament Director within 30 minutes of the match. If the arbitration is settled in favor of the arbitrating team, the coach shall receive a refund of the arbitration fee; otherwise, no refund will be given

***A round or match may be stopped by any of the ring judges, the Tournament Official(s), if so desired, based on a breach of these rules herein**