

Shuai-Jiao Rules

(Note: Competitors for Shuai Jiao must be a minimum of 18 years of age at the time of Competition.)

Time:

- Each match consists of two rounds lasting three minutes running time each (two minutes for women) of continuous sparring, with 30 seconds rest between each round. If the competitors are tied after two rounds, a third round (1.5 minutes) will be held.
- Time is stopped for uniform or equipment failure, or to seek medical advice.

Scoring:

- Winning two rounds determines the victor.
- The winner of the round is determined by who receives more points.
- If a competitor has six points more than the other competitor, he or she is declared winner of that round.
- If neither competitor has won two rounds, there will be a third round.
- The judge will determine the victor based on the competitor who scores the first point; there is no time limit.

Points Scoring:

- *1 point*
 - Opponent touches the mat with one hand;
 - Opponent touches the mat with one knee;
 - Opponent steps out of the area;
 - Opponent touches the mat with one elbow;
 - Contestant throws/sweeps/takes down and lands on top of the opponent.
- *2 points*
 - Opponent touches the mat with both hands;
 - Opponent touches the mat with both knees;
 - Opponent touches the mat with both elbows;
 - Opponent touches the mat with a hand and a knee;
 - Contestant effectively throws/sweeps opponent and remains standing.
- *3 points*
 - Opponent turns in the air, and contestant executing technique maintains balance.
- *No points*
 - Both contestants simultaneously fall without the use of a technique.

Competition Ring Space:

- The matted Shuai Jiao fighting area is 8m x 8m, with a 2m perimeter to indicate out of bounds.

Uniform and Equipment (all equipment must be supplied by the competitor):

- Uniform:
 - Shuai Jiao Jacket (Shuai Jiao Yi),
 - Martial Arts Trousers (Shuai Jiao Kuzi),
 - Soft shoes or Wrestling boots (Shuai Jiao Xie).
- Equipment:
 - Groin shield;

- Mouth guard, guard shell, and a blue or red belt.

Weight Classes:

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)

Female

Under 50kg (110 lbs)
 Under 55kg (121 lbs)
 Under 60kg (132 lbs)
 Under 65kg (143 lbs)
 Under 70kg (154 lbs)
 Under 75kg (165 lbs)
 Under 80kg (176 lbs)
 80kg (176 lbs) and Over
 97kg (213.4 lbs) and Over

Allowable 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);
- Contestants may use their opponent's jacket, belt or limbs to execute a technique.

Illegal Techniques:

- Use of the following techniques are illegal: striking the opponent with the head, fingers, palm, fist, forearm, elbow, knee, shin or foot; biting, spitting or gouging; and attempting to dislocate joints or break bones.
- Hair pulling
- Grabbing the opponent's pants;
- Grabbing the opponent to prevent falling down;
- Grabbing with both hands and holding still for more than 5 seconds.

Warnings and Penalties:

- The Referee may give a private or public warning, or disqualify a contestant depending on the seriousness of a foul or offense.
- First Warning: no point penalty
- Second Warning: one point penalty
- Third Warning: disqualification

Fouls:

- Verbal Warning: no point deduction
 - Beginning the fight before the Referee gives the signal;
 - Continuing after the Referee gives the signal;
 - Grabbing the opponent's pants;
 - Wearing jewelry.
- Minor Penalty: opponent receives one point
 - Touching opponent's face between eyebrows and mouth;
 - Pulling hair;
 - Pulling down the opponent after being thrown;

- Stepping on the opponent's foot;
 - Stopping the fight before the Referee;
 - Grabbing with both hands and holding still for more than 5 seconds.
- Serious Penalty: opponent receives two points
 - Intentionally striking with a hit, kick, elbow, knee and hand;
 - Striking the opponent while down;
 - Coaching from sidelines with an obvious intention of disturbing or influencing the match.

Referees:

- Chief Referee
 - Responsible for the fighting area;
 - May stop the fight to consult the Center Referee.
- Center Referee
 - Manages the fight on the mat;
 - Nominates the winner at the end of the fight;
 - Has authority to stop the fight for safety or any other reason.

CACMA San Shou Fighting Rules

1. Contestants will fight on a 24 square foot, one and one half foot high Lei Tai.
2. Competitors must use headgear, gloves, mouthpiece, and groin cup. Female competitors must also wear a chest protector. Gloves and Headgear will be approved by tournament director before the fight.
3. Rounds will be 1 1/2 minutes each. The victor must win two out of three rounds.
4. Scoring:
 - Contestant executes clear punch or kick - 1 point.
 - Contestant executes clear punch or kick that knocks opponent down - 2 points.
 - Without falling, contestant successfully throws opponent to the ground - 2 points.
 - Both falling during throw, contestant who lands on top - 1 point
 - Contestant forces or throws opponent off Lei Tai - 3 points.
 - Through own error, contestant loses balance - 1 point deduction
 - Contestant executes clear elbow/knee technique without holding - 1 point
5. Penalties:
 - Contact to the eyes, throat, back of the head, or groin is illegal. For female
 - Competitors, contact to the chest is also illegal.
 - Techniques using the head are illegal.
 - Fouls:
 - First violation: 1 point deduction
 - Second violation: 3 point deduction
 - Third violation: disqualification
 - Technical Fouls:
 - First violation: warning
 - Second violation: 1 point deduction
 - Third violation: disqualification
 - Any serious foul will be grounds for immediate disqualification.
 - Knee and Elbow strikes are not allowed
6. Center Referee:

The Center Referee is to keep safety at a maximum within the allowed rules. All North Carolina CACMA fights are for demonstration purposes only. Fights can be called for the following reasons:

 - Fight is an obvious mis-match
 - Fighter gets back up but referee feels he cannot continue safely
 - Excessive bleeding jeopardizing vision
 - Unsportsmanlike like conduct, (example: Fighter A throws Fighter B on the ground then Fighter A knees his opponent while getting back up.)