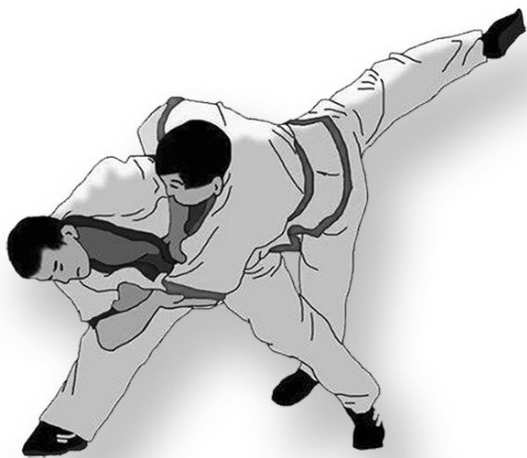




# Shuai-Jiao

## Rules and Regulations

### 中国式摔跤竞赛规则





<p style="text-align: center;"><b>中国式摔跤竞赛规则</b></p>	<p style="text-align: center;"><b>Chinese Wrestling (Shuai-Jiao)</b></p> <p style="text-align: center;"><b>Rules and Regulations</b></p>
<p style="text-align: center;"><b>第一章 通则</b></p>	<p style="text-align: center;"><b>Chapter 1 Overall Rules</b></p>
<p>竞赛规则是推动项目健康发展和引导项目科学训练、比赛的重要指南。通过竞赛规则的杠杆作用，充分展现中国式摔跤快速、多变、主动、连贯的精髓。鼓励运动员积极进攻，使用高难度、大幅度的技术动作，增强对抗性、提高观赏性。最大程度的激发运动员主动进攻意识，限制比赛中的消极行为，完美展现中国式摔跤项目魅力，力求做到观众易懂，裁判易判。</p>	<p>Competition rules and regulations are important guidance to develop the sport in healthy method through scientific training and competitions. With leveraging of competition rules and regulation, the speed, variety, initiative, and coherence have extremely presented the finest of Chinese wrestling. Chinese wrestling encourages competitors to offense initiatively with high standard and drastic skills to increase entertaining for the audience. Not only does it inspire competitors' conscious in offense but also restrict competitors to stay passive in the competition, which perfectly presents the fascination of Chinese wrestling and makes it easier for the audience to understand the rules and the referee to make judgement.</p>
<p><b>第一条 比赛场地</b></p> <p>1.1 比赛场地：竞赛台为宽 16 米(m) X 16 米(m)，高 60-80 厘米 (cm) 的正方形比赛台。比赛场地为 14 米(m) X 14 米(m)表面覆盖革制盖单的正方形比赛垫子。</p> <p>1.2 比赛垫子为厚度 6~8 厘米(cm)，硬度 25-30 度，渗透深度小于或等于 38mm，接触回弹时间小于或等于 50ms，能量吸收大于或等于 70%，最大加速瞬间碰撞强度小于或等于 30g 的 EVA 材质的摔跤垫子。</p>	<p><b>Article One: Competition Arena</b></p> <p>1.1 Wrestling Arena: The ring is a 16m times 16m square stage with the height of 60cm to 80cm. Competition area is a 14m times 14m square competition mats wrapped with qualified leather.</p> <p>1.2 The wrestling mats are made from EVA, with the thickness of 6cm to 8cm and the hardness of 25IRHD to 30IRHD (International Rubber Hardness Degree). The penetration depth is less than or equal to 38mm, duration of rebound is less than or equal to 50ms, the maximum energy absorption is more than or equal to 70% and the collision strength at maximum acceleration is less than or equal to 30g.</p>

<p>1.3 比赛区：是指场地中心直径为 9 米 (m) 的圆形区域，比赛区域颜色明显区别于保护区。</p> <p>1.4 保护区：比赛区外部边沿至比赛垫子外部边沿区域为保护区。</p> <p>1.5 比赛开始线：比赛区中间相距 3 米 (m) 各标出红蓝线（开始线），面向裁判台左红右蓝，开始线长 60 厘米 (cm)，宽 6 厘米 (cm)。</p> <p>1.6 运动员出场线：位于红方、蓝方一侧的比赛区外侧，出场线长 60 厘米 (cm)，宽 6 厘米 (cm)。</p>	<p>1.3 Competition Area: A 9m diameter circular area which can be distinguished from the protection area with different color.</p> <p>1.4 Protection Area: From the edge of competition area to the edge of wrestling mats.</p> <p>1.5 Starting lines: Face to the referee and mark two lines in the middle of competition area in 3m distance, red line on the left and blue line on the right. The lines should be 60cm length and 6cm width.</p> <p>1.6 Ready lines: Located outside the competition area on both red and blue sides with 60cm length and 6cm width</p>
<p><b>第二条 比赛器材及办公耗材（根据实际设立比赛场地数量准备）</b></p> <p>2.1 公制计重器数台（能精确到小数点后两位数的计重器：每个运动队驻地 2 台，过磅室 4 台）。</p> <p>2.2 计时钟 2 台，备用；示分器 2 个，备用。</p> <p>2.3 秒表 3 只，红、蓝色标识袖标各 16 个。</p> <p>2.4 电子计分系统计算机 5 台，操作密匙若干。</p> <p>2.5 计分系统计算机扩音音响 2 套。（音箱型号为中号或大号）</p> <p>2.6 计时、成绩显示电视荧幕 6 台。</p>	<p><b>Article Two: Competition Equipment (The preparation according to the exact amount of competition rings.)</b></p> <p>2.1 Weighing scales with metric system which can be accurate to 2 decimal places. Placed 2 scales in each lounge and 4 in the weigh-in room.</p> <p>2.2 Backup timers and scoreboards 2 of each.</p> <p>2.3 3 stopwatches; red and blue sleeve patches 16 of each.</p> <p>2.4 5 computers with several smart locks and electronic scoring system.</p> <p>2.5 2 sets of medium or large loudspeaker systems for the score-keeping computers.</p> <p>2.6 6 screens for time keeping and scores display.</p>



<p>2.7 单音哨每个比赛台 1 个。</p> <p>2.8 双音哨每个比赛台 1 个。</p> <p>2.9 铜锣每个比赛台 1 套，备用。</p> <p>2.10 移动接线板（120m）4 套，电源线，音响线若干。</p> <p>2.11 录像机 8 台。</p> <p>2.12 打印机 2 台。</p> <p>2.13 复印机 1 台。</p> <p>2.14 影印纸 若干。</p> <p>2.15 记录表格：临场记分表、运动员称重表、教练员临场书面申诉表、临场弃权表、比赛对阵表、各级别轮次编排定位表。</p> <p>2.16 笔若干。</p> <p>2.17 桌、椅若干。</p> <p>2.18 得分及判罚牌：得分及判罚牌直径 20 厘米（cm），把长 20 厘米（cm），两面内容相同。</p> <p>2.18.1 得分牌：每个比赛台 10 块，分别是红底白字 1 分、3 分各 2 块，蓝底白字 1 分、3 分各 2 块，白牌互不得分 2 块。</p> <p>2.18.2 警告牌：每个比赛台 4 块，红色、蓝色警告各 2 块。</p>	<p>2.7 1 single tone whistle for each competition ring.</p> <p>2.8 1 double tone whistle for each competition ring.</p> <p>2.9 A set of gong for each competition ring.</p> <p>2.10 4 sets of movable power strips with 120m; several power cords and audio cables.</p> <p>2.11 8 video cameras.</p> <p>2.12 2 printers.</p> <p>2.13 1 copier.</p> <p>2.14 Some printer paper.</p> <p>2.15 Record Chart: on-site score-keeping chart, competitor weigh-in record chart, on-site appeal forms, on-site quitting forms, competing chart of the bouts, and schedules of the bouts for each class.</p> <p>2.16 Some pens.</p> <p>2.17 Some tables and chairs.</p> <p>2.18 Sign: A 20cm diameter circular sign with 20cm handle, to indicate scoring or penalty with the same content on both sides.</p> <p>2.18.1 Sign of Scoring: 10 signs for each competition ring. 2 white signs represent no points for both competitors. Both red and blue signs have 2 signs of 1 point, 2 signs of 3 points which the number are written in white.</p> <p>2.18.2 Sign of Warning: 4 signs for each competition ring, red and blue warning sign</p>
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<p>2.18.3 罚出场牌：2 块，红色（可共享红色警告牌）。</p> <p>2.19 赛场主扩音设备一套。</p> <p>2.20 场地灯光：灯光照度不低于 1500LUX(勒克斯)。</p> <p>2.21 “布绒吉祥物” 8 个，用于教练员临场申诉使用。</p> <p>2.22 网络网线（10 兆）。</p>	<p>2 of each.</p> <p>2.18.3 Sign of Ejected: 2 red signs. (The sign of ejected can be replaced with red warning sign.)</p> <p>2.19 1 set of main loudspeaker system to be used at the arena.</p> <p>2.20 Lighting: Lighting intensity no less than 1500lux.</p> <p>2.21 8 mascot dolls as <i>the assigned object</i> for applying on-site complaint.</p> <p>2.22 An Internet cable with 10 MBPS Internet connection.</p>
<p><b>第三条 服装</b></p> <p>3.1 跤衣：</p> <p>3.1.1 布料成分为全棉或含棉不低于 70%的棉布，不可过厚，过硬或者过滑，撕拉强度不少于 2000 牛顿。布料重量为：成年组 1400 克/m<sup>2</sup>、青年组 1140 克/m<sup>2</sup>，面料应有凹凸纹路。</p> <p>3.1.2 颜色：跤衣颜色为白色。跤衣衣襟、袖口边缘缝有 3.5 厘米 (cm) 宽的红色或蓝色的色带。</p> <p>3.1.3 跤带：跤衣带子宽度为 3.5 厘米 (cm) 厚度为 0.6 厘米 (cm)，颜色为单色（白色、红色或蓝色）。扎腰带时跤带必须穿过穿孔由腹前绕至后腰，第二圈再绕回腹前打扁结，打节后带子余长 35—40 厘米 (cm)。</p>	<p><b>Article Three: Competitor’s Dress</b></p> <p>3.1 Wrestling Jacket (Shuai-Jiao Jacket)</p> <p>3.1.1 The fabric must be 100% or at least 70% cotton, with tear strength no less than 2,000N and must not be too thick, too hard, or too slippery. The fabric must be made with bumpy patterns and weighed 1400g/m<sup>2</sup> for adult competitors, 1140g/m<sup>2</sup> for senior competitors.</p> <p>3.1.2 Color: The jacket must be white, with red or blue band in 3.5cm width sewed on the edges and cuffs.</p> <p>3.1.3 Wrestling Belt (Shuai-Jiao Belt): The belt must be 3.5cm width and 0.6cm thick with single color (white, red or blue). Tie the belt from abdomen through the hole to the back along the waist and circle back to the front to tie a square knot, the length of the belt remains 35cm to 40cm after the knot is tied.</p>

<p>3.1.4 运动员着摔跤衣后抬肘关节与肩关节齐平后屈臂 90 度，袖口尺寸不小于 8 厘米 (cm)。</p> <p>3.2 跤裤：</p> <p>3.2.1 跤裤布料为全棉或含棉量不低于 70% 的棉布，颜色与跤衣相同，沿裤缝外侧分别缝有 3.5 厘米 (cm) 宽的红、蓝色带。</p> <p>3.2.2 跤裤为直腿裤，底部与踝骨持平。</p> <p>3.3 跤鞋：</p> <p>3.3.1 跤鞋为软底高腰跤鞋</p> <p>3.3.2 跤鞋颜色与跤衣颜色一致或黑色。</p> <p>3.3.3 跤鞋禁止使用底部为深颜色跤鞋。</p>	<p>3.1.4 Competitor well-dressed with wrestling jacket raises elbows to the height of shoulders with arms bend with 90 degrees, the length of cuffs must not be shorter than 8cm.</p> <p>3.2 Wrestling Pants (Shuai-Jiao Pants)</p> <p>3.2.1 The fabric must be 100% or at least 70% cotton. The pants must be the same color as the jacket and must be sewed with red or blue band in 3.5cm width on the edges.</p> <p>3.2.2 Wrestling pants are straight and reach to the ankles.</p> <p>3.3 Wrestling Shoes</p> <p>3.3.1 Shoes are made with soft sole and high-top.</p> <p>3.3.2 Shoes color must be the same as the wrestling jacket.</p> <p>3.3.3 The sole are forbidden to be dark color.</p>
<p><b>第四条 比赛礼仪</b></p> <p>4.1 着装礼仪</p> <p>4.1.1 运动员上场之前，必须按本规则第三条之规定着装。跤衣、跤裤边条和跤带的颜色要一致。</p> <p>4.1.2 比赛进行中，运动员须经场上裁判员指令，才可整理服装。</p> <p>4.1.3. 女运动员跤衣内必须穿白色无</p>	<p><b>Article Four: Competition Etiquette</b></p> <p>4.1 Clothing Etiquette</p> <p>4.1.1 Before the competition, competitors must be well-dressed according to Article Three. The color of wrestling jacket, band of wrestling pants and wrestling belt must be consistent.</p> <p>4.1.2 During the competition, competitors can only tidy up clothing after receiving the permission from the referee.</p> <p>4.1.3 Female competitors must wear white</p>

<p>袖带弹力的紧身上衣，不得穿戴有金属或其它硬质框架的胸罩。</p>	<p>elastic sleeveless close-fitting top inside the wrestling jacket and must not wear any underwear within metal wire or any other hard rims.</p>
<p>4.2 仪表礼仪</p>	<p>4.2 Appearance Etiquette</p>
<p>4.2.1 运动员仪表要整洁大方，皮肤暴露处不得涂抹油脂或油彩。</p>	<p>4.2.1 Competitors must look clean and must not put on any kind of oil or paint on uncovered skin.</p>
<p>4.2.2 运动员不得佩戴各种首饰、硬质发夹及硬质护件。</p>	<p>4.2.2 Competitors must not wear any kind of accessories, solid hair clips and any other solid protective gears.</p>
<p>4.2.3 运动员的头发和男性胡须应长于10毫米(mm)或刮净，长发必须编扎。</p>	<p>4.2.3 Competitors' hair or beard must be either clean shaved, or grown at least 10mm long. Long hair must be tied or braided.</p>
<p>4.2.4 运动员的指甲不得长于1毫米(mm)。</p>	<p>4.2.4 Competitors' nails must not be longer than 1mm.</p>
<p>4.3 礼节礼仪（抱拳礼）：</p>	<p>4.3 Manners and Etiquette: Fist Wrapping Salute (Bao Quan Li)</p>
<p>4.3.1 持立正姿势，两臂上抬至胸前呈环形状，右手握拳，拳眼向下颌，左手五指并拢，拇指微屈，掌心压在右拳四指部位。两手合拢瞬间，向前略推。</p>	<p>4.3.1 Stand straight with both arms raised to the front of the chest, forming circular with the right hand fist and the thumb facing to the chin, keep the left hand fingers tightly, curve the thumb slightly and press the palm against to the right fist. Push hands forward lightly when two hands collided.</p>
<p>4.3.2 比赛开始前，运动员站在场地出场线，裁判员做出进场示意手势后方可进场。进场后站在开始线向对方致抱拳礼。</p>	<p>4.3.2 Before the competition starts, competitors stand by ready lines and wait for the gestures from the referee to enter the wrestling arena. After entering, competitors perform “Fist Wrapping Salute (Bao Quan Li)” to each other on starting lines.</p>
<p>4.3.3 比赛结束，运动员站在开始线，待场上裁判员宣判结果后，运动员相互</p>	<p>4.3.3 When the competition finished, competitors stand at the starting lines. After</p>

致抱拳礼后退场。	the referee announces the results, competitors perform “Fist Wrapping Salute (Bao Quan Li)” to each other again before leaving the arena.
<b>第二章 一般规定</b>	<b>Chapter 2 – General Rules</b>
<p><b>第五条 竞赛性质</b></p> <p>5.1 个人竞赛：以个人在所属级别所取得的成绩，确定个人名次。</p> <p>5.2 团体竞赛：</p> <p>5.2.1 以每个团体所有被录取运动员的成绩积分总和，确定团体名次（具体要求以竞赛规程规定为准）。</p> <p>5.2.2 以所属团体之间比赛成绩确定名次。</p>	<p><b>Article Five: Competition Category</b></p> <p>5.1 Individual: The result of personal score determines the ranking of competitor in each weight class.</p> <p>5.2 Group</p> <p>5.2.1 The sum of every admitted competitor’s personal score on the team determines the ranking of the group. (Specific requirements of the standard is in accordance with competition regulations.)</p> <p>5.2.2 The ranking is determined by the result of score between groups.</p>
<p><b>第六条 竞赛制度</b></p> <p>6.1 单败淘汰赛制。</p> <p>6.2 复活赛制。</p> <p>6.3 循环赛制或其他赛制。</p>	<p><b>Article Six: Competition System</b></p> <p>6.1 Elimination tournament.</p> <p>6.2 Repechage tournament.</p> <p>6.3 Round-robin tournament.</p>
<p><b>第七条 年龄组别及体重级别</b></p> <p>7.1 年龄组别</p> <p>7.1.1 男、女成年组：16 周岁以上。</p> <p>7.1.2 男、女青年组：15 周岁~17 周岁。</p> <p>7.1.3 男、女少年组：12 周岁~14 周</p>	<p><b>Article Seven: Age and Weight Categories</b></p> <p>7.1 Age Categories</p> <p>7.1.1 Adult male and female: Above 16 years of age.</p> <p>7.1.2 Senior male and female: 15 to 17 years of age.</p> <p>7.1.3 Junior male and female: 12 to 14 years</p>

<p>岁。</p> <p>7.2 体重级别</p> <p>7.2.1 男子</p> <p>7.2.1.1 成年组：52kg、56kg、60kg、65kg、70kg、75kg、82kg、90kg、100kg、100kg 以上。</p> <p>7.2.1.2 青年组：48kg、52kg、56kg、60kg、65kg、70kg、75kg、82kg、90kg、100kg。</p> <p>7.2.1.3 少年组：40kg、44kg、48kg、52kg、56kg、62kg、68kg、75kg。</p> <p>7.2.2 女子</p> <p>7.2.2.1 成年组：48kg、52kg、56kg、60kg、65kg、70kg、75kg、82kg。</p> <p>7.2.2.2 青年组：44kg、48kg、52kg、56kg、60kg、65kg、70kg、75kg。</p> <p>7.2.2.3 少年组：40kg、44kg、48kg、52kg、56kg、62kg、66kg。</p>	<p>of age.</p> <p>7.2 Weight Categories</p> <p>7.2.1 Male</p> <p>7.2.1.1 Adult: 52kg, 56kg, 60kg, 65kg, 70kg, 75kg, 82kg, 90kg, 100kg, over 100kg.</p> <p>7.2.1.2 Senior: 48kg, 52kg, 56kg, 60kg, 65kg, 70kg, 75kg, 82kg, 90kg, 100kg.</p> <p>7.2.1.3 Junior: 40kg, 44kg, 48kg, 52kg, 56kg, 62kg, 68kg, 75kg.</p> <p>7.2.2 Female</p> <p>7.2.2.1 Adult: 48kg, 52kg, 56kg, 60kg, 65kg, 70kg, 75kg, 82kg.</p> <p>7.2.2.2 Senior: 44kg, 48kg, 52kg, 56kg, 60kg, 65kg, 70kg, 75kg.</p> <p>7.2.2.3 Junior: 40kg, 44kg, 48kg, 52kg, 56kg, 62kg, 66kg.</p>
<p><b>第八条 称量体重和抽签</b></p> <p>8.1 称量体重的工作由总裁判长领导，安排负责人组织裁判员组成称重组进行称重工作，由检录长组织开展检录工作。</p> <p>8.2 比赛的前一天统一进行称量体重，运动员应赤足穿短裤（女运动员穿贴身上衣）进行称重。</p>	<p><b>Article Eight: Weigh-In and Drawing of Lots</b></p> <p>8.1 The chief referee leads the weigh-in and is responsible for organizing the referees to conduct the procedure. The register officer will be in charge of the roll-call of competitors.</p> <p>8.2 The weigh-in for each category takes place on the day before the beginning of the competition. The competitors will be weighed with only shorts and in bare foot. (Female competitors wear tight-fitting tops.)</p>

<p>8.3 运动员在第一次称重时，体重低于或高于报名级别，可在 30 分钟内复称 1 次，超时或在规定时间内称重达不到报名级别体重标准即为弃权，（未称重运动员即为弃权）。</p> <p>8.4 抽签：抽签工作是在技术会议确认运动员相关信息后，由人工或计算机进行抽签（根据竞赛规程规定执行）根据抽签结果进行编排。</p>	<p>8.3 Competitors who weighed less or more than their categories in the first weigh-in are allowed to reweigh once in 30 minutes. Competitors must appear at the weigh-in on time. Competitors who failed the weigh-in of their categories in time or weigh-in overtime will be disqualified. (Competitors who do not weigh-in are regard as quitting.)</p> <p>8.4 Drawing of Lots: After the committee confirms the information of competitors, lots will be drawn by hand or by the computer. (The procedure conduct in accordance with competition regulations.) The bout will be arranged according to the result of drawing.</p>
<p><b>第九条 赛事安排、竞赛时间</b></p> <p>9.1 赛事安排</p> <p>9.1.1 每个级别的比赛在一天内结束，同一运动员每场比赛之间的间隔时间不少于 10 分钟。</p> <p>9.2 竞赛时间</p> <p>9.2.1 成年比赛每场比赛净时 6 分钟，上下半场各 3 分钟，局间休息 30 秒。</p> <p>9.2.2 青年和少年比赛每场比赛净时 4 分钟，上下半场各 2 分钟，局间休息 30 秒。</p>	<p><b>Article Nine: Contest Arrangements and Duration of the Bout</b></p> <p>9.1 Contest Arrangements</p> <p>9.1.1 The bouts of each category finished in one day. The same competitor has at least 10 minutes break between bouts.</p> <p>9.2 Duration of the Bout</p> <p>9.2.1 6 minutes for every adult bout, 3 minutes for each period, 30 seconds break during the half-time.</p> <p>9.2.2 4 minutes for every senior and junior bout, 2 minutes for each period, 30 seconds break during the half-time.</p>
<p><b>第十条 比赛中的信号</b></p> <p>10.1 上场信号: 场上裁判员做出两臂侧平伸后向上呈 90 度弯曲，掌心向内，召集运动员从比赛区外侧上场。</p>	<p><b>Article Ten: Signals in the Bout</b></p> <p>10.1 Signal of Entering the Arena: The referee assembles the competitors to enter the arena from the outside of the competition area by reaching out both arms horizontally and bending them at 90 degrees, palms</p>

<p>10.2 开始比赛信号: 场上裁判员发出“预备(yubei), 开始(kaishi)”口令, 运动员开始比赛。</p> <p>10.3 停止比赛信号: 场上裁判员发出“停(Ting)”的口令, 运动员停止比赛。</p> <p>10.4 比赛结束信号: 以电子计时系统鸣哨或鸣锣为准。</p>	<p>inward.</p> <p>10.2 Signal of Starting the Bout: The bout begins when the referee calls “Ready, go (Yubei, kaishi).”</p> <p>10.3 Signal of Stopping the Bout: The bout stops when the referee calls “Stop (Ting).”</p> <p>10.4 Signal of The End of the Bout: The bout ends when the electronic timing system whistles or the gong beaten.</p>
<p><b>第十一条 临场教练员指挥及申诉程序规定</b></p> <p>11.1 教练员 1 人必须着装整洁坐姿端正正在指定席位上指挥。</p> <p>11.2 比赛进行中, 教练员不得进入比赛区域, 不得用语言、手势等不文明行为侮辱裁判员及干扰裁判员执裁。</p> <p>11.3 临场申诉: 教练员对比赛判罚有异议时, 必须在场上裁判员宣判后 3 秒钟内起立, 向场内抛掷“抛掷物”提出申诉。如教练员申诉成功, 则退还“抛掷物”, 教练员依然享有申诉权。如申诉失败维持原判, 则收回“抛掷物”取消该场教练员临场申诉权。</p> <p>11.4 如果教练员仍对场上判罚存在质疑, 也可在本场比赛结束后, 按规定程序, 向仲裁委员会提出书面申诉。(书面申诉后比赛结果改判与否由仲裁委</p>	<p><b>Article Eleven: Sideline Coach Command and Appeal Rules</b></p> <p>11.1 A coach will be assigned to command on a specific seat, the assigned coach must dress neat and sitting straight up.</p> <p>11.2 During the bout, the coach are not allowed to enter competition area or attack the referee with vulgar language or gestures or any forms of insult.</p> <p>11.3 On-Site Appeal: When the coach has any doubts about the judgment, the coach must stand up within 3 seconds after the referee’s announcement and apply for on-site appeal by casting “the assigned object” into competition area. If the appeal is granted, “the object” will be returned to the coach, the right of on-site appeal still remained. If the original judgment stands, “the object” will be retrieved, and the on-site appeal right will be canceled.</p> <p>11.4 If the coach still doubts the judgment, it is also possible to file a written appeal through the procedure to the committee after the bout ended. (The committee will decide</p>



<p>员会决定)。</p>	<p>whether to remain the judgement or not after accepting the written appeal.)</p>
<p><b>第三章 比赛中的判罚</b></p>	<p><b>Chapter 3 Infraction and Penalty</b></p>
<p><b>第十二条 进攻有效与无效</b></p> <p>12.1 进攻有效</p> <p>12.1.1 在比赛区内将对方摔倒着地在保护区。</p> <p>12.1.2 在比赛区内将对方摔倒着地后，自己踏入或跌入保护区。</p> <p>12.1.3 在比赛区内将对方摔倒着地与自己踏入保护区同时发生。</p> <p>12.1.4 将对方摔倒着地与裁判员暂停口令同时发生。</p> <p>12.1.5 将对方摔倒着地与鸣哨(锣)同时发生。</p> <p>12.1.6 使用动作者使用的动作符合技术动作结构逻辑。</p> <p>12.2 进攻无效：</p> <p>12.2.1 使用犯规动作和踩踏对方脚进攻。</p> <p>12.2.2 场上裁判员叫停后仍然进攻。</p>	<p><b>Article Twelve: Valid and Invalid Attacks</b></p> <p>12.1 Valid Attack</p> <p>12.1.1 The attacking competitor brings the opponent down to the ground in the protection area.</p> <p>12.1.2 The attacking competitor brings the opponent down to the ground in competition area and the attacking competitor steps or falls into the protection area.</p> <p>12.3 The attacking competitor brings the opponent down to the ground in competition area and the attacking competitor steps into the protection area at the same time</p> <p>12.4 The attacking competitor brings the opponent down to the ground when the referee calls timeout at the same time</p> <p>12.5 The attacking competitor brings the opponent down to the ground when the whistle is blown or the gong is beaten at the same time.</p> <p>12.1.6 The competitor who applies technical movement which is qualified to the logic when attacks.</p> <p>12.2 Invalid Attack</p> <p>12.2.1 The competitor attacks with a foul or steps on the opponent's foot.</p> <p>12.2.2 The competitor continues to attack after the referee calls timeout</p>

<p>12. 2. 3 将对方摔倒着地在鸣哨(锣)之后发生。</p>	<p>12.2.3 The competitor brings the opponent down to the ground after the whistle is blown or the gong is beaten.</p>
<p><b>第十三条 得分标准</b></p> <p>得分判定依据：（除特殊技术动作使用结构外，任何一方运动员身体除两脚以外的任何一点着地便输分）分值是以双方运动员的最后身体状态及运动员身体着地部位为判分依据。具体得分标准如下：</p> <p>13. 1 得 3 分：将对方摔成头部、躯干、肘部、臀部位着地，自己保持两脚站立。</p> <p>13. 2 得 1 分</p> <p>13. 2. 1 将对方摔成头部、躯干、肘部、臀部位着地，自己第三点随之触地或支撑。</p> <p>13. 2. 2 将对方摔成手、膝部位着地。</p> <p>13. 2. 3 对方身体任何部位接触保护区。</p> <p>13. 2. 4 对方或对方教练受到 1 次警告。</p> <p>13. 3 互不得分</p> <p>13. 3. 1 双方同时着地。</p>	<p><b>Article Thirteen: Scoring Criteria</b></p> <p>Criteria for Scoring: The scoring are based on the status of the competitors and which body parts touch the ground. (Except for the particular technical movement, the competitor who touches the ground with any parts of the body but the foot lose the points.) Details are as follows:</p> <p>13.1 3 Points: Bring the opponent down to the ground with head, trunk, elbows or hips while the attacking competitor remains standing on the ground.</p> <p>13.2 1 Point</p> <p>13.2.1 Bring the opponent down to the ground with head, trunk, elbows or hips while the attacking competitor touches the ground with the third part of body apart from the foot.</p> <p>13.2.2 Bring the opponent down with the opponent touches the ground with hands or knees.</p> <p>13.2.3 Any body parts of the opponent touches the protection area.</p> <p>13.2.4 The opponent or the opponent's coach receives a warning.</p> <p>13.3 No Points for Both Competitors</p> <p>13.3.1 Both the competitors touches the ground at the same time.</p>

<p>13.3.2 双方同时出界。</p> <p>13.4 特殊说明</p> <p>13.4.1 使用跪腿摔成功：得1分。</p> <p>13.4.2 使用跪腿摔未成功：虽然膝盖着地，但能迅速站立不失分。反之则判罚失1分。</p> <p>13.4.3 使用技术动作将对手摔倒着地后，自己手撑在对手身体上判定未保持两脚站立，失去重心。</p>	<p>13.3.2 Both the competitors are out of the effective boundary at the same time</p> <p>13.4 Special Explanation</p> <p>13.4.1 The attacking competitor who applies the single-knee-down technique and succeed, get 1 point.</p> <p>13.4.2 The attacking competitor who applies the single-knee-down technique failed but is able to stand up immediately will not lose points. However if the competitor is not able to stand up, lose 1 point.</p> <p>13.4.3 After bringing the opponent down to the ground by technical movement, if the attacking competitor leans on the opponent will be judged as losing the balance and not standing on foot.</p>
<p><b>第十四条 犯规</b></p> <p>14.1 侵人犯规</p> <p>14.1.1 使用反关节动作有意伤害对方者。</p> <p>14.1.2 以手、肘、膝、头部击打和撞击对方或抓对方生殖器官者。</p> <p>14.1.3 用脚踢对方或踢弹对手小腿中部以上部位或蹬踹对手者。</p> <p>14.1.4 按压对方眉口之间的面部或咽喉或抓对方头发者。</p> <p>14.1.5 双手搂抱对方头、颈者。</p>	<p><b>Article Fourteen: Foul</b></p> <p>14.1 Personal Foul</p> <p>14.1.1 Intentionally hurt the opponent with an anti-joint action.</p> <p>14.1.2 Hit and strike the opponent with hands, elbows, knees or head, or grasp the genitals of the opponent.</p> <p>14.1.3 Kick the opponent or the opponent's half calf above with the feet.</p> <p>14.1.4 Press the throat and the middle of the eye browns of the opponent or grasp the opponent's hair.</p> <p>14.1.5 Hold the opponent's head or neck with both hands.</p>

<p>14.1.6 已将对方摔倒，还故意压砸对方者。</p> <p>14.1.7 将对方抱起使之失去控制能力，仍将对方头朝下垂直下摔，有意伤害对方者。</p> <p>14.1.8 立肘向下砸对方手腕拆把者。</p> <p>14.2 技术犯规</p> <p>14.2.1 场上裁判员发出开始口令之前或叫停之后，仍然进攻者。</p> <p>14.2.2 比赛进行中，临场教练员干扰比赛或进入比赛场地者。</p> <p>14.2.3 比赛进行中，自行停止比赛者。</p> <p>14.2.4 比赛中抓对方裤子者。</p> <p>14.2.5 女运动员故意撕扯对方内衣者。</p> <p>14.2.6 比赛进行中，跤衣带、跤鞋带松开者。</p> <p>14.2.7 不符合本规定着装仪表、礼仪者。</p> <p>14.2.8 上场比赛运动员比赛服装经场上裁判员检查，如不符合规定，可更换一次服装，计时1分钟，如超时则判罚</p>	<p>14.1.6 Intentionally press against the opponent after the opponent has already been brought down to the ground.</p> <p>14.1.7 Harm the opponent intentionally. Throw the opponent down on the floor vertically on purpose after holding the opponent up and make the opponent lose control of the body.</p> <p>14.1.8 When being grasped, break the wrist of the attacker by hitting elbows down vertically.</p> <p>14.2 Technical Foul</p> <p>14.2.1 Attacking before the referee calls “Go (Kai-Shi)” or continuing to attack after the referee calls “Stop (Ting)”.</p> <p>14.2.2 The coach interferes the bout or entering the competition area.</p> <p>14.2.3 Stop competing during the bout without the referee calling timeout or stop while the bout is still in progress.</p> <p>14.2.4 Grasping the opponent’s wrestling pants without letting go during the bout.</p> <p>14.2.5 Female competitor tears the opponent’s undergarment intentionally.</p> <p>14.2.6 Wrestling belt or shoes laces loosed during the bout.</p> <p>14.2.7 Violate any rules in Article Four.</p> <p>14.2.8 Competitors whose dress are judged as violation, are allowed to change the outfit once within 1 minute. If the competitor</p>
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<p>技术犯规警告。</p>	<p>changes the outfit overtime, the competitor will be given a technical foul.</p>
<p><b>第十五条 消极</b></p> <p>消极是指运动员在比赛中没有实质性进攻意图的行为。</p> <p>15.1 故意逃避比赛者，不受时间限制立即处罚。</p> <p>15.2 倒地后不立即起身，拖延比赛时间达 5 秒钟者。</p> <p>15.3 比赛进行中，用头顶住对方；无论运动员把位是否有利、只要没有实质性进攻或反攻动作；不积极抢手、不抓握跤衣、不积极进攻、无进攻意图；拖延比赛时间达 15 秒钟者。</p> <p>15.4 比赛开始 60 秒内，双方运动员均没得分，裁判员应根据运动员在场上的表现，对相对消极的一方运动员进行消极处罚。</p>	<p><b>Article Fifteen: Passivity</b></p> <p><b>Definition of Passivity: The competitor shows no intention of actual attack during the bout.</b></p> <p>15.1 Intend to avoid competing during the bout will be penalized immediately without time limit.</p> <p>15.2 Not rising immediately within 5 seconds after a fall and intend to delay the competition.</p> <p>15.3 The following descriptions will also be judged as passivity: press the head against the opponent during the bout, no intention to attack whether the competitor is at dominant position, not attacking aggressively, not grasping the wrestling jacket and no intention to attack, delay the bout till 15 seconds.</p> <p>15.4 If neither of the competitors have scored in 60 seconds after the bout starts, the referee will penalize the competitor according to whose performance is comparatively much more passive.</p>
<p><b>第十六条 检录</b></p> <p>16.1 运动员必须持有效证件在赛会指定检录处检录，合格后方可参赛，运动员跤衣不合格者禁止上场比赛。</p> <p>16.2 检录人员应对运动员是否佩戴各种饰物及硬质护具、跤衣、跤鞋、跤裤等认真检查。</p>	<p><b>Article Sixteen: Registration</b></p> <p>16.1 Competitors have to check in with official identifications at the registration place. Qualified competitors will be able to attend the competition. Competitors whose dress violate Article Four are not allowed to compete.</p> <p>16.2 Staff at the registration place will examine closely if the competitor wears any kind of accessories, or solid protective</p>

<p>16.3 检录合格后的运动员必须在指定的候场处等待。</p>	<p>equipment, wrestling jacket, and shoes.</p> <p>16.3 After the check in, the qualified competitors must wait at the assigned area.</p>
<p><b>第十七条 罚则</b></p> <p>17.1 检录后的运动员应在指定位置候场不得离开，但在宣告员宣告出场比赛 1 分钟后未能上场比赛者按弃权处理。</p> <p>17.2 比赛期间，运动员无故弃权，取消本人全部成绩。</p> <p>17.3 教练员违反第十一条第一款或第二款，第一次违反给予警告处罚，第二次违反给予判罚出场的处罚。</p> <p>17.4 凡触犯“侵人犯规”条例的运动员，将根据情节轻重，给予警告或直接取消该场比赛资格处罚。</p> <p>17.5 凡触犯“技术犯规”条例者，将给予警告处罚。</p> <p>17.6 凡出现“消极”行为之一者，给予“警告”处罚。</p> <p>17.7 比赛中，一方犯规，情形对犯规者有利时，立即停止比赛按规定给予处理；如对犯规者不利则等该进攻动作结束后再叫停，并按规定给予处理。犯规者将对手摔倒不得分，并给予处罚；如犯规者被对手摔倒，则判对手得分，并</p>	<p><b>Article Seventeen: Penalty</b></p> <p>17.1 After the check in, the qualified competitors are not allowed to leave the assigned area, competitors who do not show up at the competition area within 1 minute after the announcement will be considered as quitting the competition.</p> <p>17.2. If the competitor quits during the competition with no specific reason, the personal scores and records will be eliminated.</p> <p>17.3 If the coach violates Item 11.1 or 11.2 of Article Eleven, the coach will receive a warning. If the coach violates the second time, the coach will be ejected.</p> <p>17.4 Competitor whoever violates Item 14 of Article Fourteen, will be penalized with a warning or disqualified to the bout according to the severity of the violation.</p> <p>17.5 Competitor whoever violates technical foul will be penalized with a warning.</p> <p>17.6 Competitor whoever shows any passivity in Item 15 of Article Fifteen during the bout will be penalized with a warning.</p> <p>17.7 If the violation happens during the bout and the situation is in advantage to the violator, the bout will be suspended immediately to penalize according to the rules. If the violator is in disadvantage situation, the bout will not be suspended until</p>

<p>追加犯规者的处罚。</p> <p>17.8 比赛中，一方运动员受到 4 次警告，则取消该运动员本场比赛资格，宣布对方获胜。</p> <p>17.9 伤停判定：比赛进行中，一方运动员因受伤(非犯规导致)而不能比赛时，场上裁判员暂停比赛。但暂停时间累计不能超过 2 分钟，如果受伤者累计超过 2 分钟仍不能参赛，则判受伤运动员本场负，保留其技术得分。(大会医生处理伤势时间除外)。</p>	<p>the attacking has completed. If the violator brings the opponent down to the ground, the violator will not score but penalized. If the opponent brings the violator down to the ground, the opponent scores and the violator be penalized.</p> <p>17.8 When the competitor receives four warnings during the bout, the competitor will be disqualified from the bout and the opponent will be declared as winner.</p> <p>17.9 Injury: The referee calls timeout if the competitor is unable to compete due to the injury (which is not caused by violation) during the bout. The duration of timeout must be within 2 minutes. If the injured competitor remains unable to compete after 2 minutes (except for the time when the doctor of committee treats the injury), the referee will declare the competitor lose, but the technical points will be remained to the competitor.</p>
<p><b>第四章 判定胜负和确定名次</b></p>	<p><b>Chapter4 Determination of the Competition Results and Ranking</b></p>
<p><b>第十八条 判定胜负</b></p> <p>18.1 累计得分多者胜。</p> <p>18.2 优势获胜。比赛中双方得分累计分差达 6 分时，即终止比赛，判得分多者优势获胜。</p> <p>18.3 双方得分相同，技术分多者获胜；若相同，则判得 3 分多者胜，若相同，则判最后得分者胜。</p>	<p><b>Article Eighteen: Determination of the Competition Results</b></p> <p>18.1 The competitor with the most accumulated points wins.</p> <p>18.2 The competitor who owns advantage wins. If the difference of the score reaches to 6 points, the bout ends and the competitor who scores more points wins.</p> <p>18.3 If both competitors score the same points, the competitor who scores more technical points wins. If the technical points are equal, the competitor who scores more three-points wins. If the competitors score the same number of three-points, the</p>

	competitor who scores the last point(s) wins.
<p><b>第十九条 名次的确定</b></p> <p>19.1 个人淘汰赛名次</p> <p>19.1.1 个人淘汰赛时直接产生 1、2 名，负于第 1 名、第 2 名者为并列第 3 名，负于第 3 名者为并列第 5 名，依此类推。</p> <p>19.2 个人循环赛名次</p> <p>19.2.1 循环赛时，全部比赛结束后，按积分(即计分的总和，循环赛胜 1 场积 2 分，输 1 场积 1 分，弃权 1 场 0 分)的多少确定个人名次，积分多者名次列前。</p> <p>19.2.2 如两人积分相等，则按两人在比赛中的胜负确定名次，胜者名次列前。</p> <p>19.2.3 如两人以上积分相等，则以他们之间的比赛胜负确定名次。</p> <p>19.2.4 如两人以上积分相等又为循环互胜，技术分多者名次列前，其次获 3 分多者名次列前，如相同，体重轻者名</p>	<p><b>Article Nineteen: Determination of the Ranking</b></p> <p>19.1 The Ranking of Individual Elimination Tournaments</p> <p>19.1.1 After the individual elimination tournament has finished, the result of first and second place come out directly. The competitors who lose to the first and second places share the title of the third place. The competitors who lose to the third places shared the title of the fifth places, etc.</p> <p>19.2 Individual Round-Robin Tournaments</p> <p>19.2.1 After all bouts has finished in a round-robin tournament, the individual ranking is determined by the accumulated points, which refer to the sum of the individual's scores (winning one round-robin tournament is worth 2 points, losing one is worth 1 point, and giving up the right to participate in a competition is worth none). The competitor who owns higher accumulated points ranks higher.</p> <p>19.2.2 If two competitors have an equal amount of points, these competitors will be ranked by the results of the bout between two competitors. The winner ranks higher than the other.</p> <p>19.2.3 If two or more competitors have an equal amount of points, these competitors will be ranked by the results of the bout between them.</p> <p>19.2.4 If two or more competitors have an equal amount of points and have both won the bout between each other, these</p>



次列前。两人体重相同，胜者名次列前。若三人体重还相同，进行附加赛确定名次排列。

19.2.5 参加预赛或决赛的场数不到一半者，成绩全部作废，不计名次，曾与其比赛的对方成绩均予注销。

19.2.6 参加预赛或决赛的场数已达到或超出一半时(如应赛 6 场，已赛完 3 场或 3 场以上)应按其积分确定名次，其余未进行比赛的场次，均按弃权论处。

### 19.3 团体名次：

19.3.1 按各单位运动员在各级别比赛中被录取最好名次的总和确定名次，得分多者名次列前。

19.3.2 如遇两个或两个以上单位团体积分相等，获得第 1 名多的单位名次列前；如再相等，获得第 2 名多者名次列前；依此类推。

competitors will be ranked as following rules: the competitor who scores more technical points ranks higher, than the competitor who scores more three-points ranks higher. If two competitors have an equal amount of three-points, the competitor with lighter weight ranks higher. If three competitors are also in the same weight, an additional bout will be held to confirm the ranks.

19.2.5 If the competitor takes part in less than half of the preliminary or final competitions, the scores and rankings will be eliminated, as well as the scores of the opponent competitor.

19.2.6 If the competitor takes part in half or more than half of the preliminary or final competitions (for example, having completed 3 or more bouts out of 6 in total), the ranking will be determined by the accumulated points of the competitor. The competitor will be regarded as quitting the bout if the competitor has not competed the rest of the bout.

### 19.3 The Ranking of Team Competitions

19.3.1 The ranking is determined by the sum of every competitor's best ranking in every weight class. The team with more points ranks higher.

19.3.2 If two or more teams have an equal amount of points, these teams will be ranked as following rules: the team with the most first places competitor ranks higher, if these teams have the same amount of the first place competitors than the team with the most second places competitor ranks higher, etc.

<p>19.3.3 团体对抗赛时，以循环赛或淘汰赛赛制进行比赛。</p> <p>19.3.4 录取方法及每个级别录取前几名及每个名次各得几分，由主办单位在竞赛规程中规定。</p>	<p>19.3.3 Round-robin tournaments or elimination tournaments are applied in team competitions.</p> <p>19.3.4 The methods of getting in ranking, the amount of the competitors to get in the raking in each class and the points for each rankings will be prescribed by the committee in the competition rules and regulations.</p>
<p><b>第五章 裁判员及其职责</b></p>	<p><b>Chapter 5 Referees and Duty</b></p>
<p>第二十条 裁判人员的组成</p> <p>20.1 技术代表、总裁判长、副裁判长。</p> <p>20.2 每场比赛：执行裁判长、场上裁判员、侧面裁判员、电子计时记分裁判员、检录裁判员。</p> <p>20.3 编排记录长、编排裁判员。</p> <p>20.4 检录长，检录裁判员。</p> <p>20.5 宣告员。</p> <p>20.6 医务监督。</p> <p>20.7 根据比赛规模可酌情安排裁判员和工作人员的人数。</p> <p>20.8 每场比赛由执行裁判长、场裁、侧裁、电子计分裁判员四人组成裁判组，由执行裁判长和侧裁分别对该场比赛的得分做记录并填写比赛结果。</p>	<p>Article Twenty: The Composition of Referees</p> <p>20.1 Technical referee, chief referee and vice chief referee.</p> <p>20.2 Every bout shall be consist of executive referee, mat-chairman, side referee, timekeeper and register referee.</p> <p>20.3 Schedule arrangement recorder and arrangement referee.</p> <p>20.4 Register officer and register referee.</p> <p>20.5 Reporter.</p> <p>20.6 Medical supervisor.</p> <p>20.7 The number of referees and staffs can be adjusted according to the scale of the competition.</p> <p>20.8 Every bout shall be consist of executive referee, mat-chairman, side referee and timekeeper. Executive referee and side referee will record the scores and the result separately.</p>
<p>第二十一条 裁判人员的职责</p> <p>21.1 技术代表</p>	<p>Article Twenty One: The Duties of Referees</p> <p>21.1 Technical Referee</p>

<p>21.1.1 解释规则</p> <p>21.1.2 处理临场比赛录像审议，如果意见不统一，则请仲裁参加，最后以少数服从多数来决定判罚。</p> <p>21.1.3 当裁判员的判定不一致时，可做最后决定。</p> <p>21.2 总裁判长</p> <p>21.2.1 领导裁判人员，负责裁判组的组织工作。</p> <p>21.2.2 比赛前对场地器材和设备进行总的检查。</p> <p>21.2.3 裁判员不称职或发生严重错误时，可建议竞赛委员会给予相应的处理，必要时可停止裁判员职务。</p> <p>21.2.4 如遇特殊情况（不可预见性）影响比赛时，可决定是否继续进行比赛。</p> <p>21.2.5 审定、签署和宣布比赛成绩。</p> <p>21.2.6 比赛结束后及时作出书面总结。</p> <p>21.3 副裁判长</p> <p>21.3.1 协助总裁判长领导裁判组工作，总裁判长缺席可以代行总裁判长职责。</p>	<p>21.1.1 Explain the rules.</p> <p>21.1.2 Manage the deliberation of on-site video record. The opinions will be led to the arbitration if the opinions are divided. The result will be determined by most opinion.</p> <p>21.1.3 If the referees make difference judgements, the technical referee makes the final decision.</p> <p>21.2 Chief Referee</p> <p>21.2.1 Organize and lead the referees.</p> <p>21.2.2 Responsible for final examine of the equipment and devices at the arena before the competition starts.</p> <p>21.2.3 Provide the competition committee with punishment suggestions if the referees perform unprofessionally or make serious mistakes, the referee will be suspended if it is necessary.</p> <p>21.2.4 Decide whether the competition continues if unforeseeable events effect the competition.</p> <p>21.2.5 Examine, sign, and announce the result of competition.</p> <p>21.2.6 Release written conclusion immediately after the competition ends.</p> <p>21.3 Vice Chief Referee</p> <p>21.3.1 Assist chief referee to lead the referee team and substitute for chief referee when chief referee is absent.</p>
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21.3.2 协助总裁判长组织管理裁判组。

#### 21.4 执行裁判长

21.4.1 比赛开始前检查本场地比赛的用具和比赛场地，准备好记分表，每场比赛记分表由执行裁判长填写。

21.4.2 比赛中监督电子计分裁判员、检录裁判员工作。

21.4.3 比赛中在接到场上裁判员和侧面裁判员判定的得分信息后，即刻判定出得分结果，并举牌示众。如场上裁判员和侧面裁判员所判分值不统一时，执行裁判长可采纳其中一方意见并举牌示众。如执行裁判长持有第三种意见，可召集场、侧面裁判员合议并将结果示众。如合议意见不能统一时，报（技术代表组）审定，如仍无法统一，报仲裁决定。

21.4.4 根据场上情况，判定运动员的得分、处罚、获胜、弃权、取消比赛资格，以及对教练员的处罚等事宜。

21.4.5 比赛结束，审核、签署比赛成绩记录表。

21.2.2 Assist chief referee to organize the referee team.

#### 21.4 Executive Referee

21.4.1 Examine the equipment, devices and score-keeping chart of the competition area before the competition start. Executive referee will be responsible for keeping the score of every bout.

21.4.2 Supervise the timekeeper and register referee.

21.4.3 Executive referee is required to decide the final score and announce the points with the board to the audience immediately after receiving the score from the mat-chairman and the side referee. If the on-site referee and the side referee own different judgement of the score, the executive referee is allowed to accept one of the suggestion from both sides and announce the points with the board to the audience. If the executive referee owns the third opinion, the executive referee shall gather the mat-chairman and the side referee to consult and announce the points with the board to the audience. If the result of consultation are not consented, turn to technical referee to deliberate. If the opinion is still not consented, the opinions will be led to the arbitration.

21.4.4 Judge the score, punishment, winning, quitting, disqualification and the punishment of the coaches according to the situation of the bout.

21.4.5 Deliberate and sign the score keeping

<p>21.5 场上裁判员</p> <p>21.5.1 检查运动员服装是否符合规定，运动员服装如不符合规范，要求运动员更换服装。</p> <p>21.5.2 严格执行规则，用手势和口令指挥运动员上场进行比赛、下场、行礼和临场治疗等事宜。</p> <p>21.5.3 判定运动员的得分和判罚情况，并第一时间用手势示众，然后按执行裁判长的最后判定结果宣告得分和处罚情况。</p> <p>21.5.4 处理场上的相关事宜，宣告本场比赛结果。</p> <p>21.6 侧面裁判员</p> <p>21.6.1 在侧面裁判工作台就坐，对运动员得分、犯规等情况及时表达自己的意见并举牌示意。</p> <p>21.6.2 及时向执行裁判长举牌示意教练员的违规情况。</p> <p>21.6.3 填写临场计分表。</p> <p>21.7 电子计时记录裁判员</p> <p>21.7.1 根据场上裁判员发出的开始和暂停的口令计时。</p> <p>21.7.2 发出比赛开始和结束的信号，比赛时间结束以电子记分器发出的声音为准。</p>	<p>chart after the bout is over.</p> <p>21.5 Mat-Chairman</p> <p>21.5.1 Examine if the competitors dress according to the regulations, if not, demand the competitors to change.</p> <p>21.5.2 Executive the regulations strictly, command the competitors to attend the bout, off the bout, perform the etiquette and on-site therapy with gestures and verbal command.</p> <p>21.5.3 Determine the score and punishment of the competitors and indicate the situation by gesture at the first timing. Declare the final judgement of executive referee about the scoring and penalizing situation.</p> <p>21.5.4 Manage anything related to the bout and declare the result of the bout.</p> <p>21.6 Side Referee</p> <p>21.6.1 Sit at the side official table and raise the signs to indicate the opinions with the scores and fouls of the competitors.</p> <p>21.6.2 Raise sign in time to indicate the mat-chairman about the violation of the coach.</p> <p>21.6.3 Fill in the on-site score keeping chart.</p> <p>21.7 Timekeeper</p> <p>21.7.1 Keep the time according to the start and timeout commands of the mat-chairman.</p> <p>21.7.2 Signal at the start and at the end of the bout, the end of the bout according to the sound of the timer.</p>
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<p>21.7.3 比赛开始前 5 秒钟，发出准备开始的信号。</p> <p>21.7.4 根据场上裁判员的宣告，负责记分、示分、计时。</p> <p>21.7.5 遇有伤病等情况时，根据场上裁判员的指示计时，提示疗伤时间，累计疗伤时间达 2 分钟时，即鸣哨告示。（大会医生处理伤势时间除外）。</p> <p>21.8 编排记录长</p> <p>21.8.1 负责编排组审核最后报名单、抽签及比赛编排工作。</p> <p>21.8.2 比赛开始 2 小时之前，负责将各级别轮次编排定位表，公示张贴至驻地和赛场的工作。</p> <p>21.8.3 负责各种竞赛记录表格的准备工作，收集、审查、登记、发布比赛成绩。</p> <p>21.8.4 负责编制成绩册，填写证书并协助大会发奖。</p> <p>21.8.5 负责将所有编排记录、成绩录取表、体重表等表格资料整理后上交总裁判长。</p> <p>21.9 检录长</p> <p>21.9.1 参与称量运动员体重的工作，检查称重器材。</p>	<p>21.7.3 Signal to make the competitors get ready in 5 seconds before the bout starts.</p> <p>21.7.4 Keep and show the scores as well as the time according to the announcement of the mat-chairman.</p> <p>21.7.5 Keep the time when the mat-chairman indicates the time of treatment starts. If the competitors injure, blow the whistle when 2 minutes treatment time is up (except for the time when the doctor of committee treats the injury).</p> <p>21.8 Schedule Arrangement Recorder</p> <p>21.8.1 Arrange and examine the final enrollment list, drawing of lots and arrange the competition.</p> <p>21.8.2 Post the order of the bout of each class 2 hours before the competition starts in every resting area and the arena.</p> <p>21.8.3 In charge of the preparing of all kinds of the competition forms, and the job of collecting, checking, registering and announcing the results of the competition.</p> <p>21.8.4 Compile the competition result books and certificates, and assist the committee to award the prize.</p> <p>21.8.5 Organize all the charts and forms, including the schedule arrangements, result records and weigh-in charts, and hand in to the chief referee.</p> <p>21.9 Register Officer</p> <p>21.9.1 Assist weigh-in, and examine the weigh-in equipment.</p>
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<p>21.9.2 在每场比赛开始前 10 分钟，负责组织运动员点名，严格执行规则检查运动员的服装及仪表。</p>	<p>21.9.2 Responsible for the roll-call 10 minutes before every bout starts and examine the dress and the appearance of competitors strictly.</p>
<p>21.9.3 比赛前 3 分钟通知运动员入场，并检查其服装颜色是否与出场顺序表一致。</p>	<p>21.9.3 Notify the competitors to enter the arena 3 minutes before the bout starts and confirm the color of the competitors' dress are consistent with the order of the entrance.</p>
<p>21.9.4 组织志愿者或工作人员在比赛场地内引领运动员入场、退场的工作。</p>	<p>21.9.4 Organize the volunteers and the staffs to lead the competitors to enter and exit the arena.</p>
<p>21.9.5 向裁判台执行裁判长报告弃权运动员名单，向编排长上交运动员弃权表。</p>	<p>21.9.5 Report the list of quitting competitors to the executive referee, and hands in the on-site quitting forms to the schedule arrangement recorder.</p>
<p>21.9.6 检录裁判员在检录长的领导下开展工作。</p>	<p>21.9.6 Organize and lead the register referee to begin the work.</p>
<p>21.10 宣告员</p>	<p>21.10 Reporter</p>
<p>21.10.1 摘要介绍竞赛规程和规则。</p>	<p>21.10.1 Introduce the rules and regulations of the competition briefly.</p>
<p>21.10.2 宣告每场比赛顺序，报告每场比赛结果。</p>	<p>21.10.2 Announce the order and results of each bout.</p>
<p>21.10.3 负责临场的宣传教育工作。</p>	<p>21.10.3 In charge of the publicity and education work.</p>
<p>21.10.4 宣告总裁判长确定告知全体参赛人员的有关事宜。</p>	<p>21.10.4 Announce the chief referee has informed all the participants about the matters regard to the competition.</p>
<p>21.11 医务监督</p>	<p>21.11 Medical Supervisor</p>

<p>21.11.1 审核运动员的“体格检查表”。</p> <p>21.11.2 负责受伤者的急救工作，对受伤运动员能否继续参加比赛给予建议。</p>	<p>21.11.1 Examine the competitors with their physical examination forms.</p> <p>21.11.2 In charge of treating the injured competitors and giving suggestions on whether to continue the competition.</p>
<p><b>第六章 裁判方法及手势口令</b></p>	<p><b>Chapter 6 Methods of Judgment, Gestures And Commands</b></p>
<p>第二十二条 裁判方法</p> <p>22.1 每场比赛由执行裁判长、场上裁判员、侧面裁判员各一名负责比赛的判罚工作。执行裁判长坐在裁判台(距离保护区 2 米)执裁；场上裁判员在比赛区执裁；侧面裁判员坐在执行裁判长对面（距离保护区 2 米）。</p> <p>22.2 比赛中当出现运动员“除两脚之外任何一点”着地时，（跪腿摔技术根据运动员实际使用情况判定）场上裁判员应即刻发出“停”的口令，并举手示分。侧面裁判员根据自己的观察，举牌示分。执行裁判长如同意其中一方或双方的判决，举牌示分。场上裁判员根据执行裁判长的判定做出宣告。</p> <p>22.3 执行裁判长若与场上、侧面裁判员意见不同时，可召集场上、侧面裁判员商议后判定。如意见不能达成统一时，应报技术代表合议后做出判决。仍不能达成统一时，须报仲裁合议，以少数服从多数的原则判定。</p>	<p>Article Twenty Two: Methods of Judgment</p> <p>22.1 An executive referee, a mat-chairman and a side referee are responsible for the judgment of each bout. The executive referee sits at the official table 2 meters away from the mat, the mat-chairman stays in the competition zone and the side referee sits across from the executive referee (also 2 meters away from the mat).</p> <p>22.2 When the competitor touches the ground with “the third point,” the mat-chairman calls “Stop (Ting)” immediately and raises the sign to show the score. The side referee also raises the sign according to the observations. The executive referee raises the sign if agrees with one or both of the referees. The mat-chairman announces the score according to the executive referee’s judgment.</p> <p>22.3 When the executive referee has different opinions from the mat-chairman and side referees, the executive referee can call a meeting to make the decision after discussion. If the consensus cannot be reached, the technical referee will make the judgement after consultation. If the opinion is still not consented, the opinions will be led to the arbitration and the result will be determined by most opinion.</p>



22.4 场上、侧面裁判员认为运动员有消极、犯规行为时，应向执行裁判长示意。若场上、侧面裁判员同时示意，则执行裁判长应即刻判定，由场上裁判员宣告。若 1 位原裁判员示意，执行裁判长则根据自己的判断决定是否判定消极。

22.5 比赛中教练员出现违反规则行为，场上、侧面裁判员应向执行裁判长提出处罚意见，执行裁判长决定是否处罚。如处罚，由执行裁判长向违规教练员出示警告牌，教练员受第二次警告时，场上裁判员令其离开比赛场地。

22.6 出现双方相互抓握对方均无进攻意识的僵局时，可暂停比赛，重新开始。

22.4 If the mat-chairman and the side referee consider the competitors are engaging in passivity or fouls, they must inform the executive referee. If both of the referees inform at the same time, the executive referee will make the judgement for the mat-chairman to announce immediately. If only one of the referees informs, the executive referee will make the judgement according to self.

22.5 When the coach violates the rules during the bout, the mat-chairman and the side referee must propose penalty suggestions to the executive referee whether the coach receives the penalty. If the executive referee decides to penalize the coach, the executive referee will show the sign of warning to the coach. If the coach receives second warnings, the coach will be ejected.

22.6 If both competitors only grasp each other without attacking, the bout can be terminated and started over.

第二十三条 裁判员的手势、口令及记录工作

23.1 场上裁判员手势口令

23.1.1 运动员上场：场上裁判员左手戴红色标识，右手戴蓝色标识站在比赛场地中央面向裁判台，两臂侧平举，手心向上，五指并拢，然后做肘弯曲，两上臂向上 90 度，手心向内；待运动员走到比赛开始线，两臂下摆，指向双方开始线后，待双方运动员行礼后收臂。

Article Twenty Three: Referees' Gestures, Commands, and Recording

23.1 The mat-chairman's gestures and commands.

23.1.1 Signal for the competitors to enter the arena: The mat-chairman stands in the center of the arena and face to the official table with blue sign on the right hand and stretch both arms horizontally, palms up, fingers closed, then bends both arms upwards by 90 degrees with palms facing inward. Wait until the competitors come to the starting lines, the mat-chairman point downward, and after the competitors perform "Fist Wrapping Salute (Bao Quan Li)" to each other the mat-chairman put down the arms.



23.1.2 征询比赛开始：场上裁判员面向裁判台立正姿势站立，右臂上举，掌心向前，得到执行裁判长示意后放下。

23.1.3 开始比赛：场上裁判员立正姿势站立，左脚向前跨一步，两臂在体侧下方抬起，与身体成 45 度角，掌心向上，并发出“预备”口令，然后两臂直臂摆动至身体前方呈交叉状，五指并拢，掌心向下，同时发出“开始”口令。

23.1.2 Request for the bout to start: The mat-chairman stands attention facing to the official table, raises the right arm with palm facing forward, and put down after the executive referee has confirmed.



23.1.3 Start the bout: The mat-chairman stands attention with left foot stepping forward, raises both arms with 45-degree angles by both sides of the body, palms up and calls “Ready” (Yubei), then stretches both arms in front of the body with a cross, fingers closed, palms down and calls “Start” (Kaishi).



yù bèi  
预备



kāi shǐ  
开始

23.1.4 暂停比赛:场上裁判员右臂向前伸直,五指并拢,拇指在上,指向运动员,同时发出“停”的口令。

23.1.5 得1分:场上裁判员面向执行裁判长,一臂(左红右蓝)侧举,小臂呈90度向上,伸出食指。

23.1.6 得3分:场上裁判员面向执行裁判长,一臂(左红右蓝)伸直上举,伸出拇指、食指、中指。

23.1.4 Timeout: The mat-chairman stretches right arm straight forward, fingers closed with thumb on the top and points to the competitor while calling “Stop” (Ting).



ting  
停

23.1.5 Score 1 point: The mat-chairman faces to the executive referee with one arm stretching aside (with the color on the arms, red on the left and blue on the right), bends the arm up at 90 degrees and hold up index finger.



ting  
停

23.1.6 Score 3 points: The mat-chairman faces to the executive referee with one arm stretching aside (with the color on the arms, red on the left and blue on the right), bends the arm up at 90 degrees and hold up the thumb, index finger and middle finger.





tíng  
停



23.1.7 红(蓝)方得分:场上裁判员看到执行裁判长裁决后,做出得分手势,发出“红(蓝)方(1、3)分”口令。

23.1.7 Score of red (blue) side: After the mat-chairman receives the judgement of the executive referee, the mat-chairman makes scoring gesture with calling “Red (or Blue), 1 (or 3) point(s)”.



lán fāng  
蓝方



lán fāng sān fēn  
蓝方三分

23.1.8 互不得分：两臂体前斜下举，掌心向后，然后摆动交叉 2 次。

23.1.8 No points given to either competitor: The mat-chairman stretches both arms down diagonal, palms facing backward, and move the arms to make a cross twice.



23.1.9 消极判罚提示手势：一方运动员消极时，场上裁判员做出一臂侧平举（左红右蓝）五指并拢掌心向下手势，示意消极，若消极一方开始进攻，则停止示意手势。

23.1.9 Reminding gesture of penalty for passivity: When one of the competitor shows passivity, the mat-chairman will indicate passivity by stretching one arm aside (with the color on the arms, red on the left and blue on the right), fingers closed and palm facing down. If the competitor starts to attack, the mat-chairman will stop making the gesture.



23.1.10 警告:场上裁判员一臂(左红右蓝)屈肘侧上举,握拳,拳心向前,同时发出“红(蓝)方,消极(技术犯规、侵人犯规)警告一次”口令。

23.1.10 Warning: The mat-chairman raises and bends the arm with the color representing the competitor (red on the left and blue on the right), clenches the fist with the fist facing forward and call “Red (blue), passivity (technical foul, personal foul), first warning”.



lán fāng xiāo jí  
蓝方消极

lán fāng jì shù fàn guī、  
(蓝方技术犯规、

lán fāng qīn rén fàn guī)  
蓝方侵人犯规)



jǐng gào yī cì  
警告一次

23.1.11 出界：一臂向前伸直，五指并拢，拇指在上，在体侧前后摆动两次。

23.1.12 整理服装：面向需整理服装的运动员，两掌放在左右腰腹处，指尖向下。

23.1.11 Out of bounds: The mat-chairman stretches one arm straight forward, fingers closed with thumb on the top and swing the arm back and forth twice aside the body.



23.1.12 Manage the clothes: The mat-chairman faces the competitors required to manage the clothes, places both palms on the waist and points fingers down.





23.1.13 宣告胜负：场上裁判员一臂（左红右蓝）向获胜运动员侧上方举起后小幅度落下（约 30 度角左右），同时发出“红（蓝）方胜”口令。

## 23.2 执行裁判长的执裁动作

23.2.1 开始比赛：执行裁判长端坐裁判台，一臂上举，五指并拢，掌心向前。

23.2.2 暂停示意：鸣单音哨。起立面向场上裁判员，一臂上举，五指并拢，掌心向前。

23.2.3 得分示牌：向得分运动员一侧，举（1 分或 3 分）得分牌。

23.2.4 互不得分：举白牌示意。

23.2.5 处罚示牌：

23.2.5.1 对运动员警告：向被警告运动员上举红色或蓝色警告牌。

23.1.13 Announce the results: The mat-chairman raises the arm with the color representing the winner (red on the left and blue on the right) and slightly put the arm down (around 30 degrees), and call “Red (blue) wins” at the same time.



hóng fāng shèng  
红方胜

## 23.2 The executive referee's gestures.

23.2.1 Start of the bout: The executive referee sits at the official table with one arm raised, fingers closed and the palm faced forward.

23.2.2 Timeout: The executive referee whistles the single tone whistle and stands up to face the mat-chairman with one arm raised, fingers closed and the palm faced forward.

23.2.3 Showing scored signs: Raise the scored signs (1 or 3 points) to the scored competitor.

23.2.4 No points given to either competitor: Raise white signs.

23.2.5 Signs of penalty.

23.2.5.1 Warning to the competitor: Warn the competitor with raising red or blue warning sign.

<p>23.2.5.2 对教练员警告：向被警告教练员上举红色或蓝色警告牌。</p>	<p>23.2.5.2 Warning to the coach: Warn the coach with raising red or blue warning sign.</p>
<p>23.2.6 判定胜负：一臂（左或右）侧举，五指并拢，掌心向前，指向获胜一方。</p>	<p>23.2.6 Announce the results: Raise one arm (left or right) with fingers closed, palms faced forward and point to the direction of the winner.</p>
<p>23.2.7 召集场上裁判员：起立，两臂向前抬起屈肘上举，五指并拢向上，掌心向内。</p>	<p>23.2.7 Assemble the referees: Stand up, stretch both arms forward, bend up the elbow with fingers closed and the palms faced inward.</p>
<p>23.3 侧面裁判员的示分动作</p>	<p>23.3 The side referee's gestures.</p>
<p>23.3.1 得分：面向执行裁判长，举得分牌（1分、或3分）。</p>	<p>23.3.1 Scoring: The side referee faces to the executive referee and raise the scoring signs (1 or 3).</p>
<p>23.3.2 互不得分：单臂向前举白牌。</p>	<p>23.3.2 No points given to either competitor: The side referee stretches out one arm forward and raises the white sign.</p>
<p>23.3.3 处罚：</p>	<p>23.3.3 Penalty.</p>
<p>23.3.3.1 对运动员警告：上举（红或蓝）警告牌。</p>	<p>23.3.3.1 Warning to the competitor: The side referee raises the red or blue warning sign.</p>
<p>23.3.3.2 对教练员警告：起立，上举（红或蓝）警告牌。</p>	<p>23.3.3.2 Warning to the coach: The side referee stands up and raises the red or blue warning sign.</p>
<p>23.3.4 暂停：侧面裁判员若发现需暂停比赛的情况时，应面向执行裁判长，起立，右臂上举，示意暂停。</p>	<p>23.3.4 Timeout: If the side referee considers the situation required a timeout, the side referee will stand up facing to the executive referee and raise the right arm to signal for a timeout.</p>
<p>23.4 记录员记录工作</p>	<p>23.4 The recorder's duty.</p>
<p>记录符号：</p>	<p>Symbols used for recording:</p>

23.4.1 得分：“1”表示得1分；“3”表示得3分。

23.4.2 警告：“0”用符号表示。

23.4.3 最后得分：用“—”符号表示。

23.4.1 Scoring: “1” means score 1 point and “3” means score 3 points.

23.4.2 Warning: Recorded as “0” (Arabic numeral 0).

23.4.3 Final score: Recorded as “—” (hyphen).

<p>第七章 附录</p>	<p><b>Chapter7 Appendix</b></p>
<p>竞赛台、比赛场地、摔跤服标准规格。</p>	<p>The standard specification of the competition stage, arena, wrestling dress.</p>
<p>第八章 修改权与解释权</p>	<p><b>Chapter8 Amendment and Interpretation Right</b></p>
<p><b>第二十四条 规则的解释权与修改权</b></p> <p>《中国式摔跤竞赛规则》的解释权，归属国家体育总局举重摔跤柔道运动管理中心中国式摔跤推广委员会。</p> <p>本规则于 2020 年 1 月 1 日起开始实行。</p>	<p><b>Article Twenty Four: The Amendment and Interpretation Right of The Rules</b></p> <p>The amendment and interpretation right of “Chinese Wrestling (Shuai-Jiao) Rules and Regulations” belongs to the committee of Development at The Weightlifting and Shuai-Jiao (Chinese type Wrestling) Association, General Administration of Sport of China.</p> <p>The rules and regulations are effected since January 1<sup>st</sup>, 2020.</p>