



2018 OFFICIAL RULES OF SHOU BO

There are 3 kinds of competition of Shou Bo:
Xiang Bo: no striking; sticky hands, throwing without dalian seizing.
Shuai Jiao : seizing and throwing, no striking.
Shou Bo: striking , seizing, and throwing.

Article 1: General

1.2 : Individual and Team Competition

The result after each contest or exhibition is used to establish the individual and the team ranking.

Regarding the team standings :
The demonstrators or the fighter ranked first in its category get 7 points for its team.
The 2nd: 5 points for its team.
The 3rd: 4 points for itsteam.
As follows: 3, 2, or 1 point according to their classification.

Ranking by countries :
Women's teams are separated from men's teams.
If there are teams A and B (or C) , the team having the highest total scores prevails for its country.

1.3: Kinds of competition

- 1 . Knockout
- 2 . With repechage:
In a category from 5 to 8 contestants. A competitor is eliminated if it loses 2 matches.
- 3 . Round robin:
Category from 2 to 4 contestants. Each competitor plays in turn against every others of the same category.

1.4: Weight Categories

Men:	Women :
Under 55kg	Under 50kg
Under 60kg	Under 55kg
Under 66kg	Under 60kg
Under 73kg	Under 66kg
Under 81kg	Under 73kg
Under 90kg	Under 81kg
Under 105kg	Under 90kg
105kg and over	90 kg and over

If there is only one contestant in a category, it may get into the upper category, but not under . If the contestant cannot pass into the upper category , there is no match for it.

Children (Xiang Bo)

Categories of boys are separated from those of girls:

6-7 years

8-9 years

10-11 years

12-14 years

15-17 years

1.5 : Weighing

Two hours before the start of a competition, the contestants are called to be weighed under control of a referee, a doctor, and a secretary.

Each contestant should be licensed and insured to participate in Shou Bo competitions.

1.7: The competition area

The area is a circle of 4 metres in diameter , surrounded by a red border by 50 centimetres wide.

1.8 : Duration of contest

Men : 3 rounds of 2 minutes, with 1 minute rest .

Women: 3 rounds of 2 minutes for amateurs , with 1 minute rest .

The duration of a round can be 1 minute 30 for children and amateurs.

Between two matches, a contestant has at least 15 minutes of rest.

1.9: Uniform

- A Dalian and a belt of blue or red.

The width of the sleeves should fit a fist, not more.

- White trousers with a 3 centimetres wide stripe, red or blue, the same colour as the stripe of the Dalian .

- A pair of smooth and flexible shoes with thin soles .

Additional equipment for competitions of Shou Bo:

- A head guard (same colour as the belt)

- Shin guards

- A groin guard

- A mouthguard

- Grappling gloves

A contestant must wear a clean uniform, in accordance to the rules. The belt must be the same colour as the Dalian, be properly tied, neither too broad nor too tight, fingers can easily slide between the belt and the jacket.

1.10: Salutation

At the beginning and at the end of each match , contestants must greet each other and the referees (Bao Quan Li).

Article 2 : Conduct of contest

2.1: Implementation of contestants

The contestants greet the referees and each other.

2.2: Stopping a contest

During the match, time is stopped:

- for warnings
- when a contestant steps out of area
- to seek medical advice
- when a contestant falls
- for uniform and equipment failure

2.3 : Conduct of contests

Following seizures are prohibited : hair, face, ear, throat, finger, genitals, trousers.

Xiang Bo:

Hands must always be stuck to the opponent's.

The contestant must keep his body straight and not lean

No seizing should be executed with force, or rigidity , or for blocking the opponent

No dalian seizing; any seizing must be immediately followed by the execution of a technique. If this fails , hands should return immediately in contact with those of opponent.

Taotui , Baotui , Goutui : leg seizing techniques should be brief and continuous. Otherwise, the referee separates the two contestant immediately and continues the contest .

The contest may not be blocked. A contestant must not remain inactive for more than 5 seconds. If this inactivity is repeated 3 times , it is given a warning.

Vertical throwing techniques are not allowed in competitions for children.

Shuai Jiao :

When a contestant seizes with both hands, it has 5 seconds to execute a technique.

A contestant must not remain inactive for more than 15 seconds . If repeated, it is given a warning.

Shou Bo:

- Strikes on the opponent's body only must be clean and clear, but may not be hurtful.

- Roundhouse kicks must be aimed and whipped, making contact with the toes

- High shots: only roundhouse kicks with the top of the foot are allowed

- Head shots are allowed with roundhouse kicks, and hammer kick with the underside of the toes. Kicks with the heel are prohibited.

- Any other technique not mentioned in this regulation are prohibited

- When one seizes the other with its both hands, the fight continues without any strikes or kicks. Whoever seizes with its both hands has 3 seconds to execute a throwing technique.

- When one holds the other with only one hand, it can not execute any strike while his opponent may continue to strike and kick.

A contestant should not remain inactive for more than 15 seconds . If it remains inactive, it is warned.

Article 3 : Spirit

3.1: The contestants should :

- demonstrate sportsmanship, and develop the characteristics of Shou Bo: elegance, self-control, no brutality, no aggression, using the strength of the opponent, and be active

- wear a clean uniform
- respect the environment, the opponent and the referees .

3.2: During the match :

The contestant should always remain standing and perform their techniques in balance.
 A contestant must not seek to crush the opponent.
 Strikes are prohibited in Xiang Bo and Shuai Jiao competitions.
 No painful locks or strangulation are permitted.

3.3: Respect the Rules, arbitration and conduct of contest:

competitors and coaches are not to influence the referees during the match.
 If there is a dispute, the contestants and coaches can consult the referees after the match.
 Any breach of the rules and spirit of Shou Bo can result in a warning or disqualification.

Article 4 : Scoring

4 points:

Fall of the opponent with its two feet off the ground and rotation in the air , the technique is performed in balance .

3 points:

Throwing the opponent whose body or buttocks touches the mat, the technique being performed in balance.

Kick to the head (**Shou Bo**)

2 points:

Opponent touches the mat with several limbs (hand, knee, or elbow) .
 Opponent is given a heavy penalty

Kick to the body (**Shou Bo**)

1 point :

Opponent touches the mat with only one hand, knee, or elbow.
 Opponent's foot stepping out or touching the red border
 A contestant brings down the opponent and then falls itself
 If the contestants fall together, one that touches the mat first loses a point .
 Opponent is given a light penalty
 If the "Xiao De " technique is not successful , the contestant must recover quickly otherwise it loses 1 point.

Kick to the thigh (Shou Bo)

Fist or palm strike touching the body (Shou Bo)

0 points:

When both contestants fall simultaneously and touch the mat at the same time.

Shou Bo : if no contestant won the round by a throwing technique, all scores of the round including kicks and punches count for determining the winner of the round.

Article 5 : Validity technical

The technique made inside the area while his opponent falls out of the area scores.
 A technique performed outside the area does not score.

When a contestant started a technique inside the area and steps out of area after the fall of its the opponent, its scores.

When the technique is performed simultaneously with the sounding of the official gong, the technique is valid.

When the technique is performed after the sounding of the official gong, the technique is not valid.

If a foul is committed before or simultaneously with the technique, it is not valid .

Article 6 : Winning a round and a fight

6.1: Winning a round:

- The contestant who totals 4 points wins the round
- The contestant who has the highest total score (**Shou Bo: scores from strikes and throws**)

In case of a tie:

- the winner of a round is the one who performed the highest value techniques
- the contestant who stepped out of the area the most loses the round
- the one who received the most penalties loses the round

6.2 : Winning a fight

2 rounds won give victory

In case of tie : there is a 3rd round.

If there is a tie after 3 rounds:

- the contestant who performed the highest value techniques wins the fight
- the contestant who stepped out of the area the most loses the fight
- the one who received the most penalties loses the fight.

Article 7 : Referees and Judges

Are assigned to each combat area :

A chief referee

A Referee

Two judges

A Timekeeper

A Contest Recorder

Chief Referee :

He is responsible for the area and fight.

If it notices an anomaly , it stops the fight and confer with the referee and judges. If there is disagreement between the referee and judges, the chief referee makes the decision.

Referee:

It manages contests on the mat. At the end of the fight, it awards the winner. It gives but does not count points.

Judge:

It appreciates the technical regardless of the referee and then notices the decision of the referee. It indicates every anomalies and fouls.

Contest Recorder:

It records all points and warnings given by the referee. It reports to the Chief Referee and the Head of the timer.

Timekeeper

It launches the beginning and end of a round by ringing the gong.