

WORLD SHUAIJIAO GAMES 2026

October 9-11, 2026 | Palaroma, Montesilvano (PE), Italy

OFFICIAL BULLETIN

WELCOME TO THE WORLD SHUAIJIAO GAMES 2026

Welcome to Montesilvano, Italy. Welcome to the World Shuaijiao Games 2026, where tradition meets the world.

For the first time in history, the largest global Shuaijiao event comes to Europe. The World Shuaijiao Games 2026 mark a historic milestone for the international Shuaijiao community.

For the very first time, this prestigious event—the pinnacle of traditional Chinese wrestling—will take place outside of China, proudly hosted by Europe and, even more proudly, by Italy.

This decision is not only an honor; it is a recognition of the passion, dedication, and growing strength of the Shuaijiao movement across our continent.

From East to West, from past to future, Shuaijiao continues to build bridges through respect, technique, and the universal language of martial arts. We are deeply grateful for the trust the World Shuaijiao Federation has placed in us, and we are determined to make this edition an unforgettable celebration—one that will inspire generations of athletes, masters, and martial arts enthusiasts worldwide.

Italy, with its rich cultural heritage and deep sense of hospitality, will offer the perfect stage for a global gathering of friendship, competition, and tradition.

Together, we will write a new page in the history of Shuaijiao—a page that will be remembered for years to come.

A HISTORY WRITTEN TODAY

The World Shuaijiao Games represent an epochal turning point. For the first time since the inception of this ancient discipline, the world stage moves from Asia to Europe, with Italy chosen as the cradle of this renewal.

- **For the first time in history:** The World Shuaijiao Games venture beyond Chinese borders.
- **For the first time globally:** The discipline of Zhanshuai will be officially presented as a new and spectacular expression of this ancient wrestling system, combining technique, speed, and strategy in an innovative, engaging format.

This event is not merely a competition. It is the celebration of a martial art that has spanned millennia and now, in Italy, finds a new home ready to welcome, enhance, and project it into the future.

ORGANIZATION & EXECUTIVE COMMITTEE

Organizational Bodies

- **Organizing Body:** World Shuaijiao Federation (WSJF)
- **Executing Body:** European Shuaijiao Union (ESJU)
- **Supporting Body:** ACSI - Associazione Cultura e Sport Italia
- **Event Director:** Antonio Langiano - Vice President of WSJF & President of ESJU

Executive Committee Members

NAME	ROLE
Mr. Gianfranco Russo	General Championship Director
Mr. Robert Simpson	Tournament Operations Center
Mr. Moreno Busato	Executive Committee Member
Mr. Alessio Pasciulli	Executive Committee Member

TECHNICAL & REFEREE STAFF

Competition Officials (UDG): Lee Yu Hsiang (Taipei), Alessio Pasciulli (Italy), Robert Simpson (UK), Gianfranco Russo (Italy)

Area Referees

NAME	COUNTRY
Xin Yilin (Responsible for Scoring System)	China
Saeid Rezaeian (Responsible for Scoring System)	China
Jiang Fenghong (Responsible for Shooting Videos and Pictures)	China
Zhang Mengyao	China
He Shuai	China
Li Mingyang	China
Wang Zhiheng	China
Luo Jiahao	China
Salvatore Cafiero	Italy
Ketty Testoni	Italy
Roberto Seijo Lombao	Spain
Mario Pestel	Germany

Juri Schmelzer	Germany
Dragan Diumic	Bosnia & Herzegovina
Harshit Bindal	India
Punit Verma	India
Peeyush Mitta	India
Guanda He	USA
Nicolò Loret	Italy
Gianluca Bossù	Italy
Cristian Micco (Athletes and uniforms check)	Italy

Zhanshuai Referees: Alessio Pasciulli, Mario Pestel, Dragan Dumic, Roberto Seijo Lombao.

Zhanshuai Judges Table: Chinese Judge, Gianfranco Russo, Robert Simpson.

Video Assistant Referee (VAR): Luo Jiahao (China), Moreno Busato (Italy), Guanda He (USA).

Announcer & Awards Manager: Salvatore Cafiero

VENUE & ACCOMMODATIONS

Competition Venue

Palaroma

Via Settimo Torinese, 65015 Montesilvano (PE), Italy

Access: From Pescara Airport (PSR): ~10-15 min by car | From Pescara Centrale Station: ~10 min by car/public transport | Highway (A14): Pescara Nord - Città Sant'Angelo exit.

Official Hotel

Serena Majestic Hotel & Residence

Viale Carlo Maresca, 12, 65015 Montesilvano (PE), Italy

Hosts athletes, officials, chaperones, media, and staff. Special Full Board rates per night:

ROOM TYPE	PRICE
Single Room	€ 98.00
Double Room	€ 140.00
Triple Room	€ 195.00

Extra Bed Supplements (per day, incl. VAT): 0-3 yrs: €18.00 | 3-12 yrs: €32.00 | 12+ yrs: €55.00

Recommended Stay: Arrival Oct 8 - Departure Oct 12 (4 nights).

EVENT SCHEDULE

Bus Departure Groups: Group 1 (Athletes only) | Group 2 (Athletes only) | Group 3 (Chaperones / Escorts)

- **Group 1:** Italy, Spain, France, Germany, England, Netherlands, Latvia, Romania, Portugal, Bosnia, Greece, Georgia, Poland, Russia, Israel
- **Group 2:** China, Chinese Taipei, Chile, India, USA, Brazil, Argentina, Australia, Turkey, Armenia, Peru (Bolivia pending)
- **Group 3:** Chaperones / Escorts

Friday, October 9

TIME	ACTIVITY / PROGRAM
09:00 - 12:00	Weigh-in, registration, and accreditation for all categories
12:00 - 13:00	Referee meeting and training course
12:30 - 14:30	Lunch Break
14:30 / 15:00 / 15:30	Hotel to Sports Hall Transfers (Group 1 / Group 2 / Group 3)
15:30 - 19:00	Competition begins, concluding at 19:00 with award ceremonies
19:00 / 19:30 / 20:00	Return Bus to Hotel (Group 1 / Group 2 / Group 3)
19:30	Dinner
21:30 - 23:30	International meeting for team leaders and coaches

Saturday, October 10

TIME	ACTIVITY / GROUP
07:30 / 08:00 / 08:30	Hotel to Sports Hall transfers (Groups 1, 2, 3 respectively)
08:15	Technical meeting for coaches at the sports hall
09:30	Competition starts
12:15	Competition paused
12:30 / 13:00 / 13:30	Lunch transfers to Hotel (Groups 1, 2, 3)
14:00 / 14:30 / 15:00	Return transfers to Sports Hall (Groups 1, 2, 3)
14:45	Competition resumes
19:00	Competition ends with award ceremonies
19:15 / 19:45 / 20:15	Return transfers to Hotel (Groups 1, 2, 3)

Sunday, October 11

TIME	ACTIVITY / DETAILS
08:00 / 08:30 / 09:00	Hotel to Sports Hall transfers (Groups 1, 2, 3)
09:15	Opening Ceremony & competition start through to conclusion & awards
12:15 / 12:45 / 13:15	Lunch transfers to Hotel (Groups 1, 2, 3) [Lunch Break: 12:30-14:30]
14:30 / 15:00 / 15:30	Return transfers for PZC Athletes, remaining athletes, and chaperones
15:00 / 15:30	Start of PZC-PRIME ZHANSHUAI CHAMPIONSHIP competition
19:00	PZC Award Ceremony & WSJG National Ranking Awards
19:30 / 20:00 / 20:30	Return transfers to Hotel
19:30	Dinner

Note: The Organizing Committee reserves the right to modify the schedule based on registration numbers. Any changes will be promptly communicated.

WEIGHT CATEGORIES

CATEGORY / AGE DIVISION	WEIGHT CLASSES
Adult Men's Categories: 18-38 years old (January 1, 1988 - December 31, 2008)	52kg, 56kg, 60kg, 65kg, 70kg, 75kg, 82kg, 90kg, 100kg, +100kg
Masters Categories: 39-59 years old (January 1, 1967- December 31, 1987)	52kg, 56kg, 60kg, 65kg, 70kg, 75kg, 82kg, 90kg, 100kg, +100kg
Adult Women's Categories: 18-59 years old (January 1, 1967- December 31, 2008)	48kg, 52kg, 56kg, 60kg, 65kg, 70kg, 75kg, 82kg, -90 kg, +90kg
Youth Men's Categories: 14-15 years old (January 1, 2011 - December 31, 2012)	48kg, 52kg, 56kg, 60kg, 65kg, 70kg, 75kg, 82kg, 90kg, 100kg
Youth Women's Categories: 14-15 years old (January 1, 2011 - December 31, 2012)	44kg, 48kg, 52kg, 56kg, 60kg, 65kg, 70kg, 75kg
Women's Categories: 16-17 years old (January 1, 2009 - December 31, 2010)	44kg, 48kg, 52kg, 56kg, 60kg, 65kg, 70kg, 75kg
Children Group Male's Categories 10-11 years old (January 1, 2015 - December 31, 2016)	-23kg, -26kg, -29kg, -32kg, -35 kg, -38 kg, -41 kg, -44 kg, -47 kg, -50 kg, - 53 kg, -56 kg, +60 kg
Children Group Female's Categories 10-11 years old (January 1, 2015 - December 31, 2016)	-23kg, -26kg, -29kg, -33 kg, -36 kg, -39 kg, -42 kg, +45 kg
Children Group Male's Categories: 12-13 years old (January 1, 2013 - December 31,	-30kg, -33k, -36kg, -39kg, - 42 kg, -45 kg, -48 kg, -51 kg, -54 kg, -57 kg, -60 kg, -63 kg, +63 kg

2014)

Children Group Female's Categories: 12-13 years old (January 1, 2013 - December 31, 2014) -24kg, -27kg, -30kg, -33kg, -36 kg, -39 kg, -42 kg, -45 kg, -48 kg, -51 kg, -54 kg, -57 kg, +60 kg

WEIGHT CONTROL & WEIGH-IN SCHEDULE

Tolerance Allowed: Zero tolerance. All athletes must strictly meet their registered weight limit. If an athlete fails to make weight, they will be moved to the higher weight category.

Weigh-in Attire: Underwear or naked to ensure absolute measurement accuracy.

DAY	TIME	LOCATION
Wednesday, October 7	19:00 - 20:00	Serena Majestic Hotel
Thursday, October 8	18:00 - 19:00	Serena Majestic Hotel
Friday, October 9	09:00 - 13:00	Palaroma Venue

COMPETITION SYSTEM

The competition will take place across 2 Tatamis following international Shuaijiao rules.

- **2 Athletes:** Head-to-head match (Best of 3 rounds)
- **3-5 Athletes:** Round Robin format
- **6+ Athletes:** Double elimination bracket

Match Duration: • Children: Single elimination - 2 rounds of 2 minutes with 30s rest.

- All other categories: Double elimination - 2 rounds of 3 minutes with 30s rest.

Uniform & Footwear: Categories 9-10 and 11-12 compete barefoot. Mandatory Shuaijiao shoes for all other categories. Athletes must report in blue or red uniforms according to order of call.

ZHANSHUAI DISCIPLINE – A WORLD PREMIERE

For the first time in global Shuaijiao history, the discipline of Zhanshuai will be officially presented at the World Shuaijiao Games 2026. Zhanshuai represents the most modern and dynamic evolution of traditional Shuaijiao, highlighting speed, technique, and strategic fighting.

This world premiere will take place on Sunday afternoon following the official WSJG 2026 championship conclusion.

AWARDS & POINT SCORING

Awards

- **National Awards:** Trophies for Top 6 Nations.
- **Individual Awards:** Medals for Top 3 in each category; Participation Certificates for all registered athletes.
- Rankings will be compiled for each weight category and team rankings.
- Each registered athlete brings a point to their nation.

National Point System

PLACEMENT	POINTS (>5 ATHLETES)	POINTS (≤5 ATHLETES)
1st Place	10	5
2nd Place	8	4
3rd Place	6	3
5th Place	4	2
7th Place	2	1

Provisions concerning weight categories with a single registered athlete

In order to ensure the highest standards of sporting integrity and to safeguard the full legitimacy of all titles and official results awarded during the competition, the following provisions shall apply:

A weight category in which only one athlete is registered shall not be contested and no bout shall be held in that category. Consequently, the title of World Champion shall not be awarded, no official placing shall be recorded, and no points shall be awarded towards the Team Ranking.

In such circumstances, the athlete concerned may, at their discretion:

Request promotion to the next higher available weight category, provided that such category is available and that the request is formally submitted to the Organizing Committee within the deadline established for the official weigh-in.

Request the merger of their weight category with another category, subject to the approval of the Organizing Committee. The Organizing Committee shall assess, on a case-by-case basis, the technical and sporting conditions for such a merger and shall determine whether the categories may be legitimately combined.

These provisions are intended to ensure that every title awarded during the competition is the result of genuine sporting competition and that every official recognition reflects an actual competitive achievement. They are consistent with the fundamental principles of sporting integrity applied internationally across competitive sports and are intended to ensure that the value and legitimacy of the titles awarded are fully respected by the international sporting community.

The Organizing Committee reserves the right to make any determination deemed necessary to ensure the proper and orderly conduct of the competition, the fairness and sporting integrity of the results, and the protection of the sporting values and international image of the event.

PARTICIPATING NATIONS & TEAM LEADERS

NATION	TEAM LEADER	NATION	TEAM LEADER
Argentina	Diego Klosinski	Australia	David Lewis
China	Wang Peng	Italy	Alessio Pasciulli
Bulgaria	Kemal Beyazit	Latvia	Leonids Krasikovs
Poland	Ireneusz Ramus	Serbia	Nebojša Lukić Luka
Netherlands	Earl Blijd	Greece	Dimitris Doukas
Spain	Roberto Seijo Lombao	Bosnia & Herzegovina	Dragan Djumic Lee
Armenia	Sargis Harutyunyan	North Macedonia	Strasho Gligorov
France	Jean-Luc Lesueur	Germany	Thomas Lutz
Israel	Josef Levitis	Ukraine	Liudmyla Solodylina
Turkey	Bünyamin Er	Egypt	Reham Mostafa
Romania	Belgim Naim	Moldova	Mihail Fistican
Azerbaijan	Samir Abdullayev	Pakistan	Inam Ullah
Portugal	Manuel Jesus	Bolivia	Fidel Castro
Georgia	Oleg Phanchulidze	United Kingdom	Robert Simpson
China Taipei	Chang Dawei	Japan	Komai Masaku
Russia	Sergey Kutasov	India	Vishnu Sahai
United States	Jhon Ervin	Brazil	Emerson Cinti
Chile	Daniel Flores	Peru	Jorge Zavaleta
Thailand	Natapakorn	Paraguay	Arsenio Flores
Switzerland	Key Dehnad	Turkmenistan	Mirza Kurbanov
Hungary	Erik Szilágyi	Kyrgyzstan	Recep Kenzabayev

CODE OF CONDUCT & RULES

Purpose: Ensures respect, safety, and fairness across all participants (athletes, coaches, officials, staff, volunteers).

General Principles

- Respect every individual regardless of nationality, gender, religion, or ability.
- Promote fair play, integrity, and honor in competition and daily interactions.
- Comply with event rules, schedules, and official instructions.
- Prohibit discrimination, violence, unsportsmanlike behavior, doping, and cheating.
- Protect minors and vulnerable individuals.

General Info: Floor access restricted to accredited coaches only (sportswear/tracksuit required; no judogi, shorts, or flip-flops). Athletes must carry both blue and red uniforms.

PRESIDENT'S MESSAGE & ACKNOWLEDGMENTS

“On behalf of the World Shuaijiao Federation, I wish to express our deepest appreciation to the European Shuaijiao Union and Mr. Antonio Langiano for their dedication in embracing this historic challenge. Hosting the World Shuaijiao Games 2026 in Italy marks a landmark turning point. For the first time, the heart of Shuaijiao beats in Europe.”

Wang Peng

President - World Shuaijiao Federation

Special Thanks: World Shuaijiao Federation, ACSI, Municipality of Montesilvano, Abruzzo Region, all referees, officials, volunteers, coaches, and athletes.

European Shuaijiao Union: www.wsjg.net | info@europeanshuaijiao.eu

Welcome to the World Shuaijiao Games 2026. Welcome to Montesilvano. Welcome home.

APPENDIX 1: World Shuaijiao Games 2026 Competition Rules

APPENDIX 2: Zhanshuai™ Competition Rules

PZC 战摔™官方竞赛规则（中英对照版）

（部分内容由豆包生成）

第一章 总则 / Chapter 1 — General Provisions

1.1 本规则适用于 PZC 战摔™所有正式比赛，涵盖 U15、U17、U20、成年组各年龄组别，包括职业商业赛事、国际交流赛、青训推广赛及年度总决赛等各类赛事。所有运动员、裁判员、工作人员及组织者均须严格遵守。

These Rules apply to all official PZC Zhanshuai™ competitions, covering all age categories including U15, U17, U20 and Senior, and encompassing professional commercial events, international exchange

tournaments, youth development competitions and annual finals. All athletes, referees, officials and organizers shall strictly comply with these Rules.

1.2 PZC 战摔™以纯站立摔法为核心技术，源自古代战场实战对抗。本项目崇尚以巧取胜、以快破局、以实力立本，集中展现格斗智慧与身体控制之美；胜负仅通过站立状态下的摔法决定。规则鼓励运动员施展有效、精彩的摔法，倡导主动进攻、干净利落的比赛风格。

PZC Zhanshuai™ is a standing grappling discipline centered on throwing techniques, originating from close combat on ancient battlefields. The sport values victory through skill, breaking through with speed, and building on strength, showcasing the art of combat intelligence and body control. The outcome is determined solely by throws executed from a standing position. These Rules encourage athletes to perform effective and spectacular throws, promoting an active, decisive and dynamic style of competition.

1.3 所有比赛均遵循公开、公平、公正的原则。

All competitions shall be conducted in accordance with the principles of openness, fairness and impartiality.

1.4 本规则为试行版本，PZC 战摔™赛事组委会保留随时修改、更新任何条款的权利。

These Rules are a trial edition. The PZC Zhanshuai™ Organizing Committee reserves the right to amend or update any provision at any time.

1.5 本规则全部著作权及知识产权归东升颐和所有。PZC 战摔™、Prime Zhanshuai™ Championship 为本赛事商标，未经书面授权，禁止复制、修改或用于商业用途。

All copyrights and intellectual property rights in these Rules belong to Dongsheng Yihe. PZC Zhanshuai™ and Prime Zhanshuai™ Championship are trademarks of this event. No reproduction, modification or commercial use is permitted without written authorization.

1.6 中文文本为唯一官方权威文本。其他语言译本如与中文原文存在差异或歧义，一律以中文原文为准。

The Chinese text is the sole official and authoritative text. In the event of any discrepancy or ambiguity between any translated version and the original Chinese text, the Chinese text shall prevail.

第二章 场地与器材 / Chapter 2 — Arena and Equipment

2.1 比赛场地为直径 9 米的圆形擂台，台面为浅灰色专业跤垫，采用哑光、防滑、易清洁材质。擂台外围设保护区，宽不少于 1.5 米，保护区为中灰色，较台面深一个色号。比赛区与保护区之间以白色实线标示，线宽 5 厘米。

The competition area shall be a circular mat with a diameter of 9 meters, covered with light grey professional wrestling mats of matte, non-slip and easy-to-clean material. A protection zone of no less than 1.5 meters in width shall surround the competition area; the protection zone shall be medium grey,

one shade darker than the competition surface. The boundary between the competition area and the protection zone shall be marked by a solid white line, 5 centimeters in width.

2.2 运动员身着战摔官方比赛服，分红、黑两色以区分双方。比赛服上的赞助商标识由各单项赛事规程规定。

Athletes shall wear the official PZC Zhanshuai™ competition uniform, in red or black to distinguish the two contestants. Sponsor logos on the competition uniform shall be governed by the regulations of each specific event.

2.3 运动员须系与跤衣同色的腰带，带宽约 4.5 厘米。上届同级冠军可佩戴金黄色腰带作为荣誉标识。

Athletes shall wear a belt of the same color as their jacket, approximately 4.5 centimeters in width. The defending champion of the same weight category may wear a golden belt as a mark of honor.

2.4 运动员统一穿着深灰色跤鞋参赛，禁止赤脚。

Athletes shall wear dark grey wrestling shoes; competing barefoot is prohibited.

2.5 跤衣袖口须保持足够宽松，以一只拳头能自然插入为准，确保可以正常抓握小袖把位。

The jacket sleeves shall be sufficiently loose to allow a fist to be inserted naturally, ensuring that sleeve grips can be properly secured.

2.6 比赛区内可设置赛事标识及商业广告，须采用白色或极浅灰色水印方式呈现，不得干扰比赛与判罚；具体位置、尺寸及样式由《场地广告规范》另行规定。

Event logos and commercial advertisements may be placed within the competition area, presented in white or very light grey watermark form, and shall not interfere with competition or officiating. Specific placement, dimensions and designs shall be prescribed separately in the Arena Advertising Regulations.

2.7 场上禁止佩戴尖锐饰品、手表、项链及其他硬物。运动员经裁判员许可，可佩戴软质护齿、护膝等防护装备。

The wearing of sharp jewelry, watches, necklaces or other hard objects on the mat is prohibited.

Athletes may wear soft protective equipment such as mouthguards and kneepads with the permission of the referee.

第三章 赛制与时间 / Chapter 3 — Competition Format and Duration

3.1 每局时长 2 分钟；因受伤处理、犯规处理或裁判长要求暂停时停表，示分不停表。局间休息：U15、U17 组 30 秒，U20 及成年组 60 秒。

Each round shall last 2 minutes. The clock shall be stopped for injury treatment, foul proceedings or when the Chief Referee calls a time-out; the clock shall not be stopped for score indication. Rest periods between rounds shall be 30 seconds for U15 and U17 categories, and 60 seconds for U20 and Senior categories.

3.2 各组别决胜赛制：

Winning format by category:

- U15、U17 组：三局两胜制，先胜 2 局者获胜；(U15 and U17: best of three rounds; the first to win 2 rounds wins the match)
- U20 及成年组：五局三胜制，先胜 3 局者获胜；(U20 and Senior: best of five rounds; the first to win 3 rounds wins the match)
- 年度总决赛：七局四胜制，先胜 4 局者获胜。(Annual Finals: best of seven rounds; the first to win 4 rounds wins the match)

规定局数结束后，如双方均未达到获胜所需局数，逐局加赛，每局 2 分钟，加赛局间休息 30 秒，按正常规则判定；胜者得局分，平局双方均不得局分，直至一方先达到获胜所需局数。整场比赛最终须分出胜负。

If neither athlete has reached the required number of rounds after the prescribed number of rounds, extra rounds of 2 minutes each shall be contested, with 30 seconds of rest between extra rounds, judged under normal rules. The winner of each extra round receives a round point; in the event of a draw, neither athlete receives a round point. This continues until one athlete reaches the required number of rounds. Every match must produce a winner.

3.3 运动员年龄分组如下：

Age categories are as follows:

- U15 组：13 至 14 岁；(U15: 13 to 14 years of age)
- U17 组：15 至 17 岁；(U17: 15 to 17 years of age)
- U20 组：18 至 20 岁；(U20: 18 to 20 years of age)
- 成年组：20 岁以上。(Senior: 20 years of age and older)

年龄按比赛年度计算。年满 18 周岁的运动员，经医疗证明及监护人书面同意，可参加成年组比赛。年满 20 周岁的运动员可选择参加 U20 组或成年组。

Age is determined by the competition year. Athletes who have reached 18 years of age may compete in the Senior category upon presentation of a medical certificate and written consent of a legal guardian. Athletes who have reached 20 years of age may choose to compete in either the U20 or Senior category.

3.4 赛事类型与组别启用：

Event types and category activation:

职业商业赛事仅设成年组，不设 U15、U17、U20 组别的正式比赛；可安排青少年展示或表演活动，其成绩不计入正式排名；

Professional commercial events shall hold only Senior competitions; no official U15, U17 or U20 competitions shall be held. Youth demonstration or exhibition activities may be arranged, but their results shall not count toward official rankings.

国际交流赛、青训推广赛及各类锦标赛可启用全部年龄组别，各组别分别录取名次。

International exchange tournaments, youth development competitions and various championships may activate all age categories, with rankings determined separately for each category.

第四章 计分规则 / Chapter 4 — Scoring Rules

4.1 计分仅设 1 分、3 分两档，不设中间分。赢得本局的方式包括：完成 3 分动作、分差达到 3 分、对方因犯规被判负本局，或本局时间到得分多于对方。

Only two scores exist: 1 point and 3 points; no intermediate scores are awarded. A round may be won by: executing a 3-point technique, reaching a 3-point lead, the opponent being penalized with loss of the round due to a foul, or having more points when the round time expires.

4.2 得 1 分情形：

1 point is awarded when:

- 对方膝盖或手先着地；(the opponent touches the ground first with a knee or hand)
- 一方踏出比赛区边界，或受对方技术动作逼迫出界；(one athlete steps outside the boundary of the competition area, or is forced out of bounds by the opponent's technique)
- 在比赛区内发动摔法，动作完成时身体越出边界的，不按出界处理，依本规则得分标准判定；(a throw is initiated within the competition area and the athlete's body crosses the boundary upon completion of the technique; this shall not be treated as out of bounds and shall be judged according to the scoring criteria of these Rules)
- 使摔法一方完成摔法但与对方一同倒地的，得 1 分。(the athlete executing the throw completes the throw but falls to the ground together with the opponent; 1 point is awarded)

双方同时倒地且无法判定使用摔法一方的，互不得分。双方同时踏出比赛区边界的，互不得分。

If both athletes fall to the ground simultaneously and the athlete executing the throw cannot be determined, no points are awarded to either. If both athletes step outside the boundary simultaneously, no points are awarded to either.

4.3 得 3 分情形（直接赢得本局）：

3 points (immediately wins the round):

运动员完成有效摔法后双脚站立，包括手、膝、臀在内的身体任何部位均未触地，使对方除手、膝盖以外的身体部位着地的，即得 3 分。完成 3 分动作立即结束本局，无论剩余时间多少。同一动作中对方除手、膝盖外的身体部位相继着地的，按 3 分计算。使用摔法一方在完成摔法时手、膝或臀部触地的，不属于保持站立，按 4.2 条得 1 分。

Three points are awarded when an athlete, after completing a valid throw, remains standing on both feet with no part of the body—including hands, knees or buttocks—touching the ground, and causes the opponent to touch the ground with any part of the body other than the hands or knees. A 3-point score immediately ends the round, regardless of remaining time. If the opponent touches the ground with

parts of the body other than the hands or knees in succession during the same technique, it shall be scored as 3 points. If the athlete executing the throw touches the ground with a hand, knee or buttocks upon completing the throw, the athlete is not considered to have remained standing and shall be awarded 1 point under Article 4.2.

4.4 分差提前结束本局：

Early termination due to point difference:

在本局 2 分钟时间内，双方分差达到 3 分时，本局立即结束，领先方获胜。有效示例：0-3、1-4、2-5。

If the point difference reaches 3 points at any time during the 2-minute round, the round ends immediately and the leading athlete wins. Valid examples: 0-3, 1-4, 2-5.

4.5 对方因犯规被判负本局：

Loss of round due to opponent's foul:

同一局内，对方因同类侵人犯规、技术犯规或消极行为受到第二次处罚的，本方赢得本局。

If the opponent receives a second penalty for the same type of personal foul, technical foul or passive conduct within the same round, the athlete wins the round.

4.6 时间到与平局：

Time expiry and draws:

每局 2 分钟时间到，得分多者赢得本局；如双方比分相同（含 0:0），本局为平局，双方均不得局分。

When the 2-minute round time expires, the athlete with more points wins the round. If the scores are tied (including 0-0), the round is a draw and neither athlete receives a round point.

第五章 比赛节奏引导 / Chapter 5 — Match Rhythm Management

5.1 为保持比赛节奏与观赏性，双方在 5 秒内未发起进攻时，裁判员予以口头提醒，引导双方积极投入进攻。

To maintain match rhythm and spectator engagement, if neither athlete initiates an attack within 5 seconds, the referee shall give a verbal reminder, encouraging both athletes to engage actively.

5.2 双方抓握相持 10 秒未出现有效技术动作时，裁判员鸣双短哨，同时以手势示意双方分开，立即重新开始比赛。

If both athletes remain in a clinch without executing a valid technique for 10 seconds, the referee shall blow two short whistles while gesturing for the athletes to separate, and the match shall resume immediately.

5.3 为保障比赛的竞技性与流畅性，对故意躲避、退出比赛距离的消极行为，第一次予以警告；同一局内再次出现，判对方赢得本局。

To safeguard the competitiveness and continuity of the match, deliberate evasion or retreating out of fighting distance constitutes passive conduct. The first occurrence shall result in a warning; a second occurrence in the same round shall result in the opponent winning the round.

第六章 裁判与胜负宣判 / Chapter 6 — Officiating and Declaration of Result

6.1 每场比赛设临场裁判组，由执行裁判长 1 名、场上裁判 1 名、侧面裁判 1 名组成。赛事另设计时员、记录员、检录员，分别负责计时、记分及技术统计、检录工作。赛事可根据规模设副裁判长若干名，协助裁判长工作；裁判长未到场时，由其指定的副裁判长代行本规则规定的裁判长职权。

Each match shall be officiated by an on-mat officiating team consisting of one Mat Chairman, one Referee and one Judge. The event shall additionally appoint a timekeeper, a scorekeeper and a weigh-in registrar, responsible for timekeeping, scoring and technical statistics, and weigh-in procedures respectively. The event may appoint one or more Deputy Chief Referees as required by its scale, to assist the Chief Referee. When the Chief Referee is not present, a Deputy Chief Referee designated by the Chief Referee shall act on the Chief Referee's behalf in exercising the powers prescribed in these Rules.

6.2 出现得分时，场上裁判以口令或手势示意中断比赛，场上裁判与侧面裁判分别示分；执行裁判长确认后示分，由场上裁判宣判。

When a score occurs, the Referee shall interrupt the match by verbal command or gesture. The Referee and the Judge shall each indicate the score; after confirmation by the Mat Chairman, the score shall be declared by the Referee.

6.3 场上裁判与侧面裁判意见不一时，执行裁判长可召集场上裁判与侧面裁判合议；合议仍不能统一的，报裁判长最终裁定。

If the Referee and the Judge disagree, the Mat Chairman may convene a consultation between them. If agreement cannot be reached through consultation, the matter shall be referred to the Chief Referee for a final decision.

6.4 整场比赛结束时，场上裁判鸣长哨，握住获胜方运动员的手并举起，宣告整场比赛结果。

At the conclusion of the match, the Referee shall blow a long whistle, take the winning athlete's hand and raise it, declaring the result of the match.

6.5 申诉按第九章规定办理，由裁判长最终裁定。

Challenges shall be handled in accordance with Chapter 9, with the Chief Referee's decision being final.

第七章 犯规与处罚 / Chapter 7 — Fouls and Penalties

7.1 侵人犯规（予以警告；同一局内再次违反，判对方赢得本局；情节严重的，直接判对方赢得本局或取消该运动员比赛资格）：

Personal fouls (a warning shall be given; a second violation in the same round shall result in the opponent winning the round; in serious cases, the opponent shall be awarded the round directly or the athlete shall be disqualified):

- 击打、踢踹、猛推及任何撞击对方的动作； (Striking, kicking, shoving or any form of charging into the opponent)
- 故意抓握对方头部、颈部或使用反关节等危险动作； (Deliberately gripping the opponent's head or neck, or applying dangerous joint-locking techniques)
- 已将对方摔倒后仍故意压砸对方； (Deliberately pressing or landing on top of the opponent after the throw has been completed)
- 将对方抱起头朝下垂直下摔； (Lifting the opponent and throwing vertically head-first)
- 意图造成对方受伤的行为。 (Any action intended to cause injury to the opponent)

7.2 技术犯规（予以警告；同一局内再次违反，判对方赢得本局）：

Technical fouls (a warning shall be given; a second violation in the same round shall result in the opponent winning the round):

- 裁判员叫停后仍继续进攻； (Continuing to attack after the referee has called a stop)
- 抓握对方裤子； (Gripping the opponent's trousers)
- 比赛中自行停止比赛； (Stopping competition voluntarily during the match)
- 比赛中跤衣带、跤鞋带松开； (The jacket belt or shoelaces becoming undone during the match)
- 不符合着装规定或比赛礼仪。 (Violating uniform requirements or competition etiquette)

7.3 同一场比赛中，运动员因侵人犯规、技术犯规或消极行为受到处罚累计达三次的，取消该运动员比赛资格，对方获胜。

If an athlete accumulates three penalties for personal fouls, technical fouls or passive conduct during a single match, the athlete shall be disqualified and the opponent declared the winner.

7.4 运动员对裁判员、工作人员或观众实施暴力、侮辱行为的，由裁判长直接取消其比赛资格。

If an athlete commits violence against or insults any referee, official or spectator, the Chief Referee shall immediately disqualify the athlete.

7.5 教练员须在指定区域就坐，可在该区域内进行临场指导，但不得进入比赛区域，不得以语言或手势侮辱、干扰裁判员执裁。违反者第一次予以警告，第二次判其离开比赛场地。

Coaches shall remain seated in the designated area and may provide ringside guidance from within that

area, but shall not enter the competition area or insult or interfere with the referees through words or gestures. A first violation shall result in a warning; a second violation shall result in the coach being ordered to leave the competition venue.

第八章 受伤与弃权 / Chapter 8 — Injury and Default

8.1 比赛中运动员因受伤无法继续时，裁判员可暂停比赛（停表），由赛事医生进行检查和处理。受伤暂停总时长不得超过 2 分钟。

If an athlete is unable to continue due to injury during a match, the referee may suspend the match (with the clock stopped) for the event doctor to examine and treat the athlete. The total injury time-out shall not exceed 2 minutes.

8.2 赛事医生未发现明显伤情，但运动员拒绝继续比赛，或以受伤为由故意拖延比赛，裁判员可直接判其弃权。

If the event doctor finds no significant injury but the athlete refuses to continue, or deliberately delays the match on the pretext of injury, the referee may declare a default against that athlete.

8.3 受伤暂停累计超过 2 分钟仍无法继续比赛，判该运动员因伤告负。

If the athlete is unable to continue after the cumulative injury time-out exceeds 2 minutes, the athlete shall be declared the loser due to injury.

8.4 一方因犯规造成对方受伤、致使对方无法继续比赛，由临场裁判组合议后，可判犯规方本局负、本场负或取消比赛资格。

If an athlete's foul causes an injury that renders the opponent unable to continue, the on-mat officiating team may, after consultation, declare the fouling athlete the loser of the round, the loser of the match, or disqualify the fouling athlete.

8.5 运动员经呼叫后 1 分钟内未上场，或局间休息结束后 15 秒内未就位，判弃权，对方获胜。

If an athlete does not appear within 1 minute after being called, or is not in position within 15 seconds after the end of the inter-round rest, the athlete shall be declared to have defaulted, and the opponent shall win.

8.6 教练员可在局间或比赛中断时向裁判组示意弃权，弃权后对方获胜。

A coach may signal a default to the officiating team between rounds or during a stoppage; upon default, the opponent wins.

8.7 双方同时受伤且均无法继续比赛，按当时比分判定胜负；比分持平时，由临场裁判组根据双方主动进攻次数与技术表现进行优势判定；仍无法判定时，赛前称重较轻者获胜；体重相同的，由裁判长抽签决定。

If both athletes are injured simultaneously and neither can continue, the winner shall be determined by the score at the time. If the scores are tied, the on-mat officiating team shall determine the winner

based on the number of active attacks and technical performance of both athletes. If a determination still cannot be made, the athlete with the lighter weigh-in weight shall win. If the weights are equal, the Chief Referee shall decide by drawing lots.

第九章 申诉 / Chapter 9 — Challenges

9.1 每名运动员每场比赛享有一次即时申诉权，由其教练员通过投掷申诉物提出。

Each athlete is entitled to one immediate challenge per match, which shall be initiated by the athlete's coach by throwing a challenge object onto the mat.

9.2 对单次判罚有异议，教练员须在裁判员宣判后 3 秒内将申诉物投掷入场。

To contest a single decision, the coach must throw the challenge object onto the mat within 3 seconds after the referee's declaration.

9.3 申诉由裁判长即时处理，必要时可调取录像：

The challenge shall be reviewed immediately by the Chief Referee, who may consult video footage if necessary:

- 申诉成立：更改判罚，退还申诉物，该运动员保留再次申诉权；(Challenge upheld: the decision is reversed, the challenge object is returned, and the athlete retains the right to challenge again)
- 申诉驳回：维持原判，没收申诉物，该运动员丧失本场剩余比赛的申诉权。(Challenge denied: the original decision stands, the challenge object is confiscated, and the athlete loses the right to challenge for the remainder of the match)

裁判长不主动启动录像回看，其决定为最终决定。

The Chief Referee shall not initiate video review sua sponte; the Chief Referee's decision is final.

9.4 比赛结束后不再受理任何改判请求。

No requests for decision changes shall be accepted after the conclusion of the match.

第十章 附则 / Chapter 10 — Supplementary Provisions

10.1 参赛运动员须通过赛前体检，并签署赛事安全告知书。

All participating athletes shall pass a pre-competition medical examination and sign an event safety acknowledgment form.

10.2 体重级别划分由各单项赛事规程另行规定。

Weight categories shall be prescribed separately in the regulations of each specific event.

10.3 本规则最终解释权归 PZC 战摔™赛事组委会所有。

The right of final interpretation of these Rules rests with the PZC Zhanshuai™ Organizing Committee.

10.4 参赛运动员须按各单项赛事规程接受反兴奋剂检测；国际交流赛事按世界反兴奋剂机构（WADA）标准执行。

Participating athletes shall undergo anti-doping testing in accordance with the regulations of each specific event; international exchange tournaments shall be conducted in accordance with the standards of the World Anti-Doping Agency (WADA).

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