

Kuo Shu Lei Tai (Chinese Full Contact) Rules and Regulations Summary

United Kingdom

The following rules are a summary of the Kuo Shu Lei Tai (Chinese Full Contact) rules recognised by the World Kuo Shu Federation (TWKSF) for use in regional, national and international tournaments.

Format

- Continuous full contact sparring. Contestants will be matched by gender, weight, school/style and experience (in that order).

Match

- Elimination: three rounds of one minute and thirty seconds duration with a thirty second rest between rounds.
- Finals: three rounds of two minutes duration with a forty-five second rest between rounds.

Area

- The match area will be a square matted area of 20 ft x 20 ft (6 m x 6 m) minimum to 26 ft x 26 ft (8 m x 8 m) maximum.
- The matted area may be raised onto a Lei Tai (Platform) of up to 3 ft (0.9 m) high.

Safety Equipment

- Compulsory: 10 oz (283.5 gram) sparring mitts (minimum), groin guard, gum shield and head guard.
- Optional: soft martial arts shoes, face shield for head guard. Chest protectors may be worn by female contestants.
- Unless advised by medical staff the use of other safety equipment is prohibited.
- The use of tape under the sparring mitt is strictly prohibited.

Uniform

- Long martial arts trousers (black preferred), plain tee shirt (or vest) (black preferred) and sash (yellow or blue to be supplied).

Officials

- One Executive Referee to manage the match.
- Five Scoring Judges to award points.
- One Head Judge to ensure adherence to the rules and regulations.
- Two Administrators to keep score and organise the matches.
- One Doctor (First Aider) to ensure that Contestants are medically safe to compete.

Coaches and Seconds

- Each contestant should have at least one coach or a second in his corner.

Competitors

- All competitors should be aged between 18 and 40 (inclusive) on the day of the event (or an earlier date specified by the organiser).
- All competitors should have read the rules and regulations and have signed the waiver declaration on submitting their entry.
- At registration and on demand:
 - All competitors should be able to produce a medical certificate (dated within two weeks of the event) to confirm that they are able to compete in a full contact event.

- All competitors should be able to produce evidence that they are appropriately licensed and insured.
- All competitors should be able to produce proof of identity and age.

Weight Categories

- Contestants will be matched by gender and weight, in the first instance, to the following weight categories.
- Where there are insufficient number to run a category (ie less than two contestants) then categories may be combined at the discretion of the organiser, in consultation with the coaches and competitors.

Male			Female				
		<i>Maximum</i>			<i>Maximum</i>		
50.1 – 55	Kg	121.25	lbs	45.1 – 50	Kg	110.23	lbs
55.1 – 60	Kg	132.28	lbs	50.1 – 55	Kg	121.25	lbs
60.1 – 65	Kg	143.30	lbs	55.1 – 60	Kg	132.28	lbs
65.1 – 70	Kg	154.32	lbs	60.1 – 65	Kg	143.30	lbs
70.1 – 75	Kg	165.35	lbs	65.1 – 70	Kg	154.32	lbs
75.1 – 80	Kg	176.37	lbs	70.1 – 75	Kg	165.35	lbs
80.1 – 85	Kg	187.39	lbs	75.1 – 80	Kg	176.37	lbs
85.1 – 90	Kg	198.42	lbs	80.1 – 85	Kg	187.39	lbs
90.1 – 95	Kg	209.44	lbs	Over 85	Kg	Infinite	
95.1 – 100	Kg	220.46	lbs				
Over 100	Kg	Infinite					

Illegal Techniques

- Disobeying the Referee's commands.
- Biting, spitting or gouging.
- Striking with the head (head butting).
- Dislocation, and breaking, of the joints.
- Striking to any of the following areas:
 - Eyes
 - Back of the head
 - Spinal column
 - Inner Thigh
 - Throat
 - Groin
 - Joints (knees and elbows)

Legal Techniques

- Striking with fist, palm, foot, elbow or knee.
- Throwing, wrestling, grappling and take downs.
 - Contestants may engage in 'active' standing wrestling for up to 5 seconds.
 - Contestants may engage in 'passive' standing wrestling for up to 3 seconds.

Points Scoring

- 1 Point Strike or kick opponent to a scoring area with a legal technique.
Throw opponent and land on top.
Opponent falls through imbalance.
- 2 Points Throw or take down opponent in the area and remain standing.
- 3 Points Force opponent from the area.
- Scoring techniques must deliver a 'trembling shock' to the Opponent.
- Successive techniques without 'full contact' impact will not be scored.

- Both contestants falling out of area will not be scored.
- Both contestants falling in the area (without technique) will not be scored.

Penalties

- Fouls
 - First violation: 1 point penalty
 - Second violation: 3 point penalty
 - Third violation: disqualification
- Technical Foul
 - First violation: warning
 - Second violation: 1 point penalty
 - Third violation: disqualification
- A serious foul committed with intent may result in immediate disqualification

Winner

- Contestant wins by two clear rounds based on points scored.
- Contestant forces the opponent from the area three times in one round.
- Contestant strikes the opponent down three times in one round.
- Contestant wins by knock out or TKO (based on a 10 second count).
- Opponent withdraws from match (throws in the towel).
- Opponent is advised to withdraw by medical staff due to injury.
- Referee judges a mismatch in the skills of the contestants.
- In the event of a tie
 - One minute extension
 - Points differential
 - Chief Referee's decision

Protests

Any coach who disputes the results of a match must notify the Chief Referee within 15 minutes of the end of the match. The coach must then file a written request for arbitration with a fee stipulated by the organiser. On receipt of the protest the Chief Referee, the Arbitrator, the Referee and the Coach will review the evidence. The results of the arbitration will then be announced. If the decision is to uphold the results of the match the fee will be retained by the organiser. If the decision is to overturn the results of the match the fee will be returned to the coach.

End