

Kuachi Lei Tai (Chinese Light Contact)

Rules and Regulations Summary

The following rules are a summary of the Kuachi Lei Tai (Chinese Light Contact) rules for use in national and international tournaments.

Format

- Continuous light contact sparring (contact must be minimised to 10% of power). 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: 4 oz (113.4 g) sparring mitts (minimum), groin guard, gum shield and head guard (with approved face shield).
- Optional: soft martial arts shoes and hand-wraps. 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 16 and 17 (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 and have the written permission of their parent or carer to participate 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 – 60	Kg	132.28 lbs	45.1 – 55	Kg	121.25 lbs
60.1 – 70	Kg	154.32 lbs	55.1 – 65	Kg	143.30 lbs
70.1 – 80	Kg	176.37 lbs	65.1 – 75	Kg	165.35 lbs
80.1 – 90	Kg	198.42 lbs	75.1 – 85	Kg	187.39 lbs
90.1 – 100	Kg	220.46 lbs	Over 85	Kg	Infinite
Over 100	Kg	Infinite			

Illegal Techniques

- Disobeying the Referee's commands.
- Biting, spitting or gouging.
- Use of elbow and knee techniques.
- Striking with the head (head butting).
- Striking the opponent on the ground.
- 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 (direct strike to knees or elbows)

Legal Techniques

- Striking with fist, palm, and/or foot.
- 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 be pulled and power reduced to 10% on impact.
- Successive techniques must be clear and unblocked in order to 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.
- 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