

General Competition Rules

- Competitions Levels are defined as follows:
BEGINNER - Years of training are < 1.5 years
INTERMEDIATE - Years of training are > 1.5 years and < 3.5 years
ADVANCED - Years of training are > 3.5 years

Years of training are based on the total years of external and internal training combined.

Competitor Age is based on the age at the time of competition. To compete in Lei Tai or Shuai Jiao events the competitor must be a minimum of 18 years of age. To compete in Lei Tai, the competitor must be less than 41 years of age at the time of competition."

- Competitors **MUST** be entered in the same age/experience level for ALL events entered.
- Competitors **MUST** compete with a different form in each event entered.

TAOLU



Dress Code:

The UMAI Kung Fu Tournament is a formal event. All competitors are required to dress appropriately. Competitors may wear traditional Chinese martial arts uniforms (preferred), or pants appropriate for the Chinese martial arts plus a school T-shirt or an event T-shirt. The competition committee reserves the right to make the final judgments on appropriate attire. Karate-type Gi's are NOT considered appropriate, and are not permitted. Shoes are mandatory for all events, except for sparring. All shoes should be regular athletic type shoes. No regular street-type shoes are permitted.

Procedures:

All competitors will be called to the ring at least 10 minutes before the beginning of the event. If a competitor should have an obligation in another ring, he or she must at this time tell the ring official/chief judge so they can readjust the competing order to accommodate the competing obligations.

Competing:

When the official sees that all is ready, he or she will call the first competitor and announce for the next 2 competitors to prepare. When the competitor's name is called to compete, he/she will approach the ring and salute to the main official and wait for permission/signal from the ring-official/chief judge to begin. Judges will be observing as soon as the competitor's name is called.

Upon receiving the signal to begin from the ring-official/chief judge, the competitor will walk to the starting position within the ring. At no point should the competitor speak with any judge or official. If necessary, this should be done before the event begins. Once the beginning position is found, the competitor will stand perfectly still at attention, showing judges and timekeepers that the form is ready to begin. The time clock will begin at the first sign of movement from this attention position. The time clock will stop when the form is finished and the competitor returns to a stationary and relaxed position. Upon completion, the competitor will again walk to the same place he/she entered the ring and face the judges and officials once again at attention. At this time, the score for the competitor will be given. After receiving his/her final score, the competitor will acknowledge the score by saluting the ring official/chief judge. Only now is the competitor finished with his/her form and may leave the ring area.

Scoring:

Scoring will be based on performance & level by individual judges. The ranges for levels are as follows:

YOUTH

- Beginner: 5.50 - 7.0
- Intermediate: 6.00 to 7.50
- Advanced: 7.00 to 8.50

ADULT

- Beginner: 6.00 - 7.50
- Intermediate: 7.00 to 8.50
- Advanced: 8.00 to 9.50
- Highly Advanced: 9.5 to 9.99

5 scores will be given in which the highest and lowest score will be dropped to calculate the final score. In the event of a tie score, all 5 scores will be utilized. In case of another tie, both athletes shall receive the same awards. For Intermediate and Advanced competitors, if there is a tie, the chief judge can ask competitors to perform a different form to try to break the tie.

Awards:

All awards for competition will be given immediately upon completion of each event. 1st, 2nd, and 3rd place medals will be awarded to the top 3 competitors of each event in the General Competition. Two 3rd place rankings will be awarded in all Reaction Skills events. All first time competitors will receive only 1 award and a certificate for the one or two events they compete in.

Re-performing:

Any performer may begin his or her form again, without penalty, should that competitor be interrupted by uncontrollable circumstances. Re-performing due to forgetfulness, broken weapons, etc. will be permitted with a full ½ point deduction from the total score. This will not be permitted more than once.

Traditional Form and Weapons:

Traditional Southern Shorthand forms would consist of the following:

Southern Mantis, White Eyebrow, Wing Chun, 5 Ancestors System, Southern Dragon System, & Six Elbows. If in the individual judge's opinion the competitor is not exhibiting a Southern Short Hand form the judge will make a 0.05 point deduction to the score.

Traditional Southern Longhand Forms would consist of the following:

Choy Li Fut, Hung Ga, Hung Mei, Lee Ga, Southern Shaolin, Fu Jow Pai, Hung Fut, Tiger Crane Style, & White Crane Jow Gar. Competition is NOT limited to the styles mentioned.

Forms learned in China containing characteristics not consistent with traditional Kung Fu forms should enter the Modern/Contemporary Wushu Divisions.

Weapons:

For all Traditional Kung Fu categories, traditional weapons must be used. Modern Wushu weapons are not allowed. (For example, the blade of the sabre (broadsword) should not bend.)

- All short weapon events are limited to single hand straight sword or broadsword. **NO EXCEPTIONS!**
- All long weapon events are limited to long staff and spear. **NO EXCEPTIONS!**
- All other weapons MUST compete in events noted as "other" or "open" weapon events. All weapon events, including 2 person sets, are intended for traditional spring steel weapons unless the event name specifically indicates that it is a Wushu event. If in the Chief Judge's opinion the weapon being used does not meet the criteria of a traditional weapon, the Chief Judge will make a 0.05 point deduction to the final score.

Modern/Contemporary Wushu:

Changquan (long fist), Nanquan (southern fist)

Wushu Weapons:

Nandao (short weapon), Nangun (long weapon), Modern Straight Sword, Modern Broadsword or Sabre, Modern Staff, and Modern Spear.

Tai Ji Quan:

Chen, Yang, Wu, Zhao Bao, 24, 42, 48.

Tai Ji Quan divisions containing less than 4 people may be combined into other events.

Reaction Skills:

Reaction Skill events include Restricted Step Push Hands, Moving Push Hands, Point Sparring, Bridging Hand (chi sao), Weapons Sparring, & Lei Tai. Nearly all reaction events have listed some sort of protective gear, some mandatory, some optional. All competitors are responsible for their own protective equipment unless otherwise mentioned.

TIME LIMITS

Traditional Forms & Weapons

- 30 sec minimum (45 sec - Advanced levels)
- 2 min maximum

Modern Wushu Forms

- 1 min 20 sec min

All Tai Chi Forms (includes 24, 42, & 48)

- 3 min minimum
- 3 min 30 sec maximum

Tai Chi Sword and Other Internal Weapons (wooden swords are allowed if 1lb or more)

- 1 min 30 sec minimum
- 3 min 30 sec maximum

Other Internal & External Forms

- 45 sec minimum
- 2 min 30 sec maximum

For Taiji & Internal forms, the competitor will be given an audible signal before the last 30 sec of the time limit. The competitor will then have the remaining 30 sec to complete the form.

For all forms competition, point deductions of one-tenth point will be taken for each 5 sec interval outside the time limit.

Reaction skills:

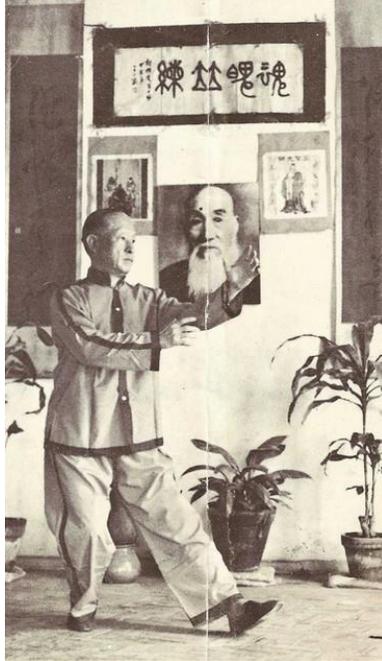
- Restricted-Step Push Hands - two 60 sec rounds with a 15 sec break in between rounds
- Moving Push Hands - one round of 90 sec PUSHING TIME
- Point Sparring - one round of 90 sec.
- Weapons Sparring - two 60 sec rounds with a 1 min rest period in between rounds
- Bridging Hands (chi sao) - two 45 sec rounds with the third being 60 sec with a 30 second break
- Lei Tai - two 2 min rounds, with a 1 min rest period in between rounds

There are NO refunds for ANY reasons!

The Tournament Committee Reserves the right to combine categories within the same division.

TAOLU

Internal division's general information



Please note: At this time we offer Tai Chi Chuan (Taijiquan), Pa Kua Chang (Baguazhang) and Hsing I Chuan (Xingyiquan) competition.

Tai Chi Chuan (Taijiquan) Handset Division

Time limit:

- **Three (3) minutes** to demonstrate the form
- The three (3) minute mark will be signaled by a bell or verbal command

NOTE: If the competitor has not finished their set at the three (3) minute mark, they will have thirty (30) seconds to finish the set. At the end of the additional thirty (30) seconds mark, there will be another signal and the competitor **must stop** the set at that point.

Penalties:

- There will be a **0.1 deduction** penalty for each five (5) seconds under the three (3) minute mark or over the three (3) minute and thirty (30) second mark.

Tai Chi Chuan (Taijiquan) Weapon Division

Time Limit:

- **Minimum** of one (1) minute and thirty (30) seconds
- **Maximum** of three (3) minutes and thirty (30) seconds

Penalties:

- There will be a **0.1 deduction** penalty for each five (5) seconds under the (1) minute and thirty (30) seconds mark or over the three (3) minute and thirty (30) second mark.

Please note:

The Pa Kua Chang (Baguazhang) and Hsing I Chuan (Xingyiquan) competitions will follow the same rules as the **external taolu** divisions

RESTRICTED-STEP PUSH HANDS

All push hands competitors must wear short-sleeved shirts. One match consists of two 60 second rounds with a 15 second break in between rounds. Opponents face each other and each places their foot on the center mark. When prepared to begin, they make contact with the back of the right or left wrist. The referee gives the command to begin at which time the competitors are required to perform a minimum of 2 revolutions before initiating any techniques. Time is suspended while the referee calls for a point and verification and announces their decision and for consultation or emergency situations. Points are awarded to the competitor whose opponent has made an error or committed a personal violation or a serious personal violation. Points may be awarded for technical violations.

Attack areas:

Attacks may be made within restricted areas of the body: from below the base of the neck to above the coccyx or bladder area. Pushing the neck, head, bladder area, hip joint, or leg is illegal.

Stepping:

Competitors may take a step or single steps forward or backward, with either the front or the back foot, but may not reverse the stance, i.e., the front foot must stay forward. Competitors must keep to the orientation of the center line; they may not step to the side to defend or to gain an advantage in pushing.

Violations:

Points are awarded to the opponent of the competitor who committed the violation. However, the opponent will receive 2 pts. if one commits a serious personal violation. Disqualification may be enforced for one serious violation and a competitor must be disqualified for 2 serious violations. The referee in consultation with the judges may disqualify a competitor.

Errors:

Loss of balance and endangering oneself.

Personal Violations	Serious Personal Violations
1. Using techniques excessive in strength	1. Striking, hitting, punching
2. Grabbing the opponent's clothes	2. Using the head to attack
3. Double grabbing (gripping with both hands)	3. Using the legs, knees, or feet to attack
4. Holding on to prevent loss of balance.	4. Twisting the joints (grappling or chin na)
5. Attacking an illegal target area	5. Using pressure points
6. Reversing the stance to gain advantage	6. Pulling hair or beard

7. Attacking the groin area	.
8. Using any technique determined to cause injury	
9. Un-sportsman like conduct	

Technical Violations:

1. Not following instructions of the referee
2. Not completing the mandatory revolutions
3. Receiving coaching during the round

Points are awarded to the opponent of the competitor who committed the violation. However, the opponent will receive 2 points if one commits a serious personal violation as listed above.

Disqualifications:

Competitors may be disqualified for one serious violation and must be disqualified for 2 serious violations. A competitor may also be disqualified by the referee in consultation with the judges.

MOVING PUSH HANDS

The competition area will consist of 2 circles. The inner circle will be 15 feet in diameter while the outer circle will be 21 feet in diameter. Marks in the center of the circles will indicate the starting point, which will be the same as for restricted step push hands.

After 3 revolutions with the hands, each competitor may begin moving and proceed until told to stop by the referee.

There will be one round of 90 seconds PUSHING TIME. The clock will stop whenever the referee stops to obtain scoring from the judges.

Score will be awarded based upon infractions or mistakes from an opponent. Points will be awarded for the same infractions as with restricted step push hands except, of course, competitors are now allowed to move at will.

1 point	Awarded when one's opponent loses balance, uses excessive force, forcefully holds on, double grabbing and all other infractions listed in the restricted step push hands. The referees and judges shall especially watch out for holding. In addition, points are also awarded when one's opponent steps or is forced out of the circles.
2 points	Awarded when the opponent steps ON or outside the inner circle.
3 points	Awarded when ANY part of the body touches or falls outside the circles.

The same scoring procedure as for restricted step push hands shall be used. As with restricted step regulations, the referee shall stop the match upon seeing struggling by both competitors and no points will be awarded.

Bridging Hands (chi sao)

The Bridging Hand is similar to Chi Sao but is for all styles, and not solely for Wing Chun. Bridging Hand matches will consist of three rounds, the first two being 45 seconds and the third being 60 seconds (intermediate division) or 120 seconds (advanced division); with a 30 second rest period in between rounds. No long-sleeved shirts or short pants will be permitted. Competitors will not be allowed to wear any objects (including jewelry) that may cause injury to themselves or to their opponents. Fingernails must be clipped as short as possible, and will be inspected by the officials. A mouthpiece and groin protector will be required. Head gear is not mandatory in the third round for advanced divisions, but is highly recommended; hand and foot gear will not be required. The competition area will be a square space measuring 9' x 9', enclosed and divided into two halves by tape.

Match Rules:

Judges will be looking for a continuous exchange of discernible techniques, with an emphasis on adherence or "sticking". This is to be distinguished from wrestling, shoving, and boxing. In the first two rounds, techniques must be directed to the chest region with at least one hand in contact with the opponent's arm. In the third round, techniques are allowed to be aimed at the head with (intermediate) no contact or (advanced) light contact. Competitors should display good "bridging" skills. Points are awarded for proper, legal technical contact. Points will be deducted from a competitor that makes an error or commits a personal violation.

Time:

Three rounds, 45 seconds first two, third 60 seconds with a 30 second break. Change position after 1st round. Color ribbon will be used for identification as needed.

Equipment requirements:

1. Protective head gear (optional, recommended)
2. Mouth piece
3. Goggles (optional, recommended)
4. Groin protector

Competition area: 9' X 9' ring; divide into two halves

Start Match:

1. Competitors start off at center of the ring.
2. Roll 3 times before fighting begins (center referee counts rolls out loud).
3. Corner judges look for good Bridging Hand techniques: Continuous exchange with an emphasis on adhering and sticking to control. Good bridging skills, timing, sensitivity, stance, balance. Good combination of techniques. Clean attacking, blocking, neutralizing and trapping techniques.
4. Points awarded for proper, legal technical contact. Points deducted for personal violation.
5. Competitors will not be penalized if one foot steps off the platform and steps back in.
6. If both feet are outside of the ring, the competitors will be stopped (time will also stop) and center referee centers the competitors and rolling begins again.
7. Competitors will be given 2 warnings. At the third warning, they will be out.

Legal contact areas:

- Medium contact body shots (for all levels – beginner, intermediate and advanced): chest to the area above the navel.
- Light contact to the head and face shots (advanced only)

Non-Legal Prohibited Techniques / Personal violation:

1. Hitting the face / head. (beginner, intermediate).
2. Joint locks or holds are not permitted.
3. Hitting the back of the body.
4. Hitting groin, joints, and limbs.
5. Kicking is not permitted.
6. No elbows.
7. No finger strikes.
8. No Fa Jing.
9. No holding for longer than one second.
10. Hitting after round time is announced or when the referee calls "Ting" (stop).
11. Aggressive, intentional, or out of control pushing, shoving, punches and kicks.
12. Use of swear words / foul language.
13. Coaching from Sifus or friends during the match is prohibited.
14. Escape / retreat that causes both feet out of the ring.

Prohibited Targets:

- Eyes
- Ears
- Throat
- Groin
- Joint/Nerve Centers

Disqualification

- Accumulation of any three warnings will result in disqualification
- Excessive use of force towards the head and face area
- Unsportsmanlike conduct

Competition Concept:

- One (1) round of defense
- One (1) round of offense
- One (1) round of mutual attack and defense

Scoring:

Each corner judge will indicate an independent vote for a single winner (i.e., no draws are permitted) based on the accumulated scores logged in. There will be one vote for each round. A majority of votes determines a winner in each round. A hand strike requires another hand's maintaining contact with the opponent to be valid.

Scores:

1. Strike to the chest & area above the navel - 1 point.
2. Por pai, leaking bottom palm strikes, push out of ring - 2 points.

Technical Consideration:

Only techniques delivered while attempting to remain in contact with your opponent will be considered by the judges.

Defense:

Defense consists of the use of your skills to negate, neutralize, deflect, avoid or suppress the offense of the other competitor. The competitor will be judged on his sticking skills, stance, footwork, and posture in the performance of defense. He may not counterattack, strike, trip or shove the attacker. The judges are to count off for excessive reliance upon Li or brute strength.

Offense:

Offense consists of the use of your skills to hit those areas allowed by the rules of this competition. The competitor will be judged on his sticking skills, stance, footwork, and proper posture in the performance of offense. Simply breaking contact and attacking is not bridging hands and will be judged as poor technique. Overuse of strength will be considered poor technique. It is, therefore, possible to strike more times than an opponent and still lose if the method used inferior bridging technique.

Officiating Committee:

The officiating committee will consist of the following members:

- Chief Judge
- Four Corner Judges
- Center Referee
- Timekeeper/Scorekeeper

The Chief Judge will be the arbitrator in all disputes and will announce the winner of each match. The Chief Judge's decision will be final on any judgment not covered by the rules.

Only the Corner Judges will score each match and vote for the winner.

The Center Referee will be responsible for starting and stopping the action, for ensuring that all rules are followed, and for maintaining the safety of all participants.

The Timekeeper/Scorekeeper will start and stop the clock, in accordance with the signals of the Center Referee, and will ring a bell to announce the end of each round of a match. Only the Center Referee (or Chief Judge at his or her discretion) can stop the clock during action. The clock will be stopped should there be an infringement of the rules, an injury, an argument, or a withdrawal. As scorekeeper, he/she will record the results of each match and will inform the Chief Judge of the name of the winner.

Divisions:

Divisions will be made in accordance with the number of years of Seung (two) Bridging Hand (chi sao) training a person possesses:

- **Beginner:** Up to two years training
- **Intermediate:** Two to four years
- **Advanced:** Over four years

All competitors will be paired with other schools' members first unless there are no other school members available in their division.

Weight Classes (subject to change based on number of competitors):

Men & Women

- Lightweight (130 lbs. and under)

- Middle weight (130 - 180 lbs.)
- Heavyweight (180 lbs. and over)

Depending on the number of competitors on the day of the event, we will determine if the divisions will be by experience or weight.

Uniform:

Participants will be required to wear a T-shirt, martial arts pants, and athletic or kung fu shoes. The competitors' shirts must expose their forearms. This rule is not only in keeping with tradition, but also is for the safety of the competitors. Therefore, only short-sleeve shirts are permitted. Appropriateness of attire will be at the discretion of the Chief Judge and the Center Referee.

Contestants will not be permitted to wear any objects (including jewelry) that may cause injury to themselves or to their opponents. Fingernails must be clipped as short as possible and will be inspected by the Center Referee prior to the start of a contest.

POINT SPARRING

Protection must be used for the head, hands, mouth, groin, shin, and feet. Head gear must cover the side, top, and back of the head. Face grills are permitted and optional. Gloves must not expose the fingers. Feet and shin pads may be foam-dipped or pull-over instep/shin socks.

Divisions will be determined on the day of the competition. Fighting time and the clock will stop as dictated by the referee. All bouts will be 1 ½ minutes. Fighting will stop when valid techniques strike a legal contact area. Points will be awarded by majority vote of the judges. The first competitor to score 5 pts. wins or 3 points spread wins. At the end of the 1 1/2 minutes, if the match is tied, the match will continue until the first competitor scores a point will be the winner. The following actions are not acceptable and will either result in a break, warning, or disqualification:

Break

1. Head contact that may cause injury
2. Controlled, non-contact technique scored on the back
3. One or both competitors goes to the floor
4. When any judge calls a foul

Warning

1. Illegal techniques
2. Contact to a non-contact area
3. Excessive force (w/out malice or intent)
4. Failure to break on the call

Disqualification:

1. If an injury occurs to an opponent as a result of a foul
2. Accumulating 4 warnings
3. Running out of the ring, second offense
4. Repeatedly and deliberately exposing of a foul area

Immediate Disqualification:

1. Deliberate excessive force/intent to injure
2. Deliberate fouling
3. Rude or belligerent behavior
4. Use of objectionable or abusive language by a competitor or by their school

Legal contact areas:

Torso (front part, outside of thigh, outside of leg, entire arm, and front and side of head gear)

Illegal targets:

1. Back and top of the head
2. Spine
3. Neck and throat
4. Entire knee and knee joint
5. Groin and leg only
6. Inside of thigh
7. Shin, other than to check

Illegal techniques:

1. Knee strikes
2. Elbow strikes
3. Finger strikes
4. Take-downs or throws
5. Joint locking or breaking attempts
6. Head butts
7. Biting
8. Floor or ground fighting
9. Groin Strikes
10. Open hand strikes to the face
11. Sweeps to the opponent's back leg or sweeps that attempt contact both legs of an opponent.
12. Dangerous blind attempts at spinning hand or foot strikes.

WEAPONS SPARRING

The intent of this division is for the competitors to explore the concepts they learn in their weapon sets in a live environment against a resisting opponent.

This will be a **score limited competition**

The match will be awarded to the competitor reaching **full score first**.

Full score will be a total of seven (7) or (10) points depending on the number of competitors and will be set at the discretion of the judges.

Scoring:

- Strikes to the head and torso (front and back) and/or disarming the opponent - **3 points**
- Strikes to the arms and/or legs - **2 points**

Equipment:

Weapons (swords) will be provided. The weapon is made of PVC and foam materials.

- Lei Tai style helmet (provided)
- Lei Tai style gloves (provided)
- Approved foam padded weapon (provided)

Protective gear:

- Groin protection (mandatory - not provided)
- Chest protector (optional - provided)

NOTE: Competitors must restrain themselves to the use of **straight sword** or **broadsword techniques** in the **short weapons** division and **staff** or **spear techniques** in the **long weapons** division.

Southern Double Knives Competition Rules:

The intent of this division is for the competitors to explore the concepts they learn in their weapon sets in a live environment against a resisting opponent. Since this is a double weapon division, competitors are judged more favorably for using combinations rather than single weapon hack and slash techniques, or wild flailing. Note also that since the weapons are foam padded weapons, competitors must treat them as such – blunt edged “stick fighting” style techniques will be discouraged.

Ring Size:

16 x 16 ft.

Match Format:

- This will be a performance and score limited competition. The match will be awarded to the competitor reaching full score first.
- Competitors will start each exchange with at least one foot on the edge of their respective ring sides.
- Competitors will wait for the judge’s signal to begin, at which point they may engage.
- Competitors are separated after a 5 second exchange period, or after a "kill" shot is achieved during the five second exchange period.
- Points are awarded to each competitor after each exchange.

Scoring:

Full score will be a total of seven (7) or (10) points depending on the number of competitors and will be set at the discretion of the judges.

The entire body is a legal target. However, scoring follows the following format:

- Clean entry/controlling slash followed by a secondary slash or stab to lethal area: 3 points
- Clean entry slash followed by a secondary slash or stab to a non-lethal area: 2 points.
- Clean single slash or stab to a lethal area: 2 points.
- Clean single slash to a non-lethal area of the body or legs, followed by backing off: 1 point
- Disarm: 4 points
- Simultaneous kill shots: No points, each cancel the other.
- Competitors leaving the match area 3 times are deducted 1 point.

Lethal “kill” areas are those designated by:

- The head and neck
- The middle of the torso via a stab
- Major artery areas of the arm and leg.

Judges:

There will be 3 corner judges, one middle referee, and a time keeper.

Equipment:

- Lei Tai Style Helmet (provided)
- Forearm padding (provided)
- Approved foam padded weapon (provided)

Protective Gear:

- Groin Protection (mandatory, not provided)
- Chest Protector (optional, provided)

Technical Considerations:

Only techniques delivered while attempting to remain in contact with your opponent will be considered by the judges.

Defense consists of the use of your skills to negate, neutralize, deflect, avoid or suppress the offense of the other competitor. The competitor will be judged on his/her sticking skills, stance, footwork, and posture in the performance of defense. The competitor may not counterattack, strike, trip or shove the attacker. The judges are to count off for excessive reliance upon Li or brute strength.

Offense consists of the use of your skills to hit those areas allowed by the rules of this competition. The competitor will be judged on his/her sticking skills, stance, footwork, and proper posture in the performance of offense. Simply breaking contact and attacking is not bridging hands and will be judged as poor technique. Overuse of strength will be considered poor technique. It is, therefore, possible to strike more times than an opponent and still lose if the method uses inferior bridging techniques.

Bridging hands (chi sao) is, at its heart, controlling ones opponent through sensitivity, trained reflexes, and proper technique.

Lei Tai Fighting

Sanctioned by:

US international Kuoshu Federation & Pan China Confederation of Martial Arts.

Statement of purpose:

Kuoshu Lei Tai is a special rule set of guidelines designed for Chinese martial arts (CMA) schools to be able to explore the combat aspects of their art in a regulated environment allowing for a multitude of Chinese Martial Arts techniques. Any technique in any CMA style may be used so long as it follows the rules of the competition. Kuoshu Lei Tai is not a method of fighting, but instead it is an exploration ground for competitors and coaches to understand, develop and execute the application aspect of their respective styles.

Lei Tai Officials:

Executive Referee, Center Referee, Side Judges, Announcer, Timekeeper, Event Coordinator, Prep Area Official

These are the fighting area referees for the match. They will call participants to attention and instruct participants while the fight is occurring.

Center Referee:

The Center Referee will control the fight and make calls for throws, push-offs and fouls. Participants must follow all commands of the Center Referee including starts and stops of action.

Executive Referee:

This judge will make the call for the winner of each round and provide the final score to the Center Referee and settle any disputes arising from the match.

5-Side Judges (scoring judge): These judges will keep score of the fight and will take into account fouls and penalties given by the Center Referee.

Announcer:

This official will announce the names of each fighter as they enter the Lei Tai and who the winner is.

Timekeeper:

This official will be in charge of timing each fight and breaks between fights

Event Coordinator:

This official(s) makes sure that competitors are registered, checked-in, weighed-in and ready to compete.

Prep Area Official:

This official(s) inspects and makes sure that each contestant has regulation equipment and is ready to fight.

Lei Tei Rules and Regulations

This tournament contains age requirements for Lei Tai competition. (Competitor must be a minimum of 18 years of age and less than 41 years of age at the time of competition.) Age must be verified at the tournament. Acceptable forms of identification include passports, birth certificates, or government issued photo ID.

Ring:

- Ring Size: **24' x 24'**
- Height: **16"**
- Surface Type: **Foam padded** (jigsaw mat)

Attention: All Lei Tai fighters **must be present** at the rules meeting, which will be held two hours prior to the event on the day of the event. If you are **not present** at this meeting you **will not be allowed to compete in the event.**

Rounds:

- Eliminations - **1 1/2 Minute** rounds with **30 seconds** of rest in between.
- Finals (1st through 4th places) - **2 Minute** rounds with **45 seconds** of rest in between.
- To win the match contestant must win **two (2) out of three (3)** total rounds.
- Contestant that wins the **first two rounds** does not need to fight the third round and is declared winner of the match.

NOTE: Competitors are allowed up to **two (2) corner people** in their respective corners. The corner people may give instructions and advice **ONLY** during the break period and are to remain **silent during the match.** Corner coaching is **considered a technical foul and will not be tolerated.**

To compete in the Lei Tai event competitors must:

- Be in **good physical, mental and emotional health** (please visit your doctor prior to competing in this tournament).
- Have **personal health insurance** in case of serious injury (the Tournament Organizers will only provide **basic first aid** to competitors).
- Follow all **rules, regulations and etiquette** of Lei Tai events for everyone's safety.

Please note:

If you are considering participating in the Lei Tai event the Tournament Organizers would like you to be aware of the following:

- If you have had a **head concussion** (any degree) in the past, we highly recommend that you **DO NOT** participate in this event.
- If you do not have **personal health insurance**, we highly recommend that you **DO NOT** participate in this event.
- If you are unsure of your **physical and/or mental health**, we highly recommend that you **DO NOT** participate in this event.
- **If you are not responsible for your own actions WE DO NOT WANT YOU TO PARTICIPATE in this tournament.**

Lei Tai Scoring:

- Contestant executes clear hand or leg technique (with trembling shock) = **1 point**
- Contestant executes clear elbow or knee technique without holding opponent = **1 point**
- Contestant executes clear hand or leg technique that knocks opponent down = **2 points**
- Without falling, contestant successfully throws opponent to the ground = **2 points**
- Both contestants fall during throw, contestant who lands on top (in control) = **1 point**
- Contestant forces or throws opponent off of fighting area = **3 points**
- Contestant forces or throws opponent off of fighting area three (3) times in a single round = **Contestant wins the match**
- Through own error, contestant loses balance = **1 point deduction**

Legal Scoring Areas:

- Front of head (face)

- Sides of head
- Chest area (men's division only)
- Stomach area
- Sides of body (trunk)
- Outside of thigh

NOTE: Striking the lower leg (below the knee) although being legal will **not** score any points.

NOTE: "*hand techniques*" and "*leg techniques*" are defined as any technique or shape of hand or foot for striking. This also includes forearms and shins as legal striking methods.

NOTE: "Sacrifice" throws or any technique that the fighter must first touch the ground with any part of their body other than the bottom of their feet (i.e. knees, hands, back, etc...) will **NOT** be counted for points.

NOTE: Once participants clinch to each other they will have three seconds to apply a throw. After the three seconds are up, the participants will be separated and told to re-engage in combat.

To win the match:

- Contestant wins **two** (2) out of **three** (3) rounds by official decision.
- Contestant **throws or forces** opponent off fighting area **three** (3) times in the same round.
- Contestant **knocks opponent down three** (3) times in the same round.
- Executive Referee or Center Referee declares a **mismatch** (stronger contestant wins).
- Opponent **quits** or corner person(s) **throws in towel**.

NOTE: Contestants have **ten** (10) seconds to return to the start line, in their respective sides (blue or yellow) in "guard position;" if he/she does not make it within the ten second count, they lose the match.

Penalties:

- Contact to the **eyes, throat, back of the head, spine, knee, the inside of the thigh or groin** is **ILLEGAL**. For **female competitors**, contact to the chest is also illegal.
- Techniques **using the head** are **illegal**.
- **Spiking** (throwing opponent top of the head first) is **illegal**.

Fouls:

(use of illegal techniques or contact to illegal areas)

- First violation = **1 point deduction**
- Second violation = **3 point deduction**
- Third violation = **disqualification**

Technical Fouls:

(corner coaching and/or bad sportsmanship conduct such as taunting, obscene gestures and general disrespect)

- First violation = **warning**
- Second violation = **1 point deduction**
- Third violation = **disqualification**

Any serious foul will be grounds for immediate disqualification.

Liability:

Competitors who **maliciously hurt their opponents will be held liable for any damages or injuries**. The **Executive Referee has full authority** to stop the fight at any time for safety or any other reason.

All rules are in accordance with The International Kuoshu Federation Rules.

Arbitration:

Any coach or competitor disputing the results of a match and wishing to have arbitration of a match for any reason must notify the **Executive Lei Tai Referee** or **Tournament Director** verbally within **15 minutes** of the end of the match. They must provide a **written request and a \$300.00 (cash) arbitration fee** to the Tournament Director within **30 minutes** of the end of the match. If the arbitration is settled in favor of the disputing team, a full refund of the arbitration fee will be given; otherwise no refund will be issued.

In an effort to minimize the risk of serious injury associated with full contact fighting, the UMAI has adopted the following guidelines regarding Medical Disqualifications effective immediately. At the Fighter Check-In, you will be required to certify that you are not subject to Medical Disqualification.

The following shall constitute mandatory grounds for medical disqualification and the associated minimum durations:

1. Technical knockout (TKO)- 30 days disqualification from full contact competition
2. Knockout (KO) or technical knockout (TKO) with loss of consciousness (first occurrence) - 60 days disqualification.
3. Knockout (KO) or technical knockout (TKO) with loss of consciousness (second consecutive occurrence) - 120 days disqualification.

Please note that consecutive occurrence refers to knockout or technical knockout with loss of consciousness in two consecutive bouts or tournaments regardless of period of time between events.

All competitors should also be advised that if it is later discovered that the competitor failed to disclose prior TKO or KO within the protocol time frame, the UMAI reserves the right to revoke any medals or awards. Disqualification from future sanctioned competition may also apply.

Lei Tai Equipment



Competitors must use U.S.K.S.F. / T.W.S.K.F. approved headgear, gloves, shoes, mouthpiece, and groin cup (hand wraps are allowed, but taping of hands will not be permitted). Female competitors must also wear a chest protector.

All Lei Tai competitors will be supplied with official t-shirts (one blue and one yellow) which must be worn for the contest.

Picture of approved headgear:



ATTENTION! It has been brought to our attention that similar looking helmets **made in Pakistan** have **malfunctioned under pressure** (ex. broken plastic cage). We will **not** allow these helmets to be worn in future tournaments. Please check if your helmet is of that kind (made in Pakistan) and consider discontinuing use for full-contact training.

Also, keep in mind that plastics will, over the years, become less and less resistant to impact. Please keep this in mind prior to fighting in the tournament, if you have an old helmet (older than 3 years), please consider purchasing a new one prior to involvement in the tournament.

Pictures of non-approved headgear:



Pictures of approved gloves:



Pictures of non-approved gloves:



Pictures of approved shoes:



Pictures of non-approved shoes:





Picture of approved wraps:



NOTE: The left hand style of wrapping (between fingers) is **not allowed**, only the right hand style will be accepted.

Picture of non-approved wraps:



•

Picture of approved pants:



Pictures of non-approved pants:



We highly recommend that contestants purchase and use their own equipment, if you do not have the correct gloves, helmet or pants, you may borrow the tournament equipment from the tournament, however, do it at your own risk. All Lei Tai competitors are required to wear the USKSF North Region issued t-shirts (one blue, one yellow).

Shoes will not be supplied by the organizers. Make sure you have approved shoes, or you will not be able to compete in this tournament.

You **will not** be able to compete if you do not have all the necessary equipment (this includes groin protection and mouthpiece). All equipment will be checked prior to fighting. **Failure to appear with proper equipment is grounds for disqualification.**

Lei Tai Competition Weight Classes:

Male

- **Super-Light** weight division (under 55 kg - 121.25 lbs.)
- **Light** weight division (55.1 to 60 kg - 121.26 to 132.27 lbs.)
- **Light-Middle** weight division (60.1 to 65 kg - 132.28 to 143.30 lbs.)
- **Middle** weight division (65.1 to 70 kg - 143.31 to 154.32 lbs.)
- **Middle-Heavy** weight division (70.1 to 76 kg - 154.33 to 167.55 lbs.)
- **Heavy** weight division (76.1 to 82 kg - 167.56 to 180.77 lbs.)
- **Super-Heavy** weight division (82.1 to 88 kg - 180.78 to 194 lbs.)
- **Ultra-Heavy** weight division (88.1 to 94 kg - 194.1 to 207.44 lbs.)
- **Infinite** weight division (over 94.1 kg - 207.45 lbs.)

Female

- **Light** weight division (under 55 kg - 121.25 lbs.)
- **Middle** weight division (55.1 to 60 kg - 121.26 to 132.27 lbs.)
- **Heavy** weight division (60.1 to 65 kg - 132.28 to 143.30 lbs.)
- **Infinite** weight division (over 65 kg - 143.31 lbs.)

***NOTE:** Kuoshu division organizers reserve the right to merge weight divisions depending on number of participants. There needs to be at least 2 participants in the same weight division for the merge not to occur. If there is only one, the competitor will need to participate in the next up weight division.

SHUAI CHIAO

The competition area will be covered by a judo-style or wrestling mat, affixed such that sections will not separate. All competitors must wear a traditional Shuai Chiao uniform. All Males are required to wear a protective groin cup. Mouth guards are recommended, but not required. Glasses and contact lenses are not allowed. Each bout shall consist of 3 rounds, each of which shall last a maximum of 2 minutes with 1 minute rest between them. The round starts when the referee gives the signal and stops each time he/she indicates verbally and with the proper signal. The timekeeper will signal with an audible bell, buzzer, or whistle when 30 seconds are left in the round and when time expires in each round. The result of a match will be determined by the first competitor to score 2 points or by the highest score at the end of 3 rounds, tie break, decision, disqualification, or by a foul imposed upon one contestant. The points awarded will be based on the general Shuai Chiao rules and regulations.

Requirements

- Kung Fu pants (**Kuzi**)
- Shuai Jiao jacket (**Yi**)
- Shuai Jiao Belt (**Dai**)
- Jewelry, rings, or necklaces are not permitted
- Fingernails must be kept short to avoid injury to other contestants

The Match Format

1. The match will consist of two 2-Minute rounds with a 1 minute rest period between rounds
2. The contestants will engage in a continuous exchange of Shuai Jiao techniques
3. A 1-minute round will be added if contestants are tied after first two rounds
4. If still tied after the first round, the match will be awarded to the most active competitor
5. The competition area will consist of 20' x 20' matted ring
6. The match will be stopped for uniform and equipment failure or to seek medical advice

Match Objective

The objective of the match is for competitors to display good Shuai Jiao techniques, such as:

- Standing Grappling
- Throwing Techniques
- Sweeping Techniques
- Shoot Techniques
- And Other Takedowns

Match Progression

- Competitors will meet at center of the ring and engage each other at the Chief Judge's signal to start
- The Chief Judge controls the match through verbal signals
- Side judges will look for and score good Shuai Jiao techniques

Scoring Points

1 Point is scored when:

1. Throwing the opponent, causing them to land on their back, and lands on top of the opponent.
2. Causing the opponent to touch the mat with the hand, elbow or knee while remaining standing.
3. Forcing opponent out of the ring

2 Points are scored when:

1. The opponent is thrown and lands on the side or back
2. Causing the opponent to touch either hands or both knees simultaneously on the mat.
3. Remain standing while sweeping the opponent so they fall on the mat.

3 Points are scored when:

1. Remain standing while the opponent is thrown 360 degrees and lands on their back.

No Points are scored when:

- Both competitors step out of the ring
- Both competitors simultaneously fall

Allowable Techniques:

- Shuai Jiao (throwing, wrestling and standing grappling);
- Kuai Chiao (fast throwing - shoot techniques);
- Da Shuai (open hand techniques to throw/sweep/take down);
- Na Shuai (joint manipulation to throw/sweep/take down);
- Dien Shuai (pressure point manipulation to throw/sweep/take down);
- Contestants may use their opponent's jacket, belt or limbs to execute a technique.

Illegal Techniques

1. Striking the opponent with any part of the body
2. Attacking and attempting to dislocate the joint
3. Biting or spitting
4. Pulling the opponent's pants
5. Smothering opponent's face with hand or forearm
6. Pulling opponent down once thrown
7. Failure to engage opponent
8. Failure to obey Chief Judge's commands

Disqualification

- Accumulation of any three warnings will result in disqualification
- Excessive use of force towards the head and face area
- Unsportsmanlike conduct by competitor or coach

Warnings and Penalties:

- The Referee may give a private or public warning, or disqualify a contestant depending on the seriousness of a foul or offense.
- First Warning: no point penalty
- Second Warning: one point penalty
- Third Warning: disqualification

Fouls:

- Verbal Warning: no point deduction
 1. Beginning the fight before the Referee gives the signal;
 2. Continuing after the Referee gives the signal;

3. Grabbing the opponent's pants;
 4. Wearing jewelry.
- Minor Penalty: opponent receives one point
 1. Touching opponent's face between eyebrows and mouth;
 2. Pulling hair;
 3. Pulling down the opponent after being thrown;
 4. Stepping on the opponent's foot;
 5. Stopping the fight before the Referee;
 6. Grabbing with both hands and holding still for more than 5 seconds.
 - Serious Penalty: opponent receives two points
 1. Intentionally striking with a hit, kick, elbow, knee and hand;
 2. Striking the opponent while down;
 3. Coaching from sidelines with an obvious intention of disturbing or influencing the match.

Referees:

- Chief Referee
 1. Responsible for the fighting area;
 2. May stop the fight to consult the Center Referee.
- Center Referee
 1. Manages the fight on the mat;
 2. Nominates the winner at the end of the fight;
 3. Has authority to stop the fight for safety or any other reason.

Shuai Chiao Weight Division:

- Feather Weight (Up to 124 lbs.)
- Super Light Weight (56.7 kg - 60.7 kg / 125 - 134 lbs.)
- Light Weight (61.2 kg - 65.3 kg / 135 - 144 lbs.)
- Light Middle Weight (65.8 kg - 69.9 kg / 145 - 154 lbs.)
- Middle Weight (70.3 kg - 74.4 kg / 155 - 164 lbs.)
- Middle Heavy Weight (74.8 kg - 78.9 kg / 165 - 174 lbs.)
- Light Heavy Weight (79.4 kg - 85.7 kg / 175 - 189 lbs.)
- Heavy Weight (86.2 kg - 99.3 kg / 190 - 219 lbs.)
- Super Heavy Weight (95.3 kg - 106.1 kg / 220 - 234 lbs.)
- Infinite Weight (106.6 kg and over / 235 lbs. and over)