



The World Kuoshu Federation

## **Rules and Regulations for Kuoshu Contests**

Office of the Referee General

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## Contents

<b>1 Introduction</b>	<b>2</b>
1.1 The World Kuoshu Federation (TWKSF)	2
1.2 The Office of the Referee General	2
<b>2 Administrative Rules</b>	<b>3</b>
2.1 Rules, Regulations and Procedures	3
2.2 Officials and Duties	3
2.3 Registration, Weigh-In and Medical	6
2.4 Weight Categories	7
2.5 Contest Etiquette	7
2.6 Injury and Suspension	8
2.7 Protest Procedure	8
<b>3 Forms and Apparatus Contest</b>	<b>9</b>
3.1 Contest Area	9
3.2 Forms Officials	9
3.3 Forms Contestants	10
3.4 Scoring	10
3.5 Scoring Criteria for Forms Contests	11
3.6 Scoring Criteria for Forms with Apparatus Contests	13
<b>4 Light Contact Contest</b>	<b>15</b>
4.1 Contest Area	15
4.2 Protective Equipment	15
4.3 Contestants' Uniform	15
4.4 Contest Format	15
4.5 Scoring	15
4.6 Scoring Areas	16
4.7 Illegal Techniques	16
4.8 Warnings and Penalties	16
4.9 Referee (Centre Judge) Commands and Hand Signals	16
<b>5 Full Contact Contest</b>	<b>18</b>
5.1 Contest Area	18
5.2 Protective Equipment	19
5.3 Contestants' Uniform	19
5.4 Contest Format	20
5.5 Scoring	20
5.6 Scoring Areas	21
5.7 Illegal Techniques	21
5.8 Warnings and Penalties	21
5.9 Executive Referee Commands and Hand Signals	23

## **1. Introduction**

### **1.1 The World Kuoshu Federation (TWKSF)**

- 1.1.1 The World Kuoshu Federation (TWKSF) is striving to develop and promote traditional Kuoshu and its physical, mental and ethical benefits; to create unity and harmony across international boundaries; and to raise public awareness of Kuoshu to build the reputation of Kuoshu contests as a first class sporting event.
- 1.1.2 Since its inception, TWKSF have carried through far reaching reforms to raise standards in Kuoshu contests. It has a mandate to regulate all contests which it sanctions; and must additionally provide leadership and advice on quality and standards expected when organising a Kuoshu contest. All Kuoshu contests organised and/or sanctioned by TWKSF will be conducted in accordance with the rules, regulations and procedures contained in this document. TWKSF has instituted activities to continue to promote and develop Kuoshu - expanding to all continents - to establish it as a lead organisation in the promotion of Kuoshu.

### **1.2 The Office of the Referee General**

- 1.2.1 The Office of the Referee General is responsible for:
- The regulation of Kuoshu contests.
  - The training and development of TWKSF Officials
  - The development of learning and training materials.
  - The pedagogy, specifications, assessment methodology and assessment instruments of the rules, regulations and procedures for Kuoshu contests.
- 1.2.2 It is the responsibility of the Office of the Referee General to ensure that TWKSF Officials must be appropriately qualified to fulfill the tasks and activities to which they are assigned during Kuoshu contests.
- 1.2.3 The Office of the Referee General will ensure that learning and development opportunities will be available to TWKSF members who meet the necessary pre-requisites, as stipulated by the TWKSF, and are interested in developing as a TWKSF Official.

## **2. Administrative Rules**

### **2.1 Rules, Regulations and Procedures**

- 2.1.1 The rules, regulations and procedures in this document apply to the conduct of Kuoshu contests, activities and events organised by, in association with and/or promoted by TWKSF members.
- 2.1.2 TWKSF members and contest participants must agree to abide by all rules, regulations and procedures of the contest. Members seeking exemptions to the rules, regulations and procedures must submit a letter, to support the request for an exemption, to the Referee General. The Referee General will consider the request and make a recommendation to the Executive Board. The Executive Board will consider that matter in meeting or by correspondence on a case by case basis without prejudice. The decision of the Executive Board on a requested exemption is final.
- 2.1.3 A Kuoshu contest is divided into three parts: Forms and Apparatus; Light Contact and Full Contact (Lei Tai). Contestants are eligible to take part in all or any of the contests as long as they meet the criteria for entry prescribed by the Organising Committee and sanctioned by the Referee General. In organising a Kuoshu contests TWKSF reserves the right to order the mandatory participation in the Forms and Apparatus contests, as a pre-requisite to participation in Full Contact Sparring (Lei Tai). Notification of this order will be given in advance of any contest where this requirement is applicable.

### **2.2 Officials and Duties**

- 2.2.1 The Referee Committee, established by the TWKSF, or by the organising committee of a member of the TWKSF, which has organised the event, shall consist of a number of Officials who will undertake prescribed duties. The number of Officials fulfilling these roles may vary depending on the size of the event. TWKSF Official with Board positions may undertake these roles in accordance with their status.
- A Chief Referee
  - A Deputy Chief Referee
  - Executive Referees
  - Corner Judges
  - Scoring Judges
  - Time Keepers
  - Medical Staff
  - Administrative Staff
  - Arbitrators
  - Announcer
- 2.2.2 The Organising Committee may employ other staff as it determines are necessary for the effective and successful running of the contest. The Executive Referees, Corner and Scoring Judges may also act as Judges for: Forms and Apparatus Contests and Light Contact Contests.

### 2.2.3 Chief Referee

The Chief Referee's position is usually allocated to the Referee General where the Referee General is in attendance. The Chief Referee shall be responsible for ensuring the application of the rules and regulations of the contest and to rule where a difference of opinion occurs in the interpretation of the rules. The Chief Referee is also responsible for the management of the Full Contact area and associated officials. The Chief Referee normally adopts the role of Head Judge and is seated on the Head Table for the Full Contact contest. The Chief Referee will:

- Rule on discrepancies between Officials.
- Preside over Officials' meetings.
- Set out the match order.
- Set out the Referee and Judges order.
- Order the change of Executive Referees and Corner Judges.
- Ensure that all Officials are in place prior to the start of the contest.
- Signal to the Executive Referee to start the contest.
- Indicate the winner of a round and/or match.

### 2.2.4 Deputy Chief Referee

The Deputy Chief Referee shall assist the Chief Referee and act on their behalf when appropriate and necessary.

### 2.2.5 Executive Referee

The Executive Referee is responsible for directing the contest taking place on the Lei Tai between two contestants. The Executive Referee must be consistent, organised, robust and effective. The Executive Referee is also responsible for ensuring the safety of the contestants during the match; and for making sure that both contestants adhere to the rules and regulations of the contest. In doing so, the Executive Referee must be professional, impartial, fair, alert and knowledgeable. The Executive Referee will:

- Direct contestants to enter and leave the Lei Tai.
- Use commands and hand signals to control the contest.
- Recognise scoring and non-scoring techniques.
- Recognise fouls and infringements of the rules.
- Indicate the deduction and/or awarding of points during the contest.
- Where necessary award penalties and/or disqualify contestants.
- Indicate the winner of a round and/or the match.

### 2.2.6 Corner Judge

The Corner Judge is responsible for accurately recording the points scored in accordance with the Executive Referee's commands and signals; and based on their assessment of a strike to the scoring region of a contestants head, torso or legs. There are normally four Corner Judges placed at each corner of the Lei Tai

with a fifth 'Corner' Judge directly opposite the Head Table on the far side of the Lei Tai. The Corner Judge will:

- Indicate the winner of a round.
- Put scores in order and report them to the Chief Referee.
- Score both contestant's winning and losing points in accordance with the Executive Referee's commands and signals.

#### 2.2.7 Scoring Judge

There are normally two Scoring Judges who shall sit either side of the Chief Referee at the Head Table. The Scoring Judges will record the scores and penalties for each contestant during each round. The Scoring Judge will notify the Chief Referee if a contestant has received three public warnings in a match; or if a contestant has been forced from the Lei Tai or knocked down three times; in one round. In either scenario the contest would be stopped to indicate the winner. The Scoring Judge will:

- Alert the Chief Referee to the winner or loser of a round.
- Alert the Chief Referee to the winner or loser of a match.
- Put scores in order at the end of the contest and report them to the Chief Referee.

#### 2.2.8 Time Keeper

The Time Keeper is responsible for the timing of each round and the breaks between the rounds. The Time Keeper will:

- Indicate the start and end of the time period for a round and/or a break.
- Indicate the start and end of a 'Time Out'.

#### 2.2.9 Medical Staff

The Medical Staff are responsible for the treatment of injuries which may occur during or after a match. The Medical Staff should inform the Executive Referee of a contestant's ability to continue a match and, where appropriate, advise the Executive Referee to suspend or stop the contest. The Medical Staff will:

- Ensure that they are available to treat injuries for the duration of the contest.
- Advise the Executive Referee to suspend or stop the contest.
- Provide a report on the injuries sustained during the contest.

#### 2.2.10 Administrative Staff

The Administrative Staff are responsible for the effective management of the contest. The Administrative Staff will:

- Ensure that contestants have the requisite licence, insurance and medical certification.
- Ensure that contestants have been registered.
- Ensure that contestants have been entered into the appropriate category.

- Ensure that the match results are properly recorded and, where appropriate, published.
- Ensure that the contestant is prepared for the correct match and guided, where necessary to the contest area.

#### 2.2.11 Arbitrators

The Arbitrators are responsible for the resolution of disputes between competing parties and Officials. The Arbitration panel will normally consist of three members. The Arbitrators are normally past Chief Referees or Referee Generals and are fully familiar with the rules, regulation and processes of the contest, and, in particular, the Protest Procedure. The Arbitrators will:

- Review all material regarding the incident(s) in question.
- Resolve disputes between competing parties and Officials.
- Rule on the incident(s) in question.
- Inform competing parties and Officials of their decision which will be final.

#### 2.2.12 Announcer

The Announcer is responsible for announcing the names of the contestants and their delegations names. The announcer may make any other announcements relevant to the contest. The Announcer will:

- Announce the contestants and their delegations.
- Announce the winner or the match.
- Announce the placing of contestants and delegations at the end of the contest.
- Announce other matters relevant to the contest.

### **2.3 Registration, Weigh-In and Medical**

2.3.1 The registration, weigh-in and medical checks must be made in the presence of TWKSF Officials.

2.3.2 Registration: All contestants must be registered and their identification details checked.

2.3.2 Weigh-In: All contestants participating in the sparring contests must also be weighted and assigned to the appropriate category.

2.3.3 Medical: All contestants participating in a sparring contest must produce a medical certificate. The medical certificate must certify their physical and mental fitness to compete.

## 2.4 Weight Categories

2.4.1 Male contestants are divided into nine weight categories:

1	Light	Under 55Kg
2	Middle C	55.1 – 60Kg
3	Middle B	60.1 – 65Kg
4	Middle A	65.1 – 70Kg
5	Heavy C	70.1 – 76Kg
6	Heavy B	76.1 – 82Kg
7	Heavy A	82.1 – 88Kg
8	Super Heavy	88.1 – 94Kg
9	Infinite	Over 94Kg

2.4.2 Female contestants are divided into six weight categories:

1	Light	Under 50Kg
2	Middle B	50.1 – 55Kg
3	Middle A	55.1 – 60Kg
4	Heavy B	60.1 – 65Kg
5	Heavy A	65.1 – 70Kg
6	Infinite	Over 70Kg

## 2.5 Contest Etiquette

2.5.1 Contestants may enter the area only when instructed to do so by the Executive Referee. If a contestant fails to appear on stage for his/her scheduled match after his/her name has been called three times in a space of 60 seconds, he/she shall be disqualified from continuing the contest, and the previous results he/she has won shall not be counted. On entering the area the contestants should salute the Head Table; then each other; and then prepare to engage each other on the Executive Referee's command.

2.5.2 The Contestant's corner delegation may not enter the Lei Tai area without the express permission of the Executive Referee. When the contestants are engaged in sparring, the corner delegation must not give their contestant technical guidance or cheer from outside the area, the violator's contestant may, at the discretion of the Executive Referee receive a technical foul.

2.5.3 During the break period, authorised officials, limited to two persons per contestant are permitted to perform such services as massage or sweat wiping for their contestants. The contestant's corner delegation must be a minimum of one and a maximum of two people.

2.5.4 When the contest has ended, both contestants shall be called to the area and remain in the area until the results of the contest are announced. Contestants may leave the area only when instructed to do so by the Executive Referee. During the match contestants may return directly to their corners. At the end of the match, when the winner has been announced, contestants should salute the Head Table; then each other; before leaving the area contestants may also salute the opposing corner delegation.

## **2.6 Injury and Suspension**

- 2.6.1 When a contestant suffers from injuries or other causes, the Executive Referee shall announce suspension of the contest, during which time no personnel shall be allowed to talk with the contestants or enter the field, except those permitted by the Executive Referee.
- 2.6.2 The Executive Referee shall be the only person to call for the suspension of the contest if an injury occurs. A contestant who lies down for two minutes shall be subject to a medical examination to determine if he/she is able to go with the contest. The contestant will be given a further three minutes to recover if the injury was caused by an illegal technique (five minutes in total). If found unable to continue, their participation in the contest will end.
- 2.6.3 If the cause of the injury was an illegal technique, the contestant causing the injury will be disqualified.

## **2.7 Protest Procedure**

- 2.7.1 An eligibility protest shall be lodged at the Team Leader's Conference. The Team Leader may verbally protest any other relevant matters to the Referee General. If the Referee General cannot settle the dispute, the signed and sealed, written protest shall be lodged with the Judging Committee. The decision of the Judging Committee shall be final. Those parties lodging a protest shall make a security deposit of \$300 USD to the Judging Committee. The Judging Committee retains the deposit paid if the protest is denied.
- 2.7.2 The Referee General had the power to settle any disputes concerning non-contest matters. The Referee's decision in matters of this regard is final.
- 2.7.3 An official protest relevant to a contest is made in the form of an oral statement lodged immediately after the incident in question has occurred, and is lodged, in writing, within 30 minutes following the oral statement; failure to do so shall be viewed as the protest being retracted.
- 2.7.4 If the protest is not lodged according to the procedures prescribed above, or if the protest is lodged in such a way as to interfere in the progress of the contest, the contestant involved shall be disqualified from the contest; and the protest shall be rejected.

### **3. Forms and Apparatus Contest**

#### **3.1 Contest Area**

- 3.1.1 Ideally, the Forms contest area should be large enough for an adult individual with a long weapon to perform their form without compromise. Unfortunately the constraints of the venue may lead to a compromise of the form. This may lead to contestants having to step out of area of adjust steps within their performance. The Judge should take the necessity to compromise the form due to space constraints into account.

#### **3.2 Forms Officials**

- 3.2.1 TWKSF Officials are formally trained to ensure that they are fully conversant with the rules and regulations for judging forms and tested to ensure that they are competent to judge. Knowing their own style is not enough, especially given the diversity in the Chinese martial arts. An understanding of the criteria for judging is essential, and a knowledge of style characteristics is also necessary. Clearly, if a judge is a practitioner of a Southern style it would seem sensible to have them judge Southern forms; but their judgment should be objective and based on the criteria for judging, not their style necessarily. This is also the case for Northern and Internal styles.
- 3.2.2 Officials are as follows: one Head Judge, five Scoring Judges, one Score Keeper, and one Administrator (who will also act a Time Keeper for Internal Forms Contests). One Scoring Judges is positioned in each corner of the Forms area and directly opposite the Head Judge. The Score Keeper and Administrator are positioned either side of the Head Judge.
- 3.2.3 At the beginner level, participation in competition is an important learning tool. The student entering at beginner level needs to demonstrate that they have been practicing enough to make the techniques automatic; and that they are able to perform effectively under pressure – without hesitation or mistakes. Clearly, if the student has to stop and try to remember a form half-way through it, then their score will be low. At the advanced level, participation in competition is more about demonstrating excellence. The performance is expected to be practiced, precise and focused.
- 3.2.4 Whilst the Forms Area is in session, the Judges' view of the area must not be obscured.
- 3.2.5 The Judges will line up in front of the Head Table. The Administrator will call the contestants from the Ready Area to line up in front of the Judges. The Judges and the contestants will salute. The contestants will return to the Ready Area and the Judges will take their positions around the Forms Area.
- 3.2.6 The Head Judge will manage the Forms Area. They will provide the Final Score for the contestant's performance based on the average scores of the Scoring Judges, and will arbitrate any issues which may arise. In matters requiring arbitration, the Head Judges decision is always final.

### **3.3 Forms Contestants**

- 3.3.1 The contestants shall arrive at and sit in orderly fashion in the ready area at least 15 minutes before the designated time of their performance. If their performance will make use of weapons these should also be taken to the ready area and prepared for inspection.
- 3.3.2 The contestant, upon hearing his/her name announced, shall walk briskly to the entry point for the Forms area and salute (with their weapon, if appropriate). The Head Judge will indicate to enter the Forms area. At which point the contestant shall walk to the centre of the contest area, face the Head Judge and salute. The entry to the area is the base line directly opposite the Head Table. The contest area should not be crossed whilst in session.
- 3.3.3 The contestant should adopt a 'ready' position and announce their name, their style and their Form (the name of the Form should be given in both English and Chinese), then wait in a 'ready' position until they hear or see the command to begin performing.
- 3.3.4 The contestant should be aware of the parameters of their form and should move to a sensible position to begin their form that would enable them to stay within the Forms area.
- 3.3.5 The contestant should perform a form in which they are proficient, and in line with the category in which they are entered. Any performance deemed to be outside the category in which they are entered will not be scored.
- 3.3.6 After completing their form, the contestant should salute the Head Judge and then return to the centre of the Forms area and wait in the 'ready' position.
- 3.3.7 The Head Judge will give a command to return to the Ready Area, at which point the contestant should salute the Head Judge and then leave the Forms area and return to the Ready area. The contestant must not leave the field arbitrarily.
- 3.3.8 A contestant whose name has been called three times at 10-second intervals by the Administrator and fails to appear on stage shall be disqualified.
- 3.3.9 Any and all actions performed by a contestant during his/her scheduled time shall be deemed the basis for determining his/her scores.

### **3.4 Scoring**

- 3.4.1 The highest and lowest scores are eliminated, and the remaining three scores are averaged together for the Contestant's total score. In the event of a tie, the highest and lowest scores are added back in with the other three, and the original five marks are averaged for the Contestant's total score. If they are still tied, the Head Judge has the option to call a Judge's meeting to make a decision or have the tied Contestants perform their form again.

3.4.2 The rationale behind having levels of competition for beginners, intermediate and advanced practitioners is to encourage participation. Those entering tournaments as beginners today will, in time, be the advanced entrants of tomorrow. Whilst the standard of performance will differ the criteria for judgment should not. This is why under the Kuoshu rules there is a lower score range for beginners, and higher score range for intermediate and higher still for advanced.

#### 3.4.3 The Scoring Ranges

Adult Category	Low	High
Advanced	8.00	9.50
Intermediate	7.00	8.50
Beginner	6.00	7.50
Youth Category	Low	High
Advanced	7.00	8.50
Intermediate	6.00	7.50
Beginner	5.50	7.00

3.4.4 The Score Cards show three figures. The score below is 7.25. This could have been given for a low standard performance in the Intermediate's contest or a high level performance in a Beginner's contest.

7	2	5
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### 3.5 Scoring Criteria for Forms Contests

#### 3.5.1 Quality of Technique (3 points total)

##### *Quality of hands, legs, stance and movement*

Deduct a minimum of 0.05 points for each mistake. If the competitor makes the same mistake more than once, deduct no more than a total of 0.2 points for that error.

##### *Degree of difficulty*

Form difficulty should be appropriate for the skill level of the competitor (for example, a sufficiently complicated and demanding form for advanced level competitors). Though this is a subjective area, deductions should begin at 0.05 and should not exceed 0.3 for an inappropriately simple form.

##### *Skill*

To evaluate this area, place the competitor in one of three categories: Above Average, Average, or Below Average. If their performance is Above Average, then deduct from 0.05 to 0.2 points from their total score. If they show Average skill ability, deduct from 0.2 to 0.4 points. Finally, if their performance was of a Below Average skill level, deduct from 0.4 to 0.6 points. If the competitor forgets

the form, and after a short pause, continues the performance from the same position, then deduct 0.1 to 0.3 points, depending on the severity.

### 3.5.2 Strength (3 points total)

#### *Smoothness of force*

Again, place the competitor's strength level into one of three categories: Above Average, Average, and Below Average. Deduct points accordingly. Above Average: 0.05 to 0.2. Average: 0.2 to 0.4. Below Average: 0.4 to 0.6.

#### *Balance*

Use the same categorization as in the "smoothness of force."

#### *Coordination among hands, eyes, body and steps.*

Use the same method as in "smoothness of force" and "balance."

### 3.5.3 Spirit (3 points)

#### *Spirit*

The judge can make their own decision here, and deduct from 0.05 points and greater.

#### *Rhythm*

Use the same method as in "spirit."

#### *Features of the form*

Use the same method as in the "spirit" and "rhythm" of the form.

### 3.5.4 Martial Ethics (1 point)

Ideally, the competitor should receive the full point in this category. The judges, may, however, deduct points according to mistakes or violations of the following categories.

#### *Dress*

Worth 0.33 points.

#### *Personal appearance*

Worth 0.33 points.

#### *Courtesy*

Worth 0.34 points.

### 3.5.5 Other Remarks – For Head Judge Only

If the competitor forgets his/her form and restarts the form again from the beginning, the Head Judge should deduct 0.5 points from the competitor's final score.

### 3.6 Scoring Criteria for Forms with Apparatus Contests

#### 3.6.1 Quality of Technique (3 points total)

##### *Quality of eyes, body and steps*

Deduct a minimum of 0.05 points for each mistake. If the competitor makes the same mistake more than once, deduct no more than a total of 0.2 points for the same error.

##### *Proper characteristics of the weapon*

a) Proper characteristic: Deduct a minimum of 0.1 points for each characteristic error; if the competitor makes the same mistake more than one time, deduct no more than 0.3 points.

b) Degree of difficulty: This requires the judge's discretion. Deductions begin at 0.05 points and no more than 0.5 for an inappropriately simple form.

##### *Skill*

Again, place the competitor's skill level into one of three categories: Above Average, Average, and Below Average. Deduct points accordingly. Above Average: 0.05 to 0.2. Average: 0.2 to 0.4. Below Average: 0.4 to 0.6. If the competitor hits his/her body with the weapon during the form, deduct 0.05 to 0.3 points, depending on the severity. If the competitor forgets the form, and after a short pause, continues the performance from the same position, then deduct 0.1 to 0.3 points, depending on the severity.

#### 3.6.2 Strength (3 points total)

##### *Smoothness of force*

To evaluate this area, place the competitor in one of three categories: Above Average, Average, or Below Average. If they are Above Average, then deduct from 0.05 to 0.2 points from their total score. If they show Average skill ability, deduct from 0.2 to 0.4 points. Finally, if their performance was of a Below Average skill level, deduct from 0.4 to 0.6 points.

##### *Balance*

Use the same categorization as in the "smoothness of force."

##### *Coordination among hands, eyes, body and steps.*

Use the same method as in "smoothness of force" and "balance."

#### 3.6.3 Spirit (3 points)

##### *Spirit*

The judge can make their own decision here, and deduct from 0.05 points and greater.

##### *Rhythm*

Use the same method as in "spirit."

##### *Development of the weapon's characteristics*

Use the same method as in the "spirit" and "rhythm" of the form.

#### 3.6.4 Martial Ethics (1 point)

Ideally, the competitor should receive the full point in this category. The judges, may, however, deduct points according to mistakes or violations of the following categories.

*Dress*

Worth 0.33 points.

*Personal appearance*

Worth 0.33 points.

*Courtesy*

Worth 0.34 points.

#### 3.6.5 Other Remarks – For Head Judge Only

If the competitor forgets his/her form and restarts the form again from the beginning, the Head Judge should deduct 0.5 points from the competitor's final score. If the competitor drops his/her weapon during the performance, the Head Judge should deduct 0.3 points from the competitor's final score. If the competitor breaks his/her weapon during the performance, the Head Judge should deduct 0.2 points from the competitor's final score.

## **4. Light Contact Contest**

### **4.1 Contest Area**

4.1.1 The Light Contact sparring will be conducted on a flat matted or carpeted area. The boundaries will be clearly marked with the edge of the mat or tape.

4.1.2 The Light Contact Sparring Area

- Sparring Area
  - Width and Breadth: 4m to 6m (13½' to 20')
- Safety Zone Range
  - Width and Breadth: 1m to 2m (3½' to 6½')
- Head Table Safety Zone
  - 1m (3½') from the edge of the Safety Zone.

### **4.2 Protective Equipment**

4.2.1 The protective equipment to be used during the Light Contact Sparring contest must be approved by TWKSF. The compulsory protective equipment consists of: head guard; mouth guard; groin guard (male contestants); gloves/mitts and foot protection. The optional protective equipment for both male and female contestants is the chest protector and sparring boots, a further option for female contestants is the groin guard.

### **4.3 Contestants' Uniform**

4.3.1 The uniform to be worn by contestants during the contest should be approved by the organising committee of the host nation, and in line with the uniform recommended by TWKSF. Contestants will be allocated a colour (Red or White) the uniform worn will be indicative of the colour to which they are assigned. The uniform will normally consist of a tee shirt, trousers and soft martial arts style shoes.

### **4.4 Contest Format**

4.4.1 One rounds of two minutes duration. The format for the match will be continuous sparring. During the match, time will be stopped for: offences and warnings; uniform and equipment failure; and to seek medical advice.

4.4.2 The winner is determined by the first contestant to achieve three points.

### **4.5 Scoring**

4.5.1 All categories: the first contestant to achieve three points wins.

4.5.2 One Point is awarded for an effective hand, foot, or sweep technique. The parts of the hand eligible for scoring are: the palm; knife hand; back hand; and fist. The

kicks that are eligible for scoring are: the front kick; heel kick; round kick; side kick; back kick; crescent kick; hook kick; controlled kick to the upper thigh; and spinning back kick.

- 4.5.3 Clear sweeps below the knees are allowed. If the sweep fails, the competitor is allowed two seconds to follow up with a technique.
- 4.5.4 Techniques must have controlled power (approximately 10%), speed and focus.
- 4.5.5 If both the contestant's feet are out of area, the point is awarded to the opponent.

#### **4.6 Scoring Areas**

- 4.6.1 One Point is awarded for a strike to: side of head; forehead; chest; stomach; back; thigh and side of torso.

#### **4.7 Illegal Techniques**

- 4.7.1 Contestants may not use the following techniques: strike the opponent with the head, elbow, or knee; lock the opponent's joints; throw the opponent over the hip or shoulder; trap the opponent's foot before sweeping; thigh reaping takedown; choke the opponent; delay counter strike or kick the opponent; spit or gouge the opponent; attempt to dislocate the opponent's joints; attempt to break the opponent's bones.
- 4.7.2 Contestants must not strike to: the back of the head; eyes; throat; spine and kidney region; groin, knee joints and inner thigh.
- 4.7.3 Contestants must not be abusive or use foul language.
- 4.7.4 The contestant must obey the Judges' commands at all times.

#### **4.8 Warnings and Penalties**

- 4.8.1 The Referee may give a private or public warning, or disqualify a contestant depending on the seriousness of a foul or offence. For the first warning there is a one point penalty, and the second warning will result in a disqualification.
- 4.8.2 A serious violation will result in an immediate disqualification.

#### **4.9 Referee (Centre Judge) Commands and Hand Signals**

- 4.9.1 Commands
  - Face me: Bow
  - Face each other: Bow and shake hands
  - Ready Position
  - Kai Si
  - Ready Judge
  - Score

#### 4.9.2 Hand Signals

- Open extended hand towards the contestant: Point Called.
- Cross-extended arms: Did Not See or No Point Called.
- Pointing to boundary: Out of Area
- Fist hitting and open hand: Excessive Contact
- Fist to ear and point to contestant: Foul Called – Deduct One Point

#### 4.9.3 Authority

The Referee (Centre Judge) possessed full and final authority.

## 5. Full Contact (Lei Tai) Contest

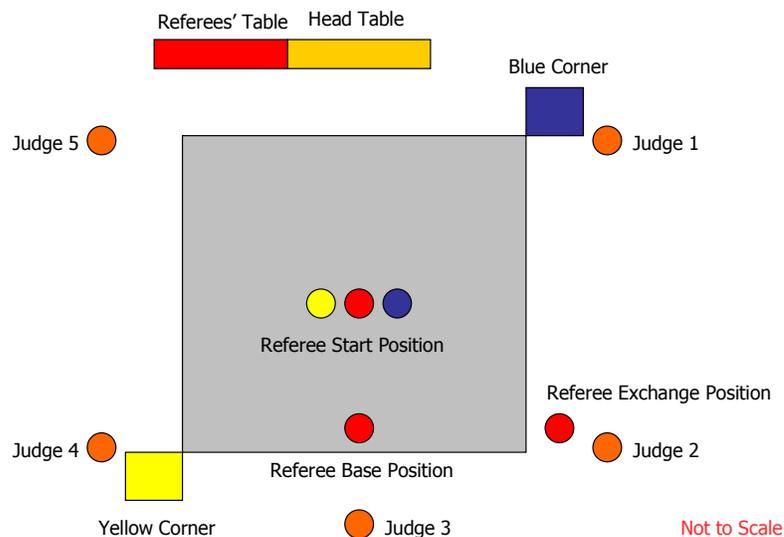
### 5.1 Contest Area

5.1.1 The Full Contact sparring will be conducted on a flat matted or carpeted raised platform. The boundaries will be formed by the edge of the platform.

5.1.2 The Lei Tai Area Range

- Lei Tai
  - Height: 0.6m to 0.9m (2½' to 3').
  - Width and Breadth: 6m to 7.2m (20' to 24').
- Safety Zone Range
  - 1.2m (4') Matted Area.
  - 1.2m (4') Unmatted Area.
- Head Table Safety Zone
  - 2.4m (8') from the Platform.
- Corner Judges
  - Five Chairs spaced 0.6m (2') from the edge of the Safety Area around the Platform.
- Contestants' Corners
  - Two Chairs spaced 0.6m (2') from the edge of the Safety Area in two corners representing the Blue and the Yellow corners.

5.1.3 Layout of the Kuoshu Lei Tai Platform in Plan View



## 5.2 Protective Equipment

- 5.2.1 The protective equipment to be used during the Kuoshu Lei Tai contest must be approved by TWKSF. The compulsory protective equipment consists of: head guard (Fig PE1); groin guard (male contestants) (Fig PE2); gloves/mitts (Fig PE3); mouth guard (Fig PE4); and soft martial arts shoes (Fig PE5). Optional protective equipment for male and female contestants includes: hand wraps (Fig PE6). Optional protective equipment for female contestants includes: chest protector; and groin guard.



Fig PE1



Fig PE2



Fig PE3



Fig PE4



Fig PE5



Fig PE6

## 5.3 Contestants' Uniform

- 5.3.1 The uniform to be worn by contestants during the contest should be approved by the organising committee of the host nation, and in line with the uniform recommended by TWKSF. Contestants will be allocated a colour (Blue or Yellow) the uniform worn will be indicative of the colour to which they are assigned. The uniform will normally consist of a tee shirt, trousers and soft martial arts style shoes.

## **5.4 Contest Format**

### **5.4.1 Elimination Match**

Three rounds of one and a half minutes duration. The format for the match will be continuous sparring. During the match time will be stopped for: offences and warnings; uniform and equipment failure; and to seek medical advice. There will be a break of 30 seconds between rounds. The winner of two clear round will be the winner of the match.

### **5.4.2 Final Match**

Three rounds of two minutes duration. The format for the match will be continuous sparring. During the match time will be stopped for: offences and warnings; uniform and equipment failure; and to seek medical advice. There will be a break of 45 seconds between rounds. The winner of two clear rounds will be the winner of the match.

## **5.5 Scoring**

### **5.5.1 One Point**

- Contestant executes a clear strike to a scoring area using fist, palm or foot.
- Contestant executes a clear strike to a scoring area using elbow or knee without holding.
- Contestant executes a throw causing the opponent to fall and landing on top of the opponent covering the opponent's torso.
- If the opponent falls though his/her own imbalance the opponent the contestant will have one point added to their score.

### **5.5.2 Two Points**

- Contestant executes a clear strike to a scoring area causing the opponent to fall down in the area.
- Contestant executes and effective throw (remaining standing) or sweep causing the opponent to fall in the area.

### **5.5.3 Three Points**

- Contestant throws or strikes opponent from the Lei Tai.

### **5.5.4 Non Scoring**

- Contestant strikes the opponent with the elbow or knee to the torso or legs whilst holding.
- Contestant strikes the opponent to the arms or the leg below the knee.

### **5.5.5 Only techniques which are delivered with full power resulting in a trembling shock to the opponent will be scored.**

- 5.5.6 If either of the contestants executes a Qin Na hold for 5 seconds successfully, whilst standing, they will win the round.
- 5.5.7 If both contestants are **holding without attempting a technique** the Referee will **separate them after 3 seconds**. If the contestants are **attempting a technique whilst holding** the Referee will **separate them after 5 seconds**.
- 5.5.8 If the match results in a draw, the Head Referee will determine the winner of the match by calculating the number of points each contestant has scored per round. If the match remains a draw, the winner will be determined by deciding on which of the two contestants were the most offensive.

## 5.6 Scoring Areas

- 5.6.1 Side, top and front of head; front and side of the torso; back (not the spinal column); and thigh (when not used in a blocking motion).

## 5.7 Illegal Techniques

- 5.7.1 Striking the opponent with the head; choking the opponent; spitting on the opponent; gouging the opponent; attempting to dislocate the opponent's joints; attempting to break the opponent's bones; and elbowing or kneeling the opponent to their head whilst holding the opponent's head.
- 5.7.2 Striking to the eyes, back of the head, throat; joints, spinal column and kidney region, groin and inner thigh.
- 5.7.3 Contestants must not be abusive or use foul language.
- 5.7.4 The contestant must obey the Referee's commands at all times.

## 5.8 Warnings and Penalties

- 5.8.1 Technical Foul: A breach or infringement of the rules and regulations of the contest.
- Disobeying the Executive or Chief Referee's rulings. This applies to contestants, members of their delegations, and those who protest irrationally.
  - Attempting to attack the opponent before the Executive Referee gives the signal to start.
  - Attempting to attack the opponent whilst they are on the ground.
  - Actions that hinder the progress of the contest.
  - Shouting by a contestant's delegation in such a way as to affect the order of the contest.

5.8.2 Foul: A foul by one contestant against another involving a degree of physical contact.

- Attack the opponent before the Executive Referee gives the signal to start.
- Attack the opponent whilst they are on the ground.
- Striking the opponent to an illegal area.

5.8.3 The Referee may give a private or public warning, or disqualify a contestant depending on the seriousness of a foul or offence. If a Technical Foul or Foul is deemed to be severe enough, in the first instance, this can result in a higher points deduction at the Executive Referees own discretion.

Technical Foul:

- first offence - a warning is given, there is no penalty
- second offence – subtract one point
- third offence – will result in a disqualification

Foul:

- first offence – subtract one point
- second offence – subtract three points
- third offence – will result in a disqualification

Please note: Technical Fouls and Fouls are cumulative per match.

5.8.4 Technical Failure (mis-match rule)

- In any **one round per match**, if one contestant is **evading without engaging** the opponent, the Referee will initiate a **silent count for 10 seconds** and then a **public count for 10 seconds**, following which a public warning will be given.
- If this happens again they will be disqualified.
- In any **one round per match**, if both contestants **fail to engage**, the Referee will initiate a **silent count for 10 seconds** and then a **public count for 10 seconds**, following which a public warning will be given to both contestants.
- If this happens again they will both be disqualified.

5.8.5 Rule of Three

- If a contestant is knocked down **three times in one round** they are deemed to be the loser of the **match**.
- If a contestant is struck from the Lei Tai **three times in one round** they are deemed to be the loser of the **match**.
- If a contestant receives **three public warnings in one match** they are **disqualified from the tournament**.

## 5.9 Executive Referee Commands and Hand Signals

### 5.9.1 Executive Referee Enters the Lei Tai Area

- The Referee enters the area from the right at the base of the Lei Tai (when facing the Head Table), stepping onto the Lei Tai with the right foot first.
- The Referee walks to the Referee Base Position with the right foot first.
- The Referee turns to the Right to face the Head Table.
- If two Referees are changing the **Relief Referee** waits for the **Executive Referee** (the Referee currently on the Lei Tai) to face them before entering the Area.



Fig 1



Fig 2

### 5.9.2 Executive Referee Stands in the Ready Position

- The Relief/First Referee adopts the **Ready Position** (Fig 1).
- Right Fist held by the wrist in left hand in the small of the back.
- The Head Judge signals the Referee(s) to enter/exchange.
- The Referee adopts the **Attention Position** (Fig 2).
- Hands by the side of the body, stomach in and chest out.

### 5.9.3 Executive Referee Exchange

- If two Referees are changing they prepare to salute (Fig 3) then salute before changing places - the left foot is forward.
- Following the salute the Executive Referee (to be relieved) moves one step toward the centre of the Lei Tai (Fig 4)
- Referees then enter/exchange walking with the right foot first.



Fig 3



Fig 4

#### 5.9.4 Executive Referee Starts the Contest

- The Referee walks to the **Referee Start Position**.
- The Referee places his left hand on the lanyard to 'find' the whistle (Fig 5). The Referee places the whistle in his mouth.
- The Referee looks to the Blue Corner. As he raises his arms he turns to look to the Yellow Corner (Fig 6).



Fig 5



Fig 6

#### 5.9.5 Executive Referee Calls the Contestants to the Lei Tai

- Enter the Area **Long 'Crescendo' Whistle** (Fig 7)
- The Referee continues to blow the whistle (Fig 8)
- The whistle is ejected from the mouth to give the verbal command (Fig 9)
- Positions **Zhōu Wéi**



Fig 7



Fig 8



Fig 9

#### 5.9.6 Executive Referee Commands Contestants to Salute the Head Table

- The Referee brings his palms to the side of the head (Fig 10).
- The Referee extends his arms forward at 90° to his body with the palms facing down (Fig 11).
- Salute **Xín Lǐ**



Fig 10



Fig 11

#### 5.9.7 Executive Referee Commands Contestants to Salute Each Other

- The Referee takes one step back - right foot first.
- The Referee points to the contestants lines (Fig 12)
- Positions **Zhōu Wéi**
- The Referee bends his arms to 45° the palms facing down (Fig 13)
- Salute **Xín Lǐ**



Fig 12



Fig 13

#### 5.9.8 Executive Referee Commands the Contestants to Prepare and to Begin

- The Referee step back with the right leg into stance.
- Simultaneously circling the arms in front of the chest.
- Then extending his palms towards the contestants, his fingers indicating the round (Fig 14). Ready **Yù Bèi**
- The Referee moves his left leg back into stance.
- Simultaneously cutting down with right arm in front of the chest.
- And taking hold of the whistle in his left hand (Fig 15). Begin **Kài Shǐ**



Fig 14



Fig 15

#### 5.9.9 Executive Referee Commands the Contestants to Break and/or Stop

- Break **Whistle**
- The Referee uses the whistle to stop the contest - this action does not stop the clock.
- The Referee may also 'tap' contestants to separate them and/or position himself between them (Fig 16)



Fig 16

#### 5.9.10 Executive Referee Commands the Contestants to Continue

- The Referee uses this command to start the second and subsequent rounds of the match.
- The Referee uses this command to instruct the contestants to continue following a break in the contest. (Fig 17)
- Continue **Jì Xù**



Fig 17

#### 5.9.11 Executive Referee Commands the Contestants to Leave the Area

- When the round has ended, the Referee moves to the Referee Start Position.
- The Referee extends his arms, with his palms facing up, to the contestants' corners (Fig 18 or 18a) and gives the command.
- Leave the Area **Tuì Chǎng**



Fig 18



Fig 18a

#### 5.9.12 Executive Referee Signals for Contestants Not Engaging

- Not Sparring **Whistle**
- The Referee blows the whistle and moves to the start position.
- The Referee bends his arms in front of his chest, makes his hands into fists, and then rolls his hands over one another three times indicating that the contestants have not engaged (Fig 19).



Fig 19

#### 5.9.13 Executive Referee Signals No Score

- No Score **Whistle**
- The Referee blows the whistle.
- Simultaneously the Referee crosses his forearms in front of his chest with palms facing down (Fig 20), and then separates them twice.



Fig 20

#### 5.9.14 Executive Referee Signals for a Foul

- Foul **Short Double Whistle**
- The Referee raises his arm in a fist with the elbow bent.
- The Referee extends his other arm and points toward the contestant being given the Public Warning (Fig 21).



Fig 21

#### 5.9.15 Executive Referee Signals for a Point(s) Deduction

- Points Deduction
- The Referee gives a Public Warning (Fig 22).
- The Referee can then deduct points by raising the bent arm (Fig 23). The number of fingers raised equals the number of points to be deducted.
- This action is completed by circling the wrist of the extended arm.



Fig 22



Fig 23

#### 5.9.16 Executive Referee Signals for Time Out (Stop Clock)

- Time Out **Whistle**
- The Referee blows the whistle.
- Simultaneously the Referee raises his right hand over his head with the palm downwards and touches the right palm with the extended fingertips of his left hand (Fig 24)



Fig 24

#### 5.9.17 Executive Referee Signals End of Time Out (Restart Clock)

- Facing the Head Table, the Referee adopts the Ready Yu Bei Position (Fig 25) and gives the command **Yù Bèi**.
- The Referee brings his right arm forward with the palm facing forward and fingers open.
- Simultaneously the Referee brings his left fist to the waist (Fig 26).
- The Referee closes his open palm to instruct the Time Keeper to restart the clock pulling his fist to his waist (Fig 27).



Fig 25



Fig 26



Fig 27

#### 5.9.18 Executive Referee Signals for Medical Attention

- The Referee raises his hand and blows the **Whistle** (Fig 28)
- The Referee then calls for medical attention.
- The Referee gives permission for the medical staff to enter the Lei Tai (Fig 29) Medical Attention – **Yī Shēng** or '**Medic**'
- The Referee normally returns to the base position until the area is clear.



Fig 28



Fig 29

#### 5.9.19 Executive Referee Counts Time

- The Referee raises his right arm at an angle of 45° to the right side of his head (Fig 30).
- The Referee then cuts down with the hand (Fig 31) once per second, until the prescribed time is up.
- If a contestant is fallen then the Referee will blow the **Whistle** once and then **count aloud**.

- The Referee must blow the **Whistle on the tenth count** to indicate that the contestant has been counted out.

One	(1)	Yi
Two	(2)	Er
Three	(3)	San
Four	(4)	Sze
Five	(5)	Wu
Six	(6)	Liu
Seven	(7)	Qi
Eight	(8)	Ba
Nine	(9)	Jiu
Ten	(10)	Shi

Whistle



Fig 30



Fig 31

#### 5.9.20 Executive Referee Signals Contestant 'Down' in Area (Lei Tai)

- Knocked Down, taken down or thrown in the Area **Whistle**
- The Referee blows the whistle.
- The Referee points to the fallen contestant (Fig 32).
- The Referee may block the opponent from approaching (Fig 33)
- The Referee begins counting the seconds (Fig 34) until the fallen contestant stands and returns to his line.



Fig 32



Fig 33



Fig 34

#### 5.9.21 Executive Referee Signals Contestant 'Out' of Area (Lei Tai)

- Knocked or thrown from the Lei Tai **Whistle**
- The Referee blows the whistle.
- The Referee points to the fallen contestant and to where he or she left the area (Fig 35).
- The Referee begins counting the seconds (Fig 36) until the fallen contestant stands and returns to his line.



Fig 35



Fig 36

#### 5.9.22 Executive Referee Signals Contestant Landing on Opponent

- Contestant Executes a Throw and Lands on Top **Whistle**
- The Referee blows the whistle.
- The Referee indicates the contestants have fallen (Fig 37).
- The Referee begins to count the seconds (Fig 38) until the contestants have returned to their lines.

- The Referee calls both contestants to their lines and gives the command to take positions **Zhōu Wéi** (Fig 39).
- The Referee extends his arm with the palm facing up in the direction of the contestant who landed on top (Fig 40).
- The Referee indicates the other fallen contestant by extending his arm forward with the palm facing down (Fig 41).
- The Referee places the arm extending to the contestant (who has landed on top) over the arm extended forward with the palm down (Fig 42).



Fig 37



Fig 38



Fig 39



Fig 40



Fig 41



Fig 42

### 5.9.23 Executive Referee Signals the Winner of the Round

- Indicating the Winner of the Round **Triple Whistle**
- The Referee returns to the Referee Base Position and waits for the Head Judge's signal (Fig 43).
- On this signal the Referee adopts the ready position (Fig 44)
- The Referee then takes his whistle and places it to the lips (Fig 45)
- The Referee raises his arm above his head and blows the whistle (Fig 46)

- The Referee lowers his arm forward 90° to his body with the palm facing down and blows the whistle (Fig 47).
- The Head Judge signals the winner and the Referee raises the arm of the winning side simultaneously whilst blowing the whistle (Fig 48).



Fig 43



Fig 44



Fig 45



Fig 46



Fig 47



Fig 48

#### 5.9.24 Executive Referee Signals a Draw

- Indicating the Winner of the Round **Triple Whistle**
- The Referee raises his arm above his head and blows the whistle (Fig 49)
- The Referee lowers his arm forward 90° to his body with the palm facing down and blows the whistle (Fig 50)
- The Head Judge signals the Draw and the Referee extends both arms simultaneously whilst blowing the whistle (Fig 51)



Fig 49



Fig 50



Fig 51

#### 5.9.25 Executive Referee Signals a Disqualification and Cannot Continue

- The Referee indicates the disqualified contestant with the arm lowered at 45 degrees to the body and blows the whistle (Fig 52)
- The Referee indicates the winning contestant with the arm raised at 45 degrees to the body and blows the whistle (Fig 53).
- The Referee indicates that a contestant cannot continue with the arm extended at shoulder level and blows the whistle (Fig 54)



Fig 52



Fig 53



Fig 54

#### 5.9.25 Executive Referee Signals the Winner of the Match

- The Referee calls the contestants from their corners (Fig 55)
- The Contestants stand next to the Referee. (Fig 56)
- The Referee holds the contestants' wrists (Fig 57)
- The Head Judge announces the winner (Fig 58)
- The Referee raises the winner's arm (Fig 59)
- The contestant salutes the Head Table (Fig 60)



Fig 55



Fig 56



Fig 57



Fig 58



Fig 59



Fig 60

**End**