

World Kuoshu Championship Tournaments

Full contact (rules)

Minimum age to compete in full contact fighting is 18 years old. Only people over 18 years are allowed to fight. They must have a medical approval of condition and a training report from their school, stating that they have trained for more than 6 months. Copies of these papers must arrive with the registration form, with the originals turned in at the tournament.

Stage

The fighting area will be 8x8 meters. The outermost meter will be in red mats. The area will be surrounded by other mats for safety.

Uniform

The organizer will provide blue and yellow sashes for the competitors. No shorts, trousers or topless uniforms will be allowed. The competitors will be required to wear black pants and a T-Shirt (belonging to his style, school or federation) and one of two different color sashes. Headgear and gloves must be approved by the referee, and will not be provided by the organizer. The gloves must have 4 oz protection.

Time for the fights

Elimination rounds lasting 2 minutes (the victor has to win 2 out of 3 rounds) final rounds lasting 2 minutes (the victor has to win 2 out of 3 rounds) Break 1 minute.

Weight Classes

Please see category plan. If there are less than 3 competitors in one weight class, the Organizer has the option of combining the weight classes. However, the competitors will be informed of any changes at the beginning of the tournament.

Penalties

Striking the back of the head, eyes, throat, knees, spine or groin; Biting, scratching and/or gouging; Head and neck locks; Head butting Disobeying the Referees ruling or hand signals; Continuing to spar after the whistle; Hindering the progress of the contest; Rude or belligerent behavior, or foul or abusive language; Deliberate fouling. Use of any of these techniques will receive a warning!

Points

Contestant executes clear punch or kick - 1 point. Contestant executes clear punch or kick that knocks opponent down - 2 points. Without falling, contestant successfully throws opponent to the ground - 2 points. Both falling during throw, contestant who lands on top - 1 point Contestant forces or throws opponent off Lei Tai - 3 points. Through own error, contestant loses balance - 1 point deduction Contestant executes clear elbow/knee technique without holding - 1 point

Disqualification

After receiving a third warning. Failure to come to the platform after the second announcement. After a major foul. If there is a clinch, the referee will wait 5 seconds before breaking. The fights are continuous and the referee will break only if there is an offence. The 5 corner referees will show their scoring after each round and the winner of the round will be announced.