



美國國術總會

United States Kuo Shu Federation

President:
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會長:
黃乾量

2019 Lei Tai Weigh-In Competitor Checklist

You must bring all of these items to the Lei Tai weigh-in, unless the item is marked optional. If you plan on using optional equipment during the tournament, you must bring it to weigh-in to be inspected and approved.

Equipment standards are listed on the USKSF website. All equipment used in the tournament must conform to USKSF guidelines, and must be inspected and approved during weigh-in.

Print this checklist and make sure that you bring the following items with you to Lei Tai weigh in from 12:00 PM to 6:00 PM on 26 July 2019:

- Driver's license, passport or birth certificate – plus photocopy of the same document for Lei Tai staff
- Health care insurance card or official letter from health insurance provider documenting coverage – plus photocopy of the same document for Lei Tai staff
- 2019 Lei Tai Pre-Participation Health Questionnaire – completed and signed after 1 June 2019
- Copy of lab report on blood tests for Hepatitis B, Hepatitis C, and HIV dated after 1 June 2019. Lab report for female competitors must include pregnancy test.
- 2019 Kuo Shu Lei Tai Entry and Waiver Form – completed and signed
- Gloves
- Headgear
- Mouthpiece
- Groin cup (required for men, optional for women)
- Long black pants
- Shoes (optional)
- Elastic compression braces for knees and/or ankles (optional)
- Chest protector (optional for women)
- Credit card and/or cash to settle any outstanding balance or to purchase additional equipment