



# 美國國術總會

## United States Kuo Shu Federation

*President:*  
Grandmaster Huang, Chien-Liang

會長:  
黃乾量

### 2022 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 July 29, 2022:

- 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
- 2022 Lei Tai Pre-Participation Health Questionnaire – completed and signed after June 1, 2022
- Copy of lab report on blood tests for Hepatitis B, Hepatitis C, and HIV dated after June 1, 2022. **Lab report for female competitors must include pregnancy test.**
- 2022 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