



世界國術總會

The World Kuo Shu Federation
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U.S.A

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2023 Lei Tai Equipment Requirements

Competitors are required to provide their own headgear, gloves, pants, and mouth guard. Men are required to provide their own groin cup. Women may provide their own chest protector and/or groin cup. Competitors may provide their own shoes and/or compression braces. The tournament organizer will provide two competition shirts – one blue and one yellow – to be worn in the tournament.

All gear must be brought to the Lei Tai weigh-in to be reviewed and approved by tournament staff. Competitors will be re-checked before their match, to insure their equipment conforms to TWKSF standards.

The tournament organizer **may** have for sale (at the tournament site) headgear, gloves and black pants. Mouth guards and groin cups **may** also be available for sale at the tournament.

We encourage each team to bring spare equipment, in case a competitor's gear is damaged during a Lei Tai match. Any damaged equipment must be replaced within a specified time requirement, or the competitor will forfeit their match.

The following guidelines will apply to protective equipment to be used during Lei Tai competition.

Headgear

Headgear must be of the face cage style. The cage must be made of hard plastic and of single piece construction. Clear plastic cage or shield, and multiple piece construction, including removable face cages, are not satisfactory. Additional padding is not permitted. Please refer to this example:

<https://www.awma.com/collections/sparring/products/proforce-174-headguard-w-face-cage?variant=32701786980430>

Gloves

Gloves must weigh at least 4 ounces (120 grams) and no more than 6 ounces (180 grams) for size medium or larger gloves. For size small gloves, gloves must weigh no less than 3 ounces (85 grams). The fingers and palm must be able to open. Padding on the thumb is optional. Gloves may not have been modified.

Please refer to this example:

[Pro Force Glove](#)

Clothing

The Lei Tai competitor's uniform will consist of a colored shirt with black kung fu style pants. The tournament organizer will continue to provide two t-shirts (one yellow and one blue) to each registered Lei Tai competitor. We will not, however, provide the pants. We will ask competitors to bring their own pants or to purchase suitable pants at the tournament venue.

Acceptable pants will be **black** in color and **will not feature any prominent logos, school names, or other graphics.**



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- The material should be a lightweight cotton or poly/cotton blend.
- Waistband should be elastic. Prefer elastic closures around ankles.
- Sweatpants, heavy weight material, or pants with any form of padding are unacceptable.
- Pants may not have any zippers, buckles, or metal closures.
- The pants cannot be torn or damaged in any way. TWKSF or USKSF may have a limited number of suitable pants for sale at the tournament venue.
- Competitors will be responsible for replacing their own pants, should their pants be damaged or torn during the competition. Therefore, we encourage each competitor or team to bring extra pants with them and have those pants available in their corner during each match.

Shoes

Shoes must be soft soled with no hard plastic or metal parts. The shoes should be flexible enough that the shoe can be easily bent such that the toe and heel can touch each other. If the shoes are laced, then the plastic tip on the laces (aglet) must be clipped. Only "low-top" shoes will be permitted; "high-top" shoes (ones that cover the ankles) will not be permitted. If one competitor chooses not to wear shoes during the match, his/her opponent may still wear shoes.

Chest protectors

Women may, but are not required to, use a chest protector. Permitted chest protectors will only cover the competitor's breasts and not the entire torso. If one competitor chooses not to wear a chest protector during the match, her opponent may still wear a chest protector.

Groin cup

Men are required to wear a groin cup. Women may, but are not required to, wear a groin cup.

Mouthguard

All competitors are required to use a mouthguard.

Hand wraps and taping

No hand wraps will be permitted. Competitors are permitted to use medical tape for a single rotation around each exposed knuckle.

Braces

Soft elastic compression braces for the knee and/or ankle are acceptable, as long as these braces are entirely elastic and unpadded (no Velcro closures, no laces, no metal or plastic components).

Other

No jewelry of any kind (earrings, rings, necklaces) may be worn during competition.