



世界國術總會

**The World Kuo Shu  
Federation**

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**www.twksf.org**

## **2026 TWKSF Lei Tai (Full-Contact Fighting) Rules**

1. Competitors will fight on a 24 square foot, two- and one-half foot high Lei Tai. Size and height are subject to change.
2. Competitors must use headgear, gloves, and mouthpiece. Male competitors must also use a groin cup. Female competitors may wear a chest protector and/or a groin cup. Shoes are optional. Soft compression braces for the ankle and/or knee are permitted, as long as such braces do not have any hard plastic or metal parts. Use of optional equipment by one competitor does not oblige their opponent to use the same optional equipment. No jewelry (earrings, rings, necklaces) is permitted during competition. All equipment must be reviewed and cleared with Lei Tai officials. Equipment standards are listed in greater detail on TWKSF website.
3. Elimination matches will be rounds of 1 1/2 minutes each, with a 30 second break between rounds. The final matches (1st, 2nd, 3rd and 4th places) in each division will have 2 minute rounds, with a 45 second break between rounds. Matches where the loser takes 3rd place and the winner advances to fight for 1st or 2nd place are deemed elimination matches, and will have the appropriate length for round and break.
4. The victor of each match must win two out of three rounds on point basis, or win by Knockout (KO), Technical Knockout (TKO) or opponent's forfeit.
5. Scoring:
  - 1-point techniques
    - Competitor executes clear punch, palm strike or kick to a legal target area
    - Competitor executes clear elbow/knee technique without holding
    - Competitor executes a throw causing the opponent to fall and landing on top of the opponent covering the opponent's torso
    - Through own error, contestant loses balance and touches ground: 1 point for opponent
  - 2-point techniques
    - Contestant executes clear punch or kick that knocks opponent down
    - Without falling, contestant successfully throws opponent to the ground
  - 3-point techniques
    - Contestant forces or throws opponent off Lei Tai
  - Legal techniques, but not scoring
    - Strikes to the leg below the knee and to the arms are legal, but not scoring
    - Elbow and knee techniques executed while holding are legal, but not scoring
6. Only techniques which are delivered with full power, resulting in a trembling shock to the opponent, will be scored.
7. Scoring areas include side, top and front of head; front and side of the torso; back (but not the spine or kidney); outer thigh (when the foot is 'grounded – in contact with the area' and not used in a blocking motion).



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8. Illegal target areas and techniques:
  - Contact to the eyes, throat, back of the head, spine, kidneys, joints, inner thigh and groin are illegal.
  - Techniques using the head are illegal.
  - Techniques intended to control the joints (qin na) are not permitted.
  - Techniques where the competitor puts one or more hands or knees on the platform are not permitted (i.e. "iron broom" sweep).
  
9. Fouls and penalties for fouls
  - Fouls (for example -- strikes to illegal target areas):
    - First violation: 1-point deduction
    - Second violation: 3-point deduction
    - Third violation: disqualification
  
  - Technical Fouls (for example – continuing to engage after Executive Referee calls stop):
    - First violation: warning
    - Second violation: 1-point deduction
    - Third violation: disqualification
  
  - Technical fouls include, but are not limited to, violations of the rules such as grabbing and holding the opponent's headgear, grabbing and holding the opponent's shirt, not disengaging after the Executive Referee has called halt to action, disrespectful conduct toward Executive Referee or opponent, etc.
  
  - Any serious foul will be grounds for immediate disqualification.
  
  - Fouls are cumulative during the match.
  
10. If a competitor is forced or thrown off the Lei Tai three times in one round – while his/her opponent remains on the Lei Tai -- then the competitor loses the match.
  
11. If a competitor is struck three times in one round with sufficient force that they fall to the ground, then the competitor loses the match.
  
12. If both competitors are holding and striking -- without attempting a throw -- the Executive Referee will separate them after three seconds. If the competitors are attempting a throw while holding the Executive Referee will separate them after five seconds.
  
13. If there is no engagement within a 10 second period of time, the referee will warn both fighters and re-start them at their respective lines. If there is another period of no engagement within a 10-second period of time, both fighters will be disqualified.
  
14. If competitors are called by the Executive Referee to their starting lines, they have ten seconds to respond. A competitor who does not return to their starting line within ten seconds will forfeit the match. Examples: competitors are required to return to the starting line at the beginning of each round, at the end of each round, when struck or thrown to the



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ground, and when forced or thrown off the Lei Tai.

15. Competitors who maliciously hurt their opponents will be held liable for any damages or injuries. The Executive Referee has full authority to stop the fight at any time for safety or any other reason.
16. If a competitor appears to be injured, or requiring medical assistance, the Executive Referee may call a break (time out) in the match and summon the tournament's medical staff to the Lei Tai platform. During the break, the clock for the match will be paused. If the injury was sustained during legal contact, then the medical staff will have two minutes to resolve the issue. If the injury cannot be adequately addressed within two minutes, then the injured competitor will forfeit the match. If the competitor suffers the same injury during the match due to legal contact, the competitor will be disqualified. For example, if one competitor suffers a bloody nose, the medical staff may attempt to stop the bleeding within the allocated medical time out; if the same competitor again suffers a bloody nose during the same match, then that competitor will be disqualified.

If the injury was the result of illegal contact (foul), then the medical staff will be permitted five minutes to resolve the injury. If the injured competitor cannot continue after a five minute period, then their opponent will be disqualified.

At no time during a medical time out should either competitor's corners approach or interact with the competitors.

17. If there is an equipment issue (for example: broken headgear, lost shoe, torn pants or shirt), the Executive Referee may call a break (time out) in the match and attempt to resolve the issue. During the break, the clock for the match will be paused. Competitors – working with the Executive Referee – will have two minutes to resolve the equipment issue. If the equipment issue cannot be adequately addressed within two minutes, then the competitor with deficient equipment will forfeit the match. Competitors should bring spare equipment (headgear, pants, etc.) to their corner in the event of equipment damage. Lei Tai administrative staff will have extra blue and yellow shirts available for the competitors. At no time during an equipment time out should either competitor's corners approach or interact with the competitor.
18. Each competitor must have one coach, but no more than two coaches, in their corner during the match. Coaches are only permitted to interact with competitor when the competitor is in their corner. If there is a medical issue, the Executive Referee and medical staff will address the issue with the competitor and advise the coach. If there is an equipment issue, the Executive Referee will assist with the resolution of the issue.
19. Any coach disputing the results of a match and wishing to have arbitration of a match for any reason must notify the chief referee **verbally within 15 minutes of the match**. The team coach must then file a **written request for arbitration along with a \$300 arbitration fee** to the

Tournament Director **within 30 minutes of the match**. If the arbitration is settled in favor of the arbitrating team, the coach shall receive a refund of the arbitration fee; otherwise, no refund will be given.