



RULES AND SCORES

QINDA

The athlete should be ready when called and must have their protective equipment on when presenting. After the third referees call, the athlete will be disqualified if he doesn't immediately come up. The athlete can be accompanied at the "Lei Tai" by a Coach.

SCORING

1 Point = for hand strike to Stomach, Face, Low Kick, inside or outside, to quadriceps (with the leg down), if the leg is hit while it is raised from the ground, these points are excluded. Landing on top of a thrown opponent. Falling by yourself while executing a kick or a technique.

2 Points = for every kick to the head or every kick in the stomach.

Bouts are divided by two rounds of 2 minutes.

If the attacks are erratic and messy, the competitor will be warned, and they will not get a score.

The competitor must stop action only when there is the TING "STOP" signal from the referees.

Points are accumulated in relation to the location and the way in which the rival is hit.

N.B- THE TOTAL SCORE IS DETERMINED BY THE TABLE JUDGES WITH THE HELP OF THE REFEREE, AND AWARD THE FIGHTER VICTORY EVERY TIME THE ROUND FINISHES.

IF ANY ROUND FINISHES A DRAW, THERE WILL BE AN AUTOMATIC THIRD ROUND.

Referees gestures on the Lei Tai

Fighters ready: Left sloping leg forward, the referee stretches both arms to the sides and gestures "Yu Bei/Ready",

Fight: The referee will stretch his arms out bringing the palm of both hands in a perpendicular position to the floor between the two athletes, the left-hand rests on the right forearm and says "kai shi" and excites the line of the fight.

The referee says "Ting/Stop" if he considers it necessary or at the end of the rounds.

EXITS

The first exit from the Lei Tai EVEN WITH A FOOT will be noted, after the second exit, it will be the official warning, at the third one the athlete will lose the round. FORBIDDEN ACTS

Who will purposely attack incorrectly will be immediately disqualified?

When you are on the floor or in the clinch, it is forbidden to strangle.

You cannot hit with jabs to the face, knees.

You cannot throw your opponent with the intention for them to land out of the Lei Tai.

Code of conduct

You cannot strike the joints, the back, back of the neck, the throat and testicles.

It is forbidden to bite and to scratch; to hit the throat, to shout without reason, to signal disrespectfully towards the rival or the referees or to fail in every moment to sports ethics.

To avoid the opponent intentionally, to run out the time remaining in the fight

To exit Leitai intentionally

To re-arrange your uniform until authorised by the referee

To speak to the opponent during the fight

Do not fall on the ground without good reason

The fighter must carry out immediately the referee's orders

Do not fall on the ground to avoid the rival attack

Do not turn your back during the fight to avoid the opponent

To throw wild or blind techniques (the blind technique is any punch or kicking technique is thrown which done while done with the eyes not direct towards the rival).

Objections must be made within 3 seconds from the moment of contact or the grab: after this time the object is void.