

THE GLOBAL HAPKIDO ASSOCIATION

Official Rules and Regulations *for* Hapkido Competition

2014 Edition

GHA HAPKIDO COMPETITION DIVISIONS - MASTER LISTING

EVENT #	DESCRIPTION	GENDER	AGE	WEIGHT	RANK
1	Group Competition	Coed	N/A	N/A	N/A
2	Self Defense Demonstration	Coed	11 and Under	N/A	GUP
3	Self Defense Demonstration	Coed	12-17	N/A	GUP
4	Self Defense Demonstration	Coed	18 and Up	N/A	GUP
5	Self Defense Demonstration	Coed	11 and Under	N/A	DAN
6	Self Defense Demonstration	Coed	12-17	N/A	DAN
7	Self Defense Demonstration	Coed	18 and Up	N/A	DAN
8	High Fall	Coed	9 and Under	N/A	ALL
9	High Fall	Male	10-13	N/A	ALL
10	High Fall	Male	14-17	N/A	ALL
11	High Fall	Male	18-34	N/A	ALL
12	High Fall	Male	35 and Up	N/A	ALL
13	High Fall	Female	10-13	N/A	ALL
14	High Fall	Female	14-17	N/A	ALL
15	High Fall	Female	18-34	N/A	ALL
16	High Fall	Female	35 and Up	N/A	ALL
17	Long Fall	Coed	9 and Under	N/A	ALL
18	Long Fall	Male	10-13	N/A	ALL
19	Long Fall	Male	14-17	N/A	ALL
20	Long Fall	Male	18-34	N/A	ALL
21	Long Fall	Male	35 and Up	N/A	ALL
22	Long Fall	Female	10-13	N/A	ALL
23	Long Fall	Female	14-17	N/A	ALL
24	Long Fall	Female	18-34	N/A	ALL
25	Long Fall	Female	35 and Up	N/A	ALL
26	Forms (Empty Hand)	Coed	11 and Under	N/A	10-6 th GUP
27	Forms (Empty Hand)	Male	12 - 17	N/A	10-6 th GUP
28	Forms (Empty Hand)	Male	18 and Up	N/A	10-6 th GUP
29	Forms (Empty Hand)	Female	12 - 17	N/A	10-6 th GUP
30	Forms (Empty Hand)	Female	18 and Up	N/A	10-6 th GUP
31	Forms (Empty Hand)	Coed	11 and Under	N/A	5-1 st GUP
32	Forms (Empty Hand)	Male	12 - 17	N/A	5-1 st GUP
33	Forms (Empty Hand)	Male	18 and Up	N/A	5-1 st GUP
34	Forms (Empty Hand)	Female	12 - 17	N/A	5-1 st GUP
35	Forms (Empty Hand)	Female	18 and Up	N/A	5-1 st GUP
36	Forms (Empty Hand)	Coed	11 and Under	N/A	DAN
37	Forms (Empty Hand)	Male	12 - 17	N/A	DAN
38	Forms (Empty Hand)	Male	18 and Up	N/A	DAN

39	Forms (Empty Hand)	Female	12-17	N/A	DAN
40	Forms (Empty Hand)	Female	18 and Up	N/A	DAN
41	Weapons	Coed	11 and Under	N/A	GUP
42	Weapons	Coed	12-17	N/A	GUP
43	Weapons	Coed	18 and Up	N/A	GUP
44	Weapons	Coed	11 and Under	N/A	DAN
45	Weapons	Coed	12-17	N/A	DAN
46	Weapons	Coed	18 and Up	N/A	DAN
47	Free Sparring	Coed	6-8	Under 40.1 18.2kg	10-6 th GUP
48	Free Sparring	Coed		40.1 - 52lb 18.2-23.6kg	10-6 th GUP
49	Free Sparring	Coed		52.1 - 64lb 23.7-29.0kg	10-6 th GUP
50	Free Sparring	Coed		64.1 - 76lb 29.1-34.5kg	10-6 th GUP
51	Free Sparring	Coed		76.1 - 88lb 34.6-39.9kg	10-6 th GUP
52	Free Sparring	Coed		Over 88lb 39.9kg	10-6 th GUP
53	Free Sparring	Coed		Under 40.1 18.2kg	5-1 st GUP
54	Free Sparring	Coed		40.1 - 52lb 18.2-23.6kg	5-1 st GUP
55	Free Sparring	Coed		52.1 - 64lb 23.7-29.0kg	5-1 st GUP
56	Free Sparring	Coed		64.1 - 76lb 29.1-34.5kg	5-1 st GUP
57	Free Sparring	Coed		76.1 - 88lb 34.6-39.9kg	5-1 st GUP
58	Free Sparring	Coed		Over 88lb 39.9kg	5-1 st GUP
59	Free Sparring	Coed		Under 40.1 18.2kg	DAN
60	Free Sparring	Coed		40.1 - 52lb 18.2-23.6kg	DAN
61	Free Sparring	Coed		52.1 - 64lb 23.7-29.0kg	DAN
62	Free Sparring	Coed		64.1 - 76lb 29.1-34.5kg	DAN
63	Free Sparring	Coed		76.1 - 88lb 34.6-39.9kg	DAN
64	Free Sparring	Coed	Over 88lb 39.9kg	DAN	
65	Free Sparring	Coed	9-11	Under 60.1 27.2kg	10-6 th GUP
66	Free Sparring	Coed		60.1 - 72lb 27.2-32.7kg	10-6 th GUP
67	Free Sparring	Coed		72.1 - 84lb 32.8-38.1kg	10-6 th GUP
68	Free Sparring	Coed		84.1 - 96lb 38.2-43.5kg	10-6 th GUP
69	Free Sparring	Coed		96.1 - 108lb 43.6-49.0kg	10-6 th GUP
70	Free Sparring	Coed		Over 108lb 49.0kg	10-6 th GUP
71	Free Sparring	Coed		Under 60.1 27.2kg	5-1 st GUP
72	Free Sparring	Coed		60.1 - 72lb 27.2-32.7kg	5-1 st GUP
73	Free Sparring	Coed		72.1 - 84lb 32.8-38.1kg	5-1 st GUP
74	Free Sparring	Coed		84.1 - 96lb 38.2-43.5kg	5-1 st GUP
75	Free Sparring	Coed		96.1 - 108lb 43.6-49.0kg	5-1 st GUP
76	Free Sparring	Coed		Over 108lb 49.0kg	5-1 st GUP
77	Free Sparring	Coed		Under 60.1 27.2kg	DAN
78	Free Sparring	Coed		60.1 - 72lb 27.2-32.7kg	DAN
79	Free Sparring	Coed		72.1 - 84lb 32.8-38.1kg	DAN
80	Free Sparring	Coed		84.1 - 96lb 38.2-43.5kg	DAN
81	Free Sparring	Coed	96.1 - 108lb 43.6-49.0kg	DAN	

82	Free Sparring	Coed		Over 108lb 49.0kg	DAN
83	Free Sparring	Male	12-14	Under 80.1lb 36.3kg	10-6 th GUP
84	Free Sparring	Male		80.1 - 92lb 36.3-41.7kg	10-6 th GUP
85	Free Sparring	Male		92.1 - 104lb 41.8-47.2kg	10-6 th GUP
86	Free Sparring	Male		104.1 - 116lb 47.3-52.6kg	10-6 th GUP
87	Free Sparring	Male		116.1 - 128lb 52.7-58.1kg	10-6 th GUP
88	Free Sparring	Male		Over 128lb 58.1kg	10-6 th GUP
89	Free Sparring	Male		Under 80.1lb 36.3kg	5-1 st GUP
90	Free Sparring	Male		80.1 - 92lb 36.3-41.7kg	5-1 st GUP
91	Free Sparring	Male		92.1 - 104lb 41.8-47.2kg	5-1 st GUP
92	Free Sparring	Male		104.1 - 116lb 47.3-52.6kg	5-1 st GUP
93	Free Sparring	Male		116.1 - 128lb 52.7-58.1kg	5-1 st GUP
94	Free Sparring	Male		Over 128lb 58.1kg	5-1 st GUP
95	Free Sparring	Male		Under 80.1lb 36.3kg	DAN
96	Free Sparring	Male		80.1 - 92lb 36.3-41.7kg	DAN
97	Free Sparring	Male		92.1 - 104lb 41.8-47.2kg	DAN
98	Free Sparring	Male		104.1 - 116lb 47.3-52.6kg	DAN
99	Free Sparring	Male		116.1 - 128lb 52.7-58.1kg	DAN
100	Free Sparring	Male	Over 128lb 58.1kg	DAN	
101	Free Sparring	Female	12-14	Under 70.1lb 31.8kg	10-6 th GUP
102	Free Sparring	Female		70.1 - 82lb 31.8-37.2kg	10-6 th GUP
103	Free Sparring	Female		82.1 - 94lb 37.3-42.6kg	10-6 th GUP
104	Free Sparring	Female		94.1 - 106lb 42.7-48.1kg	10-6 th GUP
105	Free Sparring	Female		106.1 - 118lb 48.1-53.5kg	10-6 th GUP
106	Free Sparring	Female		Over 118lb 53.5kg	10-6 th GUP
107	Free Sparring	Female		Under 70.1lb 31.8kg	5-1 st GUP
108	Free Sparring	Female		70.1 - 82lb 31.8-37.2kg	5-1 st GUP
109	Free Sparring	Female		82.1 - 94lb 37.3-42.6kg	5-1 st GUP
110	Free Sparring	Female		94.1 - 106lb 42.7-48.1kg	5-1 st GUP
111	Free Sparring	Female		106.1 - 118lb 48.1-53.5kg	5-1 st GUP
112	Free Sparring	Female		Over 118lb 53.5kg	5-1 st GUP
113	Free Sparring	Female		Under 70.1lb 31.8kg	DAN
114	Free Sparring	Female		70.1 - 82lb 31.8-37.2kg	DAN
115	Free Sparring	Female		82.1 - 94lb 37.3-42.6kg	DAN
116	Free Sparring	Female		94.1 - 106lb 42.7-48.1kg	DAN
117	Free Sparring	Female		106.1 - 118lb 48.1-53.5kg	DAN
118	Free Sparring	Female		Over 118lb 53.5kg	DAN
119	Free Sparring	Male		Under 100.1lb 45.4kg	10-6 th GUP
120	Free Sparring	Male		100.1 - 112lb 45.4-50.8kg	10-6 th GUP
121	Free Sparring	Male		112.1 - 124lb 50.9-56.2kg	10-6 th GUP
122	Free Sparring	Male		124.1 - 136lb 56.3-61.7kg	10-6 th GUP
123	Free Sparring	Male		136.1 - 148lb 61.8-67.1kg	10-6 th GUP
124	Free Sparring	Male		Over 148lb 67.1kg	10-6 th GUP

125	Free Sparring	Male	15-17	Under 100.1lb 45.4kg	5-1 st GUP
126	Free Sparring	Male		100.1 - 112lb 45.4-50.8kg	5-1 st GUP
127	Free Sparring	Male		112.1 - 124lb 50.9-56.2kg	5-1 st GUP
128	Free Sparring	Male		124.1 - 136lb 56.3-61.7kg	5-1 st GUP
129	Free Sparring	Male		136.1 - 148lb 61.8-67.1kg	5-1 st GUP
130	Free Sparring	Male		Over 148lb 7.1kg	5-1 st GUP
131	Free Sparring	Male		Under 100.1lb 45.4kg	DAN
132	Free Sparring	Male		100.1 - 112lb 45.4-50.8kg	DAN
133	Free Sparring	Male		112.1 - 124lb 50.9-56.2kg	DAN
134	Free Sparring	Male		124.1 - 136lb 56.3-61.7kg	DAN
135	Free Sparring	Male		136.1 - 148lb 61.8-67.1kg	DAN
136	Free Sparring	Male		Over 148lb 7.1kg	DAN
137	Free Sparring	Female	15-17	Under 92.1lb 41.8	10-6 th GUP
138	Free Sparring	Female		92.1 - 104lb 41.8-47.8kg	10-6 th GUP
139	Free Sparring	Female		104.1 - 116lb 47.9-52.6kg	10-6 th GUP
140	Free Sparring	Female		116.1 - 128lb 52.7-58.1kg	10-6 th GUP
141	Free Sparring	Female		128.1 - 140lb 58.2-63.5kg	10-6 th GUP
142	Free Sparring	Female		Over 140lb 63.5kg	10-6 th GUP
143	Free Sparring	Female		Under 92.1lb 41.8	5-1 st GUP
144	Free Sparring	Female		92.1 - 104lb 41.8-47.8kg	5-1 st GUP
145	Free Sparring	Female		104.1 - 116lb 47.9-52.6kg	5-1 st GUP
146	Free Sparring	Female		116.1 - 128lb 52.7-58.1kg	5-1 st GUP
147	Free Sparring	Female		128.1 - 140lb 58.2-63.5kg	5-1 st GUP
148	Free Sparring	Female		Over 140lb 63.5kg	5-1 st GUP
149	Free Sparring	Female	Under 92.1lb 41.8	DAN	
150	Free Sparring	Female	92.1 - 104lb 41.8-47.8kg	DAN	
151	Free Sparring	Female	104.1 - 116lb 47.9-52.6kg	DAN	
152	Free Sparring	Female	116.1 - 128lb 52.7-58.1kg	DAN	
153	Free Sparring	Female	128.1 - 140lb 58.2-63.5kg	DAN	
154	Free Sparring	Female	Over 140lb 63.5kg	DAN	
155	Free Sparring	Male	18-34	Under 140.1lb 63.6kg	10-6 th GUP
156	Free Sparring	Male		140.1 - 152lb 63.7-68.9kg	10-6 th GUP
157	Free Sparring	Male		152.1 - 164lb 69.0-74.4kg	10-6 th GUP
158	Free Sparring	Male		164.1 - 176lb 74.5-79.8kg	10-6 th GUP
159	Free Sparring	Male		176.1 - 188lb 79.9-85.3kg	10-6 th GUP
160	Free Sparring	Male		Over 188lb 85.3kg	10-6 th GUP
161	Free Sparring	Male		Under 140.1lb 63.6kg	5-1 st GUP
162	Free Sparring	Male		140.1 - 152lb 63.7-68.9kg	5-1 st GUP
163	Free Sparring	Male		152.1 - 164lb 69.0-74.4kg	5-1 st GUP
164	Free Sparring	Male		164.1 - 176lb 74.5-79.8kg	5-1 st GUP
165	Free Sparring	Male		176.1 - 188lb 79.9-85.3kg	5-1 st GUP
166	Free Sparring	Male		Over 188lb 85.3kg	5-1 st GUP
167	Free Sparring	Male	Under 140.1lb 63.6kg	DAN	
168	Free Sparring	Male	140.1 - 152lb 63.7-68.9kg	DAN	

169	Free Sparring	Male		152.1 - 164lb	69.0-74.4kg	DAN
170	Free Sparring	Male		164.1 - 176lb	74.5-79.8kg	DAN
171	Free Sparring	Male		176.1 - 188lb	79.9-85.3kg	DAN
172	Free Sparring	Male		Over 188lb	85.3kg	DAN
18-34						
173	Free Sparring	Female	18-34	Under 105.1lb	47.7kg	10-6 th GUP
174	Free Sparring	Female		105.1 - 117lb	47.7-53.1kg	10-6 th GUP
175	Free Sparring	Female		117.1 - 129lb	53.2-58.5kg	10-6 th GUP
176	Free Sparring	Female		129.1 - 141lb	58.6-64.0kg	10-6 th GUP
177	Free Sparring	Female		141.1 - 154lb	64.1-69.9kg	10-6 th GUP
178	Free Sparring	Female		Over 154lb	69.9kg	10-6 th GUP
179	Free Sparring	Female		Under 105.1lb	47.7kg	5-1 st GUP
180	Free Sparring	Female		105.1 - 117lb	47.7-53.1kg	5-1 st GUP
181	Free Sparring	Female		117.1 - 129lb	53.2-58.5kg	5-1 st GUP
182	Free Sparring	Female		129.1 - 141lb	58.6-64.0kg	5-1 st GUP
183	Free Sparring	Female		141.1 - 154lb	64.1-69.9kg	5-1 st GUP
184	Free Sparring	Female		Over 154lb	69.9kg	5-1 st GUP
185	Free Sparring	Female		Under 105.1lb	47.7kg	DAN
186	Free Sparring	Female		105.1 - 117lb	47.7-53.1kg	DAN
187	Free Sparring	Female		117.1 - 129lb	53.2-58.5kg	DAN
188	Free Sparring	Female		129.1 - 141lb	58.6-64.0kg	DAN
189	Free Sparring	Female		141.1 - 154lb	64.1-69.9kg	DAN
190	Free Sparring	Female		Over 154lb	69.9kg	DAN
35 and Up						
191	Free Sparring	Male	35 and Up	Under 140.1lb	63.6kg	10-6 th GUP
192	Free Sparring	Male		140.1 - 152lb	63.7-68.9kg	10-6 th GUP
193	Free Sparring	Male		152.1 - 164lb	69.0-74.4kg	10-6 th GUP
194	Free Sparring	Male		164.1 - 176lb	74.5-79.8kg	10-6 th GUP
195	Free Sparring	Male		176.1 - 188lb	79.9-85.3kg	10-6 th GUP
196	Free Sparring	Male		Over 188lb	85.3kg	10-6 th GUP
197	Free Sparring	Male		Under 140.1lb	63.6kg	5-1 st GUP
198	Free Sparring	Male		140.1 - 152lb	63.7-68.9kg	5-1 st GUP
199	Free Sparring	Male		152.1 - 164lb	69.0-74.4kg	5-1 st GUP
200	Free Sparring	Male		164.1 - 176lb	74.5-79.8kg	5-1 st GUP
201	Free Sparring	Male		176.1 - 188lb	79.9-85.3kg	5-1 st GUP
202	Free Sparring	Male		Over 188lb	85.3kg	5-1 st GUP
203	Free Sparring	Male		Under 140.1lb	63.6kg	DAN
204	Free Sparring	Male		140.1 - 152lb	63.7-68.9kg	DAN
205	Free Sparring	Male		152.1 - 164lb	69.0-74.4kg	DAN
206	Free Sparring	Male		164.1 - 176lb	74.5-79.8kg	DAN
207	Free Sparring	Male		176.1 - 188lb	79.9-85.3kg	DAN
208	Free Sparring	Male		Over 188lb	85.3kg	DAN
Female						
209	Free Sparring	Female		Under 105.1lb	47.7kg	10-6 th GUP
210	Free Sparring	Female		105.1 - 117lb	47.7-53.1kg	10-6 th GUP
211	Free Sparring	Female		117.1 - 129lb	53.2-58.5kg	10-6 th GUP

212	Free Sparring	Female	35 and Up	129.1 - 141lb	<i>58.6-64.0kg</i>	10-6 th GUP
213	Free Sparring	Female		141.1 - 154lb	<i>64.1-69.9kg</i>	10-6 th GUP
214	Free Sparring	Female		Over 154lb	<i>69.9kg</i>	10-6 th GUP
215	Free Sparring	Female		Under 105.1lb	<i>47.7kg</i>	5-1 st GUP
216	Free Sparring	Female		105.1 - 117lb	<i>47.7-53.1kg</i>	5-1 st GUP
217	Free Sparring	Female		117.1 - 129lb	<i>53.2-58.5kg</i>	5-1 st GUP
218	Free Sparring	Female		129.1 - 141lb	<i>58.6-64.0kg</i>	5-1 st GUP
219	Free Sparring	Female		141.1 - 154lb	<i>64.1-69.9kg</i>	5-1 st GUP
220	Free Sparring	Female		Over 154lb	<i>69.9kg</i>	5-1 st GUP
221	Free Sparring	Female		Under 105.1lb	<i>47.7kg</i>	DAN
222	Free Sparring	Female		105.1 - 117lb	<i>47.7-53.1kg</i>	DAN
223	Free Sparring	Female		117.1 - 129lb	<i>53.2-58.5kg</i>	DAN
224	Free Sparring	Female		129.1 - 141lb	<i>58.6-64.0kg</i>	DAN
225	Free Sparring	Female		141.1 - 154lb	<i>64.1-69.9kg</i>	DAN
226	Free Sparring	Female		Over 154lb	<i>69.9kg</i>	DAN

Article 1 - Purpose

The purpose of this document is to establish rules and regulations to govern each event in Hapkido competitions sanctioned by the Global Hapkido Association. This document will serve as the final authority for all competition procedures including competition floor set-up and safety, competitor conduct, coach conduct, use of protective gear, referees, judging panels and scoring, as well as other miscellaneous information. This document shall be considered final until a subsequent edition or revision is released.

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Group Competition

The Group Competition consists of a choreographed performance of techniques taught as a part of a school's curriculum. The goal of the performance is to demonstrate the team's precision, discipline, sprit, athletic ability and technical expertise. Performers should strive to demonstrate these attributes through the use of matching team uniforms, precision timing in unison and independent movements, and the extreme focus, power and fluid movement of each team member.

The following regulations shall apply to the group competition:

(1) REQUIRED CONTENT

- (A) A minimum of 5 self-defense techniques must be demonstrated by each member of the team during the performance. These techniques may be performed independently or in unison.
- (B) All other content is at the discretion of the team members. Teams should strive to highlight their individual strengths, rather than guessing what the judges will score the highest. There is no "winning formula" of techniques. Judges score each performance on it's own merit.

(2) TEAM COMPOSITION

- (A) Teams may be composed of any combination of genders, rank levels and age groups.
- (B) Teams should be composed of a minimum of 10 members to receive full points. Teams with fewer than 10 members will received deductions as follows:
 - (i) 9 members = 1 point deduction
 - (ii) 8 members = 2 point decuction
 - (iii) 7 or fewer members = 3 point deduction

(3) TIME LIMIT

- (A) Performances should be between 4 and 5 minutes in length (time begins when the team enters the performance area and ends when the team exits the performance area).
- (B) Teams will be allowed 1 minute for set-up before their performance, and 1 minute for clean-up after their performance is complete.
 - (i) Teams MUST ensure that any wood pieces/splinters leftover from board breaks executed during their performance are removed from the competition floor.
- (C) Teams that fail to meet their time limits during performance and/or set-up and clean-up will be assessed deductions as follows:
 - (i) 1-29 seconds over time limit = 1point deduction
 - (ii) 30+ seconds over time limit = 2 point decuction
 - (iii) 1-29 seconds under 4 minutes (performance only) = 1 point deduction
 - (iv) 30+ seconds under 4 minutes (performance only) = 2 point deduction

(4) UNIFORM REQUIREMENT

- (A) All team members must wear a full martial arts uniform to include jacket, long pants and belt. Uniforms may be any color, however teams are encouraged to exercise discretion and maintain a “theme” such as national or school colors. All team members should have sleeves at the same length. Uniforms should fit well and present a professional appearance.

- (B) A team whose uniforms that do not meet the above standards will be assessed a 1 point deduction.

(5) RESPECT / ETIQUETTE

- (A) All team members must demonstrate appropriate respect to the judging panel.

- (B) All team members must maintain appropriate discipline and humility during their performance and while other teams are performing.

- (C) Teams that do not meet the above standards will be assessed a 5 point deduction, or in cases of a severe infraction, may be disqualified.

(6) JUDGE’S SCORING CRITERIA

- (A) Each judge’s score will contribute to the team’s overall score as follows:

JUDGE 1 - Consistency of team members’ motions and visibility of techniques

JUDGE 2 - Appropriate and accurate presentation of self-defense techniques

JUDGE 3 - Creativity and visual appeal of break-falling techniques and overall athleticism of team members

JUDGE 4 - Overall appearance of team members and uniforms; respect and etiquette of team members; overall bearing, focus and sprit of team.

(7) TIE SCORE

- (A) In case of a tied overall score between two teams, the team with the higher score from JUDGE 4 will be declared the winner.

- (B) In the case that a tie still remains once the scores from JUDGE 4 are assessed, then the larger of the two teams will be declared the winner.

Self-Defense Demonstration

The self-defense demonstration consists of pairs performing a total of 6 individual self-defense techniques of the competitors' choosing. The purpose of this demonstration is to evaluate the competitors' ability to accurately select an appropriate defensive technique, based on the type of attack received, and to effectively execute that technique to end the encounter. The defender should not attempt to "put on a show" by utilizing ostentatious or flashy techniques. Rather, the defender should seek to demonstrate the best way to end the attack in a "real-world" environment, utilizing techniques that are efficient, practical and feasible for use under the duress of a genuine self-defense situation. In regard to these requirements, competitors are discouraged from using lengthy "set-ups" for their techniques involving displays of acrobatics and other impractical techniques. Competitors may counter one another, but it must be done in a realistic way. To further discourage overly theatrical displays, a time limit of 2 minutes will be imposed for all demonstrations. Competitors will be stopped once this time limit has been reached and assessed a 1 point deduction for each technique not yet completed.

(1) REQUIRED CONTENT

- (A) The first phase of the demonstration includes one partner attacking the other for three consecutive rounds, with the other partner defending each attack. Each round should conclude with a simulated incapacitation or submission of the attacker. The second phase of the demonstration is the same as the first, with the roles of attacker and defender now reversed.

- (B) Each of the six defensive techniques utilized throughout the demonstration should be unique.

(2) UNIFORMS AND RESPECT / ETIQUETTE

- (A) Requirements for this event are the same as for group competition

(4) JUDGES' SCORING CRITERIA

- (A) Each judge's score will contribute to the team's overall score as follows:

JUDGE 1 - The defender's technique must be highly visible and precise **AND** the defender must react immediately upon being attacked.

JUDGE 2 - The defender must transition smoothly from one technique to the next **AND** the defender must maintain balance and center of gravity throughout the execution of the technique.

JUDGE 3 - The defender must maintain control of the attacker once control is gained **AND** the defender must utilize effective incapacitation or submission techniques.

JUDGE 4 - Both competitors must utilize proper break-falling technique.

NOTE ON WEAPONS FOR SELF-DEFENSE - THE USE OF LIVE BLADES AND/OR FUNCTIONAL FIREARMS FOR SELF DEFENSE DEMONSTRATION IS ABSOLUTELY PROHIBITED. JUDGES MUST BE GIVEN THE OPPORTUNITY TO INSPECT ALL WEAPONS PRIOR TO COMMENCEMENT OF THE DEMONSTRATION. FAILURE TO COMPLY WITH THIS REQUIREMENT WILL RESULT IN IMMEDIATE DISQUALIFICATION.

Over-obstacle Diving (High Fall / Long Fall)

This event tests competitors' ability to clear either tall or long objects while landing gracefully. There will be two separate competitions under the category of "Falling", but each one counts as a separate individual event.

DISCLAIMER: Reckless jumps with no concern for landing technique will result in disqualification. LANDINGS MUST BE SOFT!

- (1) **High Fall:** Competitors will be attempting to clear a horizontal bar, starting low and progressively gaining height. With each successful jump, a competitor will continue to the next level (+4in. each round). If a competitor dislodges the bar or lands in an unsafe manner, the competitor will receive a warning and will re-attempt the jump. If the competitor dislodges the bar or lands in an unsafe manner on the re-attempt, the competitor is out.

(A) Starting heights and age groups for High Fall are as follows:

Age Group	Starting Height (inches)
9 and Under	24
10-13	36
14-17	42
18-34	48
35 and Up	36

- (2) **Long Dive:** Competitors will be attempting to clear boxes for distance. With each successful jump, the length of the boxes will increase until the competitor cannot safely complete the jump (+1ft each round). Landing in an unsafe manner or touching ANY of the boxes will result in a warning and the competitor will re-attempt the jump. If the competitor lands in an unsafe manner or touches ANY of the boxes on the re-attempt, the competitor is out.

(A) Starting distances and age groups for Long Fall are as follows:

Age Group	Starting Distance (feet)
9 and Under	3
10-13	5
14-17	6
18-34	7
35 and Up	5

(3) JUDGES SCORING CRITERIA FOR LANDING

- (A) If the landing judge(s) determine that the landing would result in injury if performed on an un-padded surface, the landing judge(s) will rule the landing as unsafe.

Empty-Hand Forms and Weapons Competitions

The purpose of the forms and weapons competitions are to evaluate competitors' knowledge and mastery of forms, athletic abilities and stamina, confidence and focus. Nowhere in Hapkido competition is bearing and spirit more strictly judged than during the forms and weapons competitions. Competitors are expected to remain focused and highly engaged throughout their demonstration. Judges will evaluate each competitor's professionalism and conduct from the moment they enter the demonstration area until the moment that they exit. Competitors will have two minutes to complete their form, beginning at the moment that the judges give the command "You may begin". If the form is not completed at the end of the two minute period, one point shall be deducted from the competitor's overall score.

(1) JUDGES' SCORING CRITERIA

JUDGE 1 - Competitors must demonstrate complete knowledge of their form. Pausing or "resetting" during the demonstration will result in point deductions.

JUDGE 2 - Competitors must exhibit smooth transitions from one technique / direction to the next **AND** competitors must maintain balance and center of gravity throughout the demonstration.

JUDGE 3 - Competitors must display athleticism, power and intensity appropriate to their age and rank level **AND** competitors must execute techniques gracefully with full range of motion.

JUDGE 4 - Competitors must display a stoic and confident persona throughout all phases of the demonstration - including entry, execution, scoring and exit **AND** competitors must show appropriate humility before the judges, spectators and fellow competitors. Competitors' uniforms must fit well and present a professional appearance. Parents and coaches must ensure that young competitors' uniforms meet this criteria.

ADDITIONAL RULES FOR WEAPONS FORMS

(1) SAFETY

(A) Weapons **MUST NOT** cause any damage to ring mats, nor pose any danger to competitors, spectators or judges.

(B) Swords or other bladed weapons must have a dulled cutting edge.

(C) All competitors must provide the judges the opportunity to inspect weapons prior to commencement of their demonstration.

(D) Any violation of these rules may result in immediate disqualification.

Free-Sparring:

The GHA utilizes a point-style sparring competition which allows competitors to score points by successfully executing hand techniques, kicking techniques, throws / sweeps / takedowns and joint locks for submission. Because of the inherent danger of many of these techniques, safety protocols will be adhered to **without exception**. Most notable is the mandatory use of headgear that includes a plastic face shield. In the interest of promoting “realistic” sparring, the GHA allows the use of punching and kicking techniques to the face. Absolutely NO ONE in any division will be allowed to compete without wearing an approved plastic face shield and headgear. All matches will continue until 5 points are scored, or until TWO MINUTES has elapsed on the clock, whichever comes first.

(1) Protective Equipment

(A) ALL of the following equipment **MUST** be worn to compete:

- (i) Headgear WITH face shield
- (ii) Chest Protector
- (iii) Hand / Forearm Protector
- (iv) Shin / Instep Protector
- (v) Groin Cup
- (vi) Mouth Guard

(B) Individual selection of protective gear may vary based on style preferences and manufacturer. Fig.1 below shows an example of a fighter’s protective gear.

(C) Competitors **MUST SUPPLY THEIR OWN EQUIPMENT**.



Not Pictured:
Groin Cup & Mouth Guard

(2) **Awarding of points**

(A) Striking Techniques

1 Point: Hand Strikes to Body and Head

1 Point: Basic Kicks to Body

2 Points: Basic Kicks to Head

2 Points: Turning Kick to Body

3 Points: Turning Kick to Head

(B) **2 Points** for Knock-down (any part of the body other than the feet touching the floor)

(i) These points are awarded in addition to the points for the strike itself

(C) **2 Points** are awarded for successful throws, sweeps or takedowns

(3) **Winning the match by submission**

(A) Successful joint locks which result in a tap-out, verbal submission or referee intervention will result in **winning the match**, regardless of points already scored.

(4) **Striking While Trapped**

(A) A strike may still be scored if a competitor is trapped, but not yet taken down.

EXAMPLE: Competitor "A" attempts a kicking technique, which is caught by competitor "B". While competitor "B" is attempting to sweep him, competitor "A" executes a hand strike to his head. The point is awarded to competitor "A".

(5) **Point Deductions** - The following actions will result in a one point deduction:

(A) Execution or attempt of any "shoot-in" or "tackling" technique

(B) Grabbing the **body protector** to attempt a throw, sweep or takedown

(C) Intentionally turning your back to your opponent while clock is running

(D) Stepping out of the ring while clock is running

(E) Showing "unsportsman-like" conduct, such as taunting opponent, celebrating, etc.

(F) Arguing with any referee

(G) Striking while either competitor is on the ground - strikes may only be executed while both competitors are standing

(H) Unintentional striking below the belt

(I) Applying or attempting to apply any type of choke hold

(J) Executing a knee strike to any part of the body

(K) Interrupting the progress of the match due to "unsportsman-like" conduct of a parent, coach, or instructor

(L) Faking a knockout, or other injury

(6) **Disqualification** - The following actions will result in IMMEDIATE DISQUALIFICATION

(A) Any “excessive force or contact” determined by center referee

(B) Use of profane or abusive language

(C) Any show of aggression toward referees, staff, coaches or spectators

(D) Failure to be in place and ready to spar within one minute of being called

(E) Failure to arrive with all of the necessary sparring gear

(F) Receiving a total of 6 of any combination of warnings or deductions

(7) **Clock / Timing**

(A) ALL matches will continue until one competitor has scored 5 POINTS, or until TWO MINUTES has elapsed on the clock, whichever comes first.

(B) In the event that time expires and neither competitor has accumulated any points, a ONE-MINUTE sudden death round will determine the winner.

(C) In the event that the sudden death round time expires, and neither competitor has scored a point, both competitors will be disqualified.

(D) The clock WILL NOT STOP each time a competitor is awarded a point. The center referee will stop the match to award the point, however the clock will continue to run.

(E) The clock will STOP each time the center referee stops the match to separate competitors after a sweep, throw or takedown is attempted, and will restart when the center referee gives the command to “continue”.

(8) **Rules for Striking Techniques**

(A) Competitors may obtain points by landing punches, kicks, palm attacks, back-fists and other striking techniques on their opponent’s body, **except as noted below**:

(B) Any part of the opponent’s upper body may be struck, with the exception of the back of the head.

(C) **No** elbow attacks to the head or neck are permitted.

(D) **No** striking below the belt is permitted.

(E) **No** knee strikes are permitted **to any part of the body**.

(F) **No** “blind techniques” (such as a spinning-back-fist) are permitted to the head

- (G) Regardless of accuracy, if a **body** strike does not have adequate power, no points will be awarded. Adequate power is determined by the awarding referee.
- (H) Techniques which are partially blocked will not result in a point. Points will only be scored for clear strikes which are not blocked by the opponent.
- (I) Multiple hand strikes delivered consecutively (chain punching) will result in only one point, regardless of the number of strikes landed.
- (J) Techniques which are caught or trapped will not result in a point, unless the center referee determines that the strike would have caused too much damage to be caught if the competitors were not wearing pads.
- (K) **Any** strike delivered to the **head** must be done so in a **controlled manner**. Excessive contact to the head (resulting in a **knockout** or blood drawn) will be grounds for immediate disqualification and forfeiture of the match. The center referee has **SOLE DESCRETION** in determining excessive contact to the head. Excessive contact decisions **CANNOT NOT BE APPEALED**.
- (L) A “knockout” is defined as any loss of consciousness resulting from a blow, as determined by the center referee, or medical personnel.

(9) Rules for throwing /grappling techniques

- (A) Competitors may obtain points by successfully completing a sweep, throw, takedown or joint-lock, as explained below:
- (B) Throws, which result in the opponent being lifted off the ground and then taken down (commonly referred to as “judo throws” or “sweeps”) may be used. “Suplexes”, “shoot-ins” or “slamming” techniques are not allowed. Once an opponent has been lifted off the ground, the aggressor is responsible for their safety. Any competitor who uses excessive force to slam an opponent into the mat will be subject to point deductions, or **immediate disqualification and forfeiture of the match**. The center referee has **SOLE DESCRETION** in determining excessive force in a throw or takedown. Excessive force decisions **CANNOT NOT BE APPEALED**.
- (C) A “scissor-kick” takedown may be utilized, however the aggressor must ensure that the technique is executed above the knee and below the head.
- (D) Once two competitors are locked in a “clinch” position, the center referee will allow **three seconds only** for one competitor to successfully execute a sweep or throw.
- (E) Competitors may utilize a joint-manipulation technique to unbalance their opponent, or to lock them into a submission (tap-out).
- (F) Joint-locking techniques may be applied while standing, or **immediately** after a successful throw or sweep. Competitors **will not** be permitted to grapple on the

ground for a submission. The center referee will allow **three seconds only** for the application of a lock or submission technique after a successful throw or sweep has been completed.

(G) A competitor who successfully applies a joint lock or submission must release their opponent **IMMEDIATELY** upon a tap-out, verbal submission or intervention by the center referee. Any competitor who fails to do so will be subject to **immediate disqualification** and **forfeiture of the match**. The center referee has **SOLE DESCRETION** in determining failure to release. Failure to release decisions **CANNOT BE APPEALED**.

(H) Sweeps, throws, takedowns or joint locks which are completed **AFTER** a successful strike has been received, will not result in a point.

(10) Miscellaneous Provisions

(A) Competitors who are knocked down will be given a **standing 10 count**. If the competitor chooses not to continue, or is determined to be unfit to continue by the center referee, the match will be forfeited.

(B) A competitor who requests medical evaluation will be given **one minute** to confer with their coach or medical personnel before making the decision to continue or yield.

(C) COMPETITOR PROOF OF AGE RULE:

(i) All competitors must have a proof of age document. If there is a legitimate reason to question a competitor's age, he/she must present a proof of age (birth certificate, driver's license, or other acceptable documents)

(D) COMPETITOR RESPONSIBILITIES:

(i) It is the responsibility of the competitor to know the rules and be ready for competition when called to do so. He/she must be suitably attired, weighed-in and at the appropriate ring when competition begins. **Two** calls will be made for competition at ringside. If the competitor is not at his/her ring ready to compete when competition begins, he/she will not be able to compete (see delay of time rule). If a competitor leaves the ring after the competition begins and is not present when his/her name is called to compete, his/her name will be called **two** times at ringside. If he/she is still not present to compete, he/she will be disqualified (see delay of time rule).

(E) REFEREES:

(i) The referee is the most experienced official in the ring and is thoroughly versed on the rules and order of competition. He/she promotes the safety of the competitors, enforces the rules and ensures fair play. To this end, he/she starts and stops the match, awards points, makes penalty decisions, administrates the voting of the other judges, communicates clearly with the scorekeeper and timekeeper, and announces the winner of each match.

(F) Added Powers of the Referee:

- (i) Match starts and ends only with his/her command (not the command of the timekeeper)
- (ii) Has final decision on any disputes on score
- (iii) Has the power to issue warnings and award penalty points without a majority decision
- (iv) Can overrule a majority call only to issue a warning or a penalty point
- (v) Automatically has power to disqualify a competitor who receives **3** penalty points
- (vi) Has power to issue time-outs. A competitor can ask for a time-out, but it is the determination of the referee to issue one.
- (vii) The disqualification of a competitor, where disqualification is not automatic, is determined only by a majority vote of the judges **or the center referee.**

(G) OFFICIALS:

- (i) Each ring should have a REFEREE, two to four JUDGES, a TIMEKEEPER/SCOREKEEPER. The judges call points and rule infractions as they see them. They also vote on disqualifications. The referee also calls points and rules infractions but is also in complete control of the ring and ring personnel. Referees make all final decisions on penalty points and warnings (except for disqualifications) but can consult judges before making their decisions. The majority vote of the judges and referee determines a scoring point and/or a competitor's disqualification.

(H) THE RING:

- (i) The size of the fighting and form adult black belt rings shall be at least 20' x 20'. Starting lines should be marked approximately six feet apart in the middle of the ring. Additionally, each ring should be posted with a ring number visible to competitors, officials, and medical personnel from across the floor. All youth and under black belt adult rings can be at least 16' x 20'.

(I) WEIGHING-IN:

- (i) The GHA utilizes an "honor system" for all competitors that compete in a certain weight division. However a scale will be present for use by the Referee, if there is any doubt of the competitor's actual weight. All competitors must fight in his/her weight division. A competitor cannot fight up or down in another weight division for which he/she has not made the proper weight. If a competitor is caught falsifying their weight, they will be disqualified.

- (J) Sparring:** Once the final call for the sparring division are made at ringside and the (i) seeds have been taken out (if seeding is required) the division is ready to be

set up. The competition cards should be collected and counted (if competition cards are not used, count the competitors) to see if byes are needed. If byes are needed, they will be picked randomly (See bye chart to see how many byes are needed). Matches should always be selected by random, but certain allowances may be given to competitors from the same school or team that is matched up in the first round of competition. They may be separated randomly from each other in the first round if possible. (Competitors cannot pick whom they want or do not want to fight.) Consideration should be given to competitors who are from the same school or team that have been drawn to fight each other in the first round.

(K) CALLS AN OFFICIAL MAY MAKE:

- (i) When the referee believes there has been a significant exchange of techniques, or when signaled to do so by a corner a judge/s, he/she shall call out the word, "STOP!" in a loud voice. The referee shall then returns the competitors to their starting marks and addresses the judges by saying "JUDGES CALL!" All judges and the center referee cast their votes simultaneously and assertively in the following manner:
 - (a) **Judge Sees a Point** – He/she should hold up both colors or hold up one arm if colors are not being used. At the same time, he/she yells out the word "CALL!" in a loud, clear voice to let the referee know he/she has a call.
 - (b) **Point Calling** - When signaled by the referee (referee says "Judges Call" in a loud clear voice) a judge raises the appropriate color (red or blue usually) if colors are being used or points to the competitor who scores the point. If a competitor scores a two point kick, the officials should hold up or point with two fingers (index and middle fingers). If only one point is being called, the judge should point with only one finger (Index finger).
 - (c) **No Point Scored** – An official crosses his/her wrist at waist level or holds both colors down to indicate that he/she believes that a point was not scored.
 - (d) **Did Not See If A Point Was Scored** – The officials holds his/her hand over his/her eyes indicating that he/she could not see whether a point was scored or not. Indicates the official was not in position to see if a point scored. (When using this signal, it has the same effect as saying "no point", but it indicates to the referee, competitors and fans the reason why you are not calling the point).
 - (e) **Clash** – Officials make a motion as though they are hitting both fists together, indicating that both competitors scored at the same time.

(f) **Penalty** – The judge waves the color of the offending competitor in a circular motion. If no colors are used the judge waves the hand and arm in a circular motion while pointing at the offending competitor.

(g) **Disqualification** – A disqualification vote is taken separately from any other vote. When a disqualification vote is asked for, the referee will say, “JUDGES CALL”. The judges will then hold the color or point to the competitor who is to be disqualified **in a circular motion**. If the judge does not feel the competitor should be disqualified, he/she crosses his/her wrist or holds both colors down at waist level.

(L) LATE CALLS:

(i) All officials should make their calls at the same time. If, in the opinion of the referee, the corner judges are making a late call, the referee can disqualify the call and/or judge’s decision.

(M) NUMBER OF OFFICIALS:

(i) 2 or 4 GHA judges and one GHA referee.

(N) MARJORITY VOTE:

(i) Points are awarded by a majority vote of all judges (2 out of 3 or 3 out of 4).

WARNINGS AND PENALTIES:

(a) **First warning** - centre referee informs competitor he will lose a point on second warning.

(b) **Second warning** - centre referee awards full point to other competitor.

(c) **Third warning** - centre referee disqualifies competitor.

Warnings do not have to be for the same type of infraction to count towards total

(O) COACHING:

(i) The luxury of having a coach is something that most competitors do not have access to. Therefore, it sometimes can be-come an unfair advantage over a competitor who does not have a coach. The rules are made and enforced so no one competitor has an advantage or disadvantage over another competitor.

Therefore, coaching is allowed but only under the following guidelines:

(a) Never, at any time, can a coach enter the ring without the referee’s permission

(b) No abusive, violent, unsportsmanlike conduct or overzealous coaching

(c) Coaches cannot ask for a time out unless they are protesting a rules violation (only the competitor may ask for a time out under any other circumstance).

(d) Coaches can never, at any time, interfere with the proper running of the ring or the decisions of the judges. A Coach is defined as anyone who is trying to help one competitor in any way. A coach could be but is not limited to a friend, parent, teammate, or an official coach. The center referee can issue a warning to a competitor for each time his/her coach is interfering with a match or disrupting fair play between contestants

(P) OUT-OF-BOUNDS:

(i) A competitor is out-of-bounds as soon as he/she does not have at least one foot touching inside or on the boundary line. An out of bounds competitor cannot score a point while out of bounds. In bounds competitor can score on an out of bounds competitor if the center referee has not called stop.

NOTES