



WHF General Competition Rules

KYORUGI (Sparring), HOSHINSUL (Self-Defense Demonstration), Hyung or Form (with and without Weapons)

Approved by 5th WHC General Assembly 2011- Review latest 25 July 2015

Any changes Competition Rules & Regulations after the approved by the WHC General Assembly immediately will be published.

CHAPTER 1. GENERAL

Article 1. Purpose

The purpose of the Competition Rules is to provide standardized rules for all levels of Championships organized or/and promoted by the World Hapkido Confederation, WHC Continental Unions, or/and WHC Member National Associations; the Competition Rules are intended to ensure that all matters related to competitions are conducted in a fair and orderly manner.

Article 2. Application of the WHC rules

1. The Competition Rules shall apply to all the competitions to be promoted and/or organized by the WHC, each continental Union and member National Association. However, any member National Association wishing to modify some or any part of the Competition Rules must first gain the prior approval of the WHC. In the case that a Continental Union and/or a Member National Association violates WHC Competition Rules without prior approval of the WHC, organizes an international Hapkido tournaments without compliance with WHC Competition Rules, the WHC may exercise its discretion to disapprove or revoke the concerned international tournament. In addition, the WHC may take further disciplinary actions to the pertinent Continental Union or Member National Association.
2. Those who wish to modify or change any part of the Tournament Rules should forward their written proposals of modification or changes of the relevant Tournament Rules to the WHC HQ at least 6 months before the WHC Congress.

3. WHC Executive Board will study the proposed modifications or changes. If they find them to be reasonable, they will propose them to the WHC Congress for approval. Until any modification or changes of the Tournament Rules has been decided, all Competitions shall be conducted according to the original WHC Tournament Rules.
4. The WHC license is mandatory for every International Hapkido competition by continental federations. Every International Hapkido competition must be reported to WHC and added to its official calendar. The WHC patronage will only apply to competitions that appear in the WHC calendar.

Explanation #1

First gain the approval: Any organization desiring to make a change in any portion of the existing rules must submit to the SIF the contents of the desired amendment along with the reasons for the desired change. Approval for any changes in these rules must be received from the SIF one month prior to the scheduled competition. WHC can apply Competition Rules with modifications in its promoted Championships with the decision of the Technical Delegate after approval of the President.

Explanation #1

Change of weight category, increase or decrease of the number of International Referees, change of positions for the inspector, recorder and commission doctor, etc. and duration of contest are subjects to be included in the category of items which may be modified after first gaining the approval of the WHC, however, such matters as valid points, warnings and deductions and the competition area are not to be changed under any circumstances whatever.

Article 3. Organizing Committee (OC)

1. Tournament Organizing Committee should be formed in the Championship-hosting country at least 12 months before the Championship
2. The O.C. shall be formed with the necessary numbers of officials in conformity with the actual situation of the hosting country.
3. The O.C. shall send their draft invitation and information for the Championship to the WHC HQ for its approval at least 6 months before the Championship and distribute to all the WHC NGBs and other concerned parties.
4. The O.C. shall arrange for all facilities, equipment's and manpower necessary for the Championship.
5. The O.C. is responsible for the arrangement of medals and other awards.
6. The O.C. shall receive and register the teams and individual competitors invited to the Championship.
7. The O.C. shall hold draws and weighing-ins according to the respective mode of competition.
8. The O.C. shall bring together to date tournament results and draw up the competition tables for the next day to distribute to each participating team before the Competition starts every day.
9. The O.C. shall provide 3 figured number patches (20×15 cm) to all participants
10. Official doctors or medical officers must be in attendance throughout Competitions.
11. The O.C. must ensure the security of all participants.
12. The O.C. shall be responsible for the board and accommodation of the WHC VIPs and Umpires during the Championship.
13. The O.C. shall consult all issues arising from the Championship with the WHC Tournament and Umpire Committees.
14. The O.C. will be responsible to the WHC for the organization and the conduct of the Championship toward the WHC.

15. The O.C must provide the necessary number of trained officials to assist the WHC Tournament and Umpire Committees in the running of the Competition.

Article 4. Doping

1. It is prohibited to use any substance to boost one's performance if such substance is banned by World Anti-Doping Agency.
2. WHC tournament holder and official doctor can and may perform doping tests.
3. Competitors who intentionally avoid or evade such controls, or try to obstruct or manipulate the testers in any way, must be disqualified and banned for a period of time, to be determined by the Federation.
4. Privacy, especially for children and female competitors, must be respected. Doping tests must be done by a qualified person of the same gender. Whenever this is not available, WHC supervisor of the same gender shall supervise the collection of the test samples.

Article 5. Competition Type of WHC

There are Three system competition in WHC.

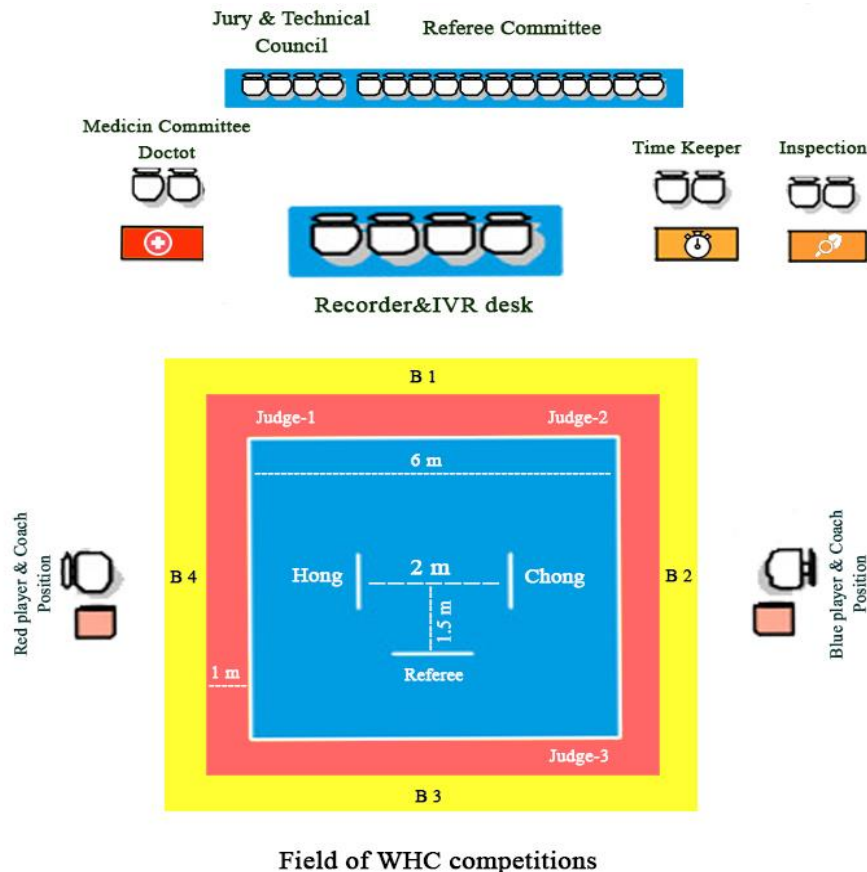
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CHAPTER 2. KYORUGI (Sparring) Rules



Article 6. Competition area

1. The total of competition area shall measure 8m x 8m using the metric system and useful competition area is 6m x 6m. The Competition Area shall have a flat surface without any obstructing projections, and be covered with an elastic and not slippery mat. The 6m x 6m area shall be called the Competition Area and shall be marked in blue color, and the marginal line of the Competition Area shall be called the Boundary Line. The outer part of boundary line shall be marked in red or yellow color. The front Boundary Line adjacent to the Recorder's Desk and the Commission Doctor's Desk shall be deemed Boundary Line #1. Clockwise from Boundary Line #1, the other lines shall be called Boundary Lines #2, #3, and #4.



2. Indication of Positions:

- 2.1 Position of the Referee: The position of the Referee shall be marked at a point 1.5m back from the center point of the Contest Area to the 3rd Boundary Line and designated as the Referee's Mark.
- 2.2 Position of the Judges: The position of the 1st Judge shall be marked at a point 0.5m from the corner of boundary line #1 and boundary line #4. The position of the 2nd Judge shall be marked at a point 0.5m from the corner of boundary line #1 and boundary line #2. The position of the 3rd Judge shall be marked at a point 0.5m from the corner of boundary line #3 and boundary line #2.
- 2.3 Position of the Recorders: The position of the Recorder shall be marked at a point 2m back from safety boundary line #1 facing the Competition Area.
- 2.4 Position of Commission Doctor: The position of the Commission Doctor shall be marked at a point more than 3m to the right side from the safety boundary Line.

- 2.5 The position of the Jury, TC, RC shall be marked at a point 4m back from safety boundary line #1 facing the Competition Area.
- 2.6 Position of Inspection Desk: The position of the Inspection Desk shall be near the entrance of the Competition Area for inspection of the contestants' protective equipment. At the Inspection desk, the inspector checks if all the materials worn by the contestant are approved by the WHC and fit the contestant properly. In case they are found to be inappropriate, the contestant is requested to change the protective equipment.

Article 7. Qualification of Contestant

1. Holder of the nationality of the participating team
2. One recommended by the WHC National Hapkido Association/Federation
3. Holder of Hapkido Dan certificate issued by the WHC
4. All participants must committed to comply with all laws approved by the WHC

Article 8. Procedure of Sparring competitions

1. The WHC sparring (Kyorugi) competitions between two athletes (blue belt - red belt) in the same age and weights category are held individually and as a team. Individual competition shall normally be between contestants in the same weight class. When necessary, adjoining weight class may be combined to create a single classification. No contestant is allowed to participate in more than one (1) weight category in one event.
2. Hapkido sparring competition of the World Games and multi-sports organization games shall use an individual competition system between contestants with the combination of single elimination tournament.
3. All international-level competitions recognized by the WHC shall be formed with participation of at least 3 countries with no less than 3 contestants in each weight class, and any weight class with less than 3 contestants cannot be recognized in the official results.

Article 9. Contestant Uniform and Protective Equipment

1. A contestant shall wear a WHC approved Chest Protector, groin guard, forearm guards, shin guards, hand protector, Head protector.
2. The groin, forearm, chest and shin guards shall be worn beneath the Hapkido uniform.
3. It is forbidden to wear any jewelry during the match



Article 10. Sparring Competition Age and Weight Classification

Table 1 - Age and weight categories for male and female players Children						
	Minors 6 ~ 7 years old		Toddler 8 ~ 9 years old		Boys 10~11 years old	
NO.	Male	Female	Male	Female	Male	Female
1 st weight	-19 kg		-21 kg		-30 kg	
2 nd weight	-23 kg		-25 kg		-35 kg	
3 rd weight	-27 kg		-30 kg		-40 kg	
4 th weight	+27 kg		+30 kg		-45 kg	

Table 2 - Age and weight categories for male and female players (Juvenile - Youth – Senior – Adults)										
	Cadet - Juvenile 12 ~ 14 years old		Youth - Junior 15 ~ 17 years old		Senior 18 ~ 20 years old		Adults 21 ~ 34 years old		Masters 35~55 – 56~66 +66 years old	
NO.	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
1 st weight	-37	-33	-48	-44	-58	-49	-58	-49	-58	-49
2 nd weight	-45	-41	-55	-49	-68	-57	-68	-57	-68	-57
3 rd weight	-53	-47	-63	-55	-80	-67	-80	-67	-80	-67
4 th weight	-61	-55	-73	-63	+80~95	+67~79	+80~100	+67~79	+80~100	+67~79
5 th weight	+61~73	+55~65	+73~86	+63~75						

Article 11. Duration of Sparring competitions

Duration of the sparring (Kyorugi) bout is defined as three minutes for Senior Male and Female (both teams and individuals). Under 15 years is 2 minutes for the Male and Female category.

Article 12. Drawing of Lots

1. The drawing of lots shall be conducted either one or two days prior to the first competition in the presence of WHC officials and the representatives of the participating nations. The method and order of the draw shall be determined by the Technical Delegate.
2. The Technical Delegate shall draw or shall designate an official to draw lots on behalf of participating nations not present at the drawing of lots session.

Article 13. Weigh-in

1. Weigh-in of the contestants on the day of competition shall be completed on the previous day of the pertinent competition.
2. During weigh-in, the male contestant shall wear underpants and the female contestant shall wear underpants and a brassiere. However, weigh-in may be conducted in the nude if the contestant wishes to do so. Of course, a separate site for the weigh-in shall be installed for the female contestants whose weigh-in must be conducted by a female official.

3. Weigh-in shall be made once, however, one more weigh-in is granted within the time limit to any contestant who did not qualify the first time. When a contestant is disqualified at the official weigh-in, the contestant's participation point shall not be awarded.
4. So as not to be disqualified during official weigh-in, scales identical to the official one shall be provided at the contestants' place of accommodation or at the arena for reweigh-in.

Article 14. Permitted Techniques and Areas, Valid points

1. Permitted Techniques

- 1.1 Fist technique: Delivering a punch using the tightly clenched fist
- 1.2 Foot technique: Delivering techniques using any part of the foot below the ankle bone.
- 1.3 Throwing and sweeping techniques

2. Permitted Areas

- 2.1 Head: The area above the collar bone. Only foot techniques are permitted.
- 2.2 Trunk: Attack by fist and foot techniques on the areas covered by the trunk protector are permitted.
However, such attacks shall not be made on the part of the spine.

3. The valid points are divided as follows.

- 3.1 One (1) point for a valid punch with back hand on trunk protector.
- 3.2 One (1) point for a valid kick on trunk protector.
- 3.3 Two (2) points for a valid turning kick to the trunk protector.
- 3.4 Two (2) points for a valid kick to the head
- 3.5 Three (3) points for a valid turning kick to the head
- 3.6 Two (2) points for a valid Throwing technique
- 3.7 Three (3) points for a valid sweeping technique

Article 15. Scoring and Publication

1. If the announcement of points is with the flag of the judges.

- 1.1 Valid points shall be immediately recorded and publicized by recorder secretary.
- 1.2 In case of using 3 judges, valid points shall be those scored by at least two or more judges.

2. In case of announcing points using electronic device.

- 2.1 Points shall be immediately recorded: Immediate scoring means awarding the point immediately after delivery of the scoring technique. Points awarded after a period of time has elapsed cannot be considered valid.
- 2.2 Immediately recorded and publicized: A point having been awarded by the judges shall be immediately publicized on the scoreboard.

Article 16. Prohibited Acts and Penalties

1. Penalties on any prohibited acts shall be declared by the referee. Penalties are divided into "Kyong-go (warning penalty)" and "Gam-jeom (deduction penalty)".
2. Two "Kyong-go" shall be counted as an addition of one (1) point for the opposing contestant. However, the final odd-numbered "Kyong-go" shall not be counted in the grand total. The following acts shall be classified as prohibited acts, and "Kyong-go" shall be declared.
 - 2.1 Crossing the Boundary Line

- 2.2 Avoiding or delaying the match
- 2.3 Falling down & Simulation to injury
- 2.4 Attacking below the waist
- 2.5 Uttering undesirable remarks or any
- 2.6 misconduct on the part of a contestant or a coach
- 2.7 Lifting the knee to avoid a valid attack or impede the progress of an attack
- 3. The following acts shall be classified as prohibited acts, and "Gam-jeom" shall be declared.
 - 3.1 Butting or attacking with the knee & Hitting the opponent's face with the hand
 - 3.2 Attacking the opponent after "Kal-yeo"
 - 3.3 Attacking the fallen opponent
 - 3.4 A coach or a contestant interrupting the progress of the match
 - 3.5 Violent or extreme remarks or behavior on the part of a contestant or a coach
- 4. When a contestant intentionally refuses to comply with the Competition Rules or the referee's order, the referee may declare the contestant loser by disqualification after approval by at least 2 Judges.
- 5. When a contestant receives eight (6) "Kyong-go" or four (3) "Gam-jeom", or in the event of any combination of Kyong-go and Gam-jeom that add up to minus three points, the referee shall declare the contestant loser by penalties.
- 6. "Kyong-go" and "Gam-jeom" shall be counted in the total score of the three rounds. And in final result will be effective if the players are tied

Article 17. Decisions & Win

The winning of sparring is determined in the following ways:

- 1. Win by Knock-out (KO)
- 2. Win by most points at the end of the game
- 3. Win by Sudden Death
- 4. Win by disqualifying the opponent
- 5. Win by stepping down the opponent

Article 18. Sudden Death and Decision of Superiority in case of equality

- 1. If the players' points are equal at the end of the round, the second round or the golden round will be held
- 2. In case of a contest advances to a 2nd round, all scores and penalties awarded during the first rounds shall be void, and the decision shall be made only by the result of the golden round.
- 3. The first contestant to score a point in the extra round shall be declared the winner.
- 4. In the event that neither contestant has scored a point after the completion of the golden round, the winner shall be decided by superiority as determined by the refereeing officials. The final decision shall be based on the criterion of superiority for the golden round only.

Article 19. Knock Down conditions

A knock down: This is the situation in which a contestant is knocked to the floor or is staggered or unable to respond adequately to the requirements of the match due to a blow. Even in the absence of these indications, the referee may interpret as a knock down, the situation where, as the result of contact, it would be dangerous to continue or when there is any question about the safety of a contestant.

Article 20. Procedure in the event of a Knock Down

When a contestant is knocked down as the result of the opponent's legitimate attack, the referee shall take the following measures:

1. The referee shall keep the attacker away from downed contestant by declaration of "Kal-yeo (break)".
2. The referee shall count aloud from "Ha-nah (one)" up to "Yeol (ten)" at one second intervals towards the downed contestant, making hand signals indicating the passage of time.
3. In case the downed contestant stands up during the referee's count and desires to continue the fight, the referee shall continue the count up to "Yeo-dul (eight)" for recovery of the contestant. The referee shall then determine if the contestant is recovered and, if so, continue the contest by declaration of "Kye-sok (continue)". Each knock down will receive a reward point for the opponent.
4. When a contestant who has been knocked down cannot demonstrate the will to resume the contest by the count of "Yeo-dul (eight)", the referee shall announce the other contestant winner by K.O.
5. The count shall be continued even after the end of the round or the expiration of the match time.
6. In case both contestants are knocked down, the referee shall continue counting as long as one of the contestants has not sufficiently recovered.
7. When both contestants fail to recover by the count of "Yeol", the winner shall be decided by the match score before the occurrence of Knock Down.

Article 21. Instant Video Replay

1. In case there is an objection to a judgement of the refereeing officials during the contest, the coach of a team can make a request to the center referee for an immediate review of the video replay.
2. When coach appeals, the center referee will approach the coach and ask the reason for the appeal. Scope of the appeal for the video replay is limited to the errors of the referee in application of Competition Rules, scoring and penalties. The scope of instant video replay request is limited to the only one action which has occurred within five (5) seconds from the moment of the coach's request. Once the coach raises the blue or red card to request for instant video replay, it will be considered that the coach has used his/her allocated appeal under any circumstance.
3. Referee shall request the Review Jury to review the instant video replay. Review Jury, who is not of the same nationality as the contestants, shall review the video replay. After review of the instant video replay, the Review Jury shall inform the center referee of the final decision within one (1) minute after receiving the request.
4. Each coach shall be allocated with one (1) appeal to request an instant video replay request per contest. If the appeal is successful and the contested point is corrected, the coach shall retain the appeal right for the pertinent contest. In the course of one (1) Championship, there is no limit of a total number of appeals a coach has the right to make per contestant. However, if any coach has had certain number of appeals rejected for one contestant,

he/she will lose the right to any further appeals. Based on the size and level of the Championships, the Technical Delegate may decide the number of appeal quota between one (1) and three (3) per Championships.

5. The decision of the Review Jury is final; no further appeals will be accepted during or after the contest.
6. In the case that there is a clear erroneous decision from the refereeing officials on identification of the contestant or errors in the scoring system, any of judges shall request for review and correct the decision at any time during the contest. Once the refereeing officials leave the competition area, it will not be possible for anyone to request for review or to change the decision.
7. In the case of a successful appeal, the Competition Supervisory Board shall investigate the contest at the end of the competition day and take disciplinary action against the concerned refereeing officials, if necessary.

CHAPTER 3. Self Defense (Hoshinsul) Rules

Article 22. Execution method & Match Area

1. The Self Defense "Hosinsul" competition involves pairs performing choreographed self-defense techniques of the competitors' choosing in the same age category. The performance should consist of 6 unique techniques, with one partner attacking for three consecutive techniques (and the defender utilizing any three defensive techniques), followed by the reverse (with the new defender utilizing any three defensive techniques). The performance should not be as more to 2 minutes in length as possible.
2. The competition area must be flat and devoid of hazard and its useful size is 8 m 8 m square meters.

Article 23. Age Classification of Hosinsul Competition

The Competitions of self-defense "Hosinsul" are organized by age category and in this section Player height and weight do not play a role in classification. Age category will be determined by the eldest member of each team

Minors 6 ~ 8-year-old	Junior 15 ~ 17-year-old	A. Master age 35 ~ 45 years old
Toddler 9 ~ 11-year-old	Senior 18 ~ 20 years old	B. Master age 46 ~ 55 years old
Juvenile 12 ~ 14-year-old	Adults 21 ~ 34 years old	C. Master age + 55 years old

Article 24. Technical selection conditions

1. Teams competing in the self-defense competition may choose one of two pre-determined combinations of techniques to demonstrate.

Category A:

- Defense against a wrist grab " Son Mok Sul"
- Defense against a punch "Bhang Kwon Sul "
- Defense against a weapon "Mu KI Sul"

Category B:

- Defense against a clothing grab " Ui Bok Sul"
- Defense against a kick " Bhang Jok Sul"
- Defense against a weapon " Mu KI Sul"

2. Each partner will perform one of each of indicated techniques, for a total of six techniques per team. Both members must select the same category of techniques to perform (either A or B).

Article 25. Self -Defense scoring criteria

1. Time score: 2 points possible
 - 1.1 If performance lasts 2 minutes, receive 2 points out of 2
 - 1.2 If 15 seconds under or over this range, receive 1 point out of 2
 - 1.3 If a team runs over time, they will be told to stop their performance at 2 minutes and 15 seconds, and they will receive 0 points out of 2
2. Respect and Etiquette Score: 2 points possible
 - 2.1 The Competitors must approach the judges and introduce themselves with confidence, so the Competitors must display appropriate respect and humility. (worth 1 point)
 - 2.2 Uniforms must be clean, tidy and approved by WHC (worth 1 point)
3. Technical Performance Score: 6 point possible
 - 3.1 Ki-yap projection (worth 1 point)
 - 3.2 Consistency and Crispness of techniques (worth 1 point)
 - 3.3 Consistency of competitors' motions and visibility of techniques (worth 1 point)
 - 3.4 Creativity/Presentation of self-defense (worth 1 point)
 - 3.5 Creativity/Visual appeal of falling techniques (worth 1 point)
 - 3.6 Smooth and harmonious motions of the pair (worth 1 point)

Article 26. Decision making and judgment

1. **Qualification:**
 - 1.1 Referees must have an international degree certificate of WHC and have full experience and expertise in self-defense techniques.
 - 1.2 The Judges of match must not have the nationality of either of the participants.
2. **Execution method:**
 - 2.1 The panel of five Judges (one head referee and 4 judges) for each match will be designated by the Tatami Manager.
 - 2.2 The head referee will sit in the center position facing the contestants and the other four Judges will be seated at the boundary line # 1 facing the Competition Area. Each Judge will have a red and a blue flag or, if electronic scoreboards are being used, an input terminal.
3. **OPERATION OF MATCHES**
 - 3.1 At the start of each bout and in answer to their names, the two contestants, or teams, one wearing a red belt (Hong), and the other wearing a blue belt (Chung), will line up at the match area perimeter facing the Chief Referee. Following a bow to the Judging Panel and then to each other, will then step back out of the Match Area. After moving to the starting position blue belt team will bow and begin the Hosinsul (self-defense). On completion of the Hosinsul, Chung team will after bowing will leave the area to await the performance of red team (Hong team) who will follow the same procedure for performing his/her Hosinsul. After Hong team has been completed both will return to the match area perimeter and await the decision from the Panel.
 - 3.2 After completion of both self-defense demonstration, the contestants will stand side by side on the perimeter. The Chief Judge will call for a decision (SUNG) and the Judges will raise the flags simultaneously whereupon will cast their votes. After giving sufficient time for the votes to be counted (approximately 5 seconds) the flags will be lowered after center referee call (Baro)
 - 3.3 The team that gets the most votes from the judges will win.

Article 27. Other matters not specified in competition Rules

In the case that any matters not specified in the Rules occur, they shall be dealt with as follows:

1. Matters related to the competition shall be decided through consensus by the refereeing officials of the pertinent contest.
2. Matters not related to a specific contest throughout the Championships such as technical matters, competition matters, etc shall be decided by the Technical Delegate