

# International Hapkido Cooperation – Open Hapkido European Championships Rules and Regulations

---

*Version: 6.9 EN*

*2023, October*



## 1. Tournament

### 1.1 Preamble

The International Hapkido Cooperation e.V. organises the IHC Hapkido European Championships every two years. This open-style Hapkido championship serves to improve understanding and co-operation between Hapkido in Europe and is intended to deepen the friendship between Hapkido masters and their students. Competitors from the European nations have the opportunity to compete in fair, sporting and cooperative competitions and to represent the sport of Hapkido. All Hapkido clubs, associations and schools in Europe are cordially invited to participate. The masters are encouraged to send their best starters to the European Championships as representatives of their association or club. Non-European nations are also admitted to these championships and are cordially invited.

Participants in the IHC Hapkido European Championships undertake to compete in a fair and sporting manner and, by participating, accept the present regulations and the judging panel.

All roles written in this document are to be understood as gender-neutral in order to reduce the effort of differentiation in this document.

### 1.2 Honours

The winner of a class is awarded the title "European Hapkido Champion" or "European Youth Hapkido Champion". The first three places will be honoured with trophies or medals. Each participant will receive a certificate.

### 1.3 Mat area

It is recommended to use a three-part mat area for the competitions:

- an inner area of 6x6 metres
- a first outer ring of a different colour (to the inner area) of 8x8 metres
- a second outer ring of a different colour (to the first outer ring) measuring 10x10 metres

Furthermore, depending on the number of participants and the possibilities, there should be a second mat area of the same design and an additional preparation area.

It must be ensured as far as possible that the competitions and the preparations can be carried out without causing injury or danger to the participants, mat supervisors, judges and spectators.

## 1.4 Organisation

The tournament is organised at various organisational levels. In addition to the various management committees, the organisation is supported by numerous helpers.

### 1.4.1 Tournament Management

The tournament has a tournament director, who is appointed by the IHC presidium/board before the start and announced to all attendees.

1. the tournament director presides over the supreme tournament jury
2. he/she has the right to vote on decisions submitted to the tournament jury
3. he/she appoints the mat leaders and mat judges

Care should be taken to ensure that the composition of a mat court evaluates a competition category and is not replaced in between, unless important circumstances require this.

### 1.4.2 Tournament Jury

The tournament jury consists of at least two tournament judges and the tournament director. There must be an uneven number of tournament judges so that there is always a majority decision. The tournament judges are appointed by the tournament director before the start of the competition and announced to all those present. The tournament jury is the supreme authority of the tournament and makes the final decision in case of disputes. The tournament judges each have one vote. Decisions are made by simple majority.

1. the tournament jury decides in disputes as the last instance
2. the tournament jury consists of the tournament director and two tournament judges
3. the tournament director and the tournament judges may only ever decide "For" or "Against" the disagreement. There is no abstention.

### 1.4.3 Mat Director

The mat director is appointed by the tournament management for each category.

1. presides over the mat judge for each competition category
2. he/she has a vote in the case of a dispute within the mat jury
3. he/she is a judge himself/herself
4. if necessary, he/she distributes competition category-specific penalty points to participants (e.g. time violation, rule violation, etc.).

The mat director is responsible for the management of the respective round of a competition class and for compliance with and interpretation of the competition rules in the event of uncertainties. He/she also decides in the first instance in the event of uncertainty. In the event of uncontrolled danger, he/she may interrupt or cancel a round.

The mat director is responsible for the briefing before the start of each competition class and is in charge of greeting the starters and judges before the start of the competition.

The mat director checks all materials and clothing. He/she may reject them if there is an uncontrollable danger to participants or those present.

All uncertainties and complaints must be clarified promptly with the mat director. If no agreement can be reached, the tournament judge will be called in to make a decision.

### 1.4.4 Mat Jury

The mat jury consists of the mat director and at least two other mat judges. However, more judges may be appointed, whereby the number of judges should always be odd.

Tasks of the mat jury:

1. as the first point of contact for appeals, the mat court takes up the appeal/dispute and, if no agreement is reached between the parties to the dispute and the mat court itself, passes the case on to the tournament court.
2. in the case of unclear, dangerous or other situations worthy of interruption, the mat court meets and discusses the matter. Further decisions are made on the basis of the discussion.

### 1.4.5 Mat Judges

The mat judges are appointed by the tournament director. The tasks are

1. scoring/evaluation of the participants according to category-specific criteria
2. the evaluation must always be completely objective and orientated towards the category-specific evaluation criteria.

### 1.4.6 Appeal

An appeal against certain judgements or changes mentioned under 1.4.7 is possible under the following conditions:

1. the time limit for an appeal to a competition category is set at the duration of the category + 1 hour after its conclusion. After this time, no further appeals can be lodged. An appeal must first be formally submitted to the responsible mat judge of the category in which the appeal is to be lodged. The mat jury is obliged to hear the appeal. If the appeal is justified, a majority decision of the mat jury is sufficient, the appeal will be passed on to the tournament jury, which will make a final decision.
2. the time limit for an appeal against the overall ranking of a category is set until the award ceremony of the European Championships as a whole. After that, no further appeals can be lodged. An appeal must be formally submitted to the Tournament Jury. The Tournament jury is obliged to hear the appeal. If the appeal is justified, the tournament jury will make the final decision.

Appeals must be lodged as soon as possible or immediately.

### 1.4.7 Exceptions and deviations for class determination

Experience has shown that competition classes can be cancelled due to insufficient numbers of participants. However, in order to give all participants the opportunity to compete, it may make sense to merge similar or create new competition classes. In order to make

the competitions exciting and challenging for everyone, it is possible to make certain changes to the scoring. These must be transparent and comprehensible.

Exceptions or deviations from the evaluation guidelines of a category, a merger or the opening of new competition classes are possible under the following conditions:

1. the changes must be communicated to all judges and participants before the start of the respective competition category, if necessary, also via the club representative present.
2. the decision on the change must be confirmed by a majority decision of the tournament jury.

## 1.5 Rating

### 1.5.1 Judging self-defense, weaponless form, show, long stick, sword and other weapon forms

The competition is judged by three to seven judges, but always in uneven numbers. The scoring is open. The judges sit around the mat.

If there are five or more judges, the highest and lowest marks are cancelled. The scoring scale ranges from 1.0 to 5.0 in steps of 0.1 points. 1.0 is the lowest score, 5.0 the highest.

In the event of a tie in the final, the competitors start again. If there are two contestants in the second round, the judges will give a hand signal. If there are more than two participants, the decision is made again by scoring.

### 1.5.2 Penalties

#### 1. leaving the mat

Leaving the mat means touching the surrounding hall floor. The mat director will deduct 1.0 point from the total score for leaving the mat.

#### 2. time limits

For exceeding or falling short of a time limit by more than 7 seconds, the mat director will deduct 1.0 point from the total score. The time counts from the first to the last movement of the participant.

#### 3. cancellation

For a clearly recognisable aborted form, the mat director will deduct 1.0 point from the total score.

#### 4. hazards

Whether and when a participant's behaviour endangers others is decided by the respective mat judge through the respective mat director. Disqualification or a deduction of between 1.0 and 5.0 points is possible.

### 1.5.3 Long Jump Rating

The competition is judged by a mat director and two referees. They check compliance with the jump markings and measure the jump distance.

### 1.5.4 Breaking Form Rating

The competition is led and judged by a mat director, a timekeeper and an observer. A successful break test is counted as soon as a board breaks completely in the air, not on the ground.

## 1.5.5 Fight Rating

The mat judge for the "Fight" competition category consists of the mat director and at least two judges. It is supported by the timekeeper, the scorekeeper/scorekeepers and the list keepers.

### **Judging criteria:**

- 2 points
    - foot to head
    - throw - after a throw the fight continues standing
  - 1 point
    - foot to the body
    - fist to the head/body
    - Punches and kicks against the guard do not give any points
  - 0 points
    - mutual hitting without dominance
  - 1 point
    - for prohibited actions (accidents are not penalised)
- For further explanations see chapter Fight -

Scoring takes place via an open flag signal, which is shown for up to two seconds. The score counts as soon as at least two flags are shown at the same time for the same action.

### **Flag signals:**

- Flag vertically above the head +2 points
- Flag horizontally to the side +1 point
- Flag downwards to the side -1 point (minus point)
- Flags crossed in front of the body 0 points
- Flags crossed over the head Interruption of the fight

The mat director directs the fight but does not score points. The judges are distributed around the mat and score the fights. The scorekeeper stands behind the timekeeper and list keeper and interprets the flag signals.

A fight is over as soon as one of the following conditions is met

- one of the contestants leads by six points
- a contestant receives the third minus point and is disqualified
- the fight time has elapsed
- the contestant gives up

In the event of a tie, the fight continues for a further minute after a half-minute break. If the score is tied again, the first hit of a third round of fighting decides.

The fighter with the highest number of points wins, provided there is no surrender or disqualification.

## 1.6 Disclaimer

The International Hapkido Cooperation and the organiser accept no liability. This does not apply to intentional acts or gross negligence on the part of the organiser.

## 1.7 Data Protection

The participants' data, in particular name, cup grade, age, club affiliation and scoring results, will be used by the IHC and the organising club exclusively for the purpose of holding and organising the European Championships. The starter lists with placings and scores will be published afterwards and may be stored permanently. The intermediate rankings will be deleted no later than 90 days after the championship has been organised. The data will only be passed on to third parties if this is necessary for the above-mentioned purposes and an adequate level of data protection is guaranteed. The responsible entities can be found in the respective announcement.

Pictures will be taken at the championship by the IHC and the organiser as well as the press for the purpose of reporting and documentation. These will be published in the press, on the website, in print media and social networks.

By registering for a competition category, participants agree that pictures of them may be taken and published in the context of the competition.



## 2. Fight

### 2.1 Fight – competition and mode

The fights are fought in light contact with protective equipment with punches, kicks and throws in a standing position. The fighting time is 2 x 1.5 minutes for adults and 2 x 1 minute for youths. Each fight has a 30-second break between the 2 rounds.

Up to five participants will start in a pool system (everyone against everyone). Six or more starters will start in a double knockout system. From seventeen starters upwards, pools are formed with up to sixteen starters each, who compete against each other in a final round.

### 2.2 Fight – requirements

Light contact means that a point is scored by a superficial hit of the opponent on a permissible hit area. This hit must be controlled and must not be capable of injuring the opponent in the body area hit.

Permitted hit areas or hits are non-injurious hits to the head and upper body above the belt line. The mat director decides on any violation of this requirement. Only the padded surfaces of the protective equipment may be used.

Foot sweeps are only to be executed in such a way that they are not likely to injure the opponent, i.e. from behind or at most sideways against the calves or upper thighs. Throws are to be executed in a controlled manner. After a throw, the fight continues from the centre of the mat in a standing position. Kicking or punching on the ground is not permitted.

The light contact protective equipment consists of head protection, mouth protection, hand protection, groin protection and foot protection. Head protection is optional for adults. Shin guards may be worn. They must be made of soft material and must not contain any plastic or other hard elements.

The padding of the protective equipment must have a clearly cushioning effect. So-called MMA gloves are prohibited. The equipment must be clean and must not pose a risk to the other competitor. Heel, foot and the closed fist including thumb and toes must be clearly covered by the protective equipment.

The protective equipment will be checked and approved by the mat director. The competitor cannot start without this approval.

Injury break: If a situation causes a participant to bleed, but the fight can generally be continued, the mat director can order an injury break during which the bleeding participant can be treated. If the injury is not repaired within one minute to the extent that the fighter can continue the fight, the mat judge must discuss the cancellation of the fight and determine a result.

## 2.3 Fight – competition classes

This competition is open from the age of 12. The competition classes are divided according to youth and adults, gender and weight. The weight is determined on the day of the competition. Children and young people are only weighed fully clothed and without competition equipment.

### **Male under 18 years (juniors)**

**fight U18 m up to 50 kg**

**fight U18 m up to 65 kg**

**fight U18 m up to 75 kg**

**fight U18 m from 75 kg**

### **Male over 18 years (seniors)**

**fight O18 m up to 65 kg**

**fight O18 m up to 75 kg**

**fight O18 m up to 85 kg**

**fight O18 m from 85 kg**

### **Female under 18 years (juniors)**

**fight U18 w up to 45 kg**

**fight U18 w up to 60 kg**

**fight U18 w from 60 kg**

### **Female over 18 years (seniors)**

**fight O18 w up to 60 kg**

**fight O18 w up to 70 kg**

**fight O18 w from 70 kg**

## 2.4 Fight – penalties

Forbidden actions are penalised with a minus point via the flag system.

Prohibited actions are:

- excessive force
- deliberate injury to the other competitor
- unsportsmanlike behaviour
- choking

- holding and striking
- Attacks to unauthorised striking areas

Not permitted strike areas are:

- below the belt
- spine

The mat director may issue a warning. This is also penalised with one minus point.

Three minus points lead to disqualification.

In the case of a second fight disqualification, the fighter will be disqualified from all fight classes.

## 3. Self-defence

### 3.1 Self-defence – competition and mode

The participant demonstrates self-defence techniques against various attacks by his training partner in one round. Each technique is shown once per round. Different attacks are prescribed for each competition class. Weapons are only permitted if they are required for the class.

### 3.2 Self-defence – requirements

This competition takes place without music and in the Dobok of one's own style. All weapons and everyday objects known in Hapkido are permitted. Only training weapons may be used. Damaged or sharp weapons are not permitted. Any danger from the weapons used must be ruled out.

### 3.3 Self-defence – competition classes

This competition is open from the age of 12. The training partner must also be at least 12 years old. No distinction is made according to gender.

#### **Youth (under 18)**

<b>SD U18 C 10th - 5th Kup</b>	6 techniques, without weapons
<b>SD U18 B 3rd - 4th Kup</b>	6 techniques, without weapons
<b>SD U18 A 1st - 2nd Kup</b>	8 techniques, including 2 against weapons

#### **Adults (over 18)**

<b>SD O18 C 10th - 5th Kup</b>	6 techniques, without weapons
<b>SD O18 B 4th – 3rd Kup</b>	6 techniques, without weapons
<b>SD O18 A 2nd – 1st Kup</b>	8 techniques, including 2 against weapons
<b>SD DAN 1st - 10th Dan</b>	10 techniques, including 4 against weapons
<b>SD DAN 40+ from 40 years</b>	10 techniques, including 4 against weapons

### 3.4 Self-defence – rating criteria

- adherence to the Hapkido principles
- realistic execution of attack and defence
- functioning technique
- speed, balance and breathing technique
- timing
- technique completion and securing of opponent and weapons
- charisma, harmony and strength

## 4. Long Jump

### 4.1 Long Jump – competition and mode

- each participant has a total of three attempts - the widest attempt counts towards the score
- the distance of the hand that comes up first is counted
- each participant has one free test jump without scoring
- if two or more participants achieve the same scoring distance, there is a play-off
- the height of the competitor in cm is subtracted from the distance jumped to determine the scoring distance
- the jump mark must not be crossed

### 4.2 Long Jump – requirements

- this competition takes place without music and in the Dobok of the own style
- the take-off zone is marked in colour

### 4.3 Long Jump – competition classes

This competition is open from the age of 12.

#### **Youth**

**LJ Y m U18**

**LJ Y f U18**

#### **Adults**

**LJ A m O18**

**LJ A f O18**

## 5. Show

### 5.1 Show – competition and mode

A team with a minimum of 2 and a maximum of 6 participants performs a martial arts show that is as creative as possible. Traditional elements should take centre stage. Training weapons, everyday objects and music are permitted. Synchronised form is also possible. Music and form should form a unit. The starting places will be drawn by lot.

Time limit: minimum 45 seconds - maximum 3 minutes

### 5.2 Show – requirements

A dobok may be dispensed with in order to demonstrate martial arts techniques in everyday life.

The maximum deviation from the time limit is +/- 7 seconds.

Only training weapons may be used. Damaged or sharp weapons or objects are not permitted.

Weapons and objects may not endanger anyone through improper use. The mat director will decide on any violation of this point.

### 5.3 Show – competition classes

This competition is open from the age of 12.

**Class: SHOW**

### 5.4 Show – rating criteria

- Entertainment value based on martial arts aspects
- mastery of body and weapons
- difficulty and complexity
- synchronisation within the team
- synchronisation with the music
- timing
- level of difficulty
- innovation, imagination, creativity, variety of techniques
- charisma and harmony

## 6. General weapon form

### 6.1 General weapon form – competition and mode

A participant demonstrates a form with one or more traditional weapons. The focus here is on the control and handling of the weapon.

### 6.2 General weapon form – requirements

The form is shown in the Dobok of the own style. Music is not allowed.

**Sword and pole forms are to be shown in separate categories.**

Traditional weapons are e.g. short stick, medium pole, cane, fan, belt, rope. Damaged weapons are not permitted. Sharp weapons are also prohibited in this category. The weapon may not endanger or injure anyone through improper use, and the loss of the weapon is counted as a cancellation in the case of a dan holder. Students may continue their form once.

### 6.3 General weapon form – competition classes

This competition is open from the age of 14. The competition classes are not differentiated according to age and gender.

#### Classes

<b>WF Kup</b>	Kup grades
<b>WF DAN</b>	1st-10th Dan

### 6.4 General weapon form – rating criteria

- adherence to the principles of martial arts
- mastery of the weapon, precision and handling
- adherence to form (in the case of a standard form) and realistic, practical movements of the weapon
- difficulty and complexity
- speed, balance and breathing technique
- charisma, harmony and power

#### 6.4.1 General weapon form – penalties

For Kup/Kyu grades, the mat director will deduct up to 2.0 points from the overall score for losing the weapon or a restart.

For Dan holders, losing the weapon means disqualification.

## 7. Weaponless form

### 7.1 Weaponless form – competition and mode

The participant demonstrates a weaponless form against one or more imaginary opponents. He or she uses traditional elements such as punches, kicks and blocks.

### 7.2 Weaponless form – requirements

The form is shown in the Dobok of the own style.

Time limit: minimum 30 seconds - maximum 60 seconds

Weapons or music are not permitted.

### 7.3 Weaponless form – competition classes

This competition is open from the age of 12. The competition classes are not differentiated according to age and gender.

#### **Classes**

**WLF Kup**            Kup grades

**WLF DAN**            1st-10th Dan

### 7.4 Weaponless form – rating criteria

- adherence to the principles of martial arts
- realistic, practicable techniques
- difficulty & complexity
- speed, balance and breathing technique
- charisma, harmony and strength



## 8. Long Pole form

### 8.1 Long pole form – competition and mode

A participant shows a form with a long pole. The focus here is on the control and handling of the weapon.

### 8.2 Long pole form – requirements

The form is shown in the Dobok of the own style. Music or multiple weapons are not permitted. The length of the long pole should be about 180cm or equal to your own height. Damaged weapons are not permitted. The weapon must not endanger or injure anyone through improper use. For black belts, the loss of the weapon is counted as a cancellation. Colour belts may continue their form once.

### 8.3 Long stick form – competition classes

This competition is open from the age of 14. The competition classes are not differentiated according to age and gender.

#### **Youth**

**LS Y**                      14-17 years

#### **Adults over 18**

**LS A Kup**                Kup grades

**LS A DAN**              1st-10th Dan

### 8.4 Long stick form – rating criteria

- adherence to the principles of martial arts
- mastery of the weapon, precision and handling
- Adherence to the form (in the case of a standard form) and realistic, practical movements of the weapon
- difficulty and complexity, e.g. through grip changes, turns, length changes
- speed, balance and breathing technique
- charisma, harmony and power

#### 8.4.1 Long stick form – penalties

- The mat director will deduct 2.0 points from the overall score for losing the weapon or a restart.

## 9. Sword form

### 9.1 Sword form – competition and mode

A participant shows a form with a sword. The focus here is on the control and handling of the weapon.

### 9.2 Sword form – requirements

The form is shown in the Dobok of the own style. The sword must be at least 89cm long. Music or multiple weapons are not permitted. Damaged weapons are not permitted. The weapon must not endanger or injure anyone through improper use. All materials commonly used for swords and practice swords are permitted.

### 9.3 Sword form – competition classes

This competition is open from the age of 14. The competition classes are not differentiated according to age and gender.

#### **Youth**

##### **S Y U18**

wooden sword

#### **Adults**

##### **S A Kup**

wooden or metal sword (not sharp)

##### **S A DAN**

1st - 10th Dan - sharp or blunt sword

### 9.4 Sword form – rating criteria

- sharp or blunt sword
- adherence to the general principles
- control of the weapon, precision of execution, cutting stance
- adherence to form (in the case of a standard form) and realistic, practical movements of the weapon
- difficulty and complexity
- speed, balance and breathing technique
- timing
- charisma, harmony and power
- weight/material

#### 9.4.1 Sword form – penalties

- loss of the weapon leads to disqualification
- self-inflicted injuries by the sword lead to disqualification

## 10. Board breaking form

### 10.1 Board breaking form – competition and mode

In one round, the participants perform a board breaking form consisting of several breaking tests on wooden boards in direct succession. The time is taken at the beginning and end of the round.

The winner is the one who breaks the most boards in the shortest time. The overriding criterion is the number of boards broken.

The breakage tests continue if a board does not break.

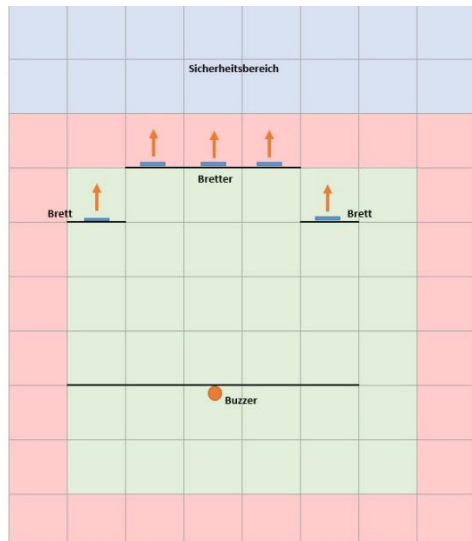
The boards are drawn by the mat judge and held freely on two fingers.

The dimensions of the boards are approx. 28cm x 28cm x 1.8 cm.

### 10.2 Board breaking form – requirements

The participant has 1 minute to set up his boards and start the competition. The boards are always positioned as shown in the diagram below. The height can be freely chosen by the participant. The order can also be determined by the participant.

All boards must be kicked or hit in the direction of the safety area. The competition takes place on the mat. This also serves as a measure for the set-up. The board holders are determined by the tournament judge and are used for all participants.



- all techniques must be different
- the techniques may be freely chosen, but must include at least two foot techniques
- only one attempt is permitted for each board

