



European Hapkido Union

International Dan Hapkido Federation

Union of Hapkido Federations, Russia

Date: 04 October 2019

Venue: 8 Futbolnaya alley, SIBUR ARENA SPORT COMPLEX, Saint-Petersburg, Russia

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www.hapkido-russia.com

Chief Referee: Mikhail Kogan (USA)

GENERAL REGULATIONS, COMPETITION RULES AND CATEGORIES

CONTESTANTS

Representatives of all organizations, having Hapkido technical certification, are allowed to take part in the competitions regardless their style, nationality or residence.

SPARRING HAPKI-KYORUGI

SPARRING COMPETITION RULES

Taking into account the character and nature of demonstration of the contestants, the Rules for this discipline represent the combination of throwing technique, which comes primarily from judo, and the taekwondo striking technique.

EQUIPMENT AND GROUND

- dobok
- belt
- body shield
- helmet with mask (or mouthpiece)
- lower leg and foot protectors
- forearm protector at the will of contestant
- taekwondo WT gloves at the will of contestant
- groin guard

Every team takes care of the equipment of its athletes.

GROUND represents a square 8 meters on a side covered with elastic mats joined in a dovetail 2,5 - 4 cm thick or judo tatami.

POINTS ARE GIVEN FOR:

ONE POINT (+1):

- kick to the body shield by any part of the foot;
- punch by the front of the fist;
- allowed overthrowing or allowed throw of the opponent, when one or two feet of the opponent remain on the dojang;
- allowed throw of the opponent, when the attacking athlete himself touches the dojang with his knee (both knees) or a hand.

TWO POINTS (+2):

- Kick or touching a helmet with any part of the foot (full version of the rules);
- Allowed throw* when both feet of the opponent come off the dojang

***ALLOWED THROWS, OVERTHROW IN STANDING POSITION**

- Throws are allowed only with grabs above the belt.
- Trip up and throws over the hip, shoulder and back are allowed.
- Grabs of the attacking foot followed by a throw are allowed only if the foot does not touch the ground.

After making a grab in a standing position, contestant has only 3 (three) seconds to make a throw.

Technical throwing is evaluated only until the moment when the opponent touches the ground (overthrowing).

Ground fighting is prohibited.

If three seconds (three counts by the referee) go by and the athlete does not make any throw, the contestants are separated and take their places on the ground.

If the throwing technique was made in the stipulated time, the contestants also take their initial position on the ground right after the throw.

PROHIBITED ACTIONS «-1» PENALTY POINT

- Striking by any part of the arm over the body shield;
- Striking by elbows or knees;
- Pack of over two punches in a row;
- Emphasized blow under the belt (hitting the legs);
- Dispute with the referee;
- Grabs by the body shield;
- Low blow;
- Rude remarks of the corner toward the opponent or the referees;
- Stepping over the limiting lines with both feet;
- Falling, touching the ground by hand or knee without making a throwing technique;
- Making blows and grabbing the opponent at the same time;
- Double leg takedown, grabbing the opponent by the hips while his feet are on the ground;
- Ground fighting;
- Submission holds;
- Chokeholds.

Applied throwing techniques, back arch throws, chest throws, throws with putting the opponent's head on the ground, chokeholds, Submission holds are strictly prohibited. If a contestant tries to do any of the above mentioned, he will be immediately disqualified.

!!! If a contestant is awarded 4 penalty points, he will be disqualified by penalty points and his opponent becomes the winner.

ПРИЗНАНИЕ ПОБЕДЫ

- Victory by points;
- Victory by penalty points due to the opponent’s disqualification;
- Victory by KO (as a result of the allowed technique (a blow), the opponent is not able to continue the fight after 10 seconds counting).

TIMING

The fight consists of 2 rounds of 1 min 30 sec with a break for 30 seconds.

JURY

COMPOSITION OF THE JURY: Referee on the ground, line referees, arbiter on the ground.

AGE AND WEIGH CATEGORIES

Sex	Age	Weight (kg)
M	8-10 years old *	UNDER 25, 27, 30, 33, 37, 41, 45; OVER 45 kg
F		UNDER 25, 27, 30, 33, 37, 41, 45; OVER 45 kg
M	11-12 years old	UNDER 30, 33, 37, 41, 45, 49, 54; OVER 54 kg
F		UNDER 30, 33, 37, 41, 45, 49, 54; OVER 54 kg
M	13-14 years old	UNDER 33, 37, 41, 45, 49, 54, 58, 62; OVER 62 kg
F		UNDER 33, 37, 41, 45, 49, 54, 58, 62; OVER 62 kg
M	15-17 years old	UNDER 45, 49, 54, 58, 62, 67, 72, 77; OVER 77 kg
F		UNDER 41, 45, 49, 54, 58, 62, 67, 72; OVER 72 kg
M	18 years old and over	UNDER 54, 58, 62, 67, 72, 77, 83, 88; OVER 88 kg
F		UNDER 45, 49, 54, 58, 62, 67, 72; OVER 72 kg

****Contestants aged 8-10 are not allowed making kicks in the head.***

STANDARD ENTRY FORM FOR THE SPARRING

Entry form for the Hapkido – Open European Championship

Discipline: **SPARRING**

Team: _____

Hapkido organization (style): _____

Country: _____ City: _____

No	Contestant's name	Date of birth	Sex	Team	Hapkido organization	Hapkido level	Weigh category	Coach's name	Medical admission
1.									

Medical officer _____/_____

Head of the organization _____/_____

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FREE-STYLE**FREE-STYLE TEAM OF TWO DEMONSTRATION**

FREE-STYLE TEAM OF TWO DEMONSTRATION is a demonstration performed by a team of two athletes (imitation of a fight) accompanied by music on the basis of the Hapkido techniques, acrobatics and choreography.

PARTICIPANT CATEGORIES

1 DIVISION – Male pairs (black belts)

2 DIVISION – Male pairs (color belts)

3 DIVISION - Mixed pairs (male and female), black belts

4 DIVISION - Mixed pairs (male and female), color belts

Age categories: from 14 years old and older

PARTICIPANT EQUIPMENT

Dobok – Hapkido uniform, which includes a jacket, a belt and pants.

Sporting weapons: knife imitation (plastic or wood), short stick (wood, 40 cm long, 3-4 cm in diameter), long stick (wood, 100 - 120 cm long, 3-4 cm in diameter), baton (wood, 130 - 180 cm long, 3-4 cm in diameter), cane (wooden stick 70 - 80 cm long with a hook on one end), belt (belt made of cloth 180 - 300 cm long, 4-5 cm wide, 0,5 cm thick), fake sword, nunchaku

TIMING AND INITIAL POSITION

DURATION OF PERFORMANCE as well as of the sound recording of the team should not exceed 3 minutes.

Initial positions of the participants on the ground before the performance, along with the sound record and choreography, are to be chosen by the participants.

PERFORMED TECHNIQUES

The performance may include: any striking and throwing Hapkido techniques, acrobatics. In the mixed pairs, the woman may use self-defense techniques, while the man plays the role of the assistant.

THE PARTICIPANTS SHOULD USE ONLY THE HAPKIDO TECHNIQUES:

- kicks (in the air, in pairs, in the objects: pads, boards, etc.);
- punches (in the air, in pairs, in the objects: pads, boards, etc.)
- all types of throws, grabs and holds used in Hapkido;
- use of Hapkido weapons and self-defense against weapons;
- demonstration of using materials on hand (bag, umbrella, etc.);
- complex of techniques, combination of movements, etc. used in Hapkido;
- acrobatic elements, falls, breakfalls;
- respiration exercises.

REQUIRED ELEMENTS

- Breaking free from grabs
- Defense from punches
- Defense from kicks
- Breakfall techniques (Nuk pub)

EVALUATION

HIGHEST MARK for the performance is 5.0

SCORE ANNOUNCED right after the referees give the points by showing scorecards or displaying the marks on the screen.

EVALUATION CRITERIA

- Complexity of kicks
- Performing quality of the Hapkido techniques
- Stage of completion of the performance
- Complexity of choreography, compliance with music;
- Vividness of performance;
- Speed, dynamics, harmony and teamplay during the performance;
- Artistic impresson;
- Kihap, energetic engagement while performing techniques;
- Breakfall techniques (altitude, speed), acrobatics.

The winner is the team, which scored the most.

FREE-STYLE TEAM DEMONSTRATION RECORD SHEET

Team: _____	
Referee Name: _____	
Referee position number: _____	
Given points	« _____ »
Referee signature _____	

TEAM FREE-STYLE DEMONSTRATION STANDARD ENTRY FORM

Entry form for the Hapkido – Open European Championship

DISCIPLINE: **FREE-STYLE PERFORMANCE IN PAIRS**

Team: _____
 Hapkido organization (style): _____
 Country: _____ City: _____

No	Contestant's name	Date of birth	Sex	Team	Hapkido organization	Hapkido level	Weigh category	Coach's name	Medical admission
1.									

Medical officer _____/_____

Head of the organization _____/_____

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TEAM DEMONSTRATIONS

OPTIONAL TEAM DEMONSTRATION RULES

OPTIONAL TEAM DEMONSTRATION is a demonstration performed by a team (imitation of a fight) accompanied by background music on the basis of the Hapkido techniques, acrobatics and choreography.

TEAM COMPOSITION

The team consists of 5 to 10 athletes regardless of sex.

PARTICIPANT CATEGORIES

1 DIVISION – color belts up to 1 Gup and including

2 DIVISION – black belts up to 1 Dan and above

The level of the team is evaluated in accordance with the team member – the highest belt holder. If less than two teams applied for the division, the divisions are united.

PARTICIPANT EQUIPMENT

Dobok – Hapkido uniform, which includes a jacket, a belt and pants.

Sporting weapons: knife imitation (plastic or wood), short stick (wood, 40 cm long, 3-4 cm in diameter), long stick (wood, 100 - 120 cm long, 3-4 cm in diameter), baton (wood, 130 - 180 cm long, 3-4 cm in diameter), cane (wooden stick 70 - 80 cm long with a hook on one end), belt (belt made of cloth 180 - 300 cm long, 4-5 cm wide, 0,5 cm thick), fake sword, nunchaku

TIMING AND INITIAL POSITION

DURATION OF PERFORMANCE as well as of the sound recording should not exceed 3 – 5 minutes. Initial positions of the participants on the ground before the performance, along with the sound record and choreography, are to be chosen by the participants.

PERFORMED TECHNIQUES

THE PARTICIPANTS SHOULD USE ONLY THE HAPKIDO TECHNIQUES:

- kicks (in the air, in pairs, in the objects: pads, boards, etc.);
- punches (in the air, in pairs, in the objects: pads, boards, etc.)
- all types of throws, grabs and holds used in Hapkido;
- use of Hapkido weapons and self-defense against weapons;
- demonstration of using materials on hand (bag, umbrella, etc.);
- complex of techniques, combination of movements, etc. used in Hapkido;
- acrobatic elements, falls, breakfalls;

- respiration exercises.

REQUIRED ELEMENTS

- Breaking free from grabs
- Defense from punches
- Defense from kicks
- Breakfall techniques (Nuk pub)

EVALUATION

HIGHEST MARK for the performance is 5.0

SCORE ANNOUNCED right after the referees give the points by showing scorecards or displaying the marks on the screen.

EVALUATION CRITERIA

- Complexity of kicks
- Performing quality of the Hapkido techniques
- Stage of completion of the performance
- Complexity of choreography, compliance with music;
- Vividness of performance;
- Speed, dynamics, harmony and teamplay during the performance;
- Artistic impression;
- Kihap, energetic engagement while performing techniques;
- Breakfall techniques (altitude, speed), acrobatics.

The winner is the team, which scored the most.

TEAM DEMONSTRATION RECORD SHEET

Team:	
Referee Name:	
Referee position number:	
Given points	« _____ »
Referee signature _____	

TEAM DEMONSTRATION STANDARD ENTRY FORM

Entry form for the Hapkido – Open European Championship

DISCIPLINE: **TEAM DEMONSTRATION**

Team: _____
 Hapkido organization (style): _____
 Country: _____ City: _____

No	Contestant's name	Date of birth	Sex	Team	Hapkido organization	Hapkido level	Weigh category	Coach's name	Medical admission
1.									

Medical officer _____/_____

Head of the organization _____/_____

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HOSINSOOL

HOSINSOOL SELF-DEFENSE COMPETITION

Self-defense techniques' demonstration is performed in pairs, which present six (6) individual self-defense techniques chosen by the contestants. The contestant should use the techniques, which correspond with the basics of the Hapkido self-defense.

It is better not to use the techniques including applied acrobatics or other impractical techniques.

In the first part of the demonstration, one of the partners attacks the other during three consecutive rounds. The other partner should defend himself from every attack. Every round should end with imitated immobilization, throw, imitation of ground-and-pound or grabbing. The second part is similar to the first one, the attacker and the defendant change roles.

Each of the six self-defense techniques used during the demonstration should be unique.

After every round, the referees vote in favor of one of the teams by holding up a flag. Thus, the overall score of the competition is determined and the winner is announced.

PARTICIPANT CATEGORIES

Divisions	Technical level	Age categories
Male pairs	Color belts	Cadets 10 - 13 years old
		Juniors 14-17 years old
	Masters	15 – 40 years old
	Veterans	From 41 years old and older
Mixed pairs male and female	Color belts	Cadets female 10 - 13 years old
		Juniors 14-17 years old
	Masters	15 – 40 years old
	Veterans	From 41 years old and older

PARTICIPANT EQUIPMENT

Dobok – Hapkido uniform, which includes a jacket, a belt and pants.

Sporting weapons: knife imitation (plastic or wood), short stick (wood, 40 cm long, 3-4 cm in diameter), long stick (wood, 100 - 120 cm long, 3-4 cm in diameter), baton (wood, 130 - 180 cm long, 3-4 cm in diameter), cane (wooden stick 70 - 80 cm long with a hook on one end), belt (belt made of cloth 180 - 300 cm long, 4-5 cm wide, 0,5 cm thick), fan.

REQUIRED ELEMENTS

The performance may include: any striking and throwing Hapkido techniques, acrobatics. In the mixed pairs, the woman may use self-defense techniques, while the man plays the role of the assistant.

COLOR BELTS

Self-defense techniques should include:

- self-defense against wrist grab
- self-defense against cloth grab, against wrapping arms around torso or chokehold
- self-defense against direct punch
- self-defense against kick

BLACK BELTS (1 GUP IS ALLOWED)

Self-defense techniques should include:

- self-defense against wrist grab
- self-defense against cloth grab, against wrapping arms around torso or chokehold
- self-defense against direct punch
- self-defense against kick
- self-defense against punch using Hapkido weapons: tonbon, cane, long stick, belt, short baton, fan
- self-defense against knife

EVALUATION

VICTORY ANNOUNCE IN EVERY ROUND right after the demonstration of a technique, referees vote by raising blue or red flag in support of one of the pairs. Arbiter keeps track of the number of victories and makes the overall scoring of the match.

EVALUATION CRITERIA

- Compliance of the techniques with the Hapkido principles;
- Correctness and timeliness of all the elements of the technique;
- Balance;
- Energetic engagement – “Kihap”;
- Correctness, timeliness and complexity of breakfall techniques;
- Speed and unity while performing a technique;
- Vividness of performance.

TEAM DEMONSTRATION STANDARD ENTRY FORM

Entry form for the Hapkido – Open European Championship

DISCIPLINE: **HOSINSOOL SELF-DEFENSE IN PAIRS**

Team: _____
 Hapkido organization (style): _____
 Country: _____ City: _____

No	Contestant's name	Date of birth	Sex	Team	Hapkido organization	Hapkido level	Weigh category	Coach's name	Medical admission
1.									

Medical officer _____/_____

Head of the organization _____/_____

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WEAPONS TECHNIQUES

WEAPON FORMS

INDIVIDUAL PERFORMANCE WITH WEAPONS – an athlete demonstrates an optional series of techniques using weapons (imitation of shadow-fighting) accompanied by background music on the basis of the Hapkido techniques, acrobatics and choreography.

PARTICIPANT CATEGORIES

Divisions	Age categories
Male	Cadets 10 - 13 years old
	Juniors 14-17 years old
	15 – 40 years old
	From 41 years old and older
Female	Cadets 10 - 13 years old and older
	Juniors 14-17 years old
	15 – 40 years old
	From 41 years old and older

PARTICIPANT EQUIPMENT

Dobok – Hapkido uniform, which includes a jacket, a belt and pants.

Sporting weapons: stick (wood, 60-80 cm long, 3-4 cm in diameter), short baton (wood, 100 - 120 cm long, 3-4 cm in diameter), long baton (wood, 130 - 180 cm long, 3-4 cm in diameter), cane (wooden stick 70 - 80 cm long with a hook on one end), fake sword, fan, nunchaku.

TIMING AND INITIAL POSITION

DURATION OF PERFORMANCE as well as of the sound recording should not exceed 2 minutes.

Initial position of the participant on the ground before the performance, along with the sound record and choreography, are to be chosen by the participant.

PERFORMED TECHNIQUES

The performance may include: any striking techniques and acrobatics.

EVALUATION

HIGHEST MARK for the performance is 5.0

SCORE ANNOUNCED right after the referees give the points by showing scorecards or displaying the marks on the screen.

EVALUATION CRITERIA

- Precision of twisting the weapon and of its motion pattern
- Range complexity of twisting the weapon and of its motion pattern
- Technical quality of Hapkido punches and kicks
- Stage of completion of the demonstration
- Complexity of choreography, compliance with the background music;
- Vividness of demonstration;
- Speed, dynamics, artistism;
- Energetic engagement – “Kihap”, power during the demonstration of techniques;
- Breakfall techniques (altitude, speed), acrobatics.

The winner is the contestant, who scored the most.

TEAM DEMONSTRATION RECORD SHEET

Team: _____	
Referee Name: _____	
Referee position number: _____	
Given points	« _____ »
Referee signature _____	

TEAM DEMONSTRATION STANDARD ENTRY FORM

Entry form for the Hapkido – Open European Championship

DISCIPLINE: **FORMS WITH WEAPONS**

Team: _____
 Hapkido organization (style): _____
 Country: _____ City: _____

No	Contestant's name	Date of birth	Sex	Team	Hapkido organization	Hapkido level	Weigh category	Coach's name	Medical admission
1.									

Medical officer _____ / _____

Head of the organization _____ / _____

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JUDICIARY**JUDICIARY**

The panel of judges serving these competitions may include the representatives of member teams of the tournament as well as invited experts.

Referee, arbitrators, line judges are to be selected among Dan holders from any international Hapkido organization.

The qualification of judges must be confirmed by a Dan certificate issued by an international Hapkido organization.

Referee and Arbitrator positions are primarily given to those, who have attended international or republican referee seminars, certified as a "Referee" and experienced in judging at international competitions.

ENTRY FORM

Please sent your entry form to our e-mail: hapki.russia@gmail.com.

Deadline is September 25, 2019

Without electronic entry form, the team will not be allowed to the credentials committee.

Additional information: +7 (812) 232-09-02

Entry forms are to be submitted to the credentials committee according to the forms established for every discipline of the competition.

The contestants provide the following documents to the credentials committee:

- personal entry form "A"
- life and health insurance (in the original) for every contestant with the insurance benefit not less than 10.000 (ten thousand) rubles;
- technical qualification certificate (Gup of Dan certificate);
- ID (identity card);
- starting fee: 50 euro per participant for any of the disciplines (10 euro for every additional discipline).
- medical report from the doctor in sports medicine with permit to take part in the competition.

AWARDING

Winners and prize winners in all categories will be awarded with unique medals and diplomas.

FUNDING

All the expenses will be covered by the starting fees of the contestants.

ACCOMMODATION

General partner of the tournament is Hotel-Park Krestovskiy.

Address: 12, Severnaya Doroga, Saint-Petersburg, Russia, 197110

Tel: 8 (800) 555-85-76

<http://www.otelpark.ru>

CONTACTS

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Website: www.baltic-sea-cup.ru

Facebook: www.facebook.com/The-Union-of-Hapkido-Federations