



KYORUGI

Sparring competition

GENERAL INFORMATION

Competition area	The competition area measures at least 6x6 m to maximum 8x8 m (in addition 1m safety area)
Competitors	2 competitors, 1 with blue protection (chong) 1 with red protection (hong)
Duration	1 non-stop round of 2 minutes
Coach	There is no coach allowed on the competition area
Winner/loser	Decision for winning is made by 2 judges and 1 Head referee. <ul style="list-style-type: none"> • 2 judges in the corner of the competition area • 1 Head referee leading the competition game
Match score	<p>During the competition the 2 judges and the Head Referee decide who's made a point.</p> <p>The head referee will raise the arm with a blue or red sleeve and holds 1 or two fingers up to indicate the points.</p> <p>The point is granted if at least one of the judges complies with the point(s) given by the head referee by raising a red or blue flag.</p> <p>Points during the competition will be published on the table of the timekeeper, after they are granted.</p>
Direct elimination	The sparring competition is a competition with direct elimination ! The winner goes to the next round and the loser leaves the competition.

COMPETITOR'S RESPONSIBILITY

1. Competitors can participate at own risk!
2. Competitors are required to wear a **dobok** (Hapkido uniform) while competing. Competitors are also required to wear their appropriate belt to signify their proper rank. Uniforms must be clean, not torn and worn at all times during their performance. Removal of uniform top, pants or belt is not permitted during performance. T-shirts are not allowed.
3. The medal ceremony will not take place when the competitor is not in uniform (dobok).
4. All **uniforms** and **equipment** may not be insulting, vulgar or offensive as deemed by the Tournament Officials.
5. Every kind of **jewellery** (watches, bracelets, piercings, earrings, etc.) worn is

prohibited!

6. Finger and toe nails must be kept neat and trimmed!

PROTECTION EQUIPMENT

Every competitor has to bring his own protection equipment!

1. OBLIGATED protection

Head protector, front side open from chin to eyebrow (Taekwondo style)

Chest protection (Hogu - Taekwondo style)

Groin protection for men - for women optional

Shin protection

2. PERMITTED protection (= optional)

Underarm protection (only underarm)

Foot protection (protection of the instep of the foot)

Mouth protection (mouthpiece)

At least 15 minutes before the start of the game the competitor has to be at the referee table to check all the equipment. The referee will check the equipment (protection) a second time before the beginning of the game.

When the referee decides that the protection worn by the competitor is not safe than he can decide to change that part of the equipment.

SCORING TECHNIQUES

1. Punching & striking techniques (chireugi): 1 point

Only punching with a fist in a proper manner is permitted. All other kinds of striking and punching are prohibited!

Punching is **only permitted** in the middle section, **on the front and the side of the hogu** (chest protector)! **No back fist!**

A point will only be granted if the punch has a direct effect on the opponent! (Loosing balance or apparent impact of the punch at the hogu)

Punching is only permitted in a fight when both competitors are fighting in a standing way. It's forbidden to punch when one of both is on the ground or if one of both is grabbed by the other (grabbing of the Dobok or body).

2. Kicking: 1 point

- **Low section 1** (ankle to knee) Only the **Low spinning heel kick, to sweep**, permitted



- **Low section 2** (from knee to hip) **Side kicks and all heel kicks prohibited** (yop chagi & dwikumchi dwaetaebu chagi)
- Only chigo chagi and baldung bitkjo chagi (lowkicks) to the inner and outer side of the upper leg are permitted, **but a point is only given if the opponent falls as a result of the technique.**



- **Middle section** (from hip to shoulders) except the spine area, all kicking techniques permitted.
- **High section** (head) all kicks allowed except **the spinning heel kick!!!** (dwidora chagi)

3. **Joint locks & arm bars (keokki) 2 points**

All joint locks and arm bars on wrists, arms and legs are permitted.

Joint locks have to be done within **1** seconds after grabbing the opponent.

4. **Throwing & take downs (tonjigi) 2 points**

All throwing & take down techniques are permitted.

A throw has to be done within **1** seconds after grabbing the opponent.

On the ground the fight will be stopped after **2** seconds when a lock is not set and both players are active.

If a competitor falls as a result of a dora chagi hadan (low spinning heel kick) it will be counted as a throw and 2 points will be granted.

5. **Choking**

Choking is **NOT** allowed during the fight.

Use of the lower arm at the side of the throat will be considered as choking.

6. **Clinching**

Clinching is when the 2 opponents have close contact by grabbing with **2** hands.

When both competitors start clinching they can only perform a throw, take down, an arm bar or a joint lock on arms or legs. All striking, punching or kicking techniques are forbidden!

Clinching time is maximum **1** second.

7. **Knocking on the Floor.**

Knocking on the floor is considered a safety measure, not giving up the fight. It is to prevent that joint locks etc. go too far. It does not mean technical KO! The performer of the lock always gets the point in this situation!

FORBIDDEN OR ILLEGAL TECHNIQUES

1. Attacks to the groin.
2. Strikes with open hand or elbow on any place of the opponents body.
3. No back fists!
4. No attack or counter with the knee.
5. No hand techniques to the face.
6. No punching when the opponent is on the floor.
7. No punching or kicking during clinching.
8. No head butts!
9. Side kicks to low section 2!
10. Heel kicks to low section 2!
11. Spinning heel kick to high section (head)!
12. Feinting of attacks as above (no contact).
13. No actions that can be regarded as unsportive or dangerous.

WINNING THE COMPETITION GAME

1. Win by K.O.
2. Win by Referee Stop Contest (*)

3. Win by score or superiority
4. Win by withdrawal
5. Win by disqualification
6. Win by referee's punitive declaration

SPECIAL REMARKS

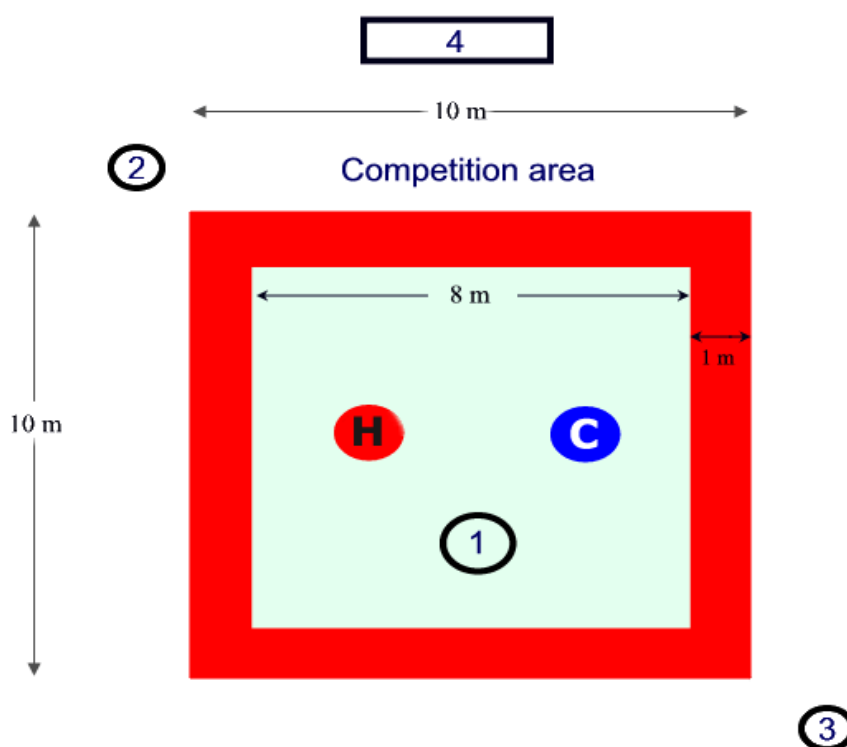
Overly aggressive behaviour will not be tolerated! In that case the referee can decide to end the competition game(*).

In the case that any matters not specified in the Rules occur, they shall be decided through consensus by the refereeing officials of the pertinent game.

AWARDS:

- There will be a medal for the first 3 competitors of each category or division. A gold medal for the first place, a silver medal for the second place and a bronze medal for the third place.

Competition area for the sparring competition



Legend

1 = Head referee

2 = Corner judge

3 = Corner judge

4 = Timekeeper

C = competitor with blue protection (**chong**)

H = competitor with red protection (**hong**)

The competition area is a surface of 10 m x 10 m covered with mats (judomats). The competition area has a **fighting area** and a **warning area**.

Fighting area

The `fighting area` is the inside of the competition area. Here competitors are supposed to fight. The fighting area measures 8 m x 8 m.

Warning area

The area around the inside area is the `warning area` (red colour). The warning area is 1 m wide at every side of the competition area.

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Weight division for the sparring competition

KEUBGRADES			
All keubgrades of all ages!			
MEN		WOMEN	
11 categories		8 categories	
4 kg	32 – 36 kg	5 kg	30 – 35 kg
	36 – 40 kg		35 – 40 kg
	40 – 44 kg		40 – 45 kg
5 kg	44 – 49 kg		45 – 50 kg
	49 – 54 kg	6 kg	50 – 56 kg
	54 – 59 kg		56 - 62 kg
	59 – 64 kg		62 – 68 kg
6 kg	64 – 70 kg	7 kg	68 - 75 kg
	70 - 76 kg		+ 75 kg
	76 – 82 kg		
7 kg	82 – 89 kg		
	89 – 96 kg		
	+ 96 kg		

Remarks:

The sparring competition is a competition with **direct elimination!** So the winner goes to the next round and the loser has to quit the competition.

In every category there have to be **2 competitors at least!**

In case of odd numbers in one category we will have a "lucky winner" as in the following example.

Example: 3 competitors A, B & C

First round: A vs B: B wins C: free

Final (2nd fight): vs C

When there is only one competitor in one category, this category can be combined with the category higher or lower depending on the total amount of competitors in this category.