



31/08/2025

2025

New Zealand Hapkido Festival and 4th Oceania Cup Friendship Tournament

26 – 28 September 2025

Tournament Rules

Version 1.2



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Indomitable Spirit | Respect | Discipline | Courtesy | Self Control | Honour | Courage

This tournament's Rules and Regulations are made and declared by the Oceania Cup Friendship Tournament organising committee and all participants and related persons must strictly abide by the rules and regulations.

This Tournament is run and hosted by the Upper Hutt Martial Arts Academy and officially sanctioned by the New Zealand Hapkido Federation.

General

- All participants will compete under equal and fair rules.
- All participants must abide by the rules and follow the code of etiquette of martial arts.
- All registration of participants and methods of registration will be determined by the tournament organisers.
- Registration is online only - www.kihapp.com/tournaments/15021
 - Registration closes 31st August 2025 - no entries will be accepted after this date.
 - The organising committee will organise competition rings, divisions, and general execution of the tournament.
- The organising committee will oversee judging and provide support to judges.
- The organising committee will oversee handing out awards and medals.

Competitors / Participants

- Competitors must abide by the rules and regulations.
- If competitors do not abide by the rules, they will be disqualified.
- Competitors must come to the competition area in time.
- Competitors must compete fairly and honourably.
- Participating Instructors / Masters must take all precautions to prevent injury to participants.
- Competitors may not participate if they have had a previous head injury or other medical conditions deemed serious.

Instructors / Coaches

- Must know the competitor and must guide and advise the competitor.
- Can accompany the competitor to the competition ring.
- Must abide by the rules and regulations and make sure the competitor follows them.

Illegal Substances

Drugs and performance-enhancing substances are prohibited.

Venue

The venue for the event is The Green Room, NZCIS - 20 Somme Road, Trentham, Upper Hutt.

- Food must not be consumed within the Green Room space.
- Water is permitted in the Green Room space.
- The NZCIS Campus is a Smoke Free Campus. No smoking is permitted within campus grounds.

Dress

- Judges' outfits will be determined by the tournament organisers.
- Members of NZ Hapkido Federation Schools must wear a full NZ Hapkido-approved Dobok.
- Doboks should be fully patched (Dragon students are excluded).
- World Kido Federation registered Black Belts may wear their Hanminjok Hapkido black uniforms.
- Guest Competitors from non-Member schools must wear whatever clothing they wear for formal events or competitions – full Dobok/Gi is the minimum standard.
- Rings, jewellery, earrings, watches or other accessories cannot be worn during the competition.

Oceania Cup Criteria

Oceania Cup Age Brackets (at the date of the competition commencing)

- Junior Cup - 7 to 12 years.
- Youth Cup - 13 to 19 years.
- Oceania Cup - 20 years and above.

We may review these categories depending on the number of competitors who enter.

Eligibility

- To be eligible for the Junior Cup you need to compete in a minimum of three events.
- To be eligible for either the Youth Cup (13 - 19 years) or the Oceania Cup (20+) you need to compete in a minimum of three events - rolling breakfalls and jumping sidekicks do not contribute.

In all cases if more than three events are entered only the scores of your best three will contribute.

In the event of a tie for any of the cups, the tied competitors will perform a pattern of the organising committee's choice. The highest average score awarded by the judging panel determines the winner.

Scoring

Recording of competition scores will be conducted by the organising committee.

Competition Divisions

The competition will be divided into:

- Dragon's Demonstration
- Sparring
- Unarmed Patterns (Hyung's)
- Armed Patterns (Hyung's) – where a competitor meets the entry requirements
- Self Defence Routines
- Long Rolling Breakfall
- Jumping Sidekick
- Ground fighting – where a competitor meets the entry requirements

Division Breakdown

- Sparring will be split into Male and Female divisions.
- Patterns, Self Defence, Long Rolling Breakfalls, and Jumping sidekick will have both Males and Females combined.
- Where possible competitors will be broken down into close Gup grades.
- Junior Black Belts will need to be entered into KiHapp as **1st Dan > Junior**.
- Black Belts will need to select their appropriate **Dan grade > Senior**.

Dragon's Demonstration

This is a fun category for Dragon's students to show off their proficiency if the techniques they learn in class.

Dragons will have the opportunity to participate in:

Patterns

- Students from Orange Belt and above will know parts or all of the first New Zealand Hapkido Pattern.

Breakaways

- Students carry out any of their belt grabs or grabs from previous grades. An Instructor will be grabbing the student.

Breaking a board (age-appropriate board)

- A child-friendly board will be available for children to attempt a board break with an elbow strike.

Jumping Kick

- Students may perform a Jumping Front Kick.

Dragon's students will not be scored on their efforts, whilst still giving the students a chance at being part of the larger Hapkido community.

Sparring

Competitors Equipment

Mandatory

- Headgear (face guard is optional).
- Gloves.
- Mouth guard.

Optional (but recommended)

- Groin guard (for male competitors, worn under dobok).
- Lower arm protection.
- Lower leg/instep.

Need to purchase equipment? - www.cmas.co.nz will be happy to put together a pack for you.

Weigh-ins

- Weigh-ins will be conducted by the organisers.
- Weigh-in times will be confirmed closer to the time.

Matches

- Timekeeping will be conducted by the organising committee.
- Preliminary rounds will be a single round of 1-minute and 30-seconds.
- Finals will be 2 rounds of 1-minute and 30-seconds.
- If a match is drawn, then an additional round will be fought. The first competitor to score in the additional round will win the match. If no points are scored the match will be awarded to the competitor who showed the most dominance.

Scorable Techniques

- Hand strikes (Palm, fist, back fist, knife hand).
- Kick strikes:
 - 7-12 years old - waist to the neck; front and back.
 - 13 years + waist to head; front and back.
- Defences against kicks - grabbing the kick and throwing the opponent.
- Throws, Sweeps, and Lifting techniques to throw the opponent.
- Joint locking techniques.

A clinch can be held for a 5-second count by the referee to allow throws, takedowns, etc. If nothing happens during the 5 count, then the competitors are separated and the bout resumes.

Illegal Techniques

- Turning and running away.
- Faking injury or delaying the bout.
- Striking to the face and neck with the hands (no head punches).
- Striking the groin.
- Striking the knees.
- Striking using the head, elbow, knee, and shoulder.
- Attacking a fallen opponent.
- Striking while in the clinch.
- Profanity or foul language.
- Attacking outside the ring.
- Falling down intentionally.
- Not separating when ordered by the judge.
- Kicks to the head for the Juniors (7-12 years old).

Judges reserve the right to warn and deduct points if an infraction occurs. If continued infractions occur, the judges reserve the right to disqualify the competitor.

Scoring

- Scoring will be awarded as 1, 2 or 3 points, depending on the techniques.
- Striking (punching) techniques to the body will be 1 point.
- Striking (kicking) techniques to the body will be 2 points.
- Feet techniques to the head will be 3 points. (13yrs+ only)
- Throws, sweeps, and lifting techniques will be 2 points.
- When the above technique is executed powerfully so that both of an opponent's feet are off the ground, the technique will be 3 points.
- Effective joint lock techniques will be an automatic win as a tap-out is a confirmed submission.
- If a competitor is unable to continue after being struck with a legal striking technique, this will also be counted as a submission.
- If an opponent is unable to continue after being struck with an illegal technique, the offender is disqualified and the opponent automatically wins the match.

Rolling Breakfall

- The competitor must use the correct Hapkido rolling technique* and must show good form and landing skills.
- Improper technique will receive a warning the first time, followed by a disqualification if it occurs again.
- Kicking pads will be used as the guide of distance for each round.
- Each competitor will get two opportunities to roll over a certain length.
- If a competitor is successful, he or she will advance to the next length.
- If a competitor is not successful after two attempts, he or she will be eliminated.
- Flips and somersaults will result in disqualification.

*** Head tucked in, landing on competitors' preferred shoulder and down to the opposite hip.**

Jumping Sidekick

- Each competitor will get two opportunities to attempt a jumping sidekick.
- Competitors are permitted a run of up to 3 squares of the competition floor mats.
- Competitors only need to compete on their preferred/dominant leg.
- Competitors will be judged on:
 - Height off the ground. (Relative to the competitors height)
 - Intensity.
 - Form (tucked back foot, pronation of the side-kicking foot).
 - Power is considered in the event of a tie.



This image denotes ideal form for the jumping sidekick

Patterns (Unarmed and Armed) / Self Defence Routines

Armed Patterns Divisions

- Only Junior Black Belts are permitted to perform Armed Patterns in the 7–12-year division. Exceptions to this are at Master Callum's discretion.
- Armed patterns are permitted for 13+ years.

Additional Requirements for Weapons

- Due to the space we are working in, all weapons are to be stored appropriately when not being used for competition purposes.
- Failure to adhere to this could result in disqualification.

Criteria for Scoring

Patterns and Self Defence Routines are scored with the following in mind:

- Stance
- Movement
- Breathing
- Power
- Aesthetics
- Difficulty
- Kihap
- Understanding
- Etiquette
- Unity
- Length of self-defence routine should not exceed 1 minute 30 seconds.
 - Every 15-seconds over will result in a 0.5-point deduction from the final score

Scoring

- Scoring will start from 6 points.
- A perfect score is 10 points.
- Restarting a form will result in a 0.5-point deduction
- You are only permitted one restart. A second restart results in disqualification.
- Depending on the arrangement of judges, scores could be eliminated to create a balanced scoring system. This is at the discretion of the organising committee. i.e. If there are 5 judges, the lowest and highest score will be excluded, and the score will be the average of the remaining scores.

Ground fighting

Ground fighting will be conducted under the Grappling rules set forth by the New Zealand Ju-Jitsu Federation (NZJIF), these can be found under the documentation section on the tournament website.

<https://kihapp.com/tournaments/15021>

Weight Categories

All non-junior Ground fighting bouts are segregated by sex and categorized by weight.

Weigh-ins for competition are to be done on the morning of the competition, in uniform (no protective equipment), with a leeway of 1.5Kg above the stated weight allowed on the day due to scales variation.

The tournament organisers reserve the right to alter weight divisions depending on entry numbers.

Men's Ground fighting

Under 70kg, Under 80kg, Under 90kg, Under 100kg, Under 110kg, Over 110kg

Women's Ground fighting

Under 60kg, Under 70kg, Over 70kg

Junior Ground fighting

Under 15 years, Under 18 years

Note: U15's competitions are sorted by approximate height of the children competing, on the day of competition, with parents & coaches present ensure fairness for age / weight, see Junior Rules section.

Match Length

Men's and Women's Time Limit

Adult Ground fighting matches consist of a single 3-minute continuous point scoring / submission match.

Win is by submission (tapping out or Referee stoppage) or most points.

Junior Ground fighting Time Limit

Junior ground fighting matches consist of a single 2-minute round, not including Referee stoppages.