



Official UMKS Open Tournament Rules



















RULES FOR COMPETITORS

GENERAL INFO

- Good etiquette, attitude, and sportsmanship must be displayed at all times.
- Attire Requirements: Traditional martial arts uniform jacket, uniform pants, belt/sash and t-shirt are required. Shoes are not permitted while competing.
- Competitors who arrive late will not be able to compete if division has already started.
- Competitors will use the Belt Comparison Chart in Appendix A on page 2 to determine the rank they will register as
- Competitors will typically compete in their own belt and age division, sometimes this may not be possible and divisions may be combined. If this occurs, they will be judged based on the material they prepared.
- Scorekeeper is to announce who is up and who is next (on deck)
- Introductions are required for all participants in all divisions, except sparring. *"Hello Judges, my name is ____, may I begin?"* For breaking events, participants would also submit a breaking card to the judge indicating the breaks they will perform. Introductions may be given while standing or kneeling.
- In the event of a tie, the Center Judge's score will be used to determine the medal placement. If the Center Judge's score does not break the tie, the 2nd highest score will determine the medal placement. If competitors received the same score from both judges, both competitors will compete again. The placement will be determined by a show of hands (point off).
- Medals will be awarded for 1st to 4th places in each category.
- Any issues with judging or scoring should be brought to the attention of the head table.

APPENDIX A: RANK COMPARISON CHART

If you are this rank,	register as this:
 	WHITE BELT
 	YELLOW BELT
  	BLUE BELT
 	RED BELT
	BROWN BELT
	DBN 0-3 BLACK STRIPES
 	DBN 4+ BLACK STRIPES
 First Degree Black Belt	1ST DAHN
 Second Degree Black Belt	2ND DAHN
 Third Degree Black Belt	3RD DAHN
 Fourth Degree Black Belt	4TH DAHN

There are four Championship Categories for this tournament:

1. Mirae Ki Cho Hyung Champion
2. Mirae Cho Geup Hyung Champion
3. Kuk Sool Grand Champion
4. Mirae Champion

Medal Point Values

1st place = 6 points

2nd place = 4 points

3rd place = 2 points

4th place = 1 point

- In the event of a tie, the first criteria for Champion will go to the person with the most number of 1st Place medals. If that quantity is the same, number of 2nd Place medals will be considered next, followed by 3rd Place and 4th Place. If their medal count is also the same, the tournament arbitrators will choose a form for both competitors to do. Upon completion of the form by both competitors, the judges will determine the winner by a show of hands.

Mirae Ki Cho Hyung Champion Criteria

- Competitor must attend a UMKS dojang
- Competitor must compete in the Mirae Ki Cho Hyung Event
- Competitor must know and perform Ki Cho Hyung, Parts 4-8
- Competition for this event is based on age, not rank
- The Mirae Ki Cho Hyung competitors that earn 1st place in their competition age category will come back at the conclusion of the general competition to compete in the center of the Arena. Their score will determine the Mirae Ki Cho Hyung Champion.

Mirae Cho Geup Hyung Champion Criteria

- Competitor must attend a UMKS dojang
- Competitor must compete in the Mirae Cho Geup Hyung Event
- Competitor must know and perform Cho Geup Hyung, including the extension
- Competition for this event is based on age, not rank

- The Mirae Cho Geup Hyung competitors that earn 1st place in their competition age category will come back at the conclusion of the general competition to compete in the center of the Arena. Their score will determine the Mirae Cho Geup Hyung Champion.

Kuk Sool Grand Champion Criteria

- Competitor must be a Black Belt to be eligible
- Competitor must enter the following categories:
 - ❖ Kuk Sool Forms (Hyung)
 - ❖ Kuk Sool Staff (Hyung)
 - ❖ Kuk Sool Sword (Hyung)
 - ❖ Kuk Sool Techniques (Sool)
 - ❖ Point Sparring
 - ❖ Fight Choreography / Self Defense Routine (you only do this category once)
 - ❖ Breaking - Adults
- Competitor must score the most overall points, using the medal points listed above

Mirae Champion Criteria

- Competitor must be a Black Belt to be eligible
- Competitor must enter the following categories:
 - ❖ Bong 2 Form
 - ❖ Bae Ki Form
 - ❖ Fight Choreography / Self Defense Routine (you only do this category once)
- Competitor must score the most overall points, using the medal points listed above

Fight Choreography / Self Defense Routine

- Self defense routine is picked by the competitor (Advanced Ranks, equivalent of Dahn Bo Nim level or higher, ages 9 years and older)
- This category is judged on how well the competitor flows through the techniques
- Factor to be judged will be application, control and creativity
- The actions of the partner will not be scored
- A maximum of two partners can be used
- The same rules for techniques apply for the self defense techniques
- Must include a minimum of 3 self defense techniques (note: a block does not count as a technique)
- Self defense routine is picked by the competitor (Dahn Bo Nim level or higher)
- This event will be timed. At 45 seconds the timekeeper will throw in a bean bag indicating the event is complete for the competitor in the event that they are still performing.
- Competitor may finish the routine they prepared, but are only to be given a score based on the first 45 seconds.
- *The only acceptable props are:* purse, backpack, scarf, belt, rubber knife and cane. No other props may be used.
- Remember to maintain appropriate martial art behavior and etiquette during your routine (i.e. no use of foul language or negative behaviors such as spitting or giving the middle finger)
- The 1st Place winners for each division will be invited back to demonstrate during the Demonstration taking place at the conclusion of the competition.

Breaking

- Board breaking competition will be for Black Belts, adults only
- Competitor will complete the Breaking Card to the breaks they will be attempting
- The competitor will choose 3 breaking techniques; Each break must be different; Only one board per break (exception: two leg jump kick which counts as one break).
- Scoring for breaking is as follows:
 - 1 point for a basic kick or hand strike (CANNOT BE PALM OR HEADBUTT)
 - 4 points for a jump kick or spinning kick, including turn backside kick
 - 5 points for a jump spinning kick or a two leg jump kick (note: if only one of the two boards in a two leg jump kick breaks, competitor will only receive ½ of the points)
 - 6 points may be awarded for 540 degree kicks or when additional levels of difficulty are added, i.e. back flip kick break, challenging landing
- Kicks must be chest height or higher (exception: low spin kick)
- Jump kicks must be head height or higher
- Competitors 40+ years, may set breaks waist high or higher
- Boards are picked from the top of the pile
- Only one attempt is permitted and must be in the order listed on their Breaking Card – this includes missing the board
- Boards that have been used (whether they were hit or not) are placed in a discard pile and are not used for future break attempts
- In the event of a tie, level of difficulty will be used to determine the medal placement. If competitors received the same score and had completed the same breaks, three Judges will be brought in, they will select a new break for both competitors to do. The placement will be determined by a show of hands (point off).
- Sample Breaking Card:

Name Your Name

Please enter your 1st break in the column that says 1st,
2nd break under 2nd and 3rd break under 3rd.

1st	2nd	3rd	1 Point Breaks (No Palm Strike or Head Butt)
			Chop
			Punch
			Elbow
			Front Kick
			Side Kick
			Round House Kick
			Hook Kick
			Other
1st	2nd	3rd	4 Point Breaks (Basic Jump Kick or Spinning Kick)
x			Jump Front Kick
			Jump Side Kick
			Jump Hook Kick
			Basic High or Mid Level Spin Kick
			Basic Low Spin Kick
			Other
1st	2nd	3rd	5 Point Breaks (Jump Spinning Kick or Double Kick)
	x		Jump High or Mid Level Spin Kick
			Jump Split Kick
			Jump Scissor Kick
			Jump Double Front Kick
			Helicopter Turn Back Side Kick
			Other
1st	2nd	3rd	6 Point Breaks (540° Kick or Breaks with Added Difficulty)
		x	Helicopter High or Mid Level Spin Kick
			Helicopter Low Spin Kick
			Back Flip Kick Break (Break before landing)
			Other
0	5	6	Points Earned Per Break (filled out by judge)
11			Total Points Earned (filled out by judge)

Point Sparring (Open to All Martial Art Styles)

- The following sparring equipment is required for all competitors, regardless of age or rank. The competitor's equipment will be checked and if it is deemed unsafe or does not fit properly, (s)he will be asked to change the equipment before (s)he can compete. Inability to replace equipment will disqualify the competitor from the point sparring division. MMA type sparring equipment is not permitted.
 - Head Protection: The front, sides and back of the head must be covered by a padded surface.
 - Hand Protection: A soft padded surface must cover the fingers, wrist and any striking surface of the hand.
 - Foot Protection: A soft padded surface must fully cover the top of the foot, the side of the foot, the ankle and the back of the heel. The bottom of the foot does not have to be padded.
 - Mouthguard: A properly fitted mouthpiece is required.
 - Groin Protection: Anatomical male competitors must wear a good quality groin cup.
 - Shinguards (optional): A padded surface must cover the entire shin area.
 - Elbow Pads (optional): A soft padded surface must cover the entire elbow.
 - Chestguard (optional): Chestguard must sufficiently cover the abdomen and upper chest such that the sternum is completely protected.
 - Faceshield (optional): Face Shield must be securely attached to the head protection.
- Sparring round will last 2 minutes or the first to a 5 point spread in the score i.e. 5-0, 6-1, etc .
- Sparring is light/medium contact for all competitors.
- Warnings, point deductions and/or disqualifications MAY result if excessive contact is used (i.e. head rocks back, wind knocked out, strike causes blood, uncontrolled or excessive contact, etc.).
- Strikes should demonstrate proper form, control, and intent by being delivered to the target to show precision and focus while maintaining adequate control. This requires a high level of control and accuracy to maintain safety while still effectively displaying skill.
- Light Contact: is defined as no penetration or visible movement of the competitor as a result of the contact.
- Medium Contact: is defined as slight penetration or slight target movement of the competitor as a result of the contact.
- Excessive contact is caused by an uncontrollable strike, "wild" movement or an attack with ill intent or malice
- Target zones are:

- Above the belt, abdominal area
- Chest and sides of the body
- Sides of the head where covered by the padded head protection
- Forehead where covered by the padded head protection
- Illegal target areas:
 - Anything below the belt
 - Back of the body or head
 - Top of the head
 - Face
 - Sides of the neck
- 2 points will be awarded for a head kick and 1 point for any other kick or strike to a target zone
- If one competitor steps out of the ring, the competitor that remains in the ring may score a point on the out of bound competitor
- Judges will hold up the colored flag of the competitor that they saw score a point. They will hold up one finger for a hand strike or kick to the body or 2 fingers for a kick to the head. 2 judges are required to agree on a point before it can be awarded.
- When a warning is given
 - The first warning will be marked by the scorekeeper – no penalty
 - The second warning will grant 1 point be issue to the opponent
 - The third warning the competitor will be disqualified
 - Disqualification may occur if their reason warrants it
 - Before any warnings are issued, the Center judge will stop the match, stop the time, and confer with the judges.

KUK SOOL CURRICULUM REQUIREMENTS

KUK SOOL FORMS (HYUNG)

- All forms MUST be performed on the conventional / regular side.
- The score range is 9.0 to 10.
- The form to be performed can be found in the tournament requirements. If divisions are combined, competitors will compete with the material they prepared.
- Scoring is based on memory and the 5 principles of hyung.
 - Eyes bright and focused
 - Hands fast and controlled
 - Feet dynamic and precise
 - Mind calm
 - Stances low and stable
- Judges must NOT confer during a performance. A deduction for missed parts of the form will only occur if the missed section is confirmed by two or more judges. If any judge sees a missed part, that judge will speak up so the three judges may confer prior to issuing scores.
- If a competitor does not complete the form, they will receive no score in that category.

KUK SOOL TECHNIQUES (SOOL)

- All techniques MUST be performed on the conventional / regular side.
- The Techniques to be performed can be found in the tournament requirements.
- Every technique should have a takedown, a pin and a finish, with the exception of Sohn Pae Ki, Maek Chi Ki, Maek Cha Ki and Juhn Hwahn Bub. The finish does not matter as long as the competitor maintains balance and control throughout the technique.
- The score range is 9.0 to 10.
- Color Belts may throw Color Belts of any rank. Black Belts may throw Black Belts or Color Belts of any rank.
- Technique partners must be of similar age and size, at judges and/or arbitrator's discretion (i.e. an adult cannot throw an 8 year old or an 8 year old cannot throw an adult).
- The competitor does need to do the techniques listed on the Curriculum Requirements Sheet, in the order in which they are listed on the Curriculum Requirement Sheet.

KUK SOOL STAFF AND SWORD

- The form or spins to be performed can be found in the tournament requirements.
- The score range is 9.0-10.
- The center judge must make sure that the weapons used are the correct size and type
 - Short swords must be metal and Korean style.
 - For sword forms, swords must be single edged, metal and Korean style. NO LIVE BLADES permitted. For Baeki Form, metal, wooden and polypropylene are acceptable, but no scabbard is used for this event.
 - Staffs must be wooden or bamboo and not tapered. It is okay to have tape or markings indicating $\frac{1}{4}$, $\frac{1}{3}$ and $\frac{1}{2}$ lengths on the staff.
 - The minimum length of the staff is nose level or higher.
 - The length of the short staff is between 12" to 16".
- If a black belt competitor drops their weapon or does not complete the form, they will receive no score in that category. If a color belt competitor drops their weapon, they will receive a major deduction in their score from all judges. If a color belt competitor does not complete their form, they will receive no score in that category.
- If the weapon hits the ground, there will be a 0.10 deduction in the judge's score. If the weapon hits the body and it interferes with the flow of the form, there will be a 0.10 deduction in the judge's score. Points will be deducted for losing control of the weapon.
- A deduction for missed parts of the form will only occur if the missed section is confirmed by two or more judges. If any judge sees a missed part, that judge will speak up so the three judges may confer.
- The same rules for forms also apply to weapons forms and spinning

BONG 2 AND BAEKI FORMS

- Competitors will compete with the number of steps required of their rank
- This information for each rank to be performed can be found in the tournament requirements