

IJH – HIGH JUMP KICK

(INDIVIDUAL JUMPING HIGH KICK)

(1 PARTICIPANT ONLY AT A TIME. MINIMUM AGE OF 5. ALL BELTS.)

1. Each participant has a maximum of 30 seconds to attempt to hit a 4 inch round target with a Running Jumping Front Snap Kick.
 2. Each participant has only one attempt to hit the target for each round.
 3. Each attempt to hit the target has a maximum time of 30 seconds.
 4. Participants may not cover the foot with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
 5. The running distance is approximately 6 meters, and the starting board height will be determined by the referee.
 6. The order of participants (who breaks first) will be determined by height. The shortest participant will attempt to break first.
 7. Participants must hit the target to advance to the next round. Target must be hit by an upward kicking technique to be considered a successful hit.
 8. Once the participant passes the designated halfway mark, an attempt is counted upon approach. (For example, once the participant crosses the designated halfway mark, they may not return to the starting position to attempt to strike again.)
 9. After each round, the target height will be raised incrementally.
 10. The participant hitting the highest target will be declared the winner.
 11. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), the height will be raised until a participant FAILS to hit the target. (If all participants fail to hit the target, then 1st place will be awarded to the SHORTEST participant.)
 12. Once a winner is determined the 1st place winner the competition is over.
- The first-place winner is NOT allowed to keep kicking until he or she fails.
- As of 01 Jan 2026, that is 9 feet 6.5 inches or 2.91 meters.
13. If any part of the body touches the floor besides the feet, it is considered NO HIT
 14. If participant exceeds the 30 second maximum time limit for the attempt, it is considered NO HIT.