

# RULES FOR UC YONGMUDO MARTIAL ARTS COMPETITION

Version 6.0/August 2014

## 1.0 - Overview

This competition style requires competitors to be well-rounded martial artists who have at least minimal proficiency in four different competition styles. The advanced competitor is required to compete in four timed rounds. The first round is kicking and punching with no grabs, throws, or takedowns. The second round is standing throws. The third round is groundwork. The fourth round is free sparring. To weight each round equally, a total of twenty points is awarded in each round and the winner is the competitor who accumulates the most points.

While advanced players compete in all four rounds, beginners compete in one round, and intermediates in two rounds, respectively. The competition rounds for each level are listed in the table below.

Experience	Kick/Punch	Throws	Groundwork	Free Sparring
<b>Beginner</b>			Round 1 of 1	
<b>Intermediate</b>	Round 1 of 2		Round 2 of 2	
<b>Advanced</b>	Round 1 of 4	Round 2 of 4	Round 3 of 4	Round 4 of 4

Classifications of “beginner,” “intermediate,” and “advanced” are left to the competitors and their instructors. This is because players skilled in one style may lack minimal proficiency in others. For example, a 2nd *dan* in Taekwondo who is not comfortable with falling should not compete in the advanced competition as the standing throws round could be dangerous. A 1st *dan* in Judo with limited kicking ability should consider competing at the beginner level, or possibly the intermediate level if he or she has a basic understanding of kick and punch defense.

While the framework of this competition has been set up to emphasize well-rounded martial artists, the rules have been written to emphasize the competitors’ safety.

**IMPORTANT NOTE:** *Any attack that leads to a head strike is illegal in all rounds.*

## 1.1 Safety

The first and most important aspect of Yongmudo is to foster a safe environment to practice a broad spectrum of martial arts techniques. At Yongmudo events, any use of illegal drugs or alcohol is prohibited.

## 2.0 - Competition Setup & Equipment

### 2.1 Competition Area

An official competition ring is eight (8) by eight (8) meters square with a one (1) meter warning area around it. Both the competition and warning areas will be appropriately padded. Almost any qualified, padded martial arts ring can be used as long as it is both large enough for the competitors to compete safely and the surface is acceptable for all four rounds of competition. Smaller rings may be used if necessary.

### 2.2 Competition Officials

The following is a list of the officials required to run a competition ring.

- a. **Center referee:** The center referee is in charge of the ring. The center referee's main job is to maintain the safety of the competitors and enforce the rules.
- b. **Corner judges:** There are three corner judges who are arranged in a triangle around the ring. Their job is to score the competition as they see it. Two judges should be on either side of the head table and the third judge is located at the center of the back line of the ring. Judges may move half a ring right and left to better judge the competition. A corner judge may only enter the competition area at the request of the center referee.
- c. **Timekeeper:** The timekeeper maintains an accurate time of each round of the competition. This includes starting and stopping the clock at the request of the referee. The timekeeper shall alert the competitors and the referee at the end of each round.
- d. **Scorekeeper:** The scorekeeper maintains a record of the scores, including points scored by the judges, and warnings and penalties designated by the referee. When possible, the score shall be posted at the end of each round.
- e. **Head referee:** The head referee is responsible for maintaining fair and accurate scoring at all rings of the competition. The head referee is the final arbiter when there is a scoring dispute. The head referee is the only person who can overrule a decision by the center referee. The head referee is in charge of all competition rings and does not have to be present at any particular ring during the competition. The decision of the head referee is final unless an arbitration committee has been established before the start of the competition.

## 2.3 Uniform

Each competitor is required to wear a clean, standard, martial arts uniform in good repair.

- a. **Material:** Uniforms should be made of a double weave or stronger material, as thinner uniforms tend to tear. Cotton uniforms are required as other materials, such as silken polyester, are inappropriate for some of the competition rounds.
- b. **Color:** Uniforms must be white, green, or blue.
- c. **Sleeve length:** The sleeves of the uniform must not be rolled up and must fall no less than two inches above the wrist (tip of ulna) when the competitor stands at attention.
- d. **Belts:** Each competitor in a match will be assigned a belt color, either red (*hong*) or blue (*chung*). It is by these colors that judges score the match. Belts for the identification of rank are not worn.

## 2.4 Required Protective Gear

The required protective gear depends on the rounds in which the competitor will participate. It is up to the competitor to be ready for each round in the appropriate protective gear. Penalties will be assessed if a competitor delays the match due to his or her inability to put on or shed protective gear. Coaches are encouraged to assist competitors in this regard.

- a. **All competitors:** All competitors are required to wear *mouth guards* in all rounds.
- b. **Striking round competitors:** All competitors in the first and fourth rounds (“kicking and punching” and “free sparring”) must wear
  1. *YMD chest protector*. This must be worn inside the uniform.
  2. *Leg guards*. These must cover the shin and foot, be made of soft material, and may have no foreign materials inserted in them. The guards must be worn under the uniform.
  3. *Groin cups*. All male competitors must wear groin cups under the uniform.
  4. *Arm guards* may not extend below the wrist.
- c. **Optional protective gear**
  1. *Fist protection* may not exceed two layers of tape. No gloves may be worn.
  2. *Head gear* may be worn during the two rounds that involve kicking (rounds 1 and 4) even though attacks to the head are prohibited.

*Note:* Yongmudo chest protectors are relatively soft as they must be worn during groundwork and throwing rounds.

## 3.0 - The Competition

A full, advanced competition consists of two players competing in four rounds of different martial arts styles with a total of 5 to 15 points being awarded for each round, not including any deducted points. At the conclusion of the fourth round, the points are totaled and a winner is declared.

The rounds are (1) standing kicking and punching, (2) standing throws, (3) groundwork, and (4) controlled free sparring. The following sections outline each of these rounds.

*Note:* The lists of legal and illegal techniques are not exhaustive. Given that the primary goal of Yongmudo is to give a safe framework in which martial artists can compete, the rules should be modified to accommodate the age, rank, and experience of the competitors.

The complex nature of the competition requires that different formats for competition be used for beginning, intermediate and advanced competitors. Beginners compete only in the groundwork round, the safest round. Intermediates compete in two rounds: The first round is the kicking and punching round, and the second round is the groundwork round. These rounds are described in the following sections.

## **3.1 Round One—Kicking and Punching**

The first round consists of kicking and punching. Grabs and throws are prohibited. The target areas are similar to those used in Taekwondo, but, in the interest of safety, Yongmudo does not allow head contact during this round. This round is not referred to as a Taekwondo round because the rules for first-round competition in Yongmudo, while similar to Taekwondo rules, are not identical.

### **3.1.1 LEGAL TECHNIQUES:**

3.1.1.1 **Legal targets:** All kicks must be aimed above the waist and below the neck. No kick may strike the spine or any part of the head.

3.1.1.2 **Legal kicks:** Any part of the foot, excluding the toes, may be used to score. Use of any other part of the leg (e.g., shin or knee) will not score and may result in a deduction.

3.1.1.3 **Legal hand strikes:** Hand strikes may only be made to the front and sides of the body. The hand strike must be in the form of a well-executed punch. Only the front knuckles may be used as a legal striking surface. No other hand strikes, such as chops, bottom fists, palm heels, or back knuckle attacks, may be made.

### **3.1.2 ILLEGAL TECHNIQUES:**

The following techniques are illegal in the kicking and punching round.

3.1.2.1 **Grabbing:** No grabbing of any kind is permissible. This includes grabs with the hands or arms.

3.1.2.2 **Throwing:** No throws are allowed, including all sweeps and reaps.

3.1.2.3 **Striking illegal targets:** Striking an illegal target may be grounds for giving a warning, taking a penalty point, or disqualifying a competitor at the referee's discretion.

3.1.2.4 **Pushing:** No pushing is allowed.

3.1.2.5 **Head contact:** For all competition formats, absolutely no head contact is allowed.

## **3.2 Round Two—Standing Throws**

The second round consists of standing throws. All strikes are prohibited. Legal throws are similar to those employed in judo. However, this round is not referred to as a “Judo” round because the Yongmudo rules for second-round competition, while similar to Judo rules, are not identical.

### 3.2.1 LEGAL TECHNIQUES:

3.2.1.1 **Throwing:** All standard, legal, Judo throws and counter throws, except those that involve joint locks or have been deemed unsafe, are permitted. In general all reaps and sweeps are permitted.

### 3.2.2 ILLEGAL TECHNIQUES:

The following techniques are illegal.

3.2.2.1 **Strikes:** No hand, foot, elbow, knee strikes, or head butts are allowed.

3.2.2.2 **Pressure points:** No attacks on pressure points are allowed.

3.2.2.3 **Groundwork:** No techniques are allowed on the ground except as an immediate continuation of a standing technique. For example, if a competitor throws his or her opponent and then follows from the throw immediately into a scarf hold, the judges may award a point for the throw and another point for the scarf hold. Otherwise, following a throw or other technique resulting in one or both players reaching the mat, the action will stop and be resumed in a standing position.

3.2.2.4 **Locks and chokes:** No chokes or locks are allowed.

3.2.2.5 **Defensive, anti-competitive techniques:** A competitor may not assume a defensive, non-attacking position for more than 5 seconds without risk of being penalized. Examples of this are straight-arming and double gripping on one side (“overloading”).

3.2.2.6 **Dangerous throws:** It is illegal to throw an opponent on his or her head. All throws must give the falling opponent an opportunity to fall safely.

## 3.3 Round Three—Groundwork

The third round consists entirely of ground wrestling techniques. Strikes are prohibited in this round. Competitors must stay on the ground by complying with at least one of the following:

- Keep at least one knee on the ground.
- Keep some portion of the body trunk on the ground.
- Hold the opponent on the ground with body weight and/or position.

Competitors may leave the ground momentarily while in transition from one technique to another.

Points may be awarded for throwing (e.g., twisting down) a competitor, controlling a competitor for a certain length of time, or reversing out of a hold. Advanced competitors may also earn points through careful application of chokes and elbow bars. Unless it has been clearly established that the latter techniques will be permitted, they are considered illegal and will subject the player who applies them to penalties.

### 3.3.1 LEGAL, SCORING TECHNIQUES:

3.3.1.1 **Control holds:** A competitor will score by placing his or her opponent into a controlled hold and maintaining that hold for five (5) seconds.

3.3.1.2 **Reversals:** If competitor A is being held by competitor B, and A then escapes and immediately places B into a hold, a point should be awarded.

3.3.1.3 **Balance breaking:** If a competitor breaks the balance of his or her opponent and immediately enters a hold, a point should be awarded.

3.3.1.4 **Submission technique:** If a legal technique causes a competitor to submit (tap out), a one-point bonus should be awarded for the technique.

### 3.3.2 **ILLEGAL TECHNIQUES:**

The following techniques are illegal.

3.3.2.1 **Strikes:** No strikes of any kind are allowed.

3.3.2.2 **Pressure points:** No pressure point attacks are allowed.

3.3.2.3 **Standing:** A competitor may not stand up except in momentary transition of body position. If a competitor stands up to escape a technique, then a warning or penalty point will be assessed against that competitor.

3.3.2.4 **Gouging, biting, and pinching:** Gouging, biting, and pinching are illegal at all times.

3.3.2.5 **Locking legs around body, neck, or head:** It is illegal to wrap legs around an opponent and cross legs at or near the ankles. The resulting squeeze can result in serious injuries. However, if a player wraps his or her legs around an opponent's arm and neck together, or shoulder and neck together, this prohibition does not apply.

3.3.2.6 **Dangerous throws:** It is illegal to throw an opponent onto his or her head. All throws must give the falling opponent an opportunity to fall safely.

3.3.2.7 **Joint attacks:** The fingers, wrists, ankles, knees, and toes may not be attacked.

## 3.4 **Round Four—Yongmudo Free Sparring**

The fourth round consists of “controlled” free sparring. In this round many standard martial arts techniques are considered legal. Generally, any technique that causes an injury to a reasonably prepared opponent will result in a penalty or disqualification. This round is to be run with a maximum emphasis on safety and technique. Only techniques that a judge feels were “*strong, well executed, and controlled*” may be considered for awarding points.

In this round opponents may kick or punch each other in a similar fashion as was described for the first round. However, a competitor may grab his or her opponent and execute a throw. Note that once a competitor grabs an opponent, that competitor may not execute any strikes. (The grabbed opponent may, as long as he or she does not grab in response, execute legal strikes.) The competitor who is grabbing can only maintain his or her grip for a maximum of 5 seconds before releasing the opponent.

### 3.4.1 **LEGAL TECHNIQUES:**

3.4.1.1 **Throwing:** A standing throw from a grab, or after blocking and grabbing a kick or punch, is legal. The thrower may be awarded one or two points for the throw, depending on whether the throw was part of a combination attack.

3.4.1.1.1 **Scoring throw:** A scoring throw must have the opponent land on his or her back, front, or side. A throw that causes the opponent to land on his or her head or shoulders is illegal.

3.4.1.1.2 **Counter throws:** If A tries to throw B, and B starts to fall and initiates a sacrifice throw, then only A, who initiated the action, can score a point. B does not get a point unless A's throw was entirely stopped and then B re-initialized the action and completed a throw.

3.4.1.1.3 **Wrist throws:** All wrist throws are illegal as they are considered attacks on the wrist joint.

3.4.1.2 **Strikes:** All hand and foot strikes permitted in the first round are allowed. Such techniques should score, provided that they are judged to be “*strong, well executed, and controlled*” and they contact a legal area on the body armor (*hogu*). No strike may severely impact the opponent. Strikes that draw blood may be grounds for disqualification. ***Absolutely no head contact is allowed.***

3.4.1.2.1 **Kicking targets:** Kicks may be targeted to all parts of the *hogu* (chest protector) except for the spine. In addition, the competitor may execute low spin heel kicks to the back of the calf. A low spin kick may only be scored if the opponent falls as a result of the technique.

3.4.1.2.2 **Hand strike targets:** Only straight punches (front or reverse) may be scored and they must be targeted at the front of the chest protector. For example, a hook punch to the kidneys is illegal.

3.4.1.3 **Chokes, arm bars, and leg bars:** Chokes and elbow bars are only legal in matches between upper ranks and by prior agreement between the competitors and with the consent of the center referee. Again, safety is the ultimate consideration in judging the use of these techniques. Application of these techniques, even when legal, that results in injury may be grounds for a penalty or disqualification.

3.4.1.3.1 **Legal chokes:** All legal chokes must use the uniform for the lever. No part of the body (hands, arms, legs, etc.) may be used against an opponent's neck. If the jaw is included in the choke then the referee should pause the match and restart the action from a standing position.

3.4.1.3.2 **Guillotine chokes:** All guillotine chokes are illegal. These include all chokes that involve extending the neck or pushing the head.

### 3.4.2 **ILLEGAL TECHNIQUES:**

The following techniques are illegal.

3.4.2.1 **Dangerous techniques:** Executing an unsafe technique or a legal technique in an unsafe way is grounds for immediate disqualification.

3.4.2.2 **Dangerous throws:** Any throw that causes a competitor to land in a dangerous way or position is illegal. For example, any throw that causes a competitor to land on his or her head is prohibited.

**3.4.2.3 Attacks to illegal targets:** A competitor may not attack an illegal target even as a feint. Faking a strike to the head or front of the legs is illegal and will be penalized.

**3.4.2.4 Examples of illegal techniques:**

- **Ax kick:** If it attacks the head.
- **Hook punch and back knuckle:** Only front and reverse punches may be scored.
- **Spin heel and spin hook kick:** Low spin heel to the back of the leg is the only exception to this rule.
- **Cut kick to any part of the leg**

**3.4.2.5 Joint attacks:** No joints, with the possible exception of the elbow, may be attacked. This includes fingers, toes, knee, shoulders, ankles, wrists, and hips. The elbow may only be attacked during advanced competitions and can only be attacked with an elbow lock. Strikes to the elbow are illegal.

## 3.5 Timing

All rounds are contested for an equal length of time with a designated rest period between each round. Depending on the ranks and skills of the competitors, the duration of each round can vary between one minute per round for beginners and three minutes per round for international competition.

In general, the rest period between matches should be at least 20 minutes to avoid a resting advantage for one competitor. All rounds are continuous time except when the referee calls time for injury, equipment failure, or administrative issues. Note that the referee may stop the clock to give warnings, penalties, or instructions. The referee will call “time” or “*kall-yo*” to stop the timer. The timer restarts when the referee restarts the match.

## 3.6 Competition for Beginners

Because proficiency in several styles is required to compete in all four rounds, a number of alternative rules should be considered when beginners compete.

**3.6.1 Reduced number of rounds:** A beginning student should only compete in a single round of groundwork. More experienced individuals may opt to compete in two-round competition, specifically the standing kicking and punching round and the groundwork round. Only students with at least two years of formal training covering all four areas should compete in the full, four-round version of the competition.

**3.6.2 Low-impact competition:** Beginners or intermediates competing in the two-round version may be instructed to control all of their strikes.

**3.6.3 Time changes:** Beginners and intermediates should have shorter rounds with longer rest times between rounds.



## 3.7 Starting Positions

For all rounds except the groundwork round, the competitors start the round in fighting stances at a distance of two (2) meters apart. For the groundwork round, the competitors start by facing each other in a kneeling position at least one (1) meter apart.

*Note:* During the course of the match, the referee should move the combatants to the center of the ring to continue a round if (a) a full point penalty has been called, or (b) a combatant has tapped out due to a legal technique. Otherwise, the competition should resume where the players last were.

## 4.0 - Scoring

At the conclusion of each round, each corner judge divides twenty (20) integer points between the two competitors. For example, if a judge feels that the two competitors were about even through a given round, then the judge may score the round 10–10. If, on the other hand, the judge feels that the first competitor had a slight edge, then a score of 11–9 may be awarded. A score of 20–0 is very unusual and indicates that one competitor completely dominated the other. Note that in each instance, the judge must award a total of 20 points to the two competitors and that only integer values of points may be awarded. This system is necessary for each round to have equal weight in determining the winner.

Corner judges are *not* responsible for scoring any deductions the center referee might assess. That is the job of the scorekeeper.

At the conclusion of each round, the judges report the scores for that round to the referee. The referee checks for apparent errors and corrects any clear errors (for example, if a judge reports a score of 12 to 7, this does not add up to 20 and constitutes a judging error, which requires immediate correction). The referee then drops the high and low scores and reports the middle score to the scorekeeper, who records the score and subtracts penalty points as appropriate.

At the conclusion of the last round, the net points from all rounds are totaled by the scorekeeper, and the competitor with the most points is declared the winner.

## 4.1 Scoring Examples

The following are a few examples of techniques and how they might be scored or penalized in each round.

### 4.1.1 SCORING ROUND ONE : KICKING AND PUNCHING

- Front kick to body, partially blocked but still effective.

*Result:* Point for the attacker at judges' discretion.

- Punch to face.

*Result:* Penalty (1 point) or, if contact was made, Major Penalty (2 points); possible disqualification (DQ).

- Legal kick unintentionally hits the kicking leg of opponent as opponent is in the act of kicking.

*Result:* As long as the opponent does not score, there is no advantage to either fighter.

- Turning side kick to ribs, lands on legal target, well executed and unblocked.  
*Result:* Point for the attacker.

#### **4.1.2 SCORING ROUND TWO : STANDING THROWS**

- Successful major outer reap throw but both opponents lose their balance.  
*Result:* Point for the attacker.
- Hip throw immediately followed to the ground with a scarf hold.  
*Result:* One or two points for the attacker.
- A successfully throws B (for a point) but B immediately counter throws.  
*Result:* Point for A and point for B.
- A attempts, but fails, to throw B and B immediately counter throws.  
*Result:* Point for B.

#### **4.1.3 SCORING ROUND THREE : GROUNDWORK**

- A is in top mount position and B escapes.  
*Result:* Possible point for B if reversal went “to advantage.”
- A is in top mount position and B escapes and places A into a hold.  
*Result:* One point for B.
- A twists B down and applies an arm bar. B taps out.  
*Result:* Two points for A.
- If the referee feels that a competitor is in danger of being injured by a legal technique (e.g., an arm bar or choke), then the referee may stop the match by calling a “safety break,” at which point the clock may be stopped by the referee. The judges may award a submission to the attacker. The referee then continues the match from the starting position.

#### **4.1.4 SCORING ROUND FOUR : YONGMUDO FREE SPARRING**

- Lead-hand back knuckle to head, unblocked but pulled with no contact.  
*Result:* Penalty (1 point) or Major Penalty (2 points). (No strikes or feints to the head.)
  - Lead-hand back knuckle to head, hits face and draws blood.  
*Result:* One- or two-point deduction, possible disqualification (DQ).
- NOTE: If a competitor is struck in the head while diving for a leg take-down, then the DQ may not be appropriate.
- Low spin heel takedown to the back of the leg with an immediate pin.  
*Result:* One, possibly two, points for the attacker.
  - A front kicks and B blocks, catches the leg and throws A to the ground.  
*Result:* Point for B.
  - A kicks B and scores but B catches the leg and throws A to the ground.  
*Result:* Point for A and point for B.

- A front kicks and B partially blocks the attack.
- Result:* At the judges' discretion, a point may be given to A.

## 5.0 - Scoring Rule Violations

The referee uses deductions to maintain control of the competitors and to maintain a safe environment for the competitors. Deductions are given in one of three ways:

- Penalty:** A competitor receives a penalty when he or she has committed a minor infraction. For every penalty, one point is deducted from that competitor's score.
- Major Penalty:** A competitor receives a two-point deduction when he or she, or his or her coach, has committed a clear violation of the rules.
- Disqualification (DQ):** A competitor, or his or her coach, who commits a serious violation of the rules, particularly a violation of a rule designed to protect the safety of the other competitor, may be disqualified.

### 5.1 Rule Violations

A competitor, when charged with a rule violation, must be assessed either a penalty or a major penalty at the discretion of the referee. The following are some common violations.

- 5.1.1 Illegal technique:** If an illegal technique is completed or attempted, a competitor may be penalized.
- 5.1.2 Taunting:** If a competitor or his or her coach taunts an opponent, either verbally or with gestures, he or she may be penalized.
- 5.1.3 Leaving the ring:** If a competitor leaves a ring either voluntarily or due to the legal actions of his or her opponent, he or she will be penalized. The first two infractions for leaving the ring in a given round may result in single point deductions.
- 5.1.4 Avoidance:** If a competitor avoids competition, then he or she may be assessed either a warning or a full-point deduction at the discretion of the referee.

### 5.2 Disqualifications

A competitor may be disqualified from a match for any of the following infractions. Note that a competitor who has been disqualified is eliminated from all further competition in the tournament and his or her opponent at the time of the disqualification will be declared the winner regardless of the score at the time of the infraction.

- 5.1.1 Injury of an opponent:** If at any time during the competition one competitor injures his or her opponent while executing an illegal or overly aggressive technique, then the offending competitor may, at the referee's discretion, be disqualified.
- 5.1.2 Repeated deductions:** If, *during any one round*, a competitor is assessed five (5) penalty points, that competitor is disqualified from the competition and his or her opponent is declared the winner regardless of the current score. If, *during all rounds of the competition*, a competitor is assessed seven (7) penalty points, that competitor is disqualified from the

competition and his or her opponent is declared the winner regardless of the current score. It is the responsibility of the scorekeeper to inform the referee when this maximum number of assessed penalty points has been reached by calling time, summoning the referee, and informing the referee what has occurred.

### **5.3 Breaking a Tie**

If, at the end of the final round, the combined score is tied, then the competitor who has been penalized the least will be declared the winner.

*Example 1:* A has 11 points and 2 penalty points  
B has 9 points and 0 deductions  
Result: B wins

*Example 2:* A has 27 points and 3 penalty points  
B has 18 points  
Result: B wins

*Example 3:* A has 22 points and 4 penalty points  
B has 18 points  
Result: B wins

If the match is scored a tie after the above tie-breaker, then the referee will determine the winner, thus breaking the tie. In this circumstance, the referee may, but is not required to, poll the corner judges to determine a winner. If the referee consults with the corner judges, he or she must abide by their determination.

## **6.0 - Coaches**

One coach is permitted per competitor but the coach may not enter the ring at any time unless called in by the referee. The behavior of the coach is subject to the same rules regarding taunting and misconduct that apply to that coach's player, and the coach's actions and behavior may result in the assessment of warnings, deductions, or disqualification of the coach's player.

# RULES FOR UC YONGMUDO POOMSAE COMPETITION

Version 2.0/August 2014

## SUMMARY

These rules govern a Yongmudo Creative Poomsae competition.

Each individual or team shall perform, at minimum, the following elements:

- a) Minimum of 3 kicks
- b) Minimum of 2 ground elements (rolls, falls, pins, etc.)
- c) Minimum of 3 hand strikes
- d) Minimum of 3 blocks
- e) Minimum of 1 flying element (flying kick, dive roll, etc.)

Judges will score each competing individual or group on a scale of 5 to 10 (0.1-point increments) and the recipient of the highest score will be declared the winner.

## 1. Purpose

The purpose of the Yongmudo (YMD) Poomsae Competition Rules is to manage safely, fairly, and smoothly all matters pertaining to Poomsae competitions at all levels and to ensure the application of standardized rules.

## 2. Application

The Competition Rules shall apply to all competitions promoted or organized by the Yongmudo program at the University of California Martial Arts Program (UCMAP).

## 3. Competition Area

The Competition Area shall measure 12m×12m and have a flat surface without any obstructing projections. The Contest Area shall be appropriately matted to facilitate a safe competition.

1. **Position of the Judges:** Three (3) judges shall be positioned in front of the contest area.
2. The positions of the contestant(s) for bowing in shall be in a line across the center of the contest area.
3. The recorder's desk shall be positioned behind the judges.
4. The referee will sit at the head table and officiate the competition.

#### **4. Contestant**

##### 1. Qualifications of contestants

- a) Junior Division (5-17 years old)
- b) 1st Senior Division (18-30 years old)
- c) 2nd Senior Division (31-40 years old)
- d) 1st Masters Division (41-50 years old)
- e) 2nd Masters Division (51+ years old)

NOTE: Other divisions may be made at the tournament director's discretion.

##### 2. Contestants' Uniforms

- a) Contestants shall wear a clean white, green, or blue uniform that is in good condition.
- b) Those contestants who wish to participate in poomsae competition may wear other clothing but it may not be lewd.

#### **5. Classifications of Poomsae Competition**

1. Men's Individual Creative
2. Women's Individual Creative
3. Men's Individual Weapons
4. Women's Individual Weapons
5. Team Creative (weapons are allowed)

#### **6. Divisions**

1. All divisions may be divided according to age.
2. There is no specific limitation to Keub, Poom or Dan for group competition.

#### **7. Methods of Competition**

1. The systems of competition will be one of the following:
  - a) Single elimination tournament system
  - b) Round robin system
2. Competitions are divided as follows:
  - a) Individual Division: Individual contestants may only enter once in each individual event.
  - b) Team Division: Individual contestants may enter competition as participants in a maximum of two teams per tournament.

#### **8. Competition Rules**

1. Each individual or team may present their form only once. In the case of an equipment failure or injury, a two-minute pause is permitted after which the form must be continued from the point at which it was interrupted.
2. The number of participating contestants per team shall be limited to seven (7).

3. All patterns and movements must be performed in a safe way that does not endanger the participants, the audience, or the officials.
4. Movements to be included in Creative Poomsae are:
  - a) Minimum of 3 kicks
  - b) Minimum of 2 ground elements (rolls, falls, pins, etc.)
  - c) Minimum of 3 hand strikes
  - d) Minimum of 3 blocks
  - e) Minimum of 1 flying element (flying kick, dive roll, etc.)
5. Music may be used for the Creative Poomsae competition.
  - a) Consult the tournament director about available equipment.
6. 70% of the patterns and movements shall be martial arts techniques.
7. No religious or FCC banned material (swear words, etc.) music may be played.

### **9. Duration of Contest**

1. Duration of Contest: From the declaration of “start” (*shi-jak*) until “return” (*ba-ro*)
  - a) Individual competition: From 1 minute to 2 minutes
  - b) Team competition: From 2 minutes to 3 minutes

### **10. Drawing of Lots**

1. At the discretion of the tournament director, the order of competitors will be determined by the drawing of lots. Lots will be drawn in the presence of tournament officials and representatives of the participating groups, and the drawing of lots shall be done in English alphabetical order using the official names of the participating groups.
2. Officials shall be designated to draw lots on behalf of the officials of participating groups not present at the drawing.
3. The order of the draw may be changed according to the Arbitration Committee.

### **11. Prohibited Acts/Penalties**

1. Penalties for any prohibited act shall be declared by the referee.
2. Violations shall result in a deduction penalty by the referee.
3. The following acts shall be classified as prohibited acts, and “Gam-jeom” shall be declared.
  - a) A contestant or coach uttering a disparaging remark, swear word, or any other act of misconduct
  - b) Performing an unsafe and/or excessively dangerous technique
  - c) Not following an official’s instructions
  - d) The competitors may NOT use any overtly dangerous equipment in their performance, including, but not limited to, blades with sharp edges, weapons to be thrown, explosives of any kind. Acceptable weapons include but are not limited to tonfas, canes, sticks, staffs, swords, and knives with blunt edges.
4. Should a contestant be assessed two (2) deductions, the referee shall declare the contestant the loser on penalties.

## 12. Procedures of Contest

### 1. Call for contestants

Contestants' names shall be announced up to three times before the start of the contest. Any contestant who fails to appear at the contest area for the start of the competition shall be deemed to have withdrawn and shall forfeit the match.

### 2. Physical inspection and uniform inspection

After being called, each contestant shall undergo a physical inspection of equipment (if any) and uniform at the ring's table by a designated inspector.

### 3. Entering the competition area

Following the inspection, the contestant or team shall enter the contestant waiting area. A maximum of one coach may accompany his or her contestant or team.

### 4. Beginning and end of contest

The contest shall begin with the declaration of "ready" (*joon-bi*) and "start" (*shi-jak*) by the referee and shall end with the declaration of "return" (*ba-ro*) by the referee.

### 5. Pre-contest and post-contest procedures

- a) The contestants must bow as they both enter and leave the contest area.
- b) After the end of the Poomsae, the contestants shall stand in their respective positions and make a standing bow at the referee's command of Cha-ryeot (Attention), Kyeong-rye (Bow)" and then, in a standing posture, wait for the referee's declaration of the decision.
- c) The referee shall declare the winner according to the results of the judges.

## 13. Methods of Scoring

1. For each form presented, a score of between 5 and 10 points shall be given. The score shall be the sum of the following:

- a) **Presentation:** Between 1 and 2 points will be awarded in increments of 0.1 points for quality of the overall presentation. This includes movements, presentation of power, breathing, etc.
- b) **Practicality:** Between 1 and 2 points will be awarded in increments of 0.1 points for effectiveness of the moves that are displayed
- c) **Difficulty:** Between 1 and 2 points will be awarded in increments of 0.1 points for difficulty of the moves that are displayed, e.g., performance of jumps, spins, and technically difficult techniques
- d) **Coordination:** Between 1 and 2 points will be awarded in increments of 0.1 points for coordination of the moves
- e) **Artistry:** Between 1 and 2 points will be awarded in increments of 0.1 points for artistic interpretation, spirit, and aptitude

2. The final score shall be the sum of the judges' scores

3. Deduction of points shall be assessed by the referee

- a) Should a contestant exceed the time limit, 0.5 points shall be deducted from the final score for every 10 seconds over the allotted time.
- b) Should a contestant cross the contest area boundary line, 0.5 points shall be deducted from the final score.



#### **14. Publication of Scoring**

1. The final score shall be announced immediately after collecting the judges' totals.
  - a) The coordinator shall collect each scoring sheet and convey the results to the recorder immediately after completion of the Poomsae.
  - b) The recorder shall report the final score to the referee, following the deletion of any scores as defined in section 13.2, and the final score shall be announced immediately.

#### **15. Decision and Declaration of Winner**

1. The winner shall be the contestant or team who is awarded the highest point total.
2. In case of a tie score, a rematch may be conducted between the tied contestants.
3. In case of a tie score at the rematch, a draw will be declared.

#### **16. Procedures for Suspended Contest**

When a contest is to be stopped due to injury, the referee shall take the following measures: While in a situation that warrants merely suspending the contest beyond the prescribed procedure, the referee shall declare "time" or "time keeping" and suspend the contest, taking into consideration all aspects of the situation.

1. The referee shall suspend the contest and stop the clock by announcing "time keeping" or "time."
2. The referee shall allow the contestant to receive first aid for two minutes.
3. Should a contestant not demonstrate the will to continue the contest after two minutes, the performance will be declared "incomplete" and a score of zero (0) will be assigned the competitor.
4. Technical, equipment, cassette, or CD malfunction of accompanying music
  - a) The Organizing Committee shall prepare musical accompaniment equipment.
  - b) Should a contest be stopped due to musical accompaniment equipment malfunction, the competition may restart upon reactivation of the music.

#### **17. Recorder**

1. The recorder shall time the contest and also shall record and announce the total score.

#### **18. Allocation of Officials**

1. Competition of Referee Officials
  - a) Officials: 1 Referee and 3 Judges
2. Assignment of Referee Officials
  - a) Referees will be assigned to their rings by the head referee

#### **19. Other Matters Not Specified in the Rules**

Should any matter arise not specified in the Rules, it shall be dealt with as follows:

1. Matters related to the competition shall be decided through a consensus of the Head Referee and tournament director.

## 20. Arbitration and Sanction

### 1. Composition of the Board of Arbitration

a) **Member qualifications:** Yongmudo *dan*-ranked persons with sufficient judging experience. Chairman should be 3<sup>rd</sup> *dan* or higher.

b) **Composition:** One Chairman plus six or fewer appointed members

c) **Procedure of Appointment:** The Chairman and members of the Board of Arbitration will be appointed by the tournament director

2. **Responsibility:** In the event of a protest, the Board of Arbitration may correct a misjudgment, and may take disciplinary action against the officials committing the misjudgments or illegal behavior.

### 3. Protest Procedure

a) If there is an objection to a referee's judgment, an official delegate of the individual or team must submit a protest application together with the prescribed fee to the Board of Arbitration within 10 minutes after the contest.

b) Deliberation of re-evaluation shall be carried out excluding those members with the same group as that of either contestant concerned, and resolution on deliberation shall be made by majority.

c) The Board of Arbitration may summon the referees or officials to confirm events.

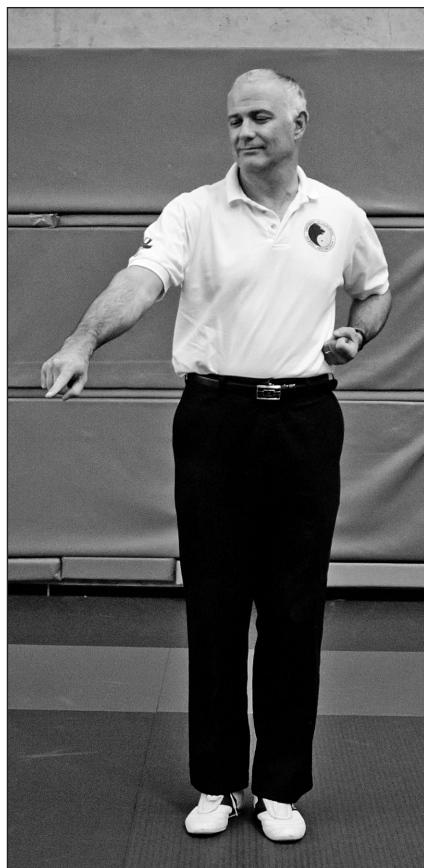
d) When evaluating a protest, the Board of Arbitration shall convene without representative members from any groups that participated in the protested contest. The remaining members shall decide the protested issue by majority vote.

e) The ruling by the Board of Arbitration will be final.

# REFEREE HAND SIGNALS FOR UC YONGMUDO COMPETITION

The following describe the basic hand signals used by the center referee during a UC Yongmudo match. The hand signals have been simplified so that they may be used in all matches of the Yongmudo event. Note that the hand signals used in international competition differ somewhat and are described in literature available through the World Yongmudo Federation.

## Calling in the Competitors



*Calling in the BLUE (“chung”) competitor*

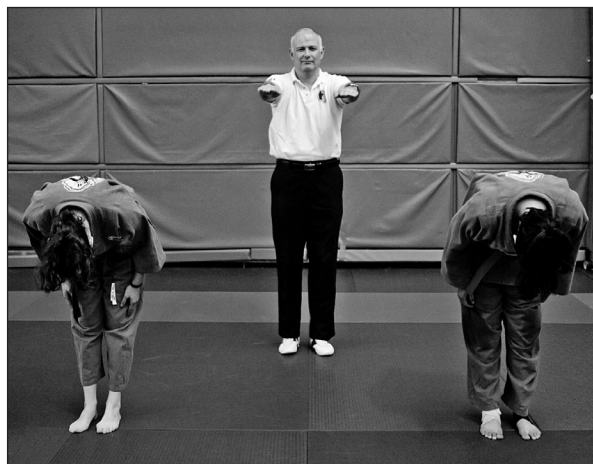


*Calling in the RED (“hong”) competitor*

## Bowing to the Head Table

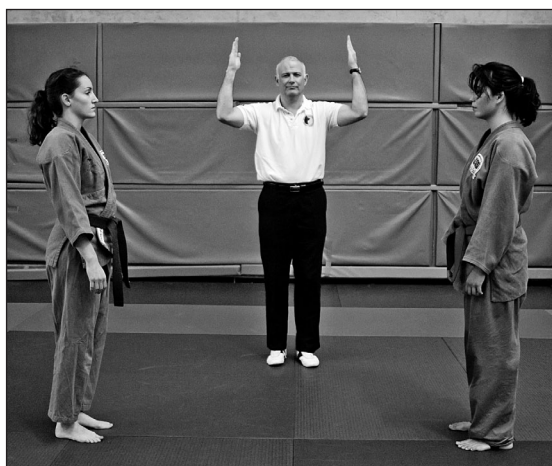


*Face the Head Table (camera)*

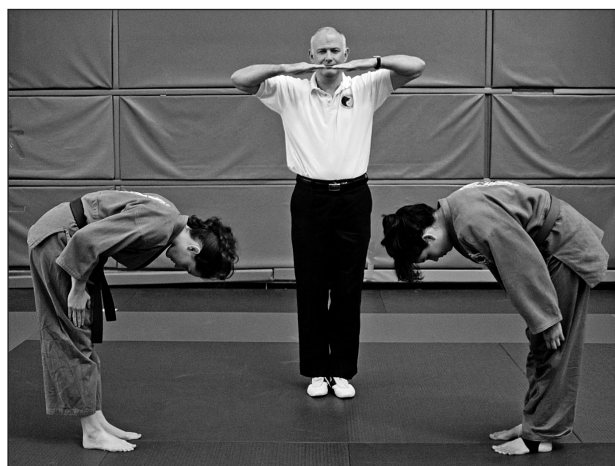


*Bow ("kyung-rye") to the Head Table (camera)*

## Bowing between the Competitors



*Competitors face each other*

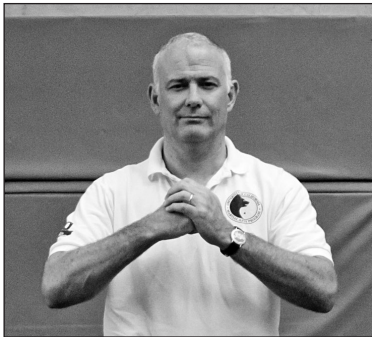


*Competitors bow ("kyung-rye") to each other*

# Assessing Penalties

It is the center referee's job to run the match and to keep both competitors safe. This requires administering penalties when a competitor breaks a rule. All of the penalty signals are done with the right hand. (The "Illegal Technique" gesture uses both hands.) This rule is important as it helps to eliminate confusion. When assessing a penalty, the referee:

- 1) stops the competition
- 2) at the discretion of the referee the time may also be stopped
- 3) faces the fighter who is to be penalized
- 4) indicates the penalty with both the appropriate hand signal and a verbal explanation
- 5) indicates if the penalty is a one- or two-point deduction
- 6) continues the match.

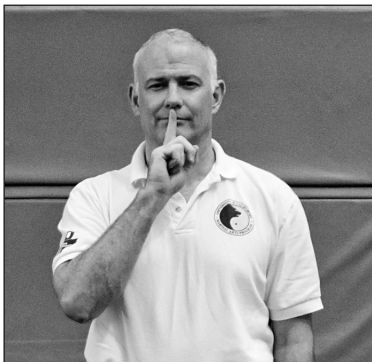


*Hand signal for "illegal technique"*

## Illegal Technique ("panchik")

*Examples of Illegal Techniques:*

- Throwing a competitor in a dangerous way
- Striking an opponent during groundwork or in free sparring when holding an opponent
- Striking the head during any round
- During the free sparring round, grabbing an opponent for more than five seconds

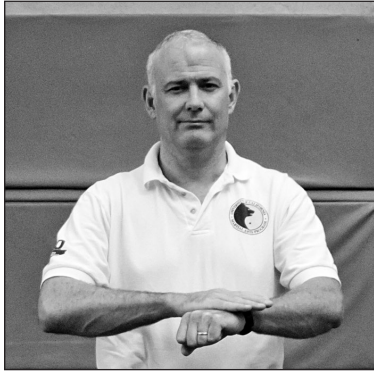


*Hand signal for when a competitor or his coach has been guilty of misconduct*

## Misconduct ("chu-yi")

*Examples of Misconduct:*

- Taunting an opponent (this may be verbal or with gestures)
- A coach making inappropriate comments about the competitor, the opponent, or the officiating staff
- A competitor performing an overt gesture of self-promotion



*Hand signal for when a competitor is guilty of a time infraction*

## **Time Infraction (“kye-shi”)**

*Examples of Time Infractions:*

- Not reporting to the ring on time
- Stepping out of bounds (a common delaying tactic)
- Avoiding competition
- Faking an injury to avoid competition

## **Penalty Level**

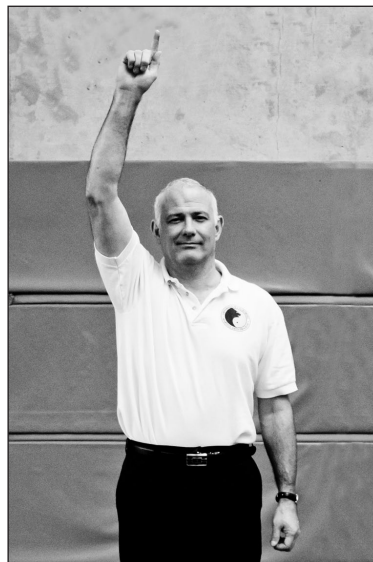
After the referee has called a penalty, he/she must either assess a penalty (1 point) or a major penalty (2 points). For every two warnings that are assessed, a point will be deducted from the competitor’s final score.

### **Penalty One-Point Deduction (“kyung-ko”)**



*Hand signal for assessing a Warning*

### **Major Penalty Two-Point Deduction (“kam-jeom”)**



*Hand signal for assessing a Point Deduction*

## **Disqualification**

*(not shown) Forearms crossed*