

OFFICIAL WHRDA RULES & REQUIREMENTS: YONGTOOGI (SPARRING)

花郎道



太手道

<p>Mandatory Equipment:</p>	<ul style="list-style-type: none"> • Proper WHRDA Uniform per participant's rank. *No Dopo for Hwa Rang Do ranks - main uniform top, pant, & sash only. • For men and boys, groin cup is mandatory. • Mouth guards are mandatory for all ranks. • Tae Soo Do mandatory protective armor = Official WHRDA White Boots, Gloves, & Helmet. Chest Guards & Shin Guards are optional for TSD tournament competition only (<i>*required for regular training classes</i>) • Hwa Rang Do Mandatory Protective Armor = Official WHRDA Black Shin/Instep, Gloves, Helmet, and Chest Guard • Cannot wear any form of jewelry: Includes but not limited to glasses, rings, toe rings, earrings, nose rings, necklaces, bracelets, etc.
<p>Fouls, Penalties, & Injuries:</p>	<p>NOT ALLOWED:</p> <ul style="list-style-type: none"> • Attacking illegal target areas. • Using illegal techniques. (<i>see below per specific events</i>) • Intentionally running out of the ring to avoid the other participant. • Continuing action after being ordered to stop. • Excessive stalling of contact. • Excessive force. • Blind uncontrolled attacks. • Any striking or takedowns attempts that are against an opponent's joints. • Kicks or stomps to downed opponents. • Any un-sportsmanlike conduct of any kind. • Not being prepared when called upon. <p>PENALTIES: Any violation of the rules is subject to penalty.</p> <p>For Tae Soo Do:</p> <ul style="list-style-type: none"> • First Warning – Official Warning • Second Warning – Award 1 (one) point to the opponent • Third Warning – Disqualification <p>For Hwa Rang Do: (Continuous Round)</p> <ul style="list-style-type: none"> • First Warning – Deduct 1 (one) point from total score • Second Warning – Deduct 2 (two) points from total score • Third Warning – Disqualification <p><i>~Note: If a serious infraction occurs (especially un-sportsman like conduct), the center referee has rights to disqualify offending participant immediately.</i></p>

	<p><u>INJURIES:</u></p> <ul style="list-style-type: none"> • If there is an incidental injury, recipient shall be awarded 30 seconds to recover. If cannot continue after 30 seconds, then the other participant is awarded victory in the bracket and next match shall proceed. • If there is an injury due to excessive contact or any intentional reason and the recipient of such can no longer continue, the offending participant will be disqualified. If the recipient of the injury cannot continue in next match with next opponent, he/she will have to forfeit that match and the next person will be advanced in the bracket.
Levels of Force:	<ul style="list-style-type: none"> • Light Contact - A touch to target areas with no moderate to extreme folding of the body or shaking of the head. • Medium Contact - A strike that causes slight or moderate fold of body or shaking of head. • Excessive Contact - Any contact causing swelling, bleeding, dizziness, unconsciousness. (includes "getting the wind knocked out" which may result in a penalty point).

TAE SOO DO® POINT SPARRING FORMAT

Duration:	2 Minutes, non-stop
General Rules:	<ul style="list-style-type: none"> • First participant to receive 5 points is determined the winner. • Points are awarded to the 1st clean strike of any exchange between participants. Strikes that hit hands/shoulders/hips or any other non-target areas prior to hitting a point area are not considered clean. • Lead hand strikes to the body are never awarded points for any TSD rank or age groups, even if clean. Only reverse hand strikes to body are awarded points. For Intermediate and Advanced Divisions lead hand strikes do receive points for head contact. • If the score of the match is tied at end of regulation time, the 1st person to land a clean point in overtime is determined the winner. There is no time break between overtime round, nor any time limit. 1st majority decision for a point determines victor. • No knee or elbow strikes allowed • If a participant is out-of-bounds (both feet), they will not be awarded any points even if clean contact. At least one foot must remain in bounds to be awarded points for strikes. However, an in-bounds participant can score on an out-of-bound opponent with clean legal strikes prior to referee stoppage. Restarts occur on center lines.
Judging:	<ul style="list-style-type: none"> • The judging is done by one center referee and 2 side judges. A participant must gain majority decision on calls to receive points (<i>at least 2 out of 3 judges</i>). • The center referee is the only one who can start or stop the action of the match, however, side judges should call for points that they see immediately (<i>Korean command "Jum"</i>). Center Referee will then break the match (<i>Korean command "Baro"</i>), and then call for decision (<i>Korean command "Pan"</i>). For Advanced matches that involve a takedown only, Center Referee will stop time for judge rulings. Otherwise, time continues to run unless there is an equipment malfunction or injury. • There is also one score keeper, and one time keeper
Beginner Rank Rules: (White, Orange, & Yellow Belts)	<ul style="list-style-type: none"> • No contact to any part of the head, neck, throat, spine, groin, and nothing against the joints are allowed.

	<ul style="list-style-type: none"> ● Point Target Areas: <ul style="list-style-type: none"> ○ Light to medium contact to body (<i>below neck & above the belt</i>) ○ Light contact to the kidneys ● Hand strikes receive 1 point ● Kick strikes receive 2 points ● Front to front leg contact (<i>not to be done as a sweep, only as a leg check or setup</i>), is allowed but no points are awarded.
<p>Intermediate Rank Rules: (Green, Purple, & Blue Belts)</p>	<ul style="list-style-type: none"> ● No contact to any part of the face, neck, throat, spine, groin, and nothing against the joints are allowed. ● Point Target Areas: <ul style="list-style-type: none"> ○ Light Contact to the protected areas of the helmet (<i>no face</i>) ○ Light to medium contact to body (<i>below neck & above the belt</i>) ○ Light contact to the kidneys, ● Hand strikes receive 1 point ● Kick strikes receive 2 points ● Ariel Kicks to the head receive 3 points (<i>must land on feet – no sacrifice kicks</i>) ● Front or reverse leg to opponent’s lead leg contact (<i>as a leg check or setup</i>), is allowed but no points are awarded. ● Sweeps are allowed, but no points are awarded ● No Throws
<p>Advanced Rank Rules: (Brown, Red, & Half-Black Belts)</p>	<ul style="list-style-type: none"> ● No contact to any part of the face, neck, throat, spine, groin, and nothing against the joints are allowed. ● Point Target Areas: <ul style="list-style-type: none"> ○ Light contact to the protected areas of the helmet (<i>no face</i>) ○ Light to medium contact to body (<i>below neck & above the belt</i>) ○ Light contact to the kidneys, ● Hand strikes receive 1 point ● Kick strikes receive 2 points ● Ariel kicks to the head receive 3 points (<i>must land on feet – no sacrifice kicks</i>) <p><u>TAKEDOWNS:</u></p> <p>In order to receive points for any takedown or throw, participant must execute an intentional takedown with proper balance ending in top dominate position on the ground. The initiator of takedown must also stay on feet or one-knee position for landing in order to receive points. May not land on both knees or side or back.*</p> <ul style="list-style-type: none"> ● Any takedown where the opponent stays close to or stays on the ground (<i>one leg still on ground</i>) – 2 points: Leg pick-ups, Midsection Clinch Takedowns, & Sweeps ● Any Throw where the opponent leaves the ground for air time (<i>both feet off the ground</i>) – 3 points: Hip Throws, Shoulder Throws, Suplex, & Kick-Defense Throws ● Sacrifice throws – 3 points Over throw, body/leg scissors, or spinning body/leg scissors <i>*sacrifice throws are the only takedowns that allow landing on one’s side or back of the initiator.</i> ● NO Spinning Kicks are allowed as low spin sweeps in TSD divisions. ● Participant has 3 seconds to execute a takedown from any clinched/grab position. After 3 seconds center referee will break the action and restart at center lines. No points are awarded for takedown attempts, but

referee will make a call for points in case any participant threw or landed strikes while grab took place.

- No grappling allowed on the ground. Clean hand strikes only.

FOLLOW-UP & COUNTER STRIKING:

During and after any takedown attempt striking is allowed. While standing and through the duration of the takedown or takedown attempt all normal legal strikes are allowed by both participants. Once any opponent lands on the ground however, only hand strikes are allowed to the grounded participant. No kicks to downed opponent in any form, however grounded opponent may kick up to legal target areas of the standing opponent.

- If there is a takedown attempt, the referee will allow the action to continue on the ground until the initiator of the takedown lands a clean followup strike or 2 seconds have elapsed. After the strike or 2 seconds (*whichever occurs first*), the center referee will break the action and line up participants at center line and stop time. The recipient of the takedown can continue to attempt counter strikes throughout, but will only receive one point for an effective counter strike no matter how many were executed or what type of move performed.

- When calling for points after a takedown exchange, the order of calls are as follows:

1) Call for Takedown

If yes , points for takedown awarded:	If no , not a clean takedown
2) Call for Counter	2) Call for points (<i>for any participant, using normal judging criteria</i>)
3) Call for Follow-up	

~ Notes:

- For Counter Strike - only 1 point is awarded for clean strike regardless if it is a hand or foot technique
- For Follow-up Strike – only 1 point is awarded for clean hand technique
- If any participant receives the needed total of 5 cumulative points in order to achieve victory, the match is decided at that moment in the above order of calls and no further calls are made. 1st participant to 5 points is winner.
- If additional points are needed for victory, time resumes at the next restart for action

GRABBING OF OPPONENTS:

- Collar and sleeves grabbing is allowed.
- Leg grabbing can only be used when an individual attempts a takedown, such as kick defense or leg-pickup takedowns.
- Tackling to the body or legs are allowed only for an attempted takedown and not to push opponent out of the ring and cannot fall to both knees. Either one knee or standing upon finish.
- Grabbing torso with one hand to assist a leg sweep is allowed.
- **NO** grabbing of chest guards or chest guard straps are allowed.
- **NO** neck cranks or chokes allowed.

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HWA RANG DO® CONTINUOUS SPARRING FORMAT

Duration:	2 Minutes, non-stop
General Rules:	<ul style="list-style-type: none"> • Continuous Round of striking & submissions. If a participant gains a submission, he/she wins! Otherwise, round is scored by 3 judges at end of time allowance based on Striking, Takedowns, and Spirit categories. • Striking & Takedown Topics: <ul style="list-style-type: none"> ○ Light to Medium contact to the Body ○ Light contact to Head ○ <i>*Can do straight punches to face since there is a face shield.</i> ○ Knees to the body are allowed, NO knees to head ○ NO Elbows are allowed ○ All takedowns are allowed as long as they do NOT go against the joints ○ There is not a time limit to clinches as long as competitors are actively looking for takedown opportunities or are actively striking. However, if competitors stall, the center referee can break, separate, and restart match on center lines. • No standing submissions. Submissions can be initiated and setup while standing but must be taken to the ground for completion attempts. • Following any takedown, both competitors will be given 5 seconds to obtain a submission. The center referee will count out loud (<i>in Korean</i>), and then break the competitors after the 5 second count if no submission has been obtained. Restarts will occur standing on center lines immediately. No time stoppage occurs. • Time shall only be stopped if there is significant equipment displacement, for injuries, or to address fouls. • If a participant is out-of-bounds (both feet), they will not be awarded any credit for attacks even if clean contact. At least one foot must remain in bounds to be awarded credit for attacks. However, an in-bounds participant can score on an out-of-bound opponent with clean legal moves prior to referee stoppage. Restarts occur on center lines.
Judging:	<p>The judging is done by one center referee and 2 side judges. If there is not a submission within the time allowed, the match will go to a judges' decision. Grading of the match will be based on the following 3 criteria:</p> <p>Striking: (possible of 10 points) Graded on quantity & quality of strikes that land on the opponent, not striking attempts. Higher credit is given for more advanced & difficult maneuvers, as well as considering quality of technique. Kicking is also given higher credit than hand strikes.</p> <p>Takedowns: (possible of 10 points) Graded on how many successful takedowns were performed as well as takedown attempts. Higher credit is given for more advanced & difficult takedowns and throws, as well as considering quality of technique.</p> <p>Spirit: (possible of 10 points) Graded on overall character, sportsmanship, showmanship, energy, and virtues of the participant for the duration of the match.</p> <p><i>*Only Whole numbers used for scoring</i></p>

	<p>All 3 categories will be totaled by the individual judge determining a victor for the match for each judge. Once all 3 judges have finished generating their scores, the center referee will make the call for match results and all judges will raise the flag color of their victor simultaneously (<i>Korean command "Pan"</i>). Whichever participant receives the majority of the judges' decisions (<i>at least 2 out of 3</i>), that participant will be declared winner of the match.</p> <p>In case of a draw decision between the judges, total points will be tallied from the scorecards and whichever participant has the highest score will be determined to be the winner of the match.</p> <p>If there is still a tie in scorecard results, an overtime round will be held. If no submission is obtained within overtime an additional judges' decision will be made based on the overtime round performance only.</p> <p>Overtime Round = 1 minute</p>
Other Notes:	<p>Only center referee can stop or restart the matches. The 2 side judges should be sitting in chairs in diagonal corners. There will also be one score keeper, and one time keeper</p>