



# INTERNATIONAL HAPKIDO COUNCIL – IHC

CARRERA 4 ESTE NO. 31 – 47 SOACHA/CUNDINAMARCA, COLOMBIA

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## TECHNICAL COMPETITION REGULATIONS LONG JUMP MODALITY

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The first edition is held in **May 2025**, observing and participating in the different Hapkido competition regulations worldwide and aiming to develop a complete and updated regulation for the world and its affiliates.

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## LONG JUMP CHAPTER I

### Article N° 1. Long jump, definition:

It is the action performed by the athlete where he starts from a starting point using lime or talcum powder in the hands (used to demarcate the point of fall), executing a run and then jumps horizontally without stepping on a witness line, performing a fall technique or front roll supporting both hands or lateral roll supporting only one hand and trying to reach the greatest possible length exceeding a minimum mark line according to category.

### Article N° 2. Race area and witness line.

It is the surface arranged for the athlete's momentum prior to the jump, the race must be in a straight line and has a length of twelve (12) meters and a minimum width of one (1) meter. On the surface, a witness line will be located at 12 meters, which the athlete will not be able to step on.

### Article No. 3. Drop surface and minimum mark line.

They must be gymnastics-type safety mats which protect the athlete from falling, the minimum measurements are 1.5 meters wide by 2 meters long and a thickness or height between 5 to 10 centimeters. These mats should cover between 6 to 8 meters in length. On the landing surface or mats must be located the minimum mark line, which the athlete must overcome according to his category.

### Article N° 4. Rounds:

In this modality it is made up of 3 rounds of jumping where each athlete has the option of performing one, two or all 3 jumps to register their mark once the minimum mark has been exceeded. The best mark will be taken into account for the award of the category.

**Paragraph 1.** The athlete may refrain from skipping one or two rounds, but must notify Judge 1 before the start of the round.

**Paragraph 2.** The invalidation of any of the jumps constitutes the disqualification of the athlete and the loss of any result or mark made within the modality.



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## Article No. 5. Measuring point:

The measurement of the length of the athlete's jump must be made with a precise measuring element, it must be made from the minimum mark line according to category to the mark left by the athlete's hands (lime or talc).

The measurement will be taken from the hand closest to the minimum mark line and the value taken will be added with the minimum measurement according to the corresponding category.

## Article No. 6. Minimum Categories and Marks:

The categories and minimum marks within the long jump modality will be as follows:

### A. Categories:

**Junior:** Competitors aged 12 to 14 years plus 364 days old.

**Youth:** Competitors aged 15 to 17 years plus 364 days.

**Adults or Open Elite:** Competitors aged 18 and over.

**Senior:** Competitors aged 40 years and older.

### B. Minimum Marks

- Junior Male: 2 mts
- Junior Female: 1.50 m
- Youth Male: 2.50 m
- Youth Female: 1.80 m
- Adult Male: 3 mts
- Adult Female: 2 m
- Senior Male: 2.50 m
- Senior Female: 1.80 m



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## CHAPTER II DEVELOPMENT OF THE COMPETENCE

### Article No. 7. WHEN THE JUMP ACTION IS VALID.

The competition begins with the minimum mark of the category through the following steps:

1. Start of Round: "Judge 1" gives the starting order for the execution of the athlete's race for the jump by means of a whistle after pronouncing the name of the competitor.
2. The athlete undertakes the impulse prior to jumping over the running area indicated in ARTICLE 2.
3. The athlete executes the jump, which must exceed the witness line and the minimum mark required for his category demarcated as "minimum mark line".
4. The athlete must perform a valid fall on a roll, then at the end of the fall he must remain standing and in a guard position.
5. The athlete who executed the technique must walk out of the jumping area to the end of the landing surface.
6. Each Judge validates or invalidates the action as the competitor passes through his observation zone.
7. If the athlete exceeds the mark determined for the round at the time, he or she moves on to the next level.
8. Start of the next round.

### Article No. 8. WHEN THE JUMP ACTION IS INVALID.

The following actions are considered as faults, with the consequent invalidation of the jump:

1. Disciplinary and sporting offenses (violent conduct, disobedience, doping, etc.)
2. Not showing up for the call of the category, or the call of the round.
3. Start the race and/or make the jump before the starting order.
4. Gain more momentum than established for the jump race (12 meters), or leave the running area once you receive the order to start the jump.
5. To undertake the race and not make the jump technically.
6. Step on the witness line when jumping.
7. Do not skip the minimum mark.
8. Touch the minimum mark line with your hands.
9. When performing the jump, do not mark your hands with lime or talcum powder in the area of falling.
10. That the first contact of the athlete's body on the mat is not made with one or both hands.



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11. Perform a different drop to front roll or side roll.
12. Do not perform the fall or roll within the landing surface or mat. (It will not be valid to remove any limb from the landing surface).
13. Use the support of the hands to stand up.
14. Do not stay in a fighting position or on guard after the roll.
15. Leaving the jumping area for an area other than the end of the landing surface or mat.

## Article N°9. Disqualification:

An athlete is considered disqualified who, during the warm-up phase, is determined by the group of judges to be unfit to jump because he shows signs of not mastering the gesture and as a consequence causes an injury.

## CHAPTER III THE JUDGES

Each judge will have a certain scoring parameter for the long jump competition and it will be developed as follows:

### Article N° 10. Judge 1:

It will be in charge of:

1. Call the athletes for the jump.
2. Notify the validity or invalidity of the jump.
3. In case of invalidation of the jump, announce and detail the foul committed verbally example: (Foul at the start, Fault in the Jump, fault in the roll and Foul in the Finish).
4. Announce the result of the jump measurement.
6. Keep the record of the development of the modality in the corresponding format.
7. Make the announcement of the start and end of the modality according to category.

### Article N° 11. Judge 2:

Located in front of the start of the race area, you will be in charge of:

1. Ensure the correct signage and demarcation of the race area.
2. Confirm the athlete's identity before starting the jump
3. Observe that the athlete applies lime or talcum powder to his hands.



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4. Verify that the athlete is within the running zone, before and during the impulse to jump and that the athlete does not take more momentum than that already stipulated.
5. Confirm that the athlete starts the race and makes the jump with the starting order.

## **Article N° 12. Judge 3:**

Located on the side of the witness line, he will be in charge of:

1. Confirm that the athlete does not step on the witness line.
2. Collaborate in the measurement of the jump.

## **Article N° 13. Judge 4:**

It will be located on the side of the minimum mark line, it will be in charge of:

1. Confirm that the athlete exceeds the minimum mark.
2. Confirm that the first contact of the athlete's body on the mat is made with one or both hands. (Part of the human body that runs from the wrist to the fingertips.)
3. Perform the jump measurement.
4. Report the result of the measurement to Judge 1 in a loud and clear voice.

## **Article N° 14. Judge 5:**

It will be located on the side of the landing area, it will be in charge of:

1. Confirm that the first contact of the athlete's body on the mat is made with one or both hands. (Part of the human body that runs from the wrist to the fingertips.)
2. Confirm that the athlete at the time of falling performs only front roll or side roll.
3. Confirm that the athlete does not use the support of the hands to sit up.
4. Confirm that the athlete is in a fighting position or on guard after the fall.
5. Confirm that the athlete leaves the jumping area at the end of the landing surface or mat.



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## Article N° 15. Judges' decision:

They will be as follows:

- A. Raise the blue flag vertically: Valid Jump.
- B. Raise the red flag vertically: (Foul), Invalid Jump.

## CHAPTER IV

### Article N° 16. Tiebreaker:

In the event of a tie, in one or more of the first 3 places, the tiebreaker will be made according to the following steps:

1. It is broken taking into account the 2nd best result of each athlete.
2. If the tie persists, it is made taking into account the 3rd measure of each athlete.
3. If due to abstention in any of the rounds by the tied athletes, there is no possibility of carrying out step 1 and/or 2, the athlete who abstained must complete the missing round, to break the tie.
4. If after completing steps 1, 2 and 3, the tie persists, a new jump will be made and the athlete who obtains the greatest distance in the jump will be the winner of the tiebreaker.

**Paragraph 1.** Only ties related to the first 3 positions of the modality will be resolved.

### Article N° 17. Positions or Positions:

1. Only 1st, 2nd and 3rd places will be awarded according to the record of judge 1.
2. The athlete who does not achieve the minimum mark does not obtain any position in the results table.
3. The best mark of the event will be listed and if it is necessary to register it as a world record or according to the nature of the event.
4. The award counts as a single medal per athlete towards the final score of their delegation.





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