



INTERNATIONAL HAPKIDO COUNCIL – IHC

CARRERA 4 ESTE NO. 31 – 47 SOACHA/CUNDINAMARCA, COLOMBIA
PHONE: +57 3134354386 EMAILS: internationalhapkidocouncil@gmail.com
info@intl-hc.org WEBSITE: www.intl-hc.org
NIT 901913090 - 1

TECHNICAL REGULATIONS OF COMPETENCE IN THE SELF-DEFENSE MODALITY (HOSINSUL)

ARTICLE 1. APPLICATION	2
Objective.....	2
ARTICLE 2. AREA OF COMPETENCE	3
Explanation	4
ARTICLE 3. UNIFORMS	5
ARTICLE 4. COMPETITORS	6
Requirements for competitors.....	6
Medical Control	6
ARTICLE 5. COMPETITION METHODOLOGY	7
ARTICLE 6. JUDGES.....	8
Scoring Criteria	9
ARTICLE 7. SCORING METHODS	10
Minimum and maximum deductions.....	10
ARTICLE 8. PRESENTATION PROTOCOL	11
Pre-Filing Procedures.....	11
ARTICLE 9. PROCEDURE FOR DECLARING THE WINNER	11
Judge.....	11
Punctuation	12
Declare Winner	12
Declare a loser.....	12
Tiebreakers	12



INTERNATIONAL HAPKIDO COUNCIL – IHC

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

PHONE: +57 3134354386 EMAILS: internationalhapkidocouncil@gmail.com

info@intl-hc.org WEBSITE: www.intl-hc.org

NIT 901913090 - 1

ARTICLE 1. APPLICATION

HOSINSUL's **competition rules** shall be conducted under parameters that preserve competition fairly and impartially for all. Matters related to **HOSINSUL's** competitions at all levels that are promoted and/or organized by IHC, by its affiliated Federation and/or National Associations, to ensure the application of the unified rules.

OBJECTIVE

Article 1.1. It is to ensure the worldwide unification of **the HOSINSUL** competition of the Hapkido discipline. Any competition that does not follow the rules set by the IHC may not be recognized as a **Hapkido** HOSINSUL competition.

The IHC rules in this modality will be applied to all **HOSINSUL** competitions that are promoted and/or organized by the IHC, by each federation and/or affiliated national associations.



INTERNATIONAL HAPKIDO COUNCIL – IHC

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

PHONE: +57 3134354386 EMAILS: internationalhapkidocouncil@gmail.com

info@intl-hc.org WEBSITE: www.intl-hc.org

NIT 901913090 - 1

ARTICLE 2. AREA OF COMPETENCE

The competition area is determined from a minimum of 8m x 8m and a maximum of 10m x 10m for **HOSINSUL** competitions, it must be a flat surface without any obstruction. The competition area shall be covered with an elastic material, wooden floor or tatami mat and may be installed on a platform 0.5m - 0.6m high from the base, it is necessary to take into account the outer part of the dividing line is tilted at an angle of 30 degrees for the safety of the competitors.

2. EXPLANATION - Demarcation of the Area of Competence

2.1 It is established that the area will be 8m x 8m as a minimum and a maximum of 10m x 10m and will be called the competition area.

2.2 The demarcation of the area of competence must be differentiated by a white line five centimeters (5cm) wide in case of wood or elastic material, being tatami the area must correspond to what is indicated according to article 2.

2.3 Judges, delegates and coaches will be arranged as follows:

- The judges shall sit at a distance of one meter (1m) from the area of competence and one meter (1m) from each other.
- 5 judges will qualify who will be organized as judge #1, judge #2, judge #3, judge #4, judge #5, placing 3 in a northerly direction or on the front of the competitor and 2 in a southerly direction or on the back of the competitor in a clockwise direction or 5 judges located in the front or in front of the competitor (optional way). The technical delegate will be in charge of adjusting the position of the judges according to the conditions of the scenario, he must be notified before the start of the competition.
- 1 referee who will tell the athlete when to enter the area located in the upper opposite corner of the competitor's entrance.
- 1 score registration table, where the referees will upload the assigned score for immediate publication.
- The coach may sit one meter away from the competition area in the lower opposite corner of the competitor's entrance.
- Competitors will be placed in a group according to their category three meters from the competition area at the time of starting the category to wait for their call.



INTERNATIONAL HAPKIDO COUNCIL – IHC

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

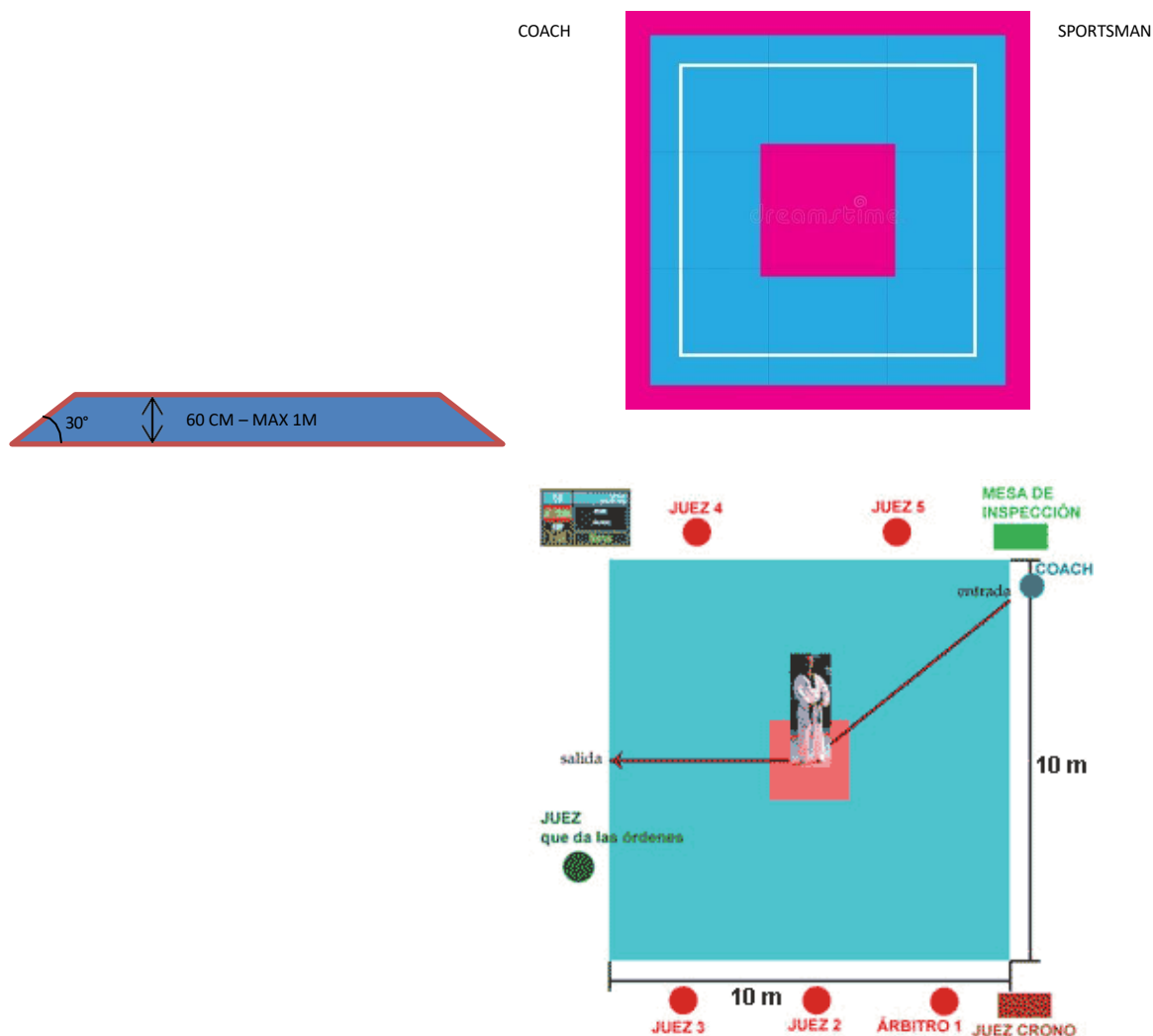
PHONE: +57 3134354386 EMAILS: internationalhapkidocouncil@gmail.com

info@intl-hc.org WEBSITE: www.intl-hc.org

NIT 901913090 - 1

2.4 Color of the competition area: The combination of the colors of the surface or the upholstery must not emit a strong reflection, or that of tiring the eyes of competitors or spectators. The combination of colors should also be appropriately appropriate to the overall look of the place.

2.5 Competition Platform: The competition platform should be built according to the diagram below.





INTERNATIONAL HAPKIDO COUNCIL – IHC

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

PHONE: +57 3134354386 EMAILS: internationalhapkidocouncil@gmail.com

info@intl-hc.org WEBSITE: www.intl-hc.org

NIT 901913090 - 1

ARTICLE 3. UNIFORM

Competitors will wear a Hapkido uniform where the upper garment will be called a jacket (**BLACK COLOR**), its belt or ribbon that identifies the grade it holds and the lower garment will be called pants (**BLACK COLOR**).

Paragraph 1. The uniform shall be representative of each delegation per country, and shall comply with the following specifications:

3.1 The jacket must be open with crossed lapels, and must have either embroidery, print or stitched overlay, the flag of the nationality on the left arm at the height of the middle area of the smokehouse and optional the flag of Korea, on the front (chest) on the left side the representative shield of the federation or national association, on the front (chest) on the right side the representative shield of IHC, will be optional on the back at the height of the shoulder blades the name of the country it represents, the option of on the lower back of the jacket the name or surname of the athlete.

3.2 On the pants of the national team uniform, it may or may not have a distinctive embroidery or print of the sport.

3.3 You must wear the belt or ribbon that will identify you with the rank you hold according to your registration, you must wear it organized and tied correctly.

3.4 The use of the uniform does not include special or practice shoes, socks, bracelets, bracelets, earrings, chains, brooches or any element other than those already mentioned in guidelines 3.1, 3.2 and 3.3, in addition to being used neatly (clean and tidy).

3.5 In the event that the athlete presents himself to compete and at the time of verification does not have what is described in Article 3 of these regulations, he will be granted 2 timed minutes to appear again with the regulation uniform, in case of not doing so, a decision will be made according to Articles 9.4 to sanction his presentation and declare him a loser.



INTERNATIONAL HAPKIDO COUNCIL – IHC

CARRERA 4 ESTE NO. 31 – 47 SOACHA/CUNDINAMARCA, COLOMBIA
PHONE: +57 3134354386 EMAILS: internationalhapkidocouncil@gmail.com
info@intl-hc.org WEBSITE: www.intl-hc.org
NIT 901913090 - 1

ARTICLE 4. COMPETITORS

Requirements for Competitors

- 4.1 Possess the nationality of the team in which they participate.
- 4.2 Be recommended by the national Hapkido federation or association.
- 4.4 Be registered for the competition modality.
- 4.5 Divisions according to age:
 - The Junior Division (12-14 years old).
 - The Youth Division (15 to 17 years old).
 - The Division Adults or open elite (18 years and older).
 - The Senior Division (40 years and older).

Paragraph 1. Ages are defined as years completed, that is: The Junior category is contemplated from 12 years old to 14 years old with a maximum of 364 days.

Paragraph 2. When an athlete is going to participate in the competition and is close to changing age category (no older than 2 months), he can already participate in the next division with authorization from the delegate (presenting prior authorization).

4.6 Division by Gender: Only the Female and Male branches will be considered as appropriate.

4.7 Division by belt: It is called as grade and BEGINNER belts in white, yellow, orange and green (derived from these colors such as stripes or points), ADVANCED belts in blue, violet, red, brown and black (derived from these colors as stripes or points) may participate.

Number of competitors:

to. Competitors are a minimum of 2 athletes (1 performer and 1 attacker) and a maximum of 4 competitors (1 performer and 3 attackers), they can be of both genders.



INTERNATIONAL HAPKIDO COUNCIL – IHC

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

PHONE: +57 3134354386 EMAILS: internationalhapkidocouncil@gmail.com

info@intl-hc.org WEBSITE: www.intl-hc.org

NIT 901913090 - 1

Medical Check-up:

4.8 At Hapkido events promoted or authorized by IHC, any use or administration of drugs or chemicals described in IHC as Anti-doping are prohibited by law.

4.9 IHC may conduct any medical test it deems necessary to determine whether an Athlete has committed an IHC Anti-Doping Rule Violation, and any winner who refuses to submit to such testing or who is proven to have committed such an infraction will be removed from his or her final position, and in this regard, The next competitor in line on the competition leaderboard will be declared the new winner.

4.9.1 The Organizing Committee will be responsible for the preparations for the medical tests.

4.9.2 All details regarding doping matters will be dealt with in accordance with IHC's Anti-Doping Rules.

ARTICLE 5. COMPETITION METHODOLOGY

All International level competitions recognized by IHC must be made up of the participation of no less than five (5) delegations and with no less than three (3) competitors in each division.

1.1 The methods of competition are decided and established in the championship scheme with the direct elimination system.

1.2 You can only participate in traditional Hapkido self-defense and the minimum time will be 1 minute and maximum of 1 minute and 30 seconds at the time of execution, you will not be able to use acrobatic elements (Professional Gymnastics) since these elements are attached to the team exhibitions.

1.3 It will be reviewed within the execution that the **HOSINSUL** has the basic elements such as: that it is a traditional Hapkido scheme, that it has guidelines established in Articles 6 and 7, complies with the established duration times.

1.4 The athlete once he enters the competition area will only have one opportunity to perform his **HOSINSUL**, if in such a case he starts and makes an unexpected pause he will be given 5 seconds to continue, but in case of starting and not finishing the scheme either because the pause due to fatigue, forgetfulness or order of his coach (trainer) will be given as finished and the judges will determine the



INTERNATIONAL HAPKIDO COUNCIL – IHC

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

PHONE: +57 3134354386 EMAILS: internationalhapkidocouncil@gmail.com

info@intl-hc.org WEBSITE: www.intl-hc.org

NIT 901913090 - 1

Score If you meet the minimum requirements for scoring, if you do not meet the minimum requirements, you will be declared a loser.

1.5 The judges determine the score according to Article 6, which sets out the scoring criteria for **the HOSINSUL** competency.

1.6 Once the score table has been obtained, the winner is declared according to article 9, where 1st, 2nd and 3rd place are awarded according to the number of competitors if there are at least 3 in the division. But if the case exceeds 6 competitors registered for the competition division in **HOSINSUL**, a second third place will be awarded.

5.7. In the event of a tie in the competition, the tie-breaking method is determined based on Article 9.5., description for tiebreaks.

5.8. Draw system will be determined by means of a meeting of Coaches and/or team leaders, where the technical delegate of the event and the representatives of each nation are included through a lottery or raffle of positions, to conclude the order of participation.

ARTICLE 6. JUDGES

1.1 SCORING CRITERIA

THE DIRECT ELIMINATION COMPETITION: in the individual competition, the athlete enters the area, after the order given by the judge of "Sijag **HOSINSUL**", they will perform the **HOSINSUL**, each judge makes his qualification and at the end he is given the order of "(Bah-roh)" then he must follow the orders of the ordering judge ("Cha-ryeot" Attention), ("Kyeong-rye" Salute) The results of the execution are delivered and the competitor will withdraw. The next athlete is called.

Paragraph 1. The minimum number of technical actions will be (5) during the time stipulated for HOSINSUL self-defense .



INTERNATIONAL HAPKIDO COUNCIL – IHC

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

PHONE: +57 3134354386 EMAILS: internationalhapkidocouncil@gmail.com

info@intl-hc.org WEBSITE: www.intl-hc.org

NIT 901913090 - 1

Paragraph 2. Scoring will be made according to:

1.1.1. HOSINSUL maximum of (100 points)

1.1.1.1. Precision and creativity (25 points)

- a. Accuracy in basic movements.
- b. The accuracy of the individual movements of the **HOSINSUL**.
- c. Creativity in the scheme.

1.1.1.2. Expression (25 points)

a. Speed and power: The ability to perform the **HOSINSUL** will be evaluated on whether the movements are performed according to the characteristics of the relevant movement, for example, if the attacks of the techniques such as hand strike and kick, etc., are performed better, if the movement is presented with a smooth start and with a perfect balance between speed and power using the body weight to the maximum, or if a special movement is performed slowly and intentionally.

b. Rhythm and timing: Power control means the strongest power demonstrated at the most important moment of movement through speed and smoothness. Speed control means an appropriate connection between actions and speed changes. Rhythm means the repeated actions according to the set rules and the duration of the note, and the flow of the power.

c. Expression of Energy: If the actions are presented with quality, it contains the mastery of energy, concentration, according to those of the actions of the **HOSINSUL**. The gaze, the Kihap (The Scream), the attitude, the costume, the confidence, etc. will be evaluated. Through all the actions of La **HOSINSUL** based on the physique and characteristics of the performer.

6.1.1.3 Technical Skill (25 points)

- a. Level of difficulty of the techniques.
- b. Basic movements and practicability.



INTERNATIONAL HAPKIDO COUNCIL – IHC

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

PHONE: +57 3134354386 EMAILS: internationalhapkidocouncil@gmail.com

info@intl-hc.org WEBSITE: www.intl-hc.org

NIT 901913090 - 1

- c. The types of kicks and the level of difficulty of the foot techniques.
- d. Level of hand and weapon techniques.
- e. Varied movements.
- f. The types of stroke with fluidity and adjustment.

6.1.1.4 Postural (25 points)

- a. Level of execution of the postures typical of Hapkido.
- b. Diversity of positions.
- c. Balance.

Article 7. SCORING METHODS.

7.1. Minimum and maximum deductions.

7.2.1. Points will be deducted if the actions are not wide enough for the performer's physique, that the performance is done with the same rhythm all the time without quality, look, El Kihap are not expressed perfectly.

7.2.2. Deduction of points for each small error in each individual move will be deducted point.

7.2.3. Serious accuracy error will be deducted points, when the actions are not performed in accordance with the attached guidelines for **HOSINSUL** scoring in the competition or an incorrect action is executed. Example:

1. Kihap (Shout) is not performed or Kihap (Shout) at the wrong time.
2. Stopping momentarily during movements (forgetting the next movement for three (3) or more seconds).
3. The view does not follow the direction in which the actions are performed.
4. When the competitor makes loud breathing noises.
5. Erroneous falls of the performer and the weapons he uses.

6. talk to classmates.



INTERNATIONAL HAPKIDO COUNCIL – IHC

CARRERA 4 ESTE NO. 31 – 47 SOACHA/CUNDINAMARCA, COLOMBIA
PHONE: +57 3134354386 EMAILS: internationalhapkidocouncil@gmail.com
info@intl-hc.org WEBSITE: www.intl-hc.org
NIT 901913090 - 1

7. Injury to a member during the execution of the scheme.

7.2.4. Deduction of points when the contestant restarts the **HOSINSUL** regardless of the number of movements made.

7.2.5. If in the stipulated time of the execution (minimum 1 minute and maximum 1 minute and 30 seconds) is below the time range or above the time range, 5 points will be deducted from the final score and it will be performed at the control table.

Article 8. PROTOCOL FOR THE PRESENTATION

8.1. Call for Competitors: Thirty (30) minutes prior to the start of the scheduled presentation. The names of the competitors will be announced three times in the competitors' warm-up zone. Any competitor who does not show up in the competition area after the call order of the competition coordinator will be considered as withdrawn and a loser of that presentation.

8.2. Physical Inspection and Uniform Inspection: After being called, competitors will undergo physical inspection and uniform inspection, at the specified inspection table with an IHC-designated reviewer. The competitor must not show any sign of opposition, and may not carry any object that could cause harm to the other competitor.

8.3. Entering the competition area: after the review, the competitor will enter the waiting area for the competition accompanied by a coach.

8.4. Pre- and post-filing procedures:

8.4.1 The submission will begin after the declaration of "entry" given by the competition coordinator.

8.4.2 After finishing each **HOSINSUL**, the competitors will remain in their respective positions and salute at the order of the coordinator.

8.4.3 The Coordinator will declare the winner according to the results of the Judges.

8.4.4 Withdrawal of Competitors.

Article 9. PROCEDURE TO DETERMINE THE WINNER.

9.1 **Judge:** each judge in charge of the modality is responsible for qualifying under the qualification standards mentioned in Article 6. Where your highest score



INTERNATIONAL HAPKIDO COUNCIL – IHC

CARRERA 4 ESTE NO. 31 – 47 SOACHA/CUNDINAMARCA, COLOMBIA
PHONE: +57 3134354386 EMAILS: internationalhapkidocouncil@gmail.com
info@intl-hc.org WEBSITE: www.intl-hc.org
NIT 901913090 - 1

it will be 100 and varies in accordance with the deduction criteria established in Article 7. Each judge is responsible for making the deductions.

9.2 Score: Once the grade of the judges of the modality has been obtained, having already obtained the result granted making the corresponding deductions, an operation is prepared to be carried out of the grade granted, from which the highest grade and the lowest grade will be eliminated, the sum of the three results obtained is made, where it will be a maximum of 300 and a minimum of 0.

9.3 Declare winner: The winners will be declared to the positions established in **article 5.6**, when the score table is complete and in this way the winner will be given 1st place to the athlete with the highest score, and then the second best score and the third best score will be established to award 2nd and 3rd place.

9.4 Declare a loser: When the athlete does not complete the **HOSINSUL**, his score is not enough to grant him a place on the podium table, he does not comply with the parameters of the competition in terms of registration, uniform, nationality for international competitions, doping or non-compliance with the rules of ethics and behavior.

9.5 Tiebreakers:

- 9.5.1** The athlete who has the most helpers (attackers) wins.
- 9.5.2** The call will be made again to the athletes who are in a tie to present the **HOSINSUL** for the second time and a new qualification will be given, waiting for the category to be defined.
- 9.5.3** If in the second instance the tie persists, the winner will be defined at the discretion of the 5 judges by raising the hand of whoever they consider the winner.

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.

IHC Copyright.