



# INTERNATIONAL HAPKIDO COUNCIL – IHC

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

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## TECHNICAL REGULATIONS OF COMPETITION HIGH 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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## CHAPTER I

### Article N° 1. High Jump, definition:

It is the action carried out by the athlete where a horizontal witness rod must be overcome that is placed according to the size of the category and the levels overcome, supported by two vertical supports called parals that determine the distance in centimeters.

The point of measurement of the jump will be from the ground to the top of the control pole, it must be executed with the technical action of front roll supporting two hands or side roll supporting only one hand.

### Article N° 2. Race Zone:

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 six (6) meters and a minimum width of one (1) meter.

### Article No. 3. Drop Surface:

It must be a gymnastics-type safety mat which protects the athlete from falling, the minimum measurements are 1.5 meters wide by 2 meters long and a thickness or height of 20 centimeters.

### Article N° 4. Rounds:

The levels will be passed according to each category, starting from the minimum mark and when it is exceeded it will increase every 5 centimeters per level. The number of rounds ends when the Podium is obtained.

### Article No. 5. Minimum Categories and Marks:

The categories and minimum marks within the high 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.



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

## B. Minimum Marks

- Junior Male: 1.20 m
- Junior Female: 1.00 m
- Youth Male: 1.30 m
- Youth Female: 1.10 m
- Adult Male: 1.40 m
- Adult Female: 1.15 m
- Senior Male: 1.30 m
- Senior Female: 1.10 m

## CHAPTER II DEVELOPMENT OF THE COMPETENCE

### Article No. 6. 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 minimum mark required for his category demarcated with the witness rod, or the mark of the round in progress.
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.



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## Article No. 7. 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 (6 meters), or leave the running area once you receive the order to start the jump.
5. To start the race and not to make the jump.
6. Fall of the witness rod due to the action of the athlete during the jump. (If the vibration when jumping or rolling considered an external factor causes the pole to fall, the jump may be repeated).
7. That the first contact of the athlete's body on the mat is not made with one or both hands.
8. Perform a different drop to front roll or side roll.
9. 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).
10. Use the support of the hands to stand up.
11. Do not stay in a fighting position or on guard after the roll.
12. Leaving the jumping area for an area other than the end of the landing surface or mat.

## Article No. 8. 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.



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## CHAPTER III THE JUDGES

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

### Article No. 9. 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. Warn the height of the rounds at the start.
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° 10. 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. 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° 11. Judge 3:

Located on the side of the witness pole, it will be in charge of:

1. Confirm if the control pole falls due to the action of the competitor during the jump.
2. Place the witness rod at the necessary height for the next jump or round.
3. 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.)
4. Confirm that the athlete at the time of falling performs only front roll or side roll.



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## Article N° 12. Judge 4:

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

1. Confirm that the athlete does not use the support of the hands to sit up.
2. Confirm that the athlete is in a fighting position or on guard after the fall.
3. Confirm that the athlete leaves the jumping area at the end of the landing surface or mat.

## Article N° 13. 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° 14. Tiebreaker:

In the event of a tie, in any of the first 3 places, the tiebreaker will be made as follows:

1. Verify that the athlete correctly crossed the minimum mark.
2. The athletes in the tiebreaker will jump five (5) cm less than the height at which they invalidated the jump.
3. For those who pass the tiebreaker round, the baton rod is raised five (5) cm and so on until the positions are defined.

4. If none passes the round mentioned in step 1, the baton rod is lowered five (5) cm and the tiebreaker will be made at that mark.

**Note:** If none passes the round mentioned in step 3, it is repeated until the tie is broken, as long as they do not jump below the minimum mark, or this will result in total disqualification.

5. Only those eliminated from the immediate round due to having committed any of the following fouls will have the right to break the tie per position: #4, #7, #10, #11, #12 (see Article 7).



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## Article N° 15. 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.