

IHC - Open Hapkido European Championships

Competition Rules and Regulations
Version: 7.0 EN (US/UK Hybrid)
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Translation Disclaimer: This document was translated from the original German source text using Gemini (Google AI) to ensure linguistic consistency. For technical precision, martial arts terminology has been adapted to international standards. The German version remains the legally binding document for the International Hapkido Cooperation.

1. Tournament

1.1 Preamble

The International Hapkido Cooperation e.V. (IHC) organises the IHC Hapkido European Championships biennially. This open-style Hapkido championship serves to promote mutual understanding and cooperation among Hapkido in Europe and aims to deepen the friendship between Hapkido masters and their students. Competitors from European nations are given the opportunity to measure their skills in a spirit of partnership, sportsmanship, and fair play, and to represent the sport of Hapkido.

To this end, all Hapkido clubs, associations, and schools in Europe are cordially invited. Masters are encouraged to send their best practitioners as representatives of their respective associations or clubs to the European Championships. Furthermore, non-European nations are also permitted and most welcome to attend these championships. By participating, all contestants of the IHC Hapkido European Championships commit themselves to fair sportsmanship and, by virtue of their participation, accept these regulations and the officiating panel. All roles referred to in this document are to be understood as gender-neutral to ensure concise terminology.

1.2 Honours and Awards

The winner of a class shall hold the title "Hapkido European Champion" or "Hapkido Youth European Champion", respectively. The top three placements in each class will be honoured with trophies or medals. Every participant shall receive a certificate.

1.3 Competition Area

It is recommended to use a three-part competition area for the events:

- An inner area of 6 x 6 metres.
- A first outer ring of a different colour (relative to the inner area) of 8 x 8 metres.
- A second outermost ring of another colour (relative to the first outer ring) of 10 x 10 metres.

Furthermore, depending on the number of participants and logistical possibilities, there should be a second identical competition area and an additional preparation area.

It must be ensured, as far as possible, that competitions and preparations for participants, Mat Chairmen, judges, and spectators are conducted safely and without risk of injury.

1.4 Organisation

The tournament is organised across various administrative levels. In addition to the governing bodies, the organisation is supported by numerous volunteers.

1.4.1 Tournament Director

The tournament is led by a Tournament Director, who is appointed by the IHC Presidium/Board before the start of the event and announced to all present.

1. The Tournament Director presides over the highest tournament authority (Tournament Jury).
2. He/she holds voting rights in decisions submitted to the Tournament Jury.
3. He/she appoints the Mat Chairmen and the officiating panels for each mat.

Care should be taken to ensure that an officiating panel remains assigned to one competition category and is not replaced mid-way, unless essential circumstances require it.

1.4.2 Tournament Jury

The Tournament Jury consists of at least two tournament judges and the Tournament Director. There must be an odd number of members to ensure a majority decision. The tournament judges are appointed by the Tournament Director before the start of the competitions and announced to all present. The Tournament Jury is the supreme authority of the tournament and acts as the final instance in disputes. Each member has one vote. Decisions are made by simple majority.

1. The Tournament Jury decides on disputes as the final authority.
2. The Tournament Jury consists of the Tournament Director and two tournament judges.
3. The Tournament Director and the judges must vote either "for" or "against" in a dispute. No abstentions are permitted.

1.4.3 Mat Chairman

A Mat Chairman is appointed for each category by the Tournament Director.

1. He/she presides over the officiating panel for the assigned competition category.
2. He/she has one vote within the officiating panel in the event of a dispute.
3. He/she acts as a mat judge.
4. He/she issues category-specific penalty points to participants where necessary (e.g., time violations, rule infringements, etc.).

The Mat Chairman is responsible for leading the respective round of a competition class and for the adherence to and interpretation of the competition rules in case of ambiguity. He/she decides as the first instance and may suspend or terminate a round in the event of uncontrolled hazards.

All equipment and clothing are inspected by the Mat Manager and may be rejected if they pose a safety risk.

Any uncertainties or complaints must be addressed promptly with the Mat Manager. If no agreement can be reached, the Tournament Jury is consulted for a final decision.

1.4.4 Judging Panel (Mat Jury)

The Judging Panel consists of the Mat Chairman and at least two additional judges. The total number of judges must always be odd.

Responsibilities:

1. Acts as the first point of contact for appeals and forwards unresolved cases to the Tournament Jury.
2. Consults internally in unclear or hazardous situations and decides on further action.

1.4.5 Judges

Judges are appointed by the Tournament Director.

1. They are responsible for the scoring and evaluation of participants according to category-specific criteria.
2. All evaluations must be entirely objective and based solely on the defined criteria.

1.4.6 Appeals and Protests

Appeals against scores or changes referred to in section 1.4.7 may be submitted under the following conditions:

- **Category-Specific Appeals:** These must be submitted no later than the duration of the category plus one hour after its completion. Appeals must be formally submitted to the responsible Judging Panel. If the appeal is deemed justified by a majority decision, it is forwarded to the **Tournament Jury** for a final decision.
- **Overall Results Appeals:** Appeals against the overall results of a category may be submitted up until the final award ceremony. Such appeals must be submitted directly to the **Tournament Jury**, which shall make the final decision.

Appeals should be lodged immediately or as soon as possible.

1.4.7 Exceptions and Deviations in Class Formation

Competition classes may be cancelled due to insufficient participant numbers. To ensure participation, similar classes may be merged or new classes created. Such changes are permitted under the following conditions:

1. All changes must be communicated to judges and participants (or their club representatives) before the start of the category.
2. Changes must be confirmed by a majority decision of the Tournament Jury.
3. Age Limit Exceptions: Participation below the minimum age limit may be requested. Applications must be submitted in writing by the responsible Master to the Tournament Director at least three weeks before the tournament. Consent from a parent or legal guardian must be provided if required.

1.5 Scoring and Evaluation

1.5.1 Scoring – Self-Defence, Individual Forms, Show, Long Staff, Sword and Other Weapon Forms

The competition is scored by three to seven judges (always an odd number). Scoring is open. The judges are positioned around the competition area. If five or more judges are officiating, the highest and lowest scores are discarded. The scoring scale ranges from 1.0 to 5.0 in increments of 0.1 points, where 1.0 is the lowest and 5.0 the highest score.

In the event of a tie in the final round, the contestants must perform again. If two contestants are tied, the judges decide by show of hands. If more than two are tied, the decision is made through a renewed point-based evaluation.

1.5.2 Scoring – Standing Long Jump

The competition is supervised by one Mat Chairman and two referees. They ensure compliance with the take-off line and measure the jump distance.

1.5.3 Scoring – Breaking Form (Bruchtest)

The competition is supervised and evaluated by a Mat Chairman, a timekeeper, and an observer. A breaking attempt is considered successful once a board breaks completely while airborne and not while resting on the ground.

1.5.4 Penalties

1. Leaving the Mat: Touching the surrounding hall floor is considered leaving the mat. A deduction of 1.0 point is applied to the total score by the Mat Chairman. For forms, any mat exit required by the choreography must be declared to the Judging Panel before the start.
2. Time Limits: Exceeding or falling short of a time limit by more than 7 seconds results in a deduction of 1.0 point from the total score. Time is measured from the contestant's first movement to their final movement.
3. Interruption: A clearly interrupted form results in a deduction of 1.0 point from the total score.
4. Endangerment: Whether and when a participant endangers others through their behaviour is decided by the Judging Panel via the Mat Chairman. Disqualification or a deduction between 1.0 and 5.0 points may be imposed.

1.5.5 Scoring – Sparring (Clicker System – Round Scoring)

The Judging Panel for the sparring category consists of the Mat Chairman and three judges. The panel is supported by a timekeeper and scorekeepers (table officials).

Equipment and Positioning:

Each judge is equipped with two separate mechanical clickers: one for the Red contestant and one for the White contestant. The three judges are positioned around the mat. The Mat Chairman directs the bout but does not score. The scorekeepers are positioned at the judges' table and are responsible for recording clicker counts, penalties, and documenting round results.

Scoring Criteria and Clicker Values:

The clickers serve as an internal counting aid for judges and record only positive scoring actions:

- 2 Points: Kick to the head / Throw / Combination techniques.
- 1 Point: Kick to the body / Punch to the head or body.
- 0 Points: Strikes or kicks against the guard; simultaneous hits without clear dominance.
- Penalty Point (Minus Point): Prohibited actions, displayed separately by the Mat Chairman and reported to the scorekeepers.

Scoring Process and Determination of Results:

1. Judges' Action: During an ongoing round, each judge activates the corresponding clicker (Red or White) to record positive scores. Penalty points are not clicked at this stage.
2. Manual Recording:
 - Immediately after each round, the bout is briefly suspended.
 - Judges separately provide their final clicker counts to the scorekeepers. These counts are recorded but not published.
3. Consolidation:
 - The scorekeepers document each judge's counts and deduct any penalty points reported by the Mat Chairman from the affected contestant's score. This results in a net clicker score per contestant and judge.
 - Based on the higher net count, each judge determines the round winner (or a draw).
4. Round Decision and Bout Result:
 - The Mat Chairman instructs the judges to indicate the winner of the round.
 - The winner is the contestant who receives the majority of judges' decisions (at least 2 out of 3).
 - The contestant who wins the majority of rounds (2:0 or 2:1) wins the bout.

A bout ends when:

- A contestant has won two rounds.
- A contestant receives a third penalty point and is disqualified.
- The bout time has expired (in case of a tied round score, see extension).
- A contestant withdraws (retires).

Extension (Tie-break):

In the event of a tie in rounds (1:1), a third one-minute round is fought after a 30-second break. The winner of this third round wins the bout.

1.5.6 Liability Disclaimer

The International Hapkido Cooperation and the organiser assume no liability. This exclusion does not apply in cases of intentional misconduct or gross negligence on the part of the organiser.

1.6 Data Protection

Participant data—specifically name, rank/grade, age, club affiliation, and scoring results—shall be used by the IHC and the organising club exclusively for the purposes of conducting and organising the European Championships.

Start lists, including placements and scores, will be published after the event and may be stored permanently. Interim results will be deleted no later than 90 days after the championships. Data will only be disclosed to third parties if necessary for the stated purposes and provided an adequate level of data protection is ensured. The responsible bodies (data controllers) are specified in the respective event announcement.

During the championships, photographs and recordings will be taken by the IHC, the organiser, and the press for reporting and documentation purposes. These may be published in the press, on websites, in print media, and on social networks.

By registering for a competition category, participants consent to images and recordings of them being taken and published within the context of the competition.

2. Combat (FT)

2.1 Competition Format and Mode

Contests are conducted in a light contact format using protective equipment, involving strikes, kicks, and throws from a standing position. The duration of the bout is 2 x 1.5 minutes for adults and 2 x 1 minute for youths. There is a 30-second break between the two rounds.

- Up to 5 participants: A round-robin system (pool system) is used, where every contestant competes against every other.
- 6 or more participants: A double-elimination system (double-KO) is used.
- 17 or more participants: Separate pools of up to 16 contestants are formed, with the winners of each pool advancing to a final round.

2.2 Combat Regulations

Light contact means that a point is scored by making superficial contact with a permitted target area of the opponent. The strike must be controlled and must not be intended to or capable of causing injury to the body part struck.

Permitted Target Areas: Non-injurious strikes to the head and the torso above the waistline. The Mat Chairman shall decide on any violation of this regulation. Attacks may only be executed with the padded surfaces of the protective equipment.

- Foot Sweeps: Must be performed exclusively in a manner that does not risk injuring the opponent (i.e., from behind or at most from the side against the calves or thighs).
- Throws: Must be executed in a controlled manner. Following a throw, the bout is resumed in a standing position from the centre of the mat.
- Ground Fighting: Striking or kicking an opponent on the ground is strictly prohibited.

Light contact protective equipment consists of a head guard, mouthguard (gum shield), hand protection, groin guard, and foot protection.

- Head Guard: Optional for adults.
- Shin Guards: May be worn; they must be made of soft material and must not contain plastic or any other hard elements.

The padding of all protective equipment must have a clear shock-absorbing effect. So-called "MMA gloves" are prohibited. Equipment must be clean and must not pose a danger to the opponent. The heel, foot, closed fist (including the thumb), and toes must be clearly covered by the protection.

The Mat Chairman shall inspect and approve the protective equipment. Without this approval, the contestant is not permitted to start.

Injury Timeout

If a situation results in a contestant bleeding, but the bout can generally continue, the Mat Chairman may order an injury timeout to allow the bleeding contestant to receive treatment. If the injury is not sufficiently addressed within one minute to allow the contestant to continue, the Mat Jury must deliberate on terminating the bout and determine a result.

2.3 Combat Weight Classes

The competition is open to participants aged 14 and over. Competition classes are divided by age group (Juniors/Seniors), gender, and weight. Body weight is determined on the day of the competition. Children and juniors are weighed exclusively while fully clothed and without competition equipment.

Male under 18 years (Juniors)

FT U18 m	up to 50 kg
FT U18 m	up to 65 kg
FT U18 m	up to 75 kg
FT U18 m	over 75 kg

Male 18 years and over (Seniors)

FT O18 m	up to 65 kg
FT O18 m	up to 75 kg
FT O18 m	up to 85 kg
FT O18 m	over 85 kg

Female under 18 years (Juniors)

FT U18 f	up to 45 kg
FT U18 f	up to 60 kg
FT U18 f	over 60 kg

Female 18 years and over (Seniors)

FT O18 f	up to 60 kg
FT O18 f	up to 70 kg
FT O18 f	over 70 kg

2.4 Combat – Penalties

Prohibited actions shall be penalised by the Mat Chairman with a warning and the awarding of a penalty point (minus point). The Mat Chairman shall clearly indicate the penalty (e.g., by hand signal or by announcing the colour of the penalised contestant) and immediately inform the scorekeeper of the penalty point, ensuring it is included in the consolidated scoring at the end of the round.

Prohibited actions include:

- Attacks to the eyes, ears, and joints
- Excessive force (excessive hardness)
- Intentional injury of the opponent
- Unsportsmanlike conduct
- Choking or strangling
- Holding and striking (simultaneously)
- Attacks to non-permitted target areas

The Mat Chairman may additionally issue a formal warning. This also results in the awarding of a penalty point and must be reported to the scorekeeper.

Disqualification:

- Accumulating three penalty points (three minus points) results in the disqualification of the offender from the bout.
- Upon receiving a second bout disqualification during the tournament, the contestant shall be disqualified from all combat categories.

3. Self-Defence (SD)

3.1 Competition Format and Mode

In a single round, the contestant demonstrates self-defence techniques against various attacks performed by a training partner (Uke). Each technique is to be demonstrated once per round. Specific attacks are prescribed for each competition category. Weapons are only permitted if they are required for the respective category.

3.2 Regulations

This competition is conducted without music and in the Dobok of the contestant's respective style. All weapons and everyday objects known in Hapkido are permitted as weapons. Only training weapons may be used. Damaged or sharp weapons are strictly prohibited. Any danger posed by the weapons used must be excluded.

3.3 Competition Categories

This competition is open to participants aged 12 and over. The training partner must also be at least 12 years old. No distinction is made between genders.

Juniors (Under 18 years)

SD U18 C	10.- 5. Kup	6 techniques, without weapons
SD U18 B	3. – 4. Kup	6 techniques, without weapons
SD U18 A	1. – 2. Kup	8 techniques, incl. 2 against weapons

Adults (18 years and over / Seniors)

SD O18 C	10.-5. Kup	6 techniques, without weapons
SD O18 B	3. – 4. Kup	6 techniques, without weapons
SD O18 A	1. – 2. Kup	8 techniques, incl. 2 against weapons
SD DAN	1. – 10. Dan	10 techniques, incl. 4 against weapons
SD DAN 40+	over 40 years	10 techniques, incl. 4 against weapons

3.4 Scoring Criteria

The evaluation is based on the following criteria:

- Adherence to Hapkido principles
- Realistic execution of both attack and defence
- Functionality of the technique
- Speed, balance, and breathing technique
- Timing
- Technique completion (finish) and securing of the opponent and weapons
- Presence (Charisma), harmony, and power

4. Long Jump (LJ)

4.1 Competition Format and Mode

- Each contestant is allowed a total of three attempts – the longest successful attempt shall be recorded for the final score.
- The distance is measured from the take-off line to the point where the first hand touches the mat.
- Each contestant is entitled to one practice jump, which will not be scored.
- If two or more contestants achieve the same distance, a tie-break shall be held.
- Scoring Distance: The contestant's height (in cm) is subtracted from the total distance jumped to determine the final scoring distance.
- The take-off line must not be stepped upon or crossed (foul jump).

4.2 Regulations

- This competition is conducted without music and in the Dobok of the contestant's respective style.
- The take-off zone shall be clearly marked in a contrasting colour.
- The maximum mat height is 40 cm.

4.3 Competition Categories

This competition is open to participants aged 12 and over.

Juniors (Under 18 years)

LJ U18 m

LJ U18 f

Adults (18 years and over / Seniors)

LJ O18 m

LJ O18 f

5. Show (SHOW)

5.1 Competition Format and Mode

A team consisting of a minimum of 2 and a maximum of 6 participants demonstrates a creative martial arts performance. Traditional elements should remain the primary focus. Training weapons, everyday objects, and music are permitted. Synchronised forms are also allowed. The music and the performance must form a cohesive unit. The starting order shall be determined by lot.

Time Limit: Minimum 45 seconds – Maximum 3 minutes.

5.2 Regulations

- Attire: Participants may deviate from wearing a Dobok to demonstrate martial arts techniques in an everyday context.
- Timing: A maximum deviation of +/- 7 seconds from the time limit is permitted.
- Weapons: Only training weapons may be used. Damaged or sharp weapons and objects are strictly prohibited.
- Safety: Weapons and objects must not pose a danger to anyone through improper use. The Mat Chairman shall decide on any violation of this safety regulation.

5.3 Competition Categories

This competition is open to participants aged 12 and over.

Category: SHOW

5.4 Scoring Criteria

The evaluation is based on the following criteria:

- Entertainment value based on martial arts aspects
- Mastery of body and weapons
- Difficulty and complexity
- Synchronicity within the team
- Synchronicity with the music
- Timing
- Level of difficulty
- Innovation, imagination, creativity, and variety of techniques
- Presence (Charisma) and harmony

6. General Weapons Forms (GW)

6.1 Competition Format and Mode

A contestant demonstrates a form using one or more traditional weapons. The primary focus is on the mastery, control, and handling of the weapon.

6.2 Regulations

- Attire: The form must be performed in the Dobok of the contestant's respective style. Music is not permitted.
- Separation of Categories: Sword and Long Staff forms must be performed in their own respective categories.
- Permitted Weapons: Traditional weapons include, but are not limited to, the Short Staff (Dan-Bong), Middle Staff (Jo-Bong), Walking Cane, Fan, Belt, and Rope.
- Safety: Damaged weapons are not permitted. Sharp weapons are strictly prohibited in this category. The weapon must not pose a risk of danger or injury to anyone through improper use.
- Dropping a Weapon: For Dan holders, dropping the weapon shall be treated as an interruption/termination of the form. Students (Kup grades) are permitted to resume their form once.
- Time Limit: Maximum 2 minutes. A maximum deviation of +/- 7 seconds from the time limit is permitted.

6.3 Competition Categories

This competition is open to participants aged 14 and over. No distinction is made based on age or gender.

Category:

GW Kup GW DAN	Kup-Grade 1.-10. Dan
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6.4 Scoring Criteria

The evaluation is based on the following criteria:

- Adherence to martial arts principles.
- Mastery of the weapon, precision, and handling.
- Adherence to the form (in the case of standard forms) and realistic, practical application of the weapon movements.
- Difficulty and complexity.
- Speed, balance, and breathing technique.
- Presence (Charisma), harmony, and power.

6.4.1 Penalties

- Kup/Kyu Grades: If a student drops the weapon or requires a restart, the Mat Chairman shall deduct up to 2.0 points from the total score.
- Dan Holders: Dropping the weapon results in immediate disqualification from the category.

7. Weaponless Forms (WL)

7.1 Competition Format and Mode

The contestant demonstrates an empty hand form against one or more imaginary opponents, incorporating traditional elements such as strikes, kicks, and blocks.

7.2 Regulations

- Attire: The form must be performed in the Dobok of the contestant's respective style.
- Time Limit: Minimum 30 seconds – Maximum 2 minutes. A maximum deviation of +/- 7 seconds from these limits is permitted.
- Prohibitions: The use of weapons or music is strictly prohibited in this category.

7.3 Competition Categories

This competition is open to participants aged 12 and over. No distinction is made based on age or gender.

Category:

WL Kup WL DAN	Kup-Grade 1.-10. Dan
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7.4 Scoring Criteria

The evaluation is based on the following criteria:

- Adherence to martial arts principles.
- Realistic and practical application of techniques.
- Difficulty and complexity.
- Speed, balance, and breathing technique.
- Presence (Charisma), harmony, and power.

8. Long Staff Forms (LS)

8.1 Competition Format and Mode

A contestant demonstrates a form using a Long Staff. The primary focus of the performance is on the mastery, control, and handling of the weapon.

8.2 Regulations

- Attire: The form must be performed in the Dobok of the contestant's respective style.
- Prohibitions: Music or the use of multiple weapons is not permitted.
- Equipment Specifications: The length of the Long Staff should be approximately 180 cm or correspond to the contestant's own body height. Damaged weapons are not permitted.
- Safety: The weapon must not pose a risk of danger or injury to anyone through improper use.
- Dropping a Weapon: For Dan holders, dropping the weapon shall be treated as an interruption/termination of the form. Students (Kup grades) are permitted to resume their form once.
- Time Limit: Minimum 30 seconds – Maximum 2 minutes. A maximum deviation of +/- 7 seconds from these limits is permitted.

8.3 Competition Categories

This competition is open to participants aged 14 and over. No distinction is made based on gender.

Juniors (Under 18 years)

LS U18 **14 – 17 years**

Adults (18 years and over)

LS O18 Kup LS O18 DAN	Kup-Grade 1.-10. Dan
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8.4 Scoring Criteria

The evaluation is based on the following criteria:

- Adherence to martial arts principles.
- Mastery of the weapon, precision, and handling.
- Adherence to the form (in the case of standard forms) and realistic, practical application of the weapon movements.
- Difficulty and complexity, e.g., through grip changes, spins, and changes in effective length.
- Speed, balance, and breathing technique.
- Presence (Charisma), harmony, and power.

8.5 Penalties

- Kup Grades: For dropping the weapon or requiring a restart, the Mat Chairman shall deduct 2.0 points from the total score.
- Dan Holders: As specified in section 8.2, dropping the weapon results in the termination of the performance (disqualification for that category).

9. Sword Forms (S)

9.1 Competition Format and Mode

A contestant demonstrates a form using a sword. The primary focus of the performance is on the mastery, control, and handling of the weapon.

9.2 Regulations

The form must be performed in the Dobok of the contestant's respective style. The sword must have a total length of at least 89 cm. Music or the use of multiple weapons is not permitted. Damaged weapons are not allowed. The weapon must not pose a risk of danger or injury to anyone through improper use. All materials commonly used for swords and practice swords are permitted. Each participant must independently present their sword to the Mat Jury for inspection before commencing the competition.

Time Limit: Minimum 30 seconds – Maximum 2 minutes. A maximum deviation of +/- 7 seconds from these limits is permitted.

9.3 Competition Categories

This competition is open to participants aged 14 and over. No distinction is made based on age or gender.

Juniors (Under 18 years)

S U18: Wooden sword only (**Bokken**).

Adults (18 years and over)

S O18 Kup	Kup-Grade	Wooden or metal sword (unsharpened/blunt)
S O18 DAN	1.-10. Dan	Sharpened or blunt sword

9.4 Scoring Criteria

The evaluation is based on the following criteria:

- Use of a sharpened vs. blunt sword.
- Adherence to general martial arts principles.
- Mastery of the weapon, precision of execution, and correct alignment with the cutting direction.
- Adherence to the form (in the case of standard forms) and realistic, practical application of the weapon movements.
- Difficulty and complexity.
- Speed, balance, and breathing technique.
- Timing, presence (charisma), harmony, and power.
- Weight and material of the sword.
- Deduction: A deduction of 0.5 points shall be applied by each judge (directed by the Mat Chairman at the end of the form) if a blunt sword is used in a category where sharpened swords are permitted.

9.5 Penalties

- Loss of Weapon: Dropping or losing control of the weapon results in immediate disqualification.
- Self-Injury: Any injury caused to oneself by the sword results in immediate disqualification.

10. Breaking Forms (BF)

10.1 Competition Format and Mode

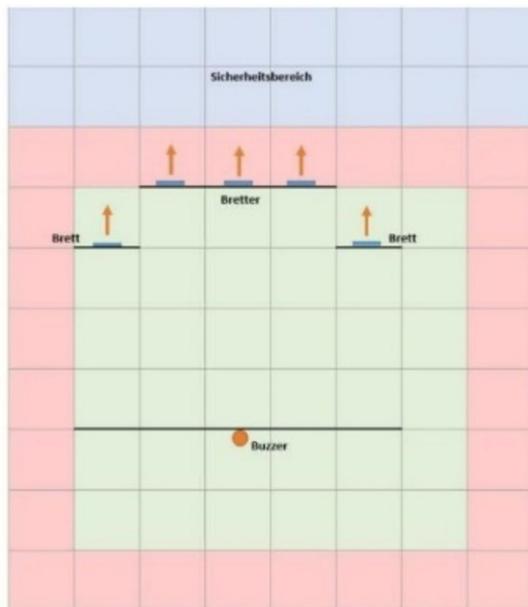
Contestants demonstrate a breaking form consisting of several breaks on wooden boards or polystyrene plates in direct succession. Time is recorded from the beginning to the end of the performance. The winner is the person who breaks the most boards/plates in the shortest time. The primary criterion is the number of broken boards/plates. The sequence continues even if a board/plate fails to break. The boards/plates are assigned by the Mat Jury and are held freely using only two fingers.

Dimensions:

- Wooden boards: approx. 28 cm x 28 cm x 1.8 cm.
- Polystyrene plates: approx. 28 cm x 28 cm x 2 cm.

10.2 Regulations

The contestant has **one minute** to set up the boards/plates and begin the competition. The boards/plates must always be positioned as shown in the provided diagram. The contestant may freely choose the height and the sequence of the breaks. All boards/plates must be kicked or struck in the direction of the designated safety area. The competition takes place on the mat, which also serves as the reference for the setup.



- **Techniques:** All techniques used must be different from one another.
- **Selection:** The techniques may be chosen freely.
- **Kicking Techniques:** At least two techniques must be foot techniques (kicks).
- **Attempts:** Only one attempt is permitted per board/plate.

10.3 Competition Categories

This competition is open to participants aged 12 and over and is performed in the Dobok of the contestant's respective style. No distinction is made based on gender.

Category	Age	Rank	Material	Quantity
BF U18 A	12 - 14 years	Kup-Grades	Polystyrene	4 plates
BF U18 B	15 - 17 years	Kup-Grades	Polystyrene	5 plates
BF O18 Kup	over 18 years	Kup-Grades	Wood	4 boards
BF O18 DAN	over 18 Jahren	Dan-Grades	Wood	5 boards

10.4 Penalties

- Rule Violations: Violations of the regulations (e.g., using the same technique twice, failing to perform two kicks, or unsafe execution) may lead to disqualification from the round.
- Start Delay: If the one-minute preparation time is exceeded, the performance is deemed "not started" and is disqualified.
- Missing Criteria: If at least two kicking techniques are not demonstrated, the performance is graded as invalid.