

Hanmadang Rules and Guidelines

When: Saturday, September 23

Location: Black Belt World Head Quarters
300 Black Belt World Dr.
Knightdale, NC 27545

Schedule: 8am-12pm: Competition
12pm-1pm: Trophies and Awards
1pm-5pm: Family Picnic and Potluck

Fees: One(1) Division= \$30
Two(2) Divisions= \$50

**REGISTRATION MUST BE SUBMITTED BY SATURDAY, SEPTEMBER 16
NO EXCEPTIONS**

Volunteer meetings will be held Saturday, August 19th at 12:00pm and Saturday, September 2nd at 12:00pm. Please see Ms. Erica for more information

Categories include the following

- Individual Creative Forms
- Individual Traditional Forms
- Team Creative Forms
- Team Traditional Forms
- Individual Creative Breaking
- Individual Turning Whip Kick
- Individual Jumping Front Kick
- Individual Power Breaking- Knife Hand Downward
- Individual Power Breaking- Fast Step Side Kick
- Individual Power Breaking- Turning Back Kick

General Competition Rules

- Divisions will be made by age and rank
- Competitors will receive points based on the following categories
 - Creativity: maximum ten(10) points
 - Execution: maximum ten(10) points
 - Presentation: maximum ten(10) points
 - Spirit: maximum ten(10) points

Individual Creative Forms

Music is encouraged and must be submitted by Saturday, September 16 through email to Erica at hahyeon.lee@gmail.com

Props are allowed, but no weapons are allowed

The following must be included in all creative routines

- 2 roundhouse kicks
- 2 front kicks
- 2 side kicks

Any of the before mentioned kicks may be any variation of the kick. For example, the side kick displayed may be a basic side kick or a flying side kick

Points will be deducted for the following categories

- Minus 1 for exceeding 90 seconds for creative routine
- Minus 1 for stepping outside of the designated ring
- Minus 1 for unsportsmanlike conduct
- Minus 1 for each mandatory kick not included

Individual Traditional Forms

- Each Division will have a specified form (please ask your instructor for further details)

Points will be deducted for the following categories

- Minus 1 for exceeding 90 seconds for routine
- Minus 1 for stepping outside of the designated ring
- Minus 1 for unsportsmanlike conduct

Team Creative Forms

Music is encouraged and must be submitted by Saturday, September 16 through email to Erica at hahyeon.lee@gmail.com

Props are allowed, but no weapons are allowed

Each team is allowed to have 2-10 group members

The following must be included in all creative routines

- 2 roundhouse kicks
- 2 front kicks
- 2 side kicks

Any of the before mentioned kicks may be any variation of the kick. For example, the side kick displayed may be a basic side kick or a flying side kick

An additional category for unity of team performance and synchronization will be judged on a ten(10) point scale

Points will be deducted for the following categories

- Minus 1 for exceeding 90 seconds for creative routine
- Minus 1 for stepping outside of the designated ring
- Minus 1 for unsportsmanlike conduct
- Minus 1 for each mandatory kick not included
- Minus 1 for too many or too few team members

Team Traditional Forms

- Each Division will have a specified form (please ask your instructor for further details)
- Each team is allowed to have 2-10 group members
- In the event where there are multiple belt levels in one team, the default form performed will be that of the lowest belt in the team
- An additional category for unity of team performance and synchronization will be judged on a ten(10) point scale

Points will be deducted for the following categories

- Minus 1 for exceeding 90 seconds for creative routine
- Minus 1 for stepping outside of the designated ring
- Minus 1 for unsportsmanlike conduct
- Minus 1 for each mandatory kick not included
- Minus 1 for too many or too few team members

Individual Creative Breaking

- 60 seconds to set up boards
- 60 seconds to execute breaking routine
- Maximum of 10 boards
- No new boards will be allowed for routines

Points will be deducted for the following categories

- Minus 1 for exceeding 60 seconds for set up
- Minus 1 for exceeding 60 seconds for breaking execution
- Minus 1 for stepping outside of the designated ring
- Minus 1 for unsportsmanlike conduct

Individual Turning Whip Kick

- Competitors will perform continuous turning whip kicks for thirty(30) seconds and break as many boards as possible
- The competitor who breaks the most boards will be the winner
- The maximum number of holders is four(4)

- There will be two(2) holders in the front and two(2) holders in the back
- The two(2) holders in the front must wear head gear and chest gear
- Holders must remain stationary in a 6½ft x 6½ft square
- Holders may only use one(1) hand to hold boards

A no break will be issued if the following occur

- If the board is held below the competitors waist
- If the competitor or holder crosses the boundary line
- If the competitor uses the front edge or in-step
- If the holder moves the wrist or hand or assist with breaking

Participants who fall to the ground or have any part of their body, other than the feet touch the floor will be disqualified

Participants who cross the boundary line more than three(3) times will be disqualified

Participants who use the front edge or in-step more than three(3) times will be disqualified

Individual Jumping Front Kick

- Participants will run approximately 6 meters (19 feet and 7 inches) before executing their kick
- Boards will be 10in x 12in x 1½in
- If the participant successfully breaks the board, the height at which the board is held will be increased upon referee discretion
- Breaks at each height may only be attempted once
- Breaks must occur within 30 seconds of the referee stating to begin
- Participants must break the board in order to advance to the next round
- The participant who breaks the highest board will be declared the winner

Participants who fall to the ground or have any part of their body, other than the feet touch the floor will be disqualified

In the event of a tie for first place, the board will continue to be raised until it can no longer be broken by one(1) of the participants

Individual Power Breaking- Fast Step Side Kick

- Boards will be 10in x 12in x 1½in
- No spacers will be allowed in-between boards
- Boards are not allowed to be taped together
- At a minimum, boards must be held at the height of the participants waist
- The participant who breaks the most boards will be the winner; in the event of a tie, there will be an overtime round, where each participant will each add one(1) additional board and break again. In the event of a tie after the overtime round, the participant with the lowest body weight will be considered the winner

- The foot used for breaking may not be covered with bandages, gauze, or any material that has not been pre-approved
- The break must only be attempted ONCE
- The breaking must occur within 30 seconds after the referee has stated to begin

Points will be deducted for the following categories

- Minus 1 board for exceeding 30 seconds to execute break
- Minus 1 board from total attempted for unsportsmanlike conduct
- Minus 1 board for disobeying referee instructions

Participants who fall to the ground or have any part of their body, other than the feet touch the floor will be disqualified

Participants who attempt to break the boards twice will be disqualified

Individual Power Breaking- Knife Hand Downward

- Boards will be 10in x 12in x 1½in
- No spacers will be allowed in-between boards
- Boards are not allowed to be taped together
- The participant who breaks the most boards will be the winner; in the event of a tie, there will be an overtime round, where each participant will each add one(1) additional board and break again. In the event of a tie after the overtime round, the participant with the lowest body weight will be considered the winner
- The hand used for breaking may not be covered with bandages, gauze, or any material that has not been pre-approved
- The break must only be attempted ONCE
- The breaking must occur within 30 seconds after the referee has stated to begin

Points will be deducted for the following categories

- Minus 1 board for exceeding 30 seconds to execute break
- Minus 1 board from total attempted for unsportsmanlike conduct
- Minus 1 board for disobeying referee instructions

Participants who fall to the ground or have any part of their body, other than the knee touch the floor will be disqualified

Participants who attempt to break the boards twice will be disqualified

Individual Power Breaking- Turning Back Kick

- Boards will be 10in x 12in x 1½in
- No spacers will be allowed in-between boards
- Boards are not allowed to be taped together

- The participant who breaks the most boards will be the winner; in the event of a tie, there will be an overtime round, where each participant will each add one(1) additional board and break again. In the event of a tie after the overtime round, the participant with the lowest body weight will be considered the winner
- The foot used for breaking may not be covered with bandages, gauze, or any material that has not been pre-approved
- The break must only be attempted ONCE
- The breaking must occur within 30 seconds after the referee has stated to begin

Points will be deducted for the following categories

- Minus 1 board for exceeding 30 seconds to execute break
- Minus 1 board from total attempted for unsportsmanlike conduct
- Minus 1 board for disobeying referee instructions

Participants who fall to the ground or have any part of their body, other than the feet touch the floor will be disqualified

Participants who attempt to break the boards twice will be disqualified

If you have any questions, comments, or concerns, please see Ms. Erica

You may direct any and all questions to her by calling our business line at 919-217-1555