

OFFICIAL WHRDA RULES & REQUIREMENTS: GOTOOGI (GRAPPLING)

花郎道



太手道

<p>Mandatory Equipment:</p>	<ul style="list-style-type: none"> • Proper WHRDA endorsed Grappling Uniform. • For men and Boys, Groin Cup Mandatory. • Mouth Guards are optional. • Must have all finger and toe nails trimmed. • Must have hair tied back if long hair. • Cannot wear any form of jewelry: Includes but not limited to glasses, rings, toe rings, earrings, nose rings, necklaces, bracelets, etc.
<p>Fouls, Penalties, & Injuries:</p>	<p><u>NOT ALLOWED:</u></p> <ul style="list-style-type: none"> • Striking of any sort with any part of the body to any part of the body, gauging of the eyes, biting, hair grabbing, pinching, • No knees on neck. • No finger cranks – must hold at least three fingers for any grabs to the fingers for the purpose of control or escape, but not for attempt to submit or break. • No standing wrist locks. • No standing submissions. Can initiate while standing, however, must bring to ground for finish attempts. • No purposeful slamming of opponents onto the ground. • “Pulling Guard” Topic: <ul style="list-style-type: none"> ○ Competitors may not sit on the ground to initiate contact while the other opponent is standing at distance at the start of exchanges. Competitors must go for takedowns to advantage position. ○ “Pulling Guard” is allowed, however, 1) NO take down points are received 2) if secured properly on the ground for 3 seconds then YES guard points are received. Furthermore, if cannot bring the opponent to the ground, the initiator must regain feet and attempt another takedown. ○ Seated position is allowed through various natural takedowns/scrambles/grappling exchanges in which one competitor ends up working from a seated position while the other continues attacks. ○ The purpose of this ruling is to encourage a more combative approach to the grappling event, which includes development of takedown skills & techniques. <p><u>PENALTIES:</u> Any violation of the rules is subject to penalty. For Tae Soo Do:</p>

	<ul style="list-style-type: none"> • First Warning – Official Warning • Second Warning – Award one point to the opponent • Third Warning – Disqualification <p>For Hwa Rang Do: (Continuous Round)</p> <ul style="list-style-type: none"> • First Warning – Deduct one point from total score • Second Warning – Deduct two points from total score • Third Warning – Disqualification <p><u>INJURIES:</u></p> <ul style="list-style-type: none"> • If there is an incidental injury, recipient shall be awarded 30 seconds to recover. If cannot continue after 30 seconds, then the other participant is awarded victory in the bracket and next match shall proceed. • If there is an injury due to excessive contact or any intentional reason and the recipient of such can no longer continue, the offending participant will be disqualified. If the recipient of the injury cannot continue in next match with next opponent, he/she will have to forfeit that match and the next person will be advanced in the bracket.
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POSITION GRAPPLING FORMAT	
Duration:	2 Minutes, non-stop
General Requirements:	<ul style="list-style-type: none"> • Goal is to obtain points through positional control of opponent. First participant to 10 points wins match or whoever has most points at end of time is declared winner. • If the score of the match is tied at end of regulation time, 1 minute of additional time will be added as overtime. If score is still tied, consecutive 1 minute overtime rounds will commence as needed until winner determined by points. There is no time break between overtime rounds. • Matches begin in kneeling position and must stay on the ground for duration of the match. If at any time both competitors rise to their feet, judge will break the match and restart kneeling at center lines. • If more than 50% of both participants move past the out-of-bounds ring boarder, the referee will break the match and restart on knees at center line. Restart will NOT occur in the same position as the out-of-bounds. • WHRDA Grappling Uniform is strongly recommended, however, standard Tae Soo Do uniform is allowed for position matches only. • NO submission attempts of any kind.
Judging:	<p>The judging is done by one center referee who calls out the points as they occur during the match and only the center referee can start or stop a match.</p> <ul style="list-style-type: none"> • One score keeper • One time keeper
Positions & Points:	Participant must maintain control and dominance within the secured position for a minimum of 3 seconds in order to receive the points for positioning.

	<ul style="list-style-type: none"> • Guard - 2 points • Side Mounts (Upper, Standard, Reverse) - 2 points • Um/Yang Position (Um/Yang, Inside, Outside) - 2 points <i>~ Note (once an Um/Yang position is established, then switching from any variations of the Um/Yang position are NOT awarded points)</i> • One Knee Position (Knee on Stomach, Knee on Chest) - 2 points • Mounts (full, upper, seated, reverse seated) – 3 points • Rear Mounts (from bottom, from top) - 3 points <i>~ Note (both legs must be hooked around the opponent in order to receive the points)</i> • Reversal (switching from bottom to top or from front to rear of opponent) 2 points
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TAE SOO DO® SUBMISSION GRAPPLING FORMAT	
Duration:	3 Minutes, non-stop for all bracket matches 5 Minutes, non-stop for championship match only
General Requirements:	<ul style="list-style-type: none"> • Goal is to submit the opponent within time allowed. Gain the submission, you win! • Points for positional control and takedowns will be tallied in case there is not a submission. Positional control points are same as “Position Format” as listed above. Take-down points are detailed below. • If the score of the match is tied at end of regulation time, 1 minute of additional time will be added as overtime. If score is still tied, consecutive 1 minute overtime rounds will commence as needed until winner determined by points. There is no time break between overtime rounds. • Matches begin in standing position. • If more than 50% of both participants move past the out-of-bounds ring border, the referee will break the match and restart participants in the same position and situation as the of the out-of-bounds occurrence.
Judging:	<p>The judging is done by one center referee who calls out the points as they occur during the match and only the center referee can start or stop a match.</p> <ul style="list-style-type: none"> • One score keeper • One time keeper
Takedown Points:	<p>In order to receive points for any takedown or throw, participant must end up on top position on the ground with dominant control in order to receive points. <i>~Note (This does NOT mean a full position worthy of points for 3 seconds rule, simply landing in top dominate positional control is enough to obtain takedown or throw points.)</i></p> <ul style="list-style-type: none"> • Any takedown where the opponent stays close to the ground – 2 points: Leg pick-ups, Body or Leg Scissors, Midsection Clinch Takedowns, & Sweeps • Any Throw where the opponent leaves the ground for air time – 3 points: Hip Throws, Shoulder Throws, Suplex, & high quality Scissors (<i>where feet get scooped into the air</i>)

<p>Other Points:</p>	<p>Near Fall – 3 points ~ Note (This rule is taken from wrestling where the competitor almost pins the opponent. This rule should motivate the competitors to attempt more submissions and create a more exciting match. In order to receive Near Fall points the submission technique must be acquired securely with high quality good form, and is not just an attempt at a submission. Should be close to completion, but opponent escapes with high degree of skill.)</p> <p>Escape – 1 point ~ Note (this point is awarded based on a near fall submission escape and for escape from the standup rear clinch position. It is NOT awarded for ANY other positional escapes. Additionally, escape points are not granted for out-of-bounds occurrence.)</p>
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<h2 style="text-align: center;">HWA RANG DO® SUBMISSION GRAPPLING FORMAT</h2>	
<p>Duration:</p>	<p>3 Minutes, non-stop for all bracket matches 5 Minutes, non-stop for championship match only</p>
<p>General Requirements:</p>	<ul style="list-style-type: none"> • Goal is to submit the opponent within time allowed. Gain the submission, you win! • Matches begin in standing position. If more than 50% of both participants move past the out-of-bounds ring border, the referee will break the match and restart participants in the same position and situation as the of the out-of-bounds occurrence.
<p>Judging & Scoring:</p>	<p>The judging is done by one center referee and 2 side judges. If there is not a submission within the time allowed, the match will go to a judges' decision. Grading of the match will be based on the following 3 criteria:</p> <p>Control: (possible of 10 points) Graded on how much the participant controlled the action of the match, either through dominate positions, takedowns, and ring control of the match.</p> <p>Submissions: (possible of 10 points) Graded on how much the participant went for submission attempts as well as quality of those attempts throughout the duration of the match.</p> <p>Spirit: (possible of 10 points) Graded on overall character, sportsmanship, showmanship, energy, and virtues of the participant for the duration of the match.</p> <p><i>*Only Whole numbers used for scoring</i></p> <p style="text-align: center;"><u>Continued on Next Page.....</u></p>

	<p>NOTES:</p> <p>All 3 categories will be totaled by the individual judge determining a victor for the match for each judge. Once all 3 judges have finished generating their scores, the center referee will make the call for match results and all judges will raise the flag color of their victor simultaneously (<i>Korean command "Pan"</i>). Whichever participant receives the majority of the judges' decisions (<i>at least 2 out of 3</i>), that participant will be declared winner of the match.</p> <p>In case of a draw decision between the judges, total points will be tallied from the scorecards and whichever participant has the highest score will be determined to be the winner of the match.</p> <p>If there is still a tie in scorecard results, an overtime round will be held. If no submission is obtained within overtime an additional judges' decision will be made based on the overtime round performance only.</p> <p>Regular Bracket Rounds = 2 minute overtime Championship Round only = 3 minute overtime</p>
Other notes:	<p>Only center referee can stop or restart the matches. There will also be one score keeper, and one time keeper</p>