

Professional Unification of Martial Arts
International Open 2020
Rules and Regulations



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1. General

1.1. Purpose

This document details the rules and regulations in force for the Professional Unification of Martial Arts (P.U.M.A.) International Open 2019, to be held on Saturday 8th February 2020. The purpose for these rules and regulations is to ensure the competition is conducted as safely and fairly as possible.

Any updates or amendments to the rules and regulations within this document will be publicised by the Competition Organising Committee in the most appropriate way.

Should further clarification on any of the points raised in this document be required please email chairman@puma-uk.com.

1.2. Competitors

The table below details the Division competitors will be assigned to give their age on the first day of the registration for the competition.

Division	Age (in years)
Juniors	Under 14 years
Cadets	14 – 17 years
Adults	18 years and over
Seniors	36 years and over

Those aged 36 and over have the option of competing in the Adults or Seniors Division, but not both

Competitors will be given **wrist bands** at the weigh in and are always required to be in possession of them and present them when their division is called to compete.

1.3. Dress Requirements

When competing the organisations dobok and appropriate belt must be worn. A plain, dobok coloured top worn underneath the dobok is permitted. All jewellery must be removed or covered with tape before competing. Hair may be kept in place using a material of a soft elastic nature only, no grips, slides or other hard fixings are allowed.

Medal ceremonies will be conducted upon completion of each division, as such competitors will be in their organisations dobok. A tracksuit jacket worn over the top of the dobok is permitted.

When not competing, competitors are permitted to wear what they wish.

Coaches must wear tracksuit bottoms with a t-shirt¹ and gym shoes whilst ringside with tracksuit jackets optional. When coaches are not ringside, they are permitted to wear what they wish.

Officials are required to wear white or black gym shoes; navy blue/black trousers or below the knee skirt; a white shirt/blouse with their organisation's tie. Blazers may be worn with shirts/blouses. A plain t-shirt may be worn under the shirt/blouse for additional warmth.

1.4. Medical Attention

The competition will have both St John's cover and a paramedic in attendance. All competitors must ensure they have a valid and in date licence and insurance cover with their own organisation. In addition, all competitors must be fit to compete. Competitors take injuries at their own risk, P.U.M.A. assumes no liability for any injuries sustained.

¹ The t-shirt must not contain any offensive logos or slogans.

When sparring only 'soft' joint supports may be worn to prevent the aggravation of injuries. Competitors must present any supports to the referee for inspection before the start of the category. This is in addition to the safety equipment listed in section 3.5.

1.5. Ring Size

Each ring will be comprised of a seven (7) by seven (7) meter competition space plus an additional one (1) meter matted area around the competition space.

1.6. Coaches

Only those in possession of an official coach's pass will be permitted to coach. A maximum of one coach is permitted per individual or team when competing. Coaches must have a towel with them whilst ringside.

Dress code for coaches is as per section 1.3.

Coaches exhibiting un-sportsmanlike behaviour will be warned and potentially have their Coach status removed, surrendering their Coaches pass to an Official. If a Coach is removed during a bout their competitor will have to continue the bout without a coach but may use a different coach for subsequent bouts.

1.7. Awards

For Patterns, Sparring and Power one (1) gold, one (1) silver and two (2) bronze medals shall be awarded, i.e. there will be no play off for bronze, provided there are three (3) or more competitors. If there are less than three (3) competitors, then the number of medals awarded will equal the number of competitors.

All competitors competing in the <14 years category will receive a participation medal if they are not placed in the medals in any of the events they enter.

1.8. Official Terminology

Korean	English
Cha Ryot	Attention
Kyong Ye	Bow
Chunbi	Ready
Si-Jak	Begin
Haechyo	Break
Gaesok	Continue
Goman	End
Hong	Red
Chong	Blue
Sung	Winner

1.9. Division of Competitors

The competition shall contain both individual patterns, sparring and power categories. Sparring and Patterns will be structured using a single elimination, knock-out tournament system. Power will be decided on the number of boards broken.

There is no limit to the number of individuals each Nation or Organisation may enter in total, or to each Division/Category.

Competitors will be divided by age (see section 1.2) and gender. For individual events the categories in each division are listed in the relevant section; for patterns see section 2.3, and sparring see section 3.3.

The competition organisers retain the right to merge divisions and/or categories to ensure healthy competition if numbers in divisions are low. Where this involves junior/cadet sparring categories this will only be done after consultation with competitors/coaches affected. If competitors do not wish to be merged into a different division/category they will be offered a refund of their entry fee for that event.

1.10. Registration

The time and venue for Competitor and Official registration will be announced closer to the competition. All Competitors must register within the times announced or will not be able to take part in the competition. Competitors who are sparring will have until the conclusion of the registration period to make their height/weight and may take multiple attempts (up to 2). **Competitors will be required to wear dobok bottoms and a t-shirt for the weigh in and a 0.5kg tolerance will be given. I.e. someone entered in -63kg sparring will need to weigh in at 63.5kg or under to make weight. If Competitors fail to make their height/weight category they will be permitted to move into the appropriate category for a fee of £10.**

All Competitors must bring proof of age. In addition, they are advised to bring proof of entrance to the registration.

2. Patterns

2.1. Groups

The competition will feature both Sine wave and non-Sine wave patterns, in separate events. Groups will also be split by gender (male / female), age (Junior / Cadet / Adult / Senior) and grade, with the table below detailing the patterns which each grade may be expected to perform.

2.2. Performance and Eliminations

A single elimination (pyramid) knock-out tournament system will be used for Patterns events. In the event of there being three (3) Competitors in a division a 'Round-Robin' will be used to determine First (1st), Second (2nd) and Third (3rd) place. **Two (2) bronze medals will be awarded i.e. there will be no play off for bronze.**

Patterns should be judged by a panel of five (5) officials but three (3) can be used.

2.3. Individual Patterns

Matches will be between two (2) competitors performing simultaneously. Coloured belts will be expected to perform one (1) optional pattern applicable to grade as featured in the table below. Black Belts will be expected to perform one designated pattern in each round up to and including the **semi-finals**, chosen at random from the 3 patterns of grade. For the **final** round, **Black Belt** competitors will be required to perform two designated patterns, the first will be chosen at random from the 3 patterns of grade and the second chosen at random from the remaining patterns listed in the table below (the 2 designated patterns cannot be the same). **In the event of a tie, another designated pattern will be applied to all competitors of or below the lowest grade.**

Grade	Optional Patterns	Designated Patterns
8 th to 5 th Kup	Chon Ji to Yul Gok	Chon Ji to Yul Gok
4 th / 1 st Kup	Yul Gok to Choong Moo	Chon Ji to Choong Moo
1 st Degree	Not Applicable	Chon Ji to Ge Baek
2 nd Degree	Not Applicable	Chon Ji to Juche / Ko-Dang ²
3 rd Degree	Not Applicable	Chon Ji to Choi Yong
4 th Degree and above	Not Applicable	Chon Ji to Moon-Moo

Competitors must not select an optional pattern above the pattern(s) taught at their grade. Designated patterns will be chosen up to the lowest grade competitor

Patterns will be judged on the following aspects (in no particular order):

- Technical accuracy
- Power
- Breath control
- Balance
- Rhythm

Each member of the judging panel will decide which competitor performed better, according to the above criteria, and at the call of the referee will indicate their decision by raising the corresponding arm. The competitor with most votes will be declared the winner and will proceed to the next round.

² Competitors will not perform a pattern not learned in their association. Both competitors will complete the same pattern

In the result of a draw competitors will be required to perform one (1) designated pattern, chosen at random from patterns up to and including patterns of grade (excluding any patterns previously performed in the match).

3. Sparring

3.1. General

As with Patterns a single elimination (pyramid) knock-out tournament system will be used for Sparring events. In the event of there being three (3) Competitors or Teams in a division a 'Round-Robin' will be used to determine First (1st), Second (2nd) and Third (3rd) place. **Two (2) bronze medals will be awarded i.e. there will be no play off for bronze. All ages and grades shall compete in continuous sparring.**

3.2. Individual Sparring

For all grades and ages bouts will be one (1) round of **90 seconds**. For **adult black belts only**, the final round will consist of two (2) rounds of two (2) minutes with a one (1) minute break between rounds.

A competitor will receive two (2) points for each judge voting for them and one (1) point for each draw. The competitor who receives the most points will be declared the winner (at least 2 judges must vote for a competitor for a winner to be declared). If the bout ends in a draw a further one (1) minute break will be taken followed by an additional one (1) minute round. If after this, it is still a draw another round will be played with the first competitor to score any point declared the winner.

3.3. Categories

Juniors (<14 years)

Male	-130cm	-140cm	-150cm	-160cm	-170cm	+170cm
Female	-130cm	-140cm	-150cm	-160cm	-170cm	+170cm

Cadets (14 – 17 years)

Male	-50kg	-56kg	-62kg	-68kg	-75kg	+75kg
Female	-45kg	-50kg	-55kg	-60kg	-65kg	+65kg

Adults (>18 years) and Seniors (>36 years)

Male	-57kg	-63kg	-70kg	-78kg	-85kg	+85kg
Female	-50kg	-56kg	-62kg	-68kg	-75kg	+75kg

3.4. Target Area and Point Awards

The legal target area is: the front, side or top of the head (the high section); the front of the trunk (that is from the top of the hips to the top of the shoulders in height and from centre line to armpit on each side in width) (the mid-section). Illegal target areas include any targets below the top of the hips and the back of the body or head.

Points will be awarded for correct techniques, delivered onto a legal target area, with control, strength, speed and precision. The number of points for types of techniques and target areas is detailed in the table below. There are no additional points awarded for jumping or spinning techniques.

Points Awarded	Target Area	Technique
1	Mid-section	Hand Attack
1	High section	Hand Attack
2	Mid-section	Foot Attack
3	High section	Foot Attack

3.5. Safety Equipment

Item	Notes
Foot pads	Compulsory for all
Shin pads	Compulsory for all (no hard football style shin guards)
Groin guard	Compulsory for men, optional for women
Forearm guards	Optional for all
Gloves	Closed finger. Thumb attached to fingers. Not weighted
Chest guard	Optional for women
Gum shield	Compulsory for all
Head guard	Compulsory for all

3.6. Warnings

Warnings will be awarded throughout the bout by the referee, with any three (3) warnings for a competitor resulting in one (1) point removed from their score at the end of the bout.

The following offences will result in a warning being awarded:

- Loss of balance – any part of the competitor, other than the feet, touching the floor
- Travelling – both feet of a competitor leaving the ring, either both feet out of the ring, or one foot out of the ring and the other off the floor
- Unintentionally attacking a target other than the legal targets mentioned in para 3.4 above
- Talking whilst Sparring
- Boasting / Pretending to score a point by celebrating
- Turning the back
- Avoiding Fighting
- Pushing

3.7. Fouls

The following offences will result in a foul, with the competitor given a minus point removed from their score at the end of the bout. In addition to those listed below the Referee retains the right to escalate any warning to a foul to ensure fair competition and the safety of all competitors:

- Intentionally attacking a target other than the legal targets mentioned in para 3.4 above.
- Uncontrolled or unsighted techniques
- Excessive contact
- Attacking a fallen opponent
- Sweeping an opponent's leg/low kicking below the knee
- Arguing with/answering back to the referee
- Holding/grabbing

3.8. Disqualification

The following offences will result in the competitor being disqualified from competing. Whilst three (3) fouls do NOT automatically result in disqualification, in addition to those listed below the Referee retains the right to disqualify a competitor who continues to commit the same foul to ensure fair competition and the safety of all competitors:

- Misconduct against officials or ignoring instructions
- Being under the influence of alcohol or drugs
- Loss of temper
- Knocking an opponent unconscious (unless considered accidental by the officials)
- Insulting an opponent, coach or official
- Biting, scratching
- Swearing
- Attacking with the knee, elbow or forehead

3.9. Injury

If a competitor is injured during a bout the referee must stop the bout and call for medical attention. From the time the paramedic is in front of the injured competitor they have three (3) minutes to diagnose and treat any wounds and decide whether the competitor is fit to continue the bout.

If the paramedic decides the competitor is unable to continue the winner of the bout will be:

- The injured competitor; if the injury is the fault of their opponent
- The opponent; if the injured competitor is at fault
- Decided by judge's points; if it is deemed fault cannot be placed

The injured competitor will not be permitted to compete again until the paramedic is content for them to continue. This may be after a set period of time, or after the paramedic has reviewed the injury. A competitor who refuses to accept the paramedic and/or referees' decision will be disqualified from the event.

If both competitors are injured at the same time the winner will be decided by judge's points. If an injured competitor is unable to continue **by the time their next bout is ready to commence** then that bout is awarded to the opponent of that bout.

4. Power

4.1. General

Power events are only open to Black Belt Adults and Seniors. Competitors will be split by Gender, and where numbers allow by age division.

Competitors will perform one hand and one-foot technique from those listed in the table below against several boards of their choosing using their preferred side. The competitor will be awarded three (3) points for each broken board and one (1) point for each board bent, and their score will be the sum of points across both breaks.

In the event of a tie for first (1st), second (2nd) or third (3rd) place a technique will be drawn at random for those tied to execute. The number of boards will be decided by the referee. Techniques will continue to be drawn at random until the places are decided.

4.2. Procedure

Those competing in power test will be required to submit the amount of boards that they wish to attempt with both the hand and foot techniques prior to the division starting. This is to ensure that no advantage is gained from being the last to break and knowing what is required in order to win.

Competitors must specify the height at which they would like the boards to be positioned. They must then start in an L-Stance Forearm Guarding Block and have the opportunity to take a 'measure' and refine the height of the boards. The competitor must then return to L-Stance Forearm Guarding Block, execute the technique and finish in an L-Stance Forearm Guarding Block. **If a competitor fails to begin or end in L-Stance Forearm Guarding Block they will receive no points for that technique.**

4.3. Techniques

Male

Hand Techniques	Foot Techniques
Forefist Punch	Side Kick
Knifehand Strike (Inward or Outward)	Turning Kick
Reverse Knifehand Strike	Back Kick
Backfist Strike	Reverse Turning Kick

Female

Hand Techniques	Foot Techniques
Knifehand Strike (Inward or Outward)	Side Kick
Reverse Knifehand Strike	Turning Kick
	Back Kick

5. Protest Procedure

Protests may only be made on points of procedure, and not on Judges' decisions. A complaint will only be successful if officials were **not compliant** with the competition rules.

Any protests must be submitted by handing a completed protest form to the top table **by a Coach within five (5) minutes of the bout finishing**, accompanied by a fee of £50.

As a protest is likely to interrupt the running of a category the coach should notify the referee that they are submitting a protest. The referee will then take appropriate action to allow for a successful or failed protest.

If the protest is successful the fee will be returned, otherwise the fee will be kept.

The tone with which the complainant addresses any official should always be considered as P.U.M.A. will not tolerate physical or verbal abuse, or attempted intimidation of its officials. P.U.M.A. withholds the right to ban anyone from its events for any length of time it deems appropriate.