

## **Pro- Hapkido Boxing Championship**

### **Rules 1**

#### **Introduction**

The current rules for the Pro- Hapkido Boxing Championship were originally established by the Hapkido Boxing International Organization .The set of "Hapkido Boxing" that HB established has been adopted in other states that regulate Hapkido Boxing. These rules are also used by many other promotions within the United States, becoming mandatory for those states that have adopted the rules, and so have become the standard set of rules for professional Hapkido Boxing across the country.

### **Rules 2**

#### **Rounds**

PRO- HAPKIDO BOXING matches vary in maximum length, depending on whether the match is for a Championship title, or is a fight card's "main event" fight. In all fights, each round can be no longer than five minutes. Championship fights last for a maximum of three rounds.

non-championship "main event" fights (i.e. the final fight on the card) will also last for a maximum of three rounds. Non-main event bouts last for a maximum of three rounds.

There is a one-minute rest period between rounds.

### **Rules 3**

#### **Attire**

All competitors fight in approved shorts, without shoes. Tops are only approved for female competitors. Required safety equipment include padded gloves, mouthguard, and protective cups held in place with a jockstrap for males. The open-fingered gloves have at least 1" of padding around the knuckles, (110 to 170 g / 4 to 6 ounces) that allow fingers to grab.

Originally the attire for PRO- HAPKIDO BOXING was very open. Many fighters still chose to wear tight-fitting shorts or boxing-type trunks, while others wore long pants or singlets.

## Rules 4

### Match outcome

Matches may end via:

- **Submission:** a fighter clearly taps the mat or his opponent, verbally submits, or clearly communicates being in pain (such as by yelling) to a degree that causes the referee to stop the fight. Also, a technical submission may be called when a fighter either loses consciousness or is on the verge of or suffers serious injury while in a hold.
- **Knockout:** a fighter is put into a state of unconsciousness resulting from any legal strike.
- **Technical Knockout (TKO):** If the referee decides a fighter cannot continue, the fight is ruled as a technical knockout. Technical knockouts can be classified into three categories:
  - referee stoppage (the referee ends the fight because one fighter is deemed unable to intelligently defend himself)
  - doctor stoppage (a ring side doctor decides that it is unsafe for one fighter to continue the bout, due to excessive bleeding or physical injuries)
  - coach stoppage (a fighter's coach signals defeat for his own fighter)

## Rules 5

### Judges' Decision:

Depending on scoring, a match may end as:

- unanimous decision (all three judges score a win for fighter A)
- majority decision (two judges score a win for fighter A, one judge scores a draw)
- split decision (two judges score a win for fighter A, one judge scores a win for fighter B)
- technical decision (a fighter is rendered unable to continue as a result of an unintentional illegal element or move, resulting in a decision based on the finished and unfinished rounds if the number of rounds to be judged is sufficient)

- unanimous draw (all three judges score a draw)
- majority draw (two judges score a draw, one judge scoring a win)
- split draw (one judge scores a win for fighter A, one judge scores a win for fighter B, and one judge scores a draw)
- technical draw (the bout ends in a manner similar to that of a technical decision, with the judges' scores resulting in a draw)

### **Rules 6**

- **Disqualification:** a fighter intentionally executes an illegal move that is considered by the referee or opponent to be injurious or significant enough to negatively alter the opponent's performance should the fight continue, resulting in the opponent's victory.

### **Rules 7**

- **Forfeit:** a fighter fails to compete or intentionally and prematurely ends the bout for a reason besides injury, resulting in the opponent's victory.

### **Rules 8**

- **No Contest:** a fighter is rendered unable to continue or compete effectively as a result of an unintentional illegal element or move and there is not a sufficient number of finished rounds to be judged to make a technical decision viable, or both fighters are rendered unable to continue or compete effectively. Also, a fight may be ruled a no contest if the original outcome of the bout is changed due to unsatisfactory or illegal circumstances, such as a premature stoppage or a fighter's testing positive for banned substances.

### **Rules 9**

#### **Judging criteria**

The ten-point must system is in effect for all PRO- HAPKIDO BOXING fights; three judges score each round and the winner of each receives ten points while the loser receives nine points or fewer (although 10–10 rounds are given in the rare event that a judge feels the rounds was too close to warrant giving one fighter 10

and the other 9.) Scores of 10–8 are typically awarded for dominant rounds and anything more dominant is scored less. 10–7 rounds are very rare.

## **Rules 10**

### **Fouls**

The following lists as fouls:

- Biting
- Eye-gouging
- Fish-hooking
- Groin attacks
- Small joint manipulation
- Hair pulling
- Putting a finger into any orifice or into any cut or laceration on an opponent
- Throat strikes of any kind, including, without limitation, grabbing the trachea
- Clawing, pinching or twisting the flesh
- Intentionally attempting to break an opponent's bone
- Spiking an opponent to the canvas on the head or neck
- Throwing an opponent out of the ring or fenced area
- Holding the shorts or gloves of an opponent
- Spitting at an opponent
- Engaging in unsportsmanlike conduct that causes an injury to an opponent
- Holding the ropes or the fence
- Using abusive language in the ring or fenced area
- Attacking an opponent on or during the break
- Attacking an opponent who is under the care of the referee
- Attacking an opponent after the bell (horn) has sounded the end of a round
- Flagrantly disregarding the instructions of the referee

- Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury
- Interference by the corner
- Using any foreign substance that could give an unfair advantage
- Head-butting
- Striking to the spine or the back of the head
- Striking downward using the point of the elbow

## **Rules 11**

### **Fouls against a grounded opponent**

- ❖ Kicking the head of a grounded opponent
- ❖ Kneeing the head of a grounded opponent
- ❖ Stomping a grounded opponent

When a foul is charged, the referee in their discretion may deduct one or more points as a penalty. If a foul incapacitates a fighter, then the match may end in a disqualification if the foul was intentional, or a no contest if unintentional. If a foul causes a fighter to be unable to continue later in the bout, it ends with a technical decision win to the injured fighter if the injured fighter is ahead on points; otherwise it is a technical draw.

## **Rules 12**

### **Match conduct**

- After a verbal warning the referee can stop the fighters and stand them up if they reach a stalemate on the ground (where neither are in a dominant position or working towards one).
- If the referee pauses the match, it is resumed with the fighters in their prior positions.
- Grabbing the ring brings a verbal warning, followed by an attempt by the referee to release the grab by pulling on the grabbing hand. If that attempt fails or if the fighter continues to hold the ring, the referee may charge a foul.

- Early PRO- HAPKIDO BOXING events disregarded verbal sparring / "trash-talking" during matches. Under unified rules, antics are permitted before events to add to excitement and allow fighters to express themselves, but abusive language during combat is prohibited.

## Rules 13

### Evolution of the rules

- ❖ *PRO- HAPKIDO BOXING* – Although the advertising said *There Are No Rules*, there were in fact some rules: no biting, no eye-gouging and no groin attacks. Fights ended only in the event of a knockout, submission or the corner throwing in the towel. Despite this, the first match in *PRO- HAPKIDO BOXING* was won by referee stoppage, even though it was not officially recognized as such at the time.
- ❖ *PRO- HAPKIDO BOXING* – Groin attacks were unbanned. Time limits were dropped ending the need for judges.
- ❖ *PRO- HAPKIDO BOXING* – The referee was officially given the authority to stop a fight in case of a fighter being unable to defend himself. A fighter could not kick if he was wearing shoes.
- ❖ *PRO- HAPKIDO BOXING* – Time limits changed to 10 minutes in the first two rounds of the tournament, 15 minutes in the tournament final and Super fight. Time limits would continually change in the later PRO- HAPKIDO BOXING events. Fights could now be decided by a judge's decision if the fight reached the end of the time limit. The panel was made up of three judges who simply raised a card with the name of the fighter they considered to be the winner. In this fashion, a draw was not possible since the only two possible outcomes of a decision were 3 to 0 or 2 to 1 in favor of the winner.
- ❖ *PRO- HAPKIDO BOXING* – Limits on permissible striking areas were introduced. Head butts, elbow strikes to the back of the neck and head and small joint manipulation became illegal.
- ❖ *PRO- HAPKIDO BOXING* – Five minute rounds were introduced, with preliminary bouts consisting of two rounds, regular non-title bouts at two rounds, and title bouts at three rounds. The "ten-point must system" was introduced for scoring fights .

- ❖ *PRO- HAPKIDO BOXING* – The HAPKIDO BOXING INTERNATIONAL ORGANIZATION sanctions its first PRO- HAPKIDO BOXING event, using the newly developed *Unified Rules of HAPKIDO BOXING*. Major changes to the PRO- HAPKIDO BOXING's rules included barring knee strikes to the head of a downed opponent, elbow strikes to the spine and neck and punches to the back of the neck and head. Limits on permissible ring attire, stringent medical requirements, and regulatory oversight were also introduced. A new weight class system was also introduced.[153] This new set of rules is currently the standard for HB events held in the HBIO and is still in use by the PRO- HAPKIDO BOXING.
- ❖ *PRO- HAPKIDO BOXING* – In the event of a stoppage fights restart in the position the fight was stopped.

## **Rules 14**

### ***The Ultimate Fighter***

Fights that occur on *The Hapkido Fighter* are classified as exhibition matches under HBIO sanctioning, and thus do not count toward the professional record of a fighter. Match outcomes also do not need to be immediately posted publicly, which allows for fight results to be unveiled as the series progresses.

For two-round matches, if there is a draw after two rounds, an extra five-minute round ("sudden victory") is contested. If the extra round concludes without a stoppage, the judges' decision will be based on that final round.

These exhibition matches variably have two or three rounds, depending on the rules used for each season. In most seasons, preliminary matches (before the semi-final bouts) were two rounds; in season two, all matches had three rounds. All matches past the first round use three rounds as per standard PRO- HAPKIDO BOXING bouts. During the finales for each series, the division finals have the standard three rounds, plus a fourth round if the judges score a tie.