



United States and World Breaking Associations- Competition Rules

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General

Judging and Scoring Method:

1. Scoring point range varies by division.
2. 3-7 Judge system – Tally all points. This will be at division director's discretion, but will be consistent for all competitors.
3. Any/each violation will cause a deduction of points according to the Rules set forth by each respective Division and Competition.
4. Competitors will be judged on: difficulty, creativity, focus, expression, balance, poise and grace, and completion of breaks.
5. **Ties:** In the event of a tie, the winner will be decided as outlined in each division.
6. **Arbitration and Protest:** Competitors who feel they received an unfair score may file an Official Protest by presenting their argument to the USBA/WBA Representative on site (\$20.00 Protest Fee may be imposed at any time). The protestor will present the case to the USBA/WBA Representative through the ring coordinator. Any decision rendered by the USBA/WBA Representative will be final. If the USBA/WBA Representative finds in favor of the protestor, then the decision will be rectified and the Protest Fee will be returned. Protests must be made before the end of their particular division.

Ring Sizes: Basic size 20' x 20', depending on the kind of breaking, at judges' and promoter's discretion.

Warnings and Disqualification:

Disruptive behavior, use of profanity, or other unsportsmanlike conduct will result in a warning being issued. If the behavior is deemed by the Judges to be malicious, it will result in deduction of a point (as appropriate for the event) or disqualification.

Materials:

1. **Purchase of Materials:** All breaking materials must be purchased from the Supply Committee on-site, with the exception of the Creative Multi-Direction Wood Breaking, Creative Open Breaking and Extreme Breaking divisions (which must be inspected by Judges). All breaking materials must to be approved by Ring Judges and Selected Committee.
2. **Inspection of Materials:** Judges and/or USBA/WBA reserve the right to inspect any materials that are to be used for breaking.
3. **Removal of Materials:** All breaking materials must be removed from the competition area by competitors and put into the dumpsters provided by Committee after completion of each performance.

Uniforms:

1. **Competitor Uniform:** In order to compete, the competitor MUST be wearing a uniform at the time he/she is called to the ring. This uniform must consist of, at a minimum: Studio or team t-shirt and Martial Arts type pants. No shorts, tank tops, jeans, ripped clothing, hats, etc. may be worn. If you have a question please see an official USBA/WBA representative before the start of your division. The uniform top may be removed as part of a Creative breaking routine.

Divisions:

1. **Weight Divisions:** Where specified, weight divisions will be as follows: Men- Light Weight – 199.9 and under, Heavy Weight - 200 and over; Women- Light Weight- 160.9 and under, Heavy Weight - 161 and over. Weigh-in will take place at the registration area as registration is done or at the rings. The competitor's weight will be written on his/her competition ticket.
2. **Divisions with Fewer than 5 Competitors** may be combined with the next closest division at the discretion of the Judges.
3. **Rank Breakdown:**
 - Beginner: 1-12 months of training; white, yellow, orange; 10th, 9th, 8th belt level.
 - Intermediate: 12-24 months; lt. blue, green, purple; 7th, 6th, 5th belt level.
 - Advanced: 24-48 months; brown, red, navy, stripe belts; 4th, 3rd, 2nd, 1st belt level.
 - Black Belt: All Black Belts regardless of training period or rank.
4. **Entries:** Competitors may enter as many divisions as they wish (it is the competitor's responsibility to enter all competitions when called).
5. **Divisions with Cash Prizes:** Cash prizes will be awarded at the promoter's discretion. At most events you must be a USBA/WBA member to be eligible for cash awards.

Time Limits:

1. **IMPORTANT:** In order to keep the breaking divisions running smoothly, competitors will be required to adhere to the time limits outlined. This is very important, and deductions will be enforced. It would be to the competitor's benefit to practice set-ups, breaks, and clean-ups before the day of the event.
2. **Competitor Readiness:** A competitor must be ready to compete, as determined by the judges, as soon as that competitor's name is called in the ring.

Safety: The safety of the competitor and the audience comes first, **NO EXCEPTIONS!** The safety of the competitor is very important and we request that the instructor of the competitor approve all breaks. If the break is deemed to be unsafe by the Judges or the USBA/WBA Representative on site, we reserve the right to restrict the break. No material may leave the ring as a result of breaking unless planned for beforehand, to ensure that no other competitor, spectator, or Judge will be struck or put in danger by material as a result of a break. If this occurs, the Judges have the right to disqualify the competitor if they feel that the safety of others was compromised. Also, the break cannot cause damage to the facility or surrounding fixtures.

First Time Breakers Division

1. **This division is specifically for individuals who have never competed at a USBA/WBA sanctioned breaking competition before.** Competitors entered in this division may not compete in any other division. The purpose of this division is to introduce new competitors to USBA/WBA breaking.
2. **Materials:** Wood boards only. 3 boards included in division registration. Competitor may purchase additional boards per materials ordering.
3. **Stands:** Stands will be provided.
4. **Techniques:** All techniques are allowed. Competitor may use any strike to break.
5. **Competitor Grouping:** Competitors will be grouped at the discretion of the ring coordinator. Grouping can be by age, rank, gender, or size depending on the number of competitors registered.
6. **Stations: 3 Stations Max.-** The competitor may set up 3 stations. Each break will be considered one station. A station may be free standing, set on stands, or held by assistants. Competitor will be responsible for all materials required to set up their stations. Competitors will also be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
7. **Time Limits:** Competitors will be expected to set-up, break, and clean-up in a timely fashion. A maximum of **3 minutes** to set-up, break, and clean up the area may or may not be used depending on a number of factors. All competitors will be held to the same standard, whether timed or not. Time is cumulative, determined as follows: time starts when competitor starts set-up, time stops when competitor completes set-up, time starts again upon the attempt of the first break, time stops when the ring is cleared as determined by the ring coordinator.
8. **Judging:** Competitor will be judged on difficulty, creativity, focus, and completion of breaks.
9. **Ties:** In the event of a tie, the winner will be decided by the exclusion of low and/or high scores or a show of hands—at the Judges' discretion.

Creative Multi-Direction Wood Breaking

1. **Materials:** Wood boards only. Competitor may purchase boards on-site or provide their own.

2. **Props:** Props and “prop stations” may be used. Competitor will be allowed a maximum of 3 prop stations that will not be included in their routine for scoring purposes. Competitor must communicate prop stations to the ring coordinator and judges before the start of their routine.
3. **Techniques:** All techniques are allowed. Competitor may use any strike to break.
4. **Breaking Stations: Tiny Tott & Beginner and Intermediate Competitors- 4 Stations Max., Advanced and Black Belt Competitors- 8 Station Max.** The competitor may set up the maximum number of breaking stations for his/her specific rank. Each break will be considered one station. Simultaneous breaks will be considered one station. If competitor leaves the ground all breaks executed before he/she returns to the ground will be considered one station. A station may be free standing, set on stands, or held by assistants. Competitor will be responsible for all materials required to set up their stations. Competitors will also be required to ensure the safety of fellow competitors and spectators as outlined in “General: Safety” above.
5. **Time Limits:** Competitor will have a maximum of **3 minutes** to set-up, break, and clean up the area. A deduction of 3 points will be taken off the competitor’s final score for every 15 seconds over the allotted time. Deductions will begin after the 3-minute mark. Time is cumulative, determined as follows: time starts when competitor starts set-up, time stops when competitor completes set-up, time starts again upon the attempt of the first break, time stops when the ring is cleared as determined by the ring coordinator.
6. **Judging:** Competitor will be judged on difficulty, creativity, focus, and completion of breaks.
7. **Ties:** In the event of a tie, the winner will be decided by the exclusion of low and/or high scores, a 1-station break-off, or a show of hands—at the Judges’ discretion.

Creative Multi-Directional Team Breaking

1. **Team Members:** teams must consist of 2 competitors. Neither age nor rank needs to be in the same category
2. **Materials:** Wood boards only. Competitor may purchase boards on-site or provide their own.
3. **Props:** Props and “prop stations” may be used. Competitor will be allowed a maximum of 3 prop stations that will not be included in their routine for scoring purposes. Competitor must communicate prop stations to the ring coordinator and judges before the start of their routine.
4. **Techniques:** All techniques are allowed. Competitor may use any strike to break.
Breaking Stations: 8 Station Max. Regardless of rank. The competitors may set up the maximum number of breaking stations. Each break will be considered one station. Simultaneous breaks will be considered one station. If competitor leaves the ground all breaks executed before he/she returns to the ground will be considered one station. Both competitors must break, but there is no requirement as to how many breaks each competitor must perform, only that the combined total of breaks stations is 8 or less. A station may be free standing, set on stands, or held by assistants. Competitor will be responsible for all materials required to set up their stations. Competitors will also be required to ensure the safety of fellow competitors and spectators as outlined in “General: Safety” above.
5. **Time Limits:** Competitor will have a maximum of **3 minutes** to set-up, break, and clean up the area. A deduction of 3 points will be taken off the competitor’s final score for every 15 seconds over the allotted time. Deductions will begin after the 3-minute mark. Time is cumulative, determined as follows: time starts when competitor starts set-up, time stops when competitor completes set-up, time starts again upon the attempt of the first break, time stops when the ring is cleared as determined by the ring coordinator.
6. **Judging:** Competitor will be judged on difficulty, creativity, focus, and completion of breaks.
7. **Ties:** In the event of a tie, the winner will be decided by the exclusion of low and/or high scores, a 1-station break-off, or a show of hands—at the Judges’ discretion.
8. **Points:** This category of competition does not qualify for ratings points toward USBA/WBA ratings on any circuit.

Creative Open Breaking - Any Materials, No Fire or Glass Breaks

1. **Materials:** Any materials can be used except fire and glass breaks. Examples of materials are cement blocks, wood boards, concrete, wood poles, bricks, metal, etc. Creativity of materials used, props, and techniques will increase a competitor’s score. Music is allowed, but competitor will be responsible for music.
2. **Props:** Props and “prop stations” may be used. Competitor will be allowed a maximum of 3 prop stations that will not be included in their routine for scoring purposes. Competitor must communicate

- prop stations to the ring coordinator and judges before the start of their routine. Glass may be used as a prop, such as a bed of glass, as long as it is contained and not broken on site.
3. **Techniques:** All techniques are allowed. Competitor may use any strike to break.
 4. **Breaking Stations:** The competitor may set up a maximum of 10 stations. Each break will be considered one station. Simultaneous breaks will be considered one station. If competitor leaves the ground all breaks executed before he/she returns to the ground will be considered one station. A station may be free standing, set on stands, or held by assistants. Competitor will be responsible for all materials required to set up their stations. Competitors will also be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
 5. **Time Limits:** Competitor will have a maximum of **6 minutes** to set-up, break, and clean up the area. A deduction of 3 points will be taken off the competitor's final score for every 15 seconds over the allotted time. Deductions will begin after the 6-minute mark. Time is cumulative, determined as follows: time starts when competitor starts set-up, time stops when competitor completes set-up, time starts again upon the attempt of the first break, time stops upon the completion of the last break, time starts when clean-up begins, time stops when the ring is cleared as determined by the ring coordinator.
 6. **Judging:** Competitor will be judged on difficulty, creativity, focus, and completion of breaks.
 7. **Ties:** In the event of a tie, the winner will be decided by the exclusion of low and/or high scores, a 1-station break-off, or a show of hands—at the Judges' discretion.

Extreme Kicks & Tricks Wood Breaking

1. **Materials:**
 - Wood boards only.
 - Competitor will be provided with up to 6 Boards (1/2"x10"x12").
2. **Props:** Props may be used. (ie. Apparatus to hold boards, or obstacles to create difficulty)
3. **General Concept:** This division was created to showcase techniques and acrobatic talent as displayed in "Extreme Forms" and "Tricking", with the added requirement of breaking a board. Competitors should keep this in mind when preparing for this event.
4. **Techniques:**
 - All techniques should be variations of Spinning, Jumping, Flying or Flipping Kicks. Techniques that combine multiple aspects of these variations will be awarded a higher point value
 - All boards must be broken with the foot.
 - Traditional depictions of Kicks as well as acrobatic moves which allow the foot momentum to break a board.
5. **Stations:**
 - Each competitor may attempt up to 3 breaks or series of breaks (stations), not to exceed the overall 6 board maximum. An order of competition will be established and followed throughout the competition. For example, if there are 3 competitors competitor A will set up and execute their first break, followed by competitor B, followed by competitor C. This process will continue until a competitor has exhausted all of his/her 6 boards or until the completion of 3 stations per competitor, whichever comes first.
 - All Strikes must be single boards (no "stacks").
 - Simultaneous strikes (striking board at one moment in time) will be considered one break/station.
 - Airborne is defined as the period of time when the competitor's first foot leaves the floor or prop, until the moment the last foot returns to the floor or prop.
 - A station may be free standing, set on stands, or held by assistants.
 - Competitor will be responsible for all materials required to set up their stations.
 - Competitors will also be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
6. **Time Limits:** The competitor will have 1 Minute to set-up, break, and clean up the area for EACH STATION. Timing is continuous and specific to each station- time starts when competitor begins set-up and time stops when the ring is cleared as determined by the ring coordinator. The time will then reset for the next competitor. A deduction of .5 point will be assessed for every 15 seconds over the 1 minute time limit per station, starting at 1 minute 1 second. This is different than with the other events so please take notice.

7. **Competition Process:** Once the competition order is established and the competition begins the first competitor will setup their first station, immediately execute the break and clear the area, all while time is running. Time will be reset and the second competitor will be called up, setup their first station, immediately execute the break and clear the area. Once all competitors have completed their first station, the first competitor will set up his/her second station in the same manner. This will be followed by the second competitor and so on. This process will continue until all competitors have exhausted their 6 board allotment or each competitor has completed 3 stations, whichever comes first.
 - a. **Each competitor will have a maximum of 2 attempts per station.** If the board/boards are not broken after the 2nd attempt the station will be considered unsuccessful and no points will be earned for that station.
8. **Judging:** Competitor will be judged on technical difficulty, creativity, and completion of breaks as outlined on the Extreme Kicks Chart for technical values.
 - a. If a competitor fails to break **ALL** boards attempted during a station, then that break will be considered unsuccessful and no points will be awarded for that station.
 - b. A competitor is allowed 2 attempts per station as outlined above. A break will be deemed successful and awarded points provided all boards attempted are broken within the 2 attempts.
 - c. Each station will earn the competitor 1-10 points from the Extreme Kicks Chart. The competitor with the highest total point value at the end of the competition will win.
 - d. If a competitor executes a break that is not listed on the Extreme Kicks Chart a point value will be awarded at the judge's discretion based on consideration of the other breaks listed on the Extreme Kicks Chart and the similarity of the break in question. If a competitor executes a break not listed and is determined to be below the skill level of the minimum breaks listed, that break will be considered unsuccessful and no points will be awarded.
9. **Ties:** In the event of a tie, the winner will be decided by the exclusion of low and/or high scores, a 1-station break-off, or a show of hands—at the Judges' discretion.
10. **Points:** This category of competition does not qualify for ratings points toward USBA/WBA ratings on any circuit.

Power Concrete Breaking Hand

1. **Materials and Spacers:** Blocks must be purchased on site from Supply Committee. Carpenter pencil spacers will be provided.
2. **Techniques:** Hand technique only (Palm, punch, chop, etc.). Technique must be a downward strike.
3. **Weight divisions:** See "General: Divisions" above.
4. **Stations:** One station will be used. Blocks will be set on a block base. Competitors may set up as many blocks as they wish. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
5. **One Strike Only!** Competitor has one attempt to break the blocks.
6. **Time Limits:** Competitor will have a maximum of **6 minutes** to set up. Time starts when the competitor signals he/she is ready, time stops when the competitor signals to the ring coordinator that his/her set-up is complete. Additional time will be counted if a set-up is to be significantly altered as determined by the ring coordinator. A deduction of ½ block will be taken off the competitor's total break for every 15 seconds over the allotted time. Deductions will begin after the 6-minute mark.
7. **Judging:** Judges will count the number of blocks broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
8. **Ties:** In the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner. If there is a tie created by more than one competitor breaking 100% of their stack (example: 2 competitors break 10 out of 10), the competitor that broke the amount first is the winner

Elbow

1. **Materials and Spacers:** Blocks must be purchased on site from Supply Committee. Carpenter pencil spacers will be provided.

2. **Techniques:** Elbow technique only (drop elbow, overhand elbow, etc.). Technique must be a downward strike.
3. **Weight divisions:** See "General: Divisions" above.
4. **Stations:** One station will be used. Blocks will be set on a block base. Competitors may set up as many blocks as they wish. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
5. **One Strike Only!** Competitor has one attempt to break the blocks.
6. **Time Limits:** Competitor will have a maximum of **6 minutes** to set up. Time starts when the competitor signals he/she is ready, time stops when the competitor signals to the ring coordinator that his/her set-up is complete. Additional time will be counted if a set-up is to be significantly altered as determined by the ring coordinator. A deduction of ½ block will be taken off the competitor's total break for every 15 seconds over the allotted time. Deductions will begin after the 6-minute mark.
7. **Judging:** Judges will count the number of blocks broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
8. **Ties:** In the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner. If there is a tie created by more than one competitor breaking 100% of their stack (example: 2 competitors break 10 out of 10), the competitor that broke the amount first is the winner.

Foot

1. **Materials and Spacers:** Blocks must be purchased on site from Supply Committee. Carpenter pencil spacers will be provided.
2. **Techniques:** Foot technique only (Stomp, Axe kick, etc.). Technique must be a downward strike.
3. **Weight divisions:** See "General: Divisions" above.
4. **Stations:** One station will be used. Blocks will be set on a block base. Competitors may set up as many blocks as they wish. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
5. **One Strike Only!** Competitor has one attempt to break the blocks.
6. **Time Limits:** Competitor will have a maximum of **6 minutes** to set up. Time starts when the competitor signals he/she is ready, time stops when the competitor signals to the ring coordinator that his/her set-up is complete. Additional time will be counted if a set-up is to be significantly altered as determined by the ring coordinator. A deduction of ½ block will be taken off the competitor's total break for every 15 seconds over the allotted time. Deductions will begin after the 6-minute mark.
7. **Judging:** Judges will count the number of blocks broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
8. **Ties:** In the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner. If there is a tie created by more than one competitor breaking 100% of their stack (example: 2 competitors break 10 out of 10), the competitor that broke the amount first is the winner.

Speed Board Breaking – Competitor and 2 assistants, 3-person team

1. **Materials:** Boards must be purchased on site from Supply Committee. No spacers are allowed.
2. **3-Person Team:** Each competitor will be allowed 2 assistants for a total of 3 people. The competitor may utilize the assistants to hold or replenish stands, but only the competitor will be allowed to break.
3. **Techniques:** All techniques are allowed. Competitor may use any hand or foot strike to break.
4. **Stations:** 5-station maximum, each station may have more than one board. A station can be a holder or stands set up on the ground. **If stands are set on ground, they can be no longer than one standard stand deep (standard stands are 8 X 8 X 16". The depth can be no more than 16" from the side where the competitor will be standing to the back of the station).** The competitor may utilize each station as many times as needed, as long as he/she stays within the time limits. The assistants can be used to replenish stations. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.

5. **All boards must be broken on their station.** If a board falls off of a station or out of a holder's hands the board must be set back up on the station or back in the holder's hands before being broken. If the board is broken in any other position it will not count toward the final count.
6. **Pre-Break Count and Inspection:** The competitor must provide the number of boards that he/she is attempting to break, within the breaking time limit, to the judges before they start their break. All material must be in the competitor's ring available for inspection before the start of the break. The number of boards attempted compared to the number broken will be used to determine the winner in the event of a tie (see "Ties" below).
7. **Time Limits:** Competitor will have a maximum of **3 minutes** to set up. A deduction of 1 board will be taken off the competitor's total break for every 15 seconds over the allotted time. Deductions will begin after the **3-minute mark**.
8. **Breaking Time Limit:** The competitor will have 10 seconds to break as many boards as possible. Time starts when the competitor begins his first break. The 10-second breaking time is part of the overall 3-minute time limit.
9. **Judging:** Judges will count boards broken to determine the winner.
10. **Ties:** In the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 15 out of 15; competitor "B" breaks 15 out of 17. Competitor "A" broke at 100%; competitor "B" broke at 88%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner. If there is a tie created by more than one competitor breaking 100% of their boards (example: 2 competitors break 20 out of 20), the competitor that broke the amount first is the winner.

Creative Speed Board Breaking – Competitor and 2 assistants, 3-person team

1. **Materials:** Boards must be purchased on site from Supply Committee. No spacers are allowed.
2. **3-Person Team:** Each competitor will be allowed 2 assistants for a total of 3 people. The competitor may utilize the assistants to hold or replenish stands, but only the competitor will be allowed to break.
3. **Techniques:** All techniques are allowed. Competitor may use any hand or foot strike to break.
4. **Stations:** 5-station maximum, each station may have more than one board. A station can be a holder or other apparatus. **Any apparatus or set-up may be used in the Creative Speed Board Breaking Division, as long as the 5-station maximum is adhered to.** The competitor may utilize each station as many times as needed, as long as he/she stays within the time limits. The assistants can be used to replenish stations. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
5. **All boards must be broken on their station.** If a board falls off of a station or out of a holder's hands the board must be set back up on the station or back in the holder's hands before being broken. If the board is broken in any other position it will not count toward the final count.
6. **Pre-Break Count and Inspection:** The competitor must provide the number of boards that he/she is attempting to break, within the breaking time limit, to the judges before they start their break. All material must be in the competitor's ring available for inspection before the start of the break. The number of boards attempted compared to the number broken will be used to determine the winner in the event of a tie (see "Ties" below).
7. **Time Limits:** Competitor will have a maximum of **3 minutes** to set up. A deduction of 1 board will be taken off the competitor's total break for every 15 seconds over the allotted time. Deductions will begin after the **3-minute mark**.
8. **Breaking Time Limit:** The competitor will have 10 seconds to break as many boards as possible. Time starts when the competitor begins his first break. The 10-second breaking time is part of the overall 3-minute time limit.
9. **Judging:** Judges will count boards broken to determine the winner.
10. **Ties:** In the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 15 out of 15; competitor "B" breaks 15 out of 17. Competitor "A" broke at 100%; competitor "B" broke at 88%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner. If there is a tie created by more than one competitor breaking 100% of their boards (example: 2 competitors break 20 out of 20), the competitor that broke the amount first is the winner.

High Jump Board Breaking

1. **Highest Jump:** The competitor with the highest jump kick that breaks a single board is the winner. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
2. **Materials:** Boards will be supplied by Supply Committee. No spacers are allowed. Each competitor will be supplied up to 3 boards
3. **Techniques:** Any type of jump kick may be used. The competitor will be allowed to run a short distance and then jump into the kick.
4. **Attempts:** The competitor will have 3 attempts to produce the highest jump while breaking the board. The best of the 3 attempts will be used. The board must be broken or the jump will not count.
5. **Time Limits:** Competitor will have a maximum of 1 minute for each attempt. Time starts when the competitor signals he/she is ready. A deduction of 1 inch will be taken off the competitor's best attempt for every 15 seconds over the allotted time. Deductions will begin after the 3-minute total mark.
6. **Judging:** Judges will measure height to determine winner. Height will be determined from the top of the competitor's head to the lowest part of the board.
7. **Disqualification:** If a competitor fails to break any boards in all three attempts the competitor will be disqualified and no place will be awarded.
8. **Ties:** In the event of a tie, the winner will be the competitor who produced the highest jump in their second best attempt. If there is still a tie, the winner will be determined by the total height produced by all 3 attempts.

Power Board Breaking

Hand

1. **Materials and Spacers:** Boards must be purchased on site from Supply Committee. Carpenter pencil spacers will be provided.
2. **Techniques:** Hand technique only (palm, knife-hand or chop, hammer fist, etc.). Technique must be a downward strike.
3. **Weight divisions:** See "General: Divisions" above.
4. **Stations:** One station will be used. Boards will be set on a block base. Competitors may set up as many boards as they wish. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
5. **One Strike Only!** Competitor has one attempt to break the boards.
6. **Time Limits:** Competitor will have a maximum of **5 minutes** to set up. Time starts when the competitor signals he/she is ready, time stops when the competitor signals to the ring coordinator that his/her set-up is complete. Additional time will be counted if a set-up is to be significantly altered as determined by the ring coordinator. A deduction of 1 board will be taken off the competitor's total break for every 15 seconds over the allotted time. Deductions will begin after the 5-minute mark.
7. **Judging:** Judges will count the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
8. **Ties:** In the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner. If there is a tie created by more than one competitor breaking 100% of their stack (example: 2 competitors break 10 out of 10), the competitor that broke the amount first is the winner.

Elbow

1. **Materials and Spacers:** Boards must be purchased on site from Supply Committee. Carpenter pencil spacers will be provided.
2. **Techniques:** Elbow strike only (drop elbow, overhand elbow, etc.). Technique must be a downward strike.
3. **Weight divisions:** See "General: Divisions" above.
4. **Stations:** One station will be used. Boards will be set on a block base. Competitors may set up as many boards as they wish. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.

5. **One Strike Only!** Competitor has one attempt to break the boards.
6. **Time Limits:** Competitor will have a maximum of **5 minutes** to set up. Time starts when the competitor signals he/she is ready, time stops when the competitor signals to the ring coordinator that his/her set-up is complete. Additional time will be counted if a set-up is to be significantly altered as determined by the ring coordinator. A deduction of 1 board will be taken off the competitor's total break for every 15 seconds over the allotted time. Deductions will begin after the 5-minute mark.
7. **Judging:** Judges will count the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
8. **Ties:** In the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner. If there is a tie created by more than one competitor breaking 100% of their stack (example: 2 competitors break 10 out of 10), the competitor that broke the amount first is the winner.

Foot- Spaced

1. **Materials and Spacers:** Boards must be purchased on site from Supply Committee. Carpenter pencil spacers will be provided.
2. **Techniques:** Foot strike only (stomp, axe kick, etc.). Technique must be a downward strike.
3. **Weight divisions:** See "General: Divisions" above.
4. **Stations:** One station will be used. Boards will be set on a block base. Competitors may set up as many boards as they wish. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
5. **One Strike Only!** Competitor has one attempt to break the boards.
6. **Time Limits:** Competitor will have a maximum of **5 minutes** to set up. Time starts when the competitor signals he/she is ready, time stops when the competitor signals to the ring coordinator that his/her set-up is complete. Additional time will be counted if a set-up is to be significantly altered as determined by the ring coordinator. A deduction of 1 board will be taken off the competitor's total break for every 15 seconds over the allotted time. Deductions will begin after the 5-minute mark.
7. **Judging:** Judges will count the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
8. **Ties:** In the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner. If there is a tie created by more than one competitor breaking 100% of their stack (example: 2 competitors break 10 out of 10), the competitor that broke the amount first is the winner.

Adult Wood Foot- With Machine - Any Foot Technique Except Stomp

1. **Materials and Spacers:** Boards must be purchased on site from Supply Committee. **NO SPACERS!**
2. **Techniques:** Any kick technique, except stomp. Competitor may skip or jump. **NO RUNNING!**
3. **Weight divisions:** See "General: Divisions" above.
4. **Stations:** One station will be used. Boards will be held by machine to be broken in a horizontal direction. Competitors may set up as many boards as they wish. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
5. **Attempts:** Competitor will have 2 attempts to break the most boards. The better of the 2 attempts will be used. All competitors will execute their first attempt before the start of the second round of attempts.
6. **Order:** All competitors will complete their first attempt. After first attempt all competitors will complete their second attempt.
7. **One Strike Only Per Attempt!** Competitor may execute one strike per attempt to break the boards.
8. **Time Limits:** Competitors will be expected to keep the division progressing in a timely fashion. Because of the apparatus used times may vary. Any competitor that fails to comply with the ring coordinator's instructions in an attempt to keep the division progressing will be subject to a penalty to be determined by the ring coordinator at the time of the infraction
9. **Judging:** Judges will count the number of boards broken to determine the winner. The competitor who breaks the most boards in either round is the winner. Some examples:

- a. Competitor A breaks 8 of 8 in the first round. Competitor B breaks 8 of 8 in the second round. Competitor A wins because you cannot intentionally tie the first round. (Assuming 8 is the largest amount broken)
 - b. Competitor A breaks 8 of 10 in the first round. Competitor B also breaks 8 of 10 in the first round. This is an unintentional tie. The winner of the second round will determine the winner. (Assuming 8 is the largest amount broken) The judge should prevent a tie in the second round by disallowing competitors that are tied to put up the same amount of boards.
 - c. Competitor A breaks 8 of 10 in the first round. Competitor B breaks 8 of 8 in the second round. Competitor B wins by percentage. (Assuming 8 was the largest amount broken)
 - d. Competitor A breaks 8 of 10 in the first round and 6 of 6 in the second round. Competitor B breaks 6 of 7 in the first round and 8 of 10 in the second round. Competitor A wins by percentage, 87% compared to Competitor B at 82%.
 - e. Competitor A breaks 8 of 10 in the first round and 6 of 6 in the second round. Competitor B breaks 6 of 6 in the first round and 8 of 10 in the second round, creating an unintentional tie. Competitors must break a third time to determine the winner. The judge should prevent a tie in the tie breaker round by disallowing competitors to put up the same amount of boards.
10. **Ties:** In the event of a tie, the winner will be decided by the highest percentage broken. Both rounds will be considered in deciding a tie. The original order will be maintained during tie breakers. See “**Judging**” above for more detail.

Double Hand

1. **Materials and Spacers:** Boards must be purchased on site from Supply Committee. Carpenter pencil spacers will be provided.
2. **Techniques:** Hand technique only (palm, knife-hand or chop, hammer fist, etc.). Technique must be a downward strike. Both hands must perform the same technique, and both strikes must occur simultaneous, utilizing both the right and left hands at the same time.
3. **Weight divisions:** See “General: Divisions” above.
4. **Stations:** One station will be used. Two stacks of boards will be set on two sets of block bases. Competitors may set up as many boards as they wish; the number of boards on each side/stack does not need to be the same. Boards/Bases may be set parallel, thus on both sides of the competitor, side by side, thus in front of the competitor or at a angle creating a “V” or “A” shape. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in “General: Safety” above.
5. **One Strike Only!** Competitor has one attempt to break the boards.
6. **Time Limits:** Competitor will have a maximum of **5 minutes** to set up. Time starts when the competitor signals he/she is ready, time stops when the competitor signals to the ring coordinator that his/her set-up is complete. Additional time will be counted if a set-up is to be significantly altered as determined by the ring coordinator. A deduction of 1 board will be taken off the competitor’s total break for every 15 seconds over the allotted time. Deductions will begin after the 5-minute mark.
7. **Judging:** Judges will count the total number of boards broken from both stacks to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
8. **Ties:** In the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor “A” breaks 10 out of 10; competitor “B” breaks 10 out of 12. Competitor “A” broke at 100%; competitor “B” broke at 83%. Competitor “A” is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner. If there is a tie created by more than one competitor breaking 100% of their stack (example: 2 competitors break 10 out of 10), the competitor that broke the amount first is the winner.

Double Elbow

1. **Materials and Spacers:** Boards must be purchased on site from Supply Committee. Carpenter pencil spacers will be provided.
2. **Techniques:** Elbow technique only (drop elbow, overhand elbow, etc.). Technique must be a downward strike. Both hands must perform the same technique, and both strikes must occur simultaneous, utilizing both the right and left hands at the same time.
3. **Weight divisions:** See “General: Divisions” above.

4. **Stations:** One station will be used. Two stacks of boards will be set on two sets of block bases. Competitors may set up as many boards as they wish; the number of boards on each side/stack does not need to be the same. Boards/Bases may be set parallel, thus on both sides of the competitor, side by side, thus in front of the competitor or at an angle creating a "V" or "A" shape. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
5. **One Strike Only!** Competitor has one attempt to break the boards.
6. **Time Limits:** Competitor will have a maximum of **5 minutes** to set up. Time starts when the competitor signals he/she is ready, time stops when the competitor signals to the ring coordinator that his/her set-up is complete. Additional time will be counted if a set-up is to be significantly altered as determined by the ring coordinator. A deduction of 1 board will be taken off the competitor's total break for every 15 seconds over the allotted time. Deductions will begin after the 5-minute mark.
7. **Judging:** Judges will count the total number of boards broken from both stacks to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
8. **Ties:** In the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner. If there is a tie created by more than one competitor breaking 100% of their stack (example: 2 competitors break 10 out of 10), the competitor that broke the amount first is the winner.

Non-Spaced Power Board Breaking- Hand and Foot- 18yrs +, Black Belts Only

Hands

1. **Materials and Spacers:** Boards must be purchased on site from Supply Committee. No spacers allowed.
2. **Techniques:** Hand technique only (palm, knife-hand or chop, hammer fist, etc.). Technique must be a downward strike.
3. **Weight divisions:** See "General: Divisions" above.
4. **Stations:** One station will be used. Boards will be set on a block base. Competitors may set up as many boards as they wish. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
5. **One Strike Only!** Competitor has one attempt to break the boards.
6. **Time Limits:** Competitor will have a maximum of **5 minutes** to set up. Time starts when the competitor signals he/she is ready, time stops when the competitor signals to the ring coordinator that his/her set-up is complete. Additional time will be counted if a set-up is to be significantly altered as determined by the ring coordinator. A deduction of 1 board will be taken off the competitor's total break for every 15 seconds over the allotted time. Deductions will begin after the 5-minute mark.
7. **Judging:** Judges will count the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
8. **Ties:** In the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner. If there is a tie created by more than one competitor breaking 100% of their stack (example: 2 competitors break 10 out of 10), the competitor that broke the amount first is the winner.
9. **Points:** This category of competition does not qualify for ratings points toward USBA/WBA ratings on any circuit.

Elbow

1. **Materials and Spacers:** Boards must be purchased on site from Supply Committee. No spacers allowed.
2. **Techniques:** Elbow strike only (drop elbow, overhand elbow, etc.). Technique must be a downward strike.
3. **Weight divisions:** See "General: Divisions" above.

4. **Stations:** One station will be used. Boards will be set on a block base. Competitors may set up as many boards as they wish. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
5. **One Strike Only!** Competitor has one attempt to break the boards.
6. **Time Limits:** Competitor will have a maximum of **5 minutes** to set up. Time starts when the competitor signals he/she is ready, time stops when the competitor signals to the ring coordinator that his/her set-up is complete. Additional time will be counted if a set-up is to be significantly altered as determined by the ring coordinator. A deduction of 1 board will be taken off the competitor's total break for every 15 seconds over the allotted time. Deductions will begin after the 5-minute mark.
7. **Judging:** Judges will count the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
8. **Ties:** In the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner. If there is a tie created by more than one competitor breaking 100% of their stack (example: 2 competitors break 10 out of 10), the competitor that broke the amount first is the winner.
9. **Points:** This category of competition does not qualify for ratings points toward USBA/WBA ratings on any circuit.

Foot

1. **Materials and Spacers:** Boards must be purchased on site from Supply Committee. No spacers allowed.
2. **Techniques:** Foot strike only (stomp, ax kick, etc.). Technique must be a downward strike.
3. **Weight divisions:** See "General: Divisions" above.
4. **Stations:** One station will be used. Boards will be set on a block base. Competitors may set up as many boards as they wish. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
5. **One Strike Only!** Competitor has one attempt to break the boards.
6. **Time Limits:** Competitor will have a maximum of **5 minutes** to set up. Time starts when the competitor signals he/she is ready, time stops when the competitor signals to the ring coordinator that his/her set-up is complete. Additional time will be counted if a set-up is to be significantly altered as determined by the ring coordinator. A deduction of 1 board will be taken off the competitor's total break for every 15 seconds over the allotted time. Deductions will begin after the 5-minute mark.
7. **Judging:** Judges will count the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
8. **Ties:** In the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner. If there is a tie created by more than one competitor breaking 100% of their stack (example: 2 competitors break 10 out of 10), the competitor that broke the amount first is the winner.
9. **Points:** This category of competition does not qualify for ratings points toward USBA/WBA ratings on any circuit.