



Divisions for the USBA/WBA & ISKA North American Breaking Championships

*****Please note that all divisions with less than 5 competitors may be combined with the division above or below at the discretion of the USBA/WBA*****

Board sizes based on competitor age- 7 yrs. and under- 1/2"x6"x12", 8-12- 1/2"x10"x12", 13 and over- 1"x10"x12". These sizes will be used for all Power and Speed divisions. They are the suggested sizes for Creative Divisions. Extreme Kicks Wood Breaking and High Jump board size is 3/8"x10"x12".

CASH PRIZE- Most Boards/Blocks Broken in a single USBA/WBA division:

There will be four categories: Men's Concrete (includes all 3 concrete divisions), Men's Wood (includes all wood divisions except Power Wood Foot with machine and Non-Spaced), Women's Concrete, and Women's Wood. The competitor who breaks the most blocks or boards in any Power Concrete or Power Wood division will be awarded \$50. Must be a USBA/WBA member to qualify.

First Time Breakers Division- You may not enter any other divisions if entering First Time Breaker

Brief overview of rules:

- 3 Wood boards included
- All techniques allowed
- Multiple stations (3 station max.)
- 3 minute max. (set-up/break/clean-up)
- Competitor provides own holders and stands (standard 8X8X16" stands provided)
- Competitors will be paired up
- No points toward ratings

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>
FTB1	Open to all 1 st time competitors	Coed	All ranks

Creative Multi-Direction Wood Breaking

Brief overview of rules:

All techniques allowed

Stations: Tiny Tott and Beginner/Intermediate Competitors- 4 Stations Max., Advanced/BB Competitors- 8 Station Max.

3 minute max. (set-up/break/clean-up)

Competitor provides own holders and stands (standard 8X8X16" stands provided)

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>
TT1	Tiny Tott, 7&Under	Male	All ranks
TT2	Tiny Tott, 7&Under	Female	All ranks
CB1	8-12	Male	Beginner/Intermediate
CB2	8-12	Male	Advanced/Black Belt
CB3	8-12	Female	Beginner/Intermediate
CB4	8-12	Female	Advanced/Black Belt
CB5	13-17	Male	Beginner/Intermediate
CB6	13-17	Male	Advanced/Black Belt
CB7	13-17	Female	Beginner/Intermediate
CB8	13-17	Female	Advanced/Black Belt
CB9	18-39	Male	Beginner/Intermediate
CB10	18-39	Male	Advanced/Black Belt
CB11	18-39	Female	Beginner/Intermediate
CB12	18-39	Female	Advanced/Black Belt
CB13	40 and over	Male	Beginner/Intermediate
CB14	40 and over	Male	Advanced/Black Belt
CB15	40 and over	Female	Beginner/Intermediate
CB16	40 and over	Female	Advanced/Black Belt

*All Divisions may be broken up further or combined as needed

Creative Open Breaking

Brief overview of rules:

Any materials. No fire, no glass.

All techniques allowed

Stations: Multiple stations, 10 station max.

6 minute max. (set-up/break/clean-up)

Competitor provides own holders and stands (standard 8X8X16" stands provided)

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>
CO1	17 & under	Male	All ranks
CO2	17 & under	Female	All ranks
CO3	18 and over	Male	All ranks
CO4	18 and over	Female	All ranks

*All Divisions may be broken up further or combined as needed

Extreme Kicks Wood Breaking- Board size:3/8X10X12"

Brief overview of rules:

Wood boards only

All Kicking techniques allowed; should be variations of Spinning, Jumping, Flying or Flipping Kicks

Stations: 3 Stations, 2 attempts per station

1 Minute to set-up, break, and clean up the area for EACH STATION

Competitor will be provided up to 6 boards

Competitor provides own holders and stands (standard 8X8X16" stands provided)

No points awarded toward USBA/WBA ratings

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>
XB1	12 & under	Male & Female	All Ranks
XB2	13 - 17	Male	All Ranks
XB3	13 - 17	Female	All Ranks
XB4	18 & Over	Male	All Ranks
XB5	18 & Over	Female	All Ranks

*All Divisions may be broken up further or combined as needed

Power Concrete Breaking

Brief overview of rules:

Carpenter Pencil Spacers provided

Downward strike/one strike only

Set on floor with block base

6 minute max. (set-up)

Patio blocks must be purchased from supply committee

Hand- Allowed strikes: Palm, hammer fist, chop, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PC1	18 and over	Male	Beg/Inter	Lightweight
PC2	18 and over	Male	Beg/Inter	Heavyweight
PC3	18 and over	Male	Adv/Black Belt	Lightweight
PC4	18 and over	Male	Adv/Black Belt	Heavyweight
PC5	18 and over	Female	Beg/Inter	All weights
PC6	18 and over	Female	Adv/Black Belt	All weights

Elbow- Allowed strikes: Drop elbow, overhand elbow, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PC20	18 and over	Male	Beg/Inter	Lightweight
PC21	18 and over	Male	Beg/Inter	Heavyweight
PC22	18 and over	Male	Adv/Black Belt	Lightweight
PC23	18 and over	Male	Adv/Black Belt	Heavyweight
PC24	18 and over	Female	Beg/Inter	All weights
PC25	18 and over	Female	Adv/Black Belt	All weights

*All Divisions may be broken up further or combined as needed

Feet- Allowed strikes: Stomp, Axe kick, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PC40	18 and over	Male	Beg/Inter	Lightweight
PC41	18 and over	Male	Beg/Inter	Heavyweight
PC42	18 and over	Male	Adv/Black Belt	Lightweight

PC43	18 and over	Male	Adv/Black Belt	Heavyweight
PC44	18 and over	Female	Beg/Inter	All weights
PC45	18 and over	Female	Adv/Black Belt	All weights

*All Divisions may be broken up further or combined as needed

Speed Board Breaking-

Board size: 7 yrs. and under- 1/2x6x12", 8-12- 1/2X10X12", 13 and over- 1X10X12

Brief overview of rules:

No Spacers Allowed

Any technique allowed

5 Station maximum, stations may be replenished; stations may be stands or holders

Stations must be made up of standard 8X8X16" block provided

Competitor and 2 assistants maximum

10 seconds to break, 3 minute max. (set-up/break/clean-up)

Boards must be purchased from supply committee

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
SB1	7 & under	Coed	All ranks	All weights
SB2	8-12	Coed	All ranks	All weights
SB3	13-17	Male	All ranks	All weights
SB4	13-17	Female	All ranks	All weights
SB5	18 and over	Male	Beg/Inter	All weights
SB6	18 and over	Male	Adv/Black Belt	All weights
SB7	18 and over	Female	Beg/Inter	All weights
SB8	18 and over	Female	Adv/Black Belt	All weights

*All Divisions may be broken up further or combined as needed

High Jump Board Breaking- Board size:3/8X10X12"

Brief overview of rules:

Any type of jump kick allowed

Short run and then high jump

Height measured from top of head to height of board

Best of 3 attempts, board must be broken, 1 minute per attempt

Boards will be supplied

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
HJ1	7 & under	Coed	All ranks	All weights
HJ2	8-10	Coed	All ranks	All weights
HJ3	11-12	Coed	All ranks	All weights
HJ4	13-14	Male	All ranks	All weights
HJ5	13-14	Female	All ranks	All weights
HJ6	15-17	Male	All ranks	All weights
HJ7	15-17	Female	All ranks	All weights
HJ8	18 and over	Male	All ranks	All weights
HJ9	18 and over	Female	All ranks	All weights

*All Divisions may be broken up further or combined as needed

Power Board Breaking-

Board size: 7 yrs. and under- 1/2x6x12", 8-12- 1/2X10X12", 13 and over- 1X10X12

Brief overview of rules:

Carpenter Pencil Spacers provided

Downward strike/one strike only

Set on floor with block base

5 minute max. (set-up)

Boards must be purchased from supply committee

Hand- Allowed strikes: Palm, Knife-hand, Chop, Hammer fist, Punch

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PB1	7 & under	Male	All ranks	All weights
PB2	7 & under	Female	All ranks	All weights
PB3	8-12	Male	Beg/Int	All weights
PB4	8-12	Male	Adv/Black Belt	All weights
PB5	8-12	Female	Beg/Int	All weights
PB6	8-12	Female	Adv/Black Belt	All weights
PB7	13-17	Male	Beg/Int	All weights
PB8	13-17	Male	Adv/Black Belt	All weights
PB9	13-17	Female	Beg/Int	All weights
PB10	13-17	Female	Adv/Black Belt	All weights
PB11	18 and over	Male	Beg/Inter	Lightweight
PB12	18 and over	Male	Adv/Black Belt	Lightweight
PB13	18 and over	Male	Beg/Inter	Heavyweight
PB14	18 and over	Male	Adv/Black Belt	Heavyweight
PB15	18 and over	Female	Beg/Inter	All weights
PB16	18 and over	Female	Adv/Black Belt	All weights

*All Divisions may be broken up further or combined as needed

Elbow- Allowed strikes: Drop elbow, overhand elbow, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PB17	7 & under	Male	All ranks	All weights
PB18	7 & under	Female	All ranks	All weights
PB19	8-12	Male	Beg/Int	All weights
PB20	8-12	Male	Adv/Black Belt	All weights
PB21	8-12	Female	Beg/Int	All weights
PB22	8-12	Female	Adv/Black Belt	All weights
PB23	13-17	Male	Beg/Int	All weights
PB24	13-17	Male	Adv/Black Belt	All weights
PB25	13-17	Female	Beg/Int	All weights
PB26	13-17	Female	Adv/Black Belt	All weights
PB27	18 and over	Male	Beg/Inter	Lightweight
PB28	18 and over	Male	Adv/Black Belt	Lightweight
PB29	18 and over	Male	Beg/Inter	Heavyweight
PB30	18 and over	Male	Adv/Black Belt	Heavyweight
PB31	18 and over	Female	Beg/Inter	All weights
PB32	18 and over	Female	Adv/Black Belt	All weights

*All Divisions may be broken up further or combined as needed

Foot- Downward strike, spacers used. Allowed strikes: stomp, axe kick, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PB33	7 & under	Male	All ranks	All weights
PB34	7 & under	Female	All ranks	All weights
PB35	8-12	Male	Beg/Int	All weights
PB36	8-12	Male	Adv/Black Belt	All weights
PB37	8-12	Female	Beg/Int	All weights
PB38	8-12	Female	Adv/Black Belt	All weights
PB39	13-17	Male	Beg/Int	All weights
PB40	13-17	Male	Adv/Black Belt	All weights
PB41	13-17	Female	Beg/Int	All weights
PB42	13-17	Female	Adv/Black Belt	All weights
PB43	18 and over	Male	Beg/Inter	Lightweight
PB44	18 and over	Male	Adv/Black Belt	Lightweight
PB45	18 and over	Male	Beg/Inter	Heavyweight
PB46	18 and over	Male	Adv/Black Belt	Heavyweight
PB47	18 and over	Female	Beg/Inter	All weights
PB48	18 and over	Female	Adv/Black Belt	All weights

*All Divisions may be broken up further or combined as needed

Adult Foot Machine- Allowed strikes: Any kick. Boards will be held by machine, no spacers

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PB49	18 and over	Male	Beg/Inter	Lightweight
PB50	18 and over	Male	Adv/Black Belt	Lightweight
PB51	18 and over	Male	Beg/Inter	Heavyweight
PB52	18 and over	Male	Adv/Black Belt	Heavyweight
PB53	18 and over	Female	Beg/Inter	All weights
PB54	18 and over	Female	Adv/Black Belt	All weights

*All Divisions may be broken up further or combined as needed

Non-Spaced Power Board Breaking- Board size: 1X10X12

Brief overview of rules:

No Spacers allowed

18 and over Black Belt ONLY

Downward strike/one strike only

Set on floor with block base

5 minute max. (set-up)

No points awarded toward USBA/WBA ratings

Hand- Allowed strikes: Palm, Knife-hand, Chop, Hammer fist, Punch

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
SPB1	18 and over	Male	Black Belt	Lightweight
SPB2	18 and over	Male	Black Belt	Heavyweight
SPB3	18 and over	Female	Black Belt	All weights

*Divisions may be broken up further or combined as needed

Elbow- Allowed strikes: Drop elbow, overhand elbow, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
SPB4	18 and over	Male	Black Belt	Lightweight
SPB5	18 and over	Male	Black Belt	Heavyweight
SPB6	18 and over	Female	Black Belt	All weights

*Divisions may be broken up further or combined as needed

Foot- Allowed strikes: Stomp

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
SPB7	18 and over	Male	Black Belt	Lightweight
SPB8	18 and over	Male	Black Belt	Heavyweight
SPB9	18 and over	Female	Black Belt	All weights

*Divisions may be broken up further or combined as needed

Combined USBA/WBA and ISKA Divisions: Winners receive ISKA Belt

Creative Open Breaking- Setup and immediate clean up must be provided by competitor and assistants, There will be a total of 12 minutes for set up, break, and clean up. Time begins from the moment the 1st team member steps on stage/into the breaking ring. There is a grace period of 60 seconds between breakers. After the 60 seconds grace period has passed time will begin whether the next breaker has begun setting up or not. The actual breaking demonstration will last no longer than 3 minutes and will feature no more than 4 breaking stations. Each breaking station will consist of no more than 2 breaks (exception: Stations that demonstrate the quick breaking of materials in multiple directions, using live holders or pre-constructed holding apparatus (meaning it already has the materials on it and merely needs to be put in place) may consist of no more than 4 breaks.) The breaker is allowed time between breaks which reflect the degree of difficulty. A missed or incomplete break followed by another attempt at the same break shall count as only one break. Two or more breaking strikes executed simultaneously shall count as only one break. A station consists of 2 breaks. Those 2 breaks can be 2 different materials. Deductions will accrue at .1 of a point per 15 seconds over the 3 minute or 12 minute time limits. Total point deduction will come off of total score from the Judges. Breaking material that leaves the stage/breaking ring in a dangerous fashion may be grounds for penalization or disqualification. The decision to DQ a competitor will be made by the onsite ISKA representative. Factors such as velocity and distance the material travels off of the stage/out of the breaking ring will be considered as well as whether or not anyone is struck by materials leaving stage/breaking ring. Competitor must provide all breaking materials or purchase breaking materials from the promoter consisting of 1 x 10 x 12 (2.54 cm x 25.4 cm x 30.48 cm) pine boards or 2 x 8 x 16 (5.08 cm x 20.32 cm x 40.64 cm) concrete slabs Any materials provided by the competitor must be safe. NO glass or fire permitted. NO objects will be allowed to fly in to audience. NO materials allowed that may potentially injure surrounding individuals.

IMPORTANT FOR ISKA DIVISIONS: ALL COMPETITORS MUST BE PRE-APPROVED, Call Ralph Bergamo at 203-444-4322 or e-mail rbergamo@usbawba.com. Because of ISKA sanctioning fees, there must be a minimum of 5 competitors per each division in order to run that division. If there are not 5 competitors the division will revert back to a USBA/WBA division.

Creative Open Breaking

Division #	Description	Gender	Rank
ISKACO1	18 and over	Male	Black Belt
ISKACO2	18 and over	Female	Black Belt

Power Concrete Breaking- Brief overview of rules: Carpenter Pencil Spacers provided, Downward strike/one strike only, Set on floor with block base, 6 minute max. (set-up/break/clean-up), Patio blocks must be purchased from supply committee

Any Hand or Elbow Strike

Division #	Description	Gender	Rank	Wt.
ISKAPC1	18 and over	Male	Black Belt	Lightweight
ISKAPC2	18 and over	Male	Black Belt	Heavyweight

Three Directional Power Wood Strikes

Light weight: 199 lbs. & under; Heavy weight: 200 lbs. & over. No USBA/WBA points awarded.

Description: Competitors will break 3 stacks of boards using hand or arm strikes. One strike will be directed to the competitors left (using holders to support the boards). One strike will be directed to the competitors right (using holders to support the boards). And a third strike will be directed downward (using concrete stands to support the boards). THE THREE STRIKES MAY EXECUTED IN YOUR CHOICE OF EITHER OF THE FOLLOWING TWO ORDERS: LEFT ARM-RIGHT ARM-DOWN, or RIGHT ARM-LEFT ARM-DOWN. All three breaks must be completed in 5 seconds or less. The clock starts with your initial strike. The first 2 strikes (right/left) must be executed with different limbs.

Scoring Criteria: Scoring will be based on the number of boards broken in the allotted time.

Additional Rules:

- There is an 8 minute time limit from the time the first team member steps on the stage/into the breaking ring. The competitors will receive three warnings indicating elapsed time. The first warning will be given at 3 minutes. The second warning will be given at 5 minutes. The third warning will be given at 7 minutes. There will be an automatic disqualification if the break has not been executed in the allotted time. Boards may be pre-stacked however, they must be purchased from the event and they will be inspected by the ISKA representative. Use of boards other than those sold by the event or tampering with the boards are grounds for immediate disqualification.
- The actual break will last no longer than 5 seconds from the initial strike to the final strike.
- Setup and immediate clean up must be provided by competitor and assistants.
- Any hand or arm technique may be used. The first two strikes must be delivered in a horizontal or diagonal motion using holders with unspaced boards. The third strike must be delivered in a downward motion. On the third break stacked and spaced boards must be lying horizontally in a vertical column supported equally on each end. Standardized materials consist of 1" x 10" x 12" boards.

- Ties will be broken by determining which competitor broke the largest percentage of boards that were set up (i.e. a competitor who breaks 12 of 13 would win over a competitor who broke 12 of 15). If there is a tie in the finals the preliminaries will be added back in to determine a winner.
- 1/4" (.635 cm) spacers will be provided.

Three Directional Power Wood Strikes

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
ISKAPW1	18 and over	Male	Black Belt	Lightweight
ISKAPW2	18 and over	Male	Black Belt	Heavyweight

