

## Divisions

### Creative Open Breaking

#### Description:

Any materials **except Glass and No Fire**

Any technique permitted

No more than 10 total breaks.

6 minute maximum set-up, break and clean-up.

5 & under Male & Female All ranks under Black Belt

6 to 12 Male & Female All ranks under Black Belt

13 to 17 Male & Female All ranks under Black Belt

17 & under Male Black Belt

17 & under Female Black Belt

18 & over Male All ranks under Black Belt

18 & over Female All ranks under Black Belt

18 & over Male Black Belt

18 & over Female Black Belt

### Power Concrete Breaking

#### Description:

Carpenter Pencil Spacers

Downward strike/one strike only

Set on floor with block base

6 minute maximum set-up, break and clean-up.

Patio blocks must be purchased from supply committee

#### Elbow

Allowed strikes: Drop elbow, overhand elbow, etc.

18 and over Male Beg/Inter Lightweight

18 and over Male Beg/Inter Heavyweight

18 and over Male Adv/Black Belt Lightweight

18 and over Male Adv/Black Belt Heavyweight

18 and over Female Beg/Inter All weights

18 and over Female Adv/Black Belt All weights

#### Foot

Allowed strikes: Stomp, Axe kick, etc.

18 and over Male Beg/Inter Lightweight

18 and over Male Beg/Inter Heavyweight  
 18 and over Male Adv/Black Belt Lightweight  
 18 and over Male Adv/Black Belt Heavyweight  
 18 and over Female Beg/Inter All weights  
 18 and over Female Adv/Black Belt All weights

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

### **Power Board Breaking**

Board size: 12 and under- ½X10X12”, 13 and over- 1X10X12

#### **Description:**

Carpenter Pencil

Downward strike/one strike only

Set on floor with block base

5 minute maximum set-up, break and clean-up.

#### **Hand**

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

12 & under Male All ranks All weights

12 & under Female All ranks All weights

**12 and under divisions can be broken down further depending on number of competitors**

13-17 Male All ranks all weights

13-17 Female All ranks all weights

18 and over Male Beg/Inter Lightweight

18 and over Male Adv/Black Belt Lightweight

18 and over Male Beg/Inter Heavyweight

18 and over Male Adv/Black Belt Heavyweight

18 and over Female Beg/Inter All weights

18 and over Female Adv/Black Belt All weights

#### **Elbow**

Allowed strikes: Drop elbow, overhand elbow, etc.

12 & under Male All ranks All weights

12 & under Female All ranks All weights

13-17 Male All ranks All weights

13-17 Female All ranks All weights

18 and over Male Beg/Inter Lightweight

18 and over Male Adv/Black Belt Lightweight

18 and over Male Beg/Inter Heavyweight

18 and over Male Adv/Black Belt Heavyweight

18 and over Female Beg/Inter All weights

18 and over Female Adv/Black Belt All weights

**\*12 and under divisions can be broken down further depending on number of competitors**

**Foot**

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

12 & under Male All ranks All weights

12 & under Female All ranks All weights

**12 and under divisions can be broken down further depending on number of competitors**

13-17 Male All ranks All weights

13-17 Female All ranks All weights

18 and over Male Beg/Inter Lightweight

18 and over Male Adv/Black Belt Lightweight

18 and over Male Beg/Inter Heavyweight

18 and over Male Adv/Black Belt Heavyweight

18 and over Female Beg/Inter All weights

18 and over Female Adv/Black Belt All weights

## General

### **Judging and Scoring Method:**

1. Scoring point range will be lowest 7.50– highest 10.
2. 3-Judge system – Tally all points.
3. 5 to 7-Judge system – Tally all scores and adjust by eliminating lowest and highest scores.
5. Competitors will be judged on: difficulty, creativity, focus, expression, balance, poise, grace and completion of breaks.

**Ties:** In the event of a tie, the winner will be decided as outlined in each division.

**Arbitration and Protest:** Competitors who feel they received an unfair score may file an Official Protest by presenting their argument to the Breaking Representative on site (a \$20.00 Protest Fee will be imposed). The protestor will present the case to the Breaking Representative through the ring coordinator. Any decision rendered by the Breaking Representative will be final. If the Breaking 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(s) as appropriate for the event or disqualification.

### **Purchase of Materials:**

All breaking materials must be purchased from our supply committee on site with the exception of the Creative Wood Breaking and Creative Open Breaking

All breaking materials must to be approved by Ring Judges and or Breading Reprehensive.

**Inspection of Materials:** Judges and/or Breaking Representative reserve the right to inspect any materials that are to be used for breaking.

**Removal of Materials:** All breaking materials must be removed from the competition area by competitors and put into the dumpsters provided after completion of each performance.

**Competitor Uniform:** In order to compete, the competitor **MUST** be wearing a uniform at the time

they are 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, etc. may be worn. If you have any questions please see any Breaking Representative before the start of your division. The uniform top may be removed as part of a Creative breaking routine.

**Divisions:**

**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 competitor's competition card.

**Divisions with Fewer than 5 Competitors** may be combined with the next closest division at the discretion of the Judges.

**Rank Breakdown:**

Beginner: 1-12 months of training.

Intermediate: 12-24 months of training.

Advanced: 24-48 months of training.

Black Belt: All Black Belts regardless of training period or rank.

**Entries:** Competitors may enter as many divisions as they wish. It is the competitor's responsibility to arrive on time to each event.

**Time Limits:**

**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.

**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 Breaking Representative on site, they have 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.

## Creative Open Breaking

**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.

**Props:** Props may be used. Glass may be used as a prop, such as a bed of glass, as long as it is contained and not broken on-site.

**Techniques:** All techniques are allowed. Competitor may use any strike to break.

**Stations:** The competitor may set up a maximum of 10 stations. 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.

**Time Limits:** Competitor will have a maximum of **6 minutes** to set-up, break, and clean up the area. A deduction of 0.1 point 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.

**Judging:** Competitors will be judged on difficulty, creativity, focus, and completion of breaks.

**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.

## Power Concrete Breaking

### Elbow

**Materials and Spacers:** Blocks must be purchased on site from our supply committee. Carpenter pencil spacers will be provided.

**Techniques:** Elbow technique only (drop elbow, overhand elbow, etc.). Technique must be a downward strike.

**Weight divisions:** See "General: Divisions" above.

**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.

**One Strike Only!** Competitor has one attempt to break the blocks.

**Time Limits:** Competitor will have a maximum of **6 minutes** to set up, break, and clean up the area. Time starts when the competitor signals he/she is ready. A deduction of a 1/2 slab 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.

**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.

## Foot

**Materials and Spacers:** Blocks must be purchased on site from our supply committee. Carpenter pencil spacers will be provided.

**Techniques:** Foot technique only (Stomp, Axe kick, etc.). Technique must be a downward strike.

**Weight divisions:** See “General: Divisions” above.

**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.

**One Strike Only!** Competitor has one attempt to break the blocks.

**Time Limits:** Competitor will have a maximum of **6 minutes** to set up, break, and clean up the area. Time starts when the competitor signals he/she is ready. A deduction of a 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.

**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.

**Ties with a Power Concrete Division:** 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.

## Power Wood Breaking

### Hand

**Materials and Spacers:** Boards must be purchased on site from our supply committee. Carpenter pencil spacers will be provided.

**Techniques:** Hand technique only (palm, knife-hand or chop, hammer fist, etc.). Technique must be a downward strike.

**Weight divisions:** See “General: Divisions” above.

**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.

**One Strike Only!** Competitor has one attempt to break the boards.

**Time Limits:** Competitor will have a maximum of 5 minutes to set up, break, and clean up the area. Time starts when the competitor signals he/she is ready. 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.

**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.

**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**

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**Techniques:** Elbow strike only (drop elbow, overhand elbow, etc.). Technique must be a downward strike.

**Weight divisions:** See “General: Divisions” above.

**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.

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## **Foot**

**Materials and Spacers:** Boards must be purchased on site from our supply committee. Carpenter pencil spacers will be provided.

**Techniques:** Foot strike only (stomp, axe kick, etc.). Technique must be a downward strike.

**Weight divisions:** See “General: Divisions” above.

**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.

**One Strike Only!** Competitor has one attempt to break the boards.

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