

Board Breaking Rules of Competition

Competitors may bring their own boards- **white pine at least 1" thick x 12" high and cut into desired widths for breaking** (A limited amount of boards will be available at the tournament cut into 6", 8" and 10" widths)

Competitors compete in random order.

Judges watch all competitors before scoring. **

Judges use the "2 point deviation rule" before presenting scores. **

No suspended breaks

Breaking with the head is not allowed

Competitor must provide his/her own board holder(s). All board holders must be capable of holding boards safely (Judges' discretion)

With the exception of bricks, blocks or other types of material to be used to hold boards- - no props such as chairs, trampolines, tables, etc. may be used. (Holders may be used as "human launch pads" for jumping techniques.)

No spacers may be used, including fingers. Holders may not attempt to "help" the competitor by bending, moving, or pushing the boards; any attempt to do will result in a 0.5 point deduction for each instance. Any attempt to physically alter the boards will result in disqualification of the competitor.

Maximum number of breaking stations and recommended size by age per competitor 12 boards maximum

Adult Black Belts-	4 stations (10" boards)
Jr. Black age 17 and under-	4 stations (Ages (17-13) 10" boards; (12-10) 8" boards; (9 and under) 6" boards)
Under Black Belt Adult -	4 stations (10" boards)
17 and under Novice -	2 stations (Ages (17-13) 10" boards; (12-10) 8" boards; (9 and under) 6" boards)
17 and under Inter/ Adv. -	3 stations (Ages (17-13) 10" boards; (12-10) 8" boards; (9 and under) 6" boards)

Maximum of 2 attempts per station

Failure to break all of the boards in a single attempt will result in 0.10 deductions for each missed board. Failure to complete the break after two attempts will result in a 0.50 point deduction in the final score, in addition to the penalties for missed boards.

A “Broken Board” is defined as one that is a) completely separated; or b) held together only by wood strands, such that if one side is held horizontal, the other side naturally drops perpendicular to the floor.

Time limits of 3 minutes to set up boards, breaks, and clean up all boards and board fragments from competition area. Clean up is the responsibility of competitor and their holders. **Time limit will begin as soon as the competitor enters the ring.** **There will be a 0.50 deduction for each 30 seconds over the time limit. The performance must be confined to the competition area.**

A competitor who crosses the boundary line will receive a 0.50 deduction for each violation.

Scoring Guidelines for Breaking Competition

Judging will be based on three criteria:

- a. Difficulty (30%)
- b. Number of boards broken (30%)
- c. Demonstration of martial art skill & Presentation (40%)

If a competitor fails to break any boards at all, the total score for Difficulty of Techniques and Number of Boards Broken is “0.” The competitor still receives a score for Presentation.

Difficulty

Difficulty is individually assessed by each judge on a scale of 1.0 to 3.0, based on the judge’s consideration of the difficulty of the overall performance. Here are guidelines for assessing difficulty:

Difficulty of Kicking Techniques will be assessed on the following order of superiority:

- A. Standing kick technique
- B. Kicking technique with turning motion
- C. Jumping or flying kick technique
- D. Jumping or flying kick with turning motion (the greater the number of rotations, the higher the assessed difficulty)
- E. Multiple breaking or double kicks (done at same time) using jumping or flying kick
- F. Multiple breaking or double kicks (done at same time) spinning jumping or flying kick

Difficulty of Hand Techniques assessed on the following order of superiority:

- A. Basic skills such as straight or reverse punch, palm heel strike and hammer fist
- B. More technical skills such as knife hand strike, ridge hand strike and back fist
- C. Advanced skills such as spear finger strike, long punch, chicken beak strike, etc.
- D. Multiple breaking or double hand (done at same time) techniques

The number of boards broken in a single technique should also be factored into assessment of difficulty. For example, breaking a single board with a punch would be low difficulty; breaking three boards with that same technique would be moderate difficulty; breaking five boards with the same technique would be considered high difficulty.

Points awarded for total number of boards attempted x 0.10 (Example 25 boards x 0.10 = 2.50; 10 boards x 0.10 = 1.0). Each competitor must accurately communicate to the judges the number of boards to be *attempted* before beginning. The judges will note how many boards are actually broken during the performance.

Demonstration of martial art skill will be based on Accuracy, Speed and Presentation.

- a. **Accuracy:** Breaking on the first attempt is superior to breaking on the second attempt, and breaking at the center of the board is superior to breaking off-center.
- b. **Speed:** Rapid, smooth, continuous motion is superior to taking extra time between breaks.
- c. **Presentation:** In addition to displaying correct martial art technique, this includes confidence, balance, rhythm, smoothness of performance and good competition manner from entrance into the Contest Area through the completion of the performance.

Declaration of Penalties

Deduction penalties will be declared by the center referee after the performance is completed by stating the number of deductions, and what they are for.

(Example: 0.50 deductions for exceeding performance time by 30 seconds + 0.20 deductions for 2 boards not broken + 0.50 for failure after 2nd attempt = total deduction 1.20) judges will add the deductions to their score sheet

The recorder/timekeeper will keep track of time, and will advise the referee if a competitor exceeds the allowed three minutes for setup, performance and cleanup.

How to Score Points

Total Number of Boards Attempted x 0.10 =? (Example 12 boards x 0.10 = 1.20)

Points awarded based on technique and difficulty.

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OVERALL DIFFICULTY POINTS (highest to lowest)

3.0	2.9	2.8	2.7	2.6	2.5	2.4	2.3	2.2	2.1	2.0
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Accuracy	1.0	0.9	0.8	0.7	0.6	0.5
Speed	1.0	0.9	0.8	0.7	0.6	0.5
Presentation	1.0	0.9	0.8	0.7	0.6	0.5

Penalties

- 0.50 deducted for each 30 seconds over the time limit
- 0.50 deducted for going outside competition area
- 0.10 deducted for each board not broken
- 0.50 deducted in **addition** if board not broken after 2 attempts

**** 2 POINT DEVIATION RULE**

Divisions with three officials will use the Maximum Deviation Rule. Since high and low scores are not dropped when three officials are used, the Maximum Deviation Rule has a similar effect of limiting the impact of a judge's score that is significantly higher or lower than the other judge's scores. This prevents a single score from being so high or so low that it controls the placing order.

When a form or other performance is ready to be scored, the Chief Official will say "Ready", then, "Check", at which point the three judges show their score to each other only (not to the competitors or spectators).

The center judge will then look at the 3 scores to determine which one is the middle score (for example, a 9.92, 9.96 and a 9.95 – the 9.95 is the middle score. The other 2 scores must be .02 from the middle score. So in the example the 9.92 must be upgraded to 9.93.

Other than this mandatory adjustment, a judge may not change his score. If no score is more than .02 higher or lower than the middle score, then there is no adjustment. After assuring that any necessary adjustment has been, made, the Chief Official then says, "Score", and the scores to the audience, the competitors, and the scorekeeper as usual.

****RELATIVE RANKING RULE**

The Relative Ranking Rule has replaced the old "score-as-you-go" system in all divisions at all NASKA tournaments. Since all competitors run their forms before anyone is scored, this system eliminates the possible disadvantage early-running competitors were subject to, and the scoring advantage last-running seeds may have enjoyed. In addition, it prevents judges from getting "boxed-in" by giving scores too high early on, and eliminates "scoring creep" where judges who starts with very low scores gradually raises his/her scores as the divisions progresses.

For the Relative Ranking Rule to operate properly, all judges must use the scoring worksheets provided in the ring boxes. As each competitor runs their form, they are given a place number relative to the competitor who has already run. For example, each judge gives the first competitor up a "1" next to his/her name on the worksheet. The next competitor gets a "2" if their form isn't as good; or if their form is better, they get a "1" and the first competitor get his "1" changed to a "2". The third competitor then gets a number that grades his form relative to the first two, and so on down the division. When all competitors have run, each judge's Worksheet will have all the competitor's names listed in the order they ran, but with numbers next to their names that reflects their place relative to one another.

The Center Judge will then allow up to two minutes for the judges to assign decimal scores to each competitor based on their relative ranking. Each judge decides how high to score his number "1" competitor – usually a 9.99 or 9.98 in the black belt divisions – and assigns that score to the top competitor. The number "2" competitor will be scored one-hundredth lower at 9.98 or 9.97 (or even lower if the judge feels there was a great gap between the number "1" and number "2" competitors). Number "3" will get a score at least one-hundredth lower than number "2, and number "4" will get a score at least one-hundredth lower than number "3". This is done until all the competitors are ranked relatively to each other. None of the top four competitors ever receives the same score, and the top four scores a judge gives are only given once. A judge may give the same score to competitors he/she has ranked as "5" or lower, though it is discouraged unless there are many competitors in the division and giving incrementally lower scores would take the lower-ranked competitors to scores that were undeservedly low. (Judges may prefer to use slash marks rather than numbers to rank each competitor: I, II, III, IIII and so on. By using this method you do not have to mark out or erase as often, you only add slashes.)

Once all judges are ready, the Center Judge will have each competitor step forward as his or her scores are announced, using the Maximum Deviation Rule procedure listed above.

OVERALL DIFFICULTY POINTS (Highest to Lowest)

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Breaking Division:

	Demonstration of Skill											
Competitor Name	# Boards Attempted			Overall Difficulty Score		Accuracy Score	Speed Score	Presentation Score	Total	Penalty Deductions	Final Score	
Jane Doe	4	x 0.10 =	0.4	add	2.8	add	0.9	0.6	1	5.7	minus -0.3 (missed 3)	5.4