

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.

The number of boards broken in a single technique should also be factored into assessment of difficulty

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