



Divisions for the **Nutmeg State Nationals**

Special Events:

Adult Grand Champion (receives Grand Champion Belt): All Adult competitors will have a chance to be named "GRAND CHAMPION" for Breaking and receive the Grand Champion Belt. For each category (Creative, Power Hand, Power Elbow, and Power Foot) competitors will be awarded points that will determine the Grand Champion. Competitors must enter at least 3 categories to qualify. Points will be awarded as follows: 16 points for 1st, 11 points for 2nd, 7 points for 3rd. In the event of a tie, tied competitors will have a 3 station creative break-off.

Cash Prizes: All Adult competitors will have a chance to win a cash prize of \$150 for the following: Men's Lightweight, Men's Heavyweight, and Women's combined. The competitor who breaks the most TOTAL boards in Power Wood Hand, Power Wood Elbow, and Power Wood Foot (combined board total for ALL 3 events) in each of the gender classes above will receive \$150 from Nutmeg State Nationals promoter John Bashta. Competitors do not need to enter all three categories to be eligible for prize money.

Creative Multi-Direction Wood Breaking

Brief overview of rules:

- Wood boards only
- All techniques allowed
- Multiple stations (3 station max.), 3 sub-stations per station
- 3 minute max. (set-up/break/clean-up)
- Competitor provides own holders and stands

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>
TT	Tiny Tott, 7 & Under	Coed	All ranks
CB1	12 & under	Male	Beginner/Intermediate
CB2	12 & under	Male	Advanced/Black Belt
CB3	12 & under	Female	All ranks
CB4	13-17	Male	Beginner/Intermediate
CB5	13-17	Male	Advanced/Black Belt
CB6	13-17	Female	All ranks
CB7	18-34	Male	Beginner/Intermediate
CB8	18-34	Male	Advanced/Black Belt
CB9	18-34	Female	All ranks
CB10	35 and over	Male	All ranks

CB11 35 and over Female All ranks

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

Power Board Breaking- Board size: 12 and under- 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/break/clean-up)

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	12 & under	Male	All ranks	All weights
PB2	12 & under	Female	All ranks	All weights
***12 and under divisions can be broken down further depending on number of competitors ***				
PB3	13-17	Male	All ranks	All weights
PB4	13-17	Female	All ranks	All weights
PB5	18 and over	Male	Beg/Inter	Lightweight
PB6	18 and over	Male	Adv/Black Belt	Lightweight
PB7	18 and over	Male	Beg/Inter	Heavyweight
PB8	18 and over	Male	Adv/Black Belt	Heavyweight
PB9	18 and over	Female	All Ranks	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>
PB11	12 & under	Male	All ranks	All weights
PB12	12 & under	Female	All ranks	All weights
***12 and under divisions can be broken down further depending on number of competitors ***				
PB13	13-17	Male	All ranks	All weights
PB14	13-17	Female	All ranks	All weights
PB15	18 and over	Male	Beg/Inter	Lightweight
PB16	18 and over	Male	Adv/Black Belt	Lightweight
PB17	18 and over	Male	Beg/Inter	Heavyweight
PB18	18 and over	Male	Adv/Black Belt	Heavyweight
PB19	18 and over	Female	All Ranks	All weights

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

Kids Foot- 17 and under, 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>
PB21	12 & under	Male	All ranks	All weights
PB22	12 & under	Female	All ranks	All weights
***12 and under divisions can be broken down further depending on number of competitors ***				
PB23	13-17	Male	All ranks	All weights
PB24	13-17	Female	All ranks	All weights

Adult Foot - 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>
PB25	18 and over	Male	Beg/Inter	Lightweight
PB26	18 and over	Male	Adv/Black Belt	Lightweight
PB27	18 and over	Male	Beg/Inter	Heavyweight
PB28	18 and over	Male	Adv/Black Belt	Heavyweight
PB29	18 and over	Female	All Ranks	All weights

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