



Divisions for the US Open 2010

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 NEW	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

Creative Open Breaking

Brief overview of rules:

Any materials. No fire, no glass.

All techniques allowed

Multiple stations, 10 station max.

6 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>
CO1	17 & under	Male	All ranks
CO2	17 & under	Female	All ranks

CO3	18 to 39	Male	Under Black Belt
CO4	18 to 39	Male	Black Belt
CO5	18 to 39	Female	All ranks
CO6	40 and over	Male	Under Black Belt
CO7	40 and over	Male	Black Belt
CO8	40 and 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/break/clean-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 to 39	Male	Beg/Inter/Adv	Lightweight
PC2	18 to 39	Male	Beg/Inter/Adv	Heavyweight
PC3	18 to 39	Male	Black Belt	Lightweight
PC4	18 to 39	Male	Black Belt	Heavyweight
PC5	NEW 18 to 39	Female	Beg/Inter	All weights
PC6	NEW 18 to 39	Female	Adv/Black Belt	All weights
PC7	NEW 40 and over	Male	Beg/Inter/Adv	Lightweight
PC8	NEW 40 and over	Male	Beg/Inter/Adv	Heavyweight
PC9	NEW 40 and over	Male	Black Belt	Lightweight
PC10	NEW 40 and over	Male	Black Belt	Heavyweight
PC11	NEW 40 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>
PC12	18 to 39	Male	Beg/Inter/Adv	Lightweight
PC13	18 to 39	Male	Beg/Inter/Adv	Heavyweight
PC14	18 to 39	Male	Black Belt	Lightweight
PC15	18 to 39	Male	Black Belt	Heavyweight
PC16	18 to 39	Female	Beg/Inter	All weights
PC17	18 to 39	Female	Adv/Black Belt	All weights
PC18	40 and over	Male	Beg/Inter/Adv	Lightweight
PC19	40 and over	Male	Beg/Inter/Adv	Heavyweight
PC20	40 and over	Male	Black Belt	Lightweight
PC21	40 and over	Male	Black Belt	Heavyweight
PC22	40 and over	Female	All ranks	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>
PC23	18 and over	Male	Beg/Inter/Adv	Lightweight
PC24	18 and over	Male	Beg/Inter/Adv	Heavyweight
PC25	18 and over	Male	Black Belt	Lightweight
PC26	18 and over	Male	Black Belt	Heavyweight
PC27	18 and over	Female	Beg/Inter	All weights
PC28	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: 12 and under- 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	12 & under	Coed	All ranks	All weights
SB2	13-17	Male	All ranks	All weights
SB3	13-17	Female	All ranks	All weights
SB4	18 and over	Male	Beg/Inter	All weights
SB5	18 and over	Male	Adv/Black Belt	All weights
SB6	NEW 18 and over	Female	Beg/Inter	All weights
SB7	NEW 18 and over	Female	Adv/Black Belt	All weights

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

NEW Creative Speed Board Breaking-

Board size: 12 and under- 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

No restrictions on size or set-up of station; Outside apparatus may be used

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>
CSB1	12 & under	Coed	All ranks	All weights
CSB2	13-17	Male	All ranks	All weights
CSB3	13-17	Female	All ranks	All weights
CSB4	18 and over	Male	All ranks	All weights
CSB5	18 and over	Female	All ranks	All weights

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

High Jump Board Breaking- Board size: 1/2X10X12"

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
 Boards must be purchased from supply committee

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

*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
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 NEW	18 and over	Female	Beg/Inter	All weights
PB10 NEW	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>
PB11	12 & under	Male	All ranks	All weights
PB12	12 & under	Female	All ranks	All weights
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	Beg/Inter	All weights
PB20	18 and over	Female	Adv/Black Belt	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
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	Beg/Inter	All weights
PB30	18 and over	Female	Adv/Black Belt	All weights

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