



United States and World Breaking Associations- Competition Rules

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General

Judging and Scoring Method:

1. Scoring point range will be lowest 7.11– highest 10.
2. 3-Judge system – Tally all points.
3. 5 to 7-Judge system – Tally all scores or adjust lowest score to 2nd lowest and highest score to 2nd highest score or eliminate lowest and highest scores. This will be at division director's discretion, but will be consistent for all competitors.
4. Any/each violation will cause a deduction of points according to the Rules set forth by each respective Discipline and Competition.
5. Competitors will be judged on: difficulty, creativity, focus, expression, balance, poise and grace, and completion of breaks.
6. **Ties:** In the event of a tie, the winner will be decided as outlined in each division.
7. **Arbitration and Protest:** Competitors who feel they received an unfair score may file an Official Protest by presenting their argument to the USBA/WBA Representative on site (\$20.00 Protest Fee may be imposed at any time). The protestor will present the case to the USBA/WBA Representative through the ring coordinator. Any decision rendered by the USBA/WBA Representative will be final. If the USBA/WBA 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 (as appropriate for the event) or disqualification.

Materials:

1. **Purchase of Materials:** All breaking materials must be purchased from the Supply Committee on-site, with the exception of the Creative Multi-Direction Wood Breaking, Creative Open Breaking and Extreme Breaking divisions (which must be inspected by Judges). All breaking materials must to be approved by Ring Judges and Selected Committee.
2. **Inspection of Materials:** Judges and/or USBA/WBA reserve the right to inspect any materials that are to be used for breaking.
3. **Removal of Materials:** All breaking materials must be removed from the competition area by competitors and put into the dumpsters provided by Committee after completion of each performance.

Uniforms:

1. **Competitor Uniform:** In order to compete, the competitor MUST be wearing a uniform at the time he/she is 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 a question please see an official USBA/WBA representative before the start of your division. The uniform top may be removed as part of a Creative breaking routine.

Divisions:

1. **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 his/her competition ticket.
2. **Divisions with Fewer than 5 Competitors** may be combined with the next closest division at the discretion of the Judges.
3. **Rank Breakdown:**
 - Beginner: 1-12 months of training; white, yellow, orange; 10th, 9th, 8th belt level.
 - Intermediate: 12-24 months; lt. blue, green, purple; 7th, 6th, 5th belt level.
 - Advanced: 24-48 months; brown, red, navy, stripe belts; 4th, 3rd, 2nd, 1st belt level.
 - Black Belt: All Black Belts regardless of training period or rank.
4. **Entries:** Competitors may enter as many divisions as they wish (it is the competitor's responsibility to enter all competitions when called).
5. **Divisions with Cash Prizes:** Cash prizes will be awarded at the promoter's discretion. At most events you must be a USBA/WBA member to be eligible for cash awards.

Time Limits:

1. **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.
2. **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 the USBA/WBA Representative on site, we reserve 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 Multi-Direction Wood Breaking

1. **Materials:** Wood boards only. Competitor may purchase boards on-site or provide their own.
2. **Props:** Props may be used.
3. **Techniques:** All techniques are allowed. Competitor may use any strike to break.
4. **Stations:** The competitor may set up a maximum of 3 stations. Each station may have a total of three sub-stations, for a total of 9 breaks. The competitor must break the sub-station materials included in a station in a flowing manner without hesitation or re-"Kl"ing. A station/sub-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.
5. **Time Limits:** Competitor will have a maximum of **3 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 3-minute mark.
6. **Judging:** Competitor will be judged on difficulty, creativity, focus, and completion of breaks.
7. **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.

Creative Open Breaking - Any Materials, No Fire or Glass Breaks

1. **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.

2. **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.
3. **Techniques:** All techniques are allowed. Competitor may use any strike to break.
4. **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.
5. **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.
6. **Judging:** Competitor will be judged on difficulty, creativity, focus, and completion of breaks.
7. **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

Hand

1. **Materials and Spacers:** Blocks must be purchased on site from Supply Committee. Carpenter pencil spacers will be provided.
2. **Techniques:** Hand technique only (Palm, punch, chop, etc.). Technique must be a downward strike.
3. **Weight divisions:** See "General: Divisions" above.
4. **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.
5. **One Strike Only!** Competitor has one attempt to break the blocks.
6. **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 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.
7. **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.
8. **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

1. **Materials and Spacers:** Blocks must be purchased on site from Supply Committee. Carpenter pencil spacers will be provided.
2. **Techniques:** Elbow technique only (drop elbow, overhand elbow, etc.). Technique must be a downward strike.
3. **Weight divisions:** See "General: Divisions" above.
4. **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.
5. **One Strike Only!** Competitor has one attempt to break the blocks.
6. **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 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.
7. **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.

8. **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.

Feet

1. **Materials and Spacers:** Blocks must be purchased on site from Supply Committee. Carpenter pencil spacers will be provided.
2. **Techniques:** Foot technique only (Stomp, Axe kick, etc.). Technique must be a downward strike.
3. **Weight divisions:** See "General: Divisions" above.
4. **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.
5. **One Strike Only!** Competitor has one attempt to break the blocks.
6. **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 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.
7. **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.
8. **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.

Speed Board Breaking – Competitor and 2 assistants, 3-person team

1. **Materials:** Boards must be purchased on site from Supply Committee. No spacers are allowed.
2. **3-Person Team:** Each competitor will be allowed 2 assistants for a total of 3 people. The competitor may utilize the assistants to hold or replenish stands, but only the competitor will be allowed to break.
3. **Techniques:** All techniques are allowed. Competitor may use any hand or foot strike to break.
4. **Stations:** 5-station maximum, each station may have more than one board. A station can be a holder or stands set up on the ground. **If stands are set on ground, they can be no longer than one standard stand deep (standard stands are 8 X 8 X 16". The depth can be no more than 16" from the side where the competitor will be standing to the back of the station).** The competitor may utilize each station as many times as needed, as long as he/she stays within the time limits. The assistants can be used to replenish stations. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
5. **All boards must be broken on their station.** If a board falls off of a station or out of a holders hands the board must be set back up on the station or back in the holders hands before being broken. If the board is broken in any other position it will not count toward the final count.
6. **Pre-Break Count and Inspection:** The competitor must provide the number of boards that he/she is attempting to break, within the breaking time limit, to the judges before they start their break. All material must be in the competitor's ring available for inspection before the start of the break. The number of boards attempted compared to the number broken will be used to determine the winner in the event of a tie (see "Ties" below).
7. **Time Limits:** Competitor will have a maximum of **3 minutes** to set up, break, and clean up the area. 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 **3-minute mark**.
8. **Breaking Time Limit:** The competitor will have 10 seconds to break as many boards as possible. Time starts when the competitor begins his first break. The 10-second breaking time is part of the overall 3-minute time limit.
9. **Judging:** Judges will count boards broken to determine the winner.

10. **Ties:** In the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 15 out of 15; competitor "B" breaks 15 out of 17. Competitor "A" broke at 100%; competitor "B" broke at 88%. 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 boards (example: 2 competitors break 20 out of 20), the competitor that broke the amount first is the winner.

High Jump Board Breaking

1. **Highest Jump:** The competitor with the highest jump kick that breaks a single board is the winner. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
2. **Materials:** Boards must be purchased on site from Supply Committee. No spacers are allowed.
3. **Techniques:** Any type of jump kick may be used. The competitor will be allowed to run a short distance and then jump into the kick.
4. **Attempts:** The competitor will have 3 attempts to produce the highest jump while breaking the board. The best of the 3 attempts will be used. The board must be broken or the jump will not count.
5. **Time Limits:** Competitor will have a maximum of 1 minute for each attempt. Time starts when the competitor signals he/she is ready. A deduction of 1 inch will be taken off the competitor's best attempt for every 15 seconds over the allotted time. Deductions will begin after the 3-minute total mark.
6. **Judging:** Judges will measure height to determine winner. Height will be determined from the top of the competitor's head to the lowest part of the board.
7. **Disqualification:** If a competitor fails to break any boards in all three attempts the competitor will be disqualified and no place will be awarded.
8. **Ties:** In the event of a tie, the winner will be the competitor who produced the highest jump in their second best attempt. If there is still a tie, the winner will be determined by the total height produced by all 3 attempts.

Power Board Breaking

Hand

1. **Materials and Spacers:** Boards must be purchased on site from Supply Committee. Carpenter pencil spacers will be provided.
2. **Techniques:** Hand technique only (palm, knife-hand or chop, hammer fist, etc.). Technique must be a downward strike.
3. **Weight divisions:** See "General: Divisions" above.
4. **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.
5. **One Strike Only!** Competitor has one attempt to break the boards.
6. **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.
7. **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.
8. **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

1. **Materials and Spacers:** Boards must be purchased on site from Supply Committee. Carpenter pencil spacers will be provided.
2. **Techniques:** Elbow strike only (drop elbow, overhand elbow, etc.). Technique must be a downward strike.

3. **Weight divisions:** See "General: Divisions" above.
4. **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.
5. **One Strike Only!** Competitor has one attempt to break the boards.
6. **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.
7. **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.
8. **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.

Kids Wood Foot

1. **Materials and Spacers:** Boards must be purchased on site from Supply Committee. Carpenter pencil spacers will be provided.
2. **Techniques:** Foot strike only (stomp, axe kick, etc.). Technique must be a downward strike.
3. **Weight divisions:** See "General: Divisions" above.
4. **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.
5. **One Strike Only!** Competitor has one attempt to break the boards.
6. **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.
7. **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.
8. **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.

Adult Wood Foot - Any Foot Technique Except Stomp

1. **Materials and Spacers:** Boards must be purchased on site from Supply Committee. NO SPACERS!
2. **Techniques:** Any kick technique, except stomp. Competitor may skip or jump. NO RUNNING!
3. **Weight divisions:** See "General: Divisions" above.
4. **Stations:** One station will be used. Boards will be held by machine to be broken in a horizontal direction. 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.
5. **Attempts:** Competitor will have 2 attempts to break the most boards. The better of the 2 attempts will be used. All competitors will execute their first attempt before the start of the second round of attempts.
6. **One Strike Only Per Attempt!** Competitor may execute one strike per attempt to break the boards.
7. **Time Limits:** Competitor will have a maximum of 5 minutes to set up, break, and clean up the area (this will not include the actual time to secure the boards to the machine). 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.
8. **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.

9. **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. In the event there is still a tie, the competitor who broke the most boards total in both attempts is the winner.