



Divisions for the 2009 PA State Breaking Championships

Creative Multi-Direction Wood Breaking

Brief overview of rules:

Wood boards only
All techniques allowed
Multiple stations (3 station max.)
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>
CB1	12 & under	Male	All ranks
CB2	12 & under	Female	All ranks
CB3	13-17	Male	Beginner/Intermediate
CB4	13-17	Male	Advanced/Black Belt
CB5	13-17	Female	All ranks
CB6	18-34	Male	Beginner/Intermediate
CB7	18-34	Male	Advanced/Black Belt
CB8	18-34	Female	All ranks
CB9	35 and over	Male	All ranks
CB10	35 and over	Female	All ranks

*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 and over	Male	All ranks
CO4	18 and over	Female	All ranks

*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 and over	Male	Beg/Inter	Lightweight
PC2	18 and over	Male	Beg/Inter	Heavyweight
PC3	18 and over	Male	Adv/Black Belt	Lightweight
PC4	18 and over	Male	Adv/Black Belt	Heavyweight
PC5	18 and over	Female	Beg/Inter	All weights
PC6	18 and over	Female	Adv/Black Belt	All weights

*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>
PC7	18 and over	Male	Beg/Inter	Lightweight
PC8	18 and over	Male	Beg/Inter	Heavyweight
PC9	18 and over	Male	Adv/Black Belt	Lightweight
PC10	18 and over	Male	Adv/Black Belt	Heavyweight
PC11	18 and over	Female	Beg/Inter	All weights
PC12	18 and over	Female	Adv/Black Belt	All weights

*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>
PC13	18 and over	Male	Beg/Inter	Lightweight
PC14	18 and over	Male	Beg/Inter	Heavyweight
PC15	18 and over	Male	Adv/Black Belt	Lightweight
PC16	18 and over	Male	Adv/Black Belt	Heavyweight
PC17	18 and over	Female	Beg/Inter	All weights
PC18	18 and over	Female	Adv/Black Belt	All weights

*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, hand and foot
5 Station maximum, stations may be replenished; stations may be stands or holders
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>
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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	18 and over	Female	All ranks	All weights

*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

*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	18 and over	Female	Beg/Inter	All weights
PB10	18 and over	Female	Adv/Black Belt	All weights

*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>
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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

*Divisions may be broken up further or combined as needed

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>
PB23	18 and over	Male	Beg/Inter	Lightweight
PB24	18 and over	Male	Adv/Black Belt	Lightweight
PB25	18 and over	Male	Beg/Inter	Heavyweight
PB26	18 and over	Male	Adv/Black Belt	Heavyweight
PB27	18 and over	Female	Beg/Inter	All weights
PB28	18 and over	Female	Adv/Black Belt	All weights

*Divisions may be broken up further or combined as needed

Non-Spaced Power Board Breaking- Hand and Elbow- Board size: 1X10X12

Brief overview of rules:

- No Spacers allowed
- 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>
SPB1	18 and over	Male	Beg/Inter	Lightweight
SPB2	18 and over	Male	Adv/Black Belt	Lightweight
SPB3	18 and over	Male	Beg/Inter	Heavyweight
SPB4	18 and over	Male	Adv/Black Belt	Heavyweight
SPB5	18 and over	Female	All ranks	All weights

*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>
SPB6	18 and over	Male	Beg/Inter	Lightweight
SPB7	18 and over	Male	Adv/Black Belt	Lightweight
SPB8	18 and over	Male	Beg/Inter	Heavyweight
SPB9	18 and over	Male	Adv/Black Belt	Heavyweight
SPB10	18 and over	Female	All ranks	All weights

*Divisions may be broken up further or combined as needed