



Divisions for the 2010 PA State Breaking Championships

First Time Breakers Division- You may not enter any other divisions if entering First Time Breaker

Brief overview of rules:

- 3 Wood boards included
- All techniques allowed
- Multiple stations (3 station max.)
- 3 minute max. (set-up/break/clean-up)
- Competitor provides own holders and stands (standard 8X8X16" stands provided)
- Competitors will be paired up
- No points toward ratings

| <u>Division #</u> | <u>Description</u> | <u>Gender</u> | <u>Rank</u> |
|-------------------|--|---------------|-------------|
| FTB1 | Open to all 1 st time competitors | Coed | All ranks |

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 (standard 8X8X16" stands provided)

| <u>Division #</u> | <u>Description</u> | <u>Gender</u> | <u>Rank</u> |
|--|--------------------|---------------|-----------------------|
| CB1 | 12 & under | Male | All ranks |
| CB2 | 12 & under | Female | All ranks |
| ***12 and under divisions can be broken down further depending on number of competitors *** | | | |
| 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 (standard 8X8X16" stands provided)

| <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> |
|--|--------------------|---------------|----------------|-------------|
| SB1 | 12 & under | Coed | All ranks | All weights |
| ***12 and under divisions can be broken down further depending on number of competitors *** | | | | |
| 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 |
| ***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 | 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> |
|--|--------------------|---------------|----------------|-------------|
| 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 | Beg/Inter | All weights |
| PB20 | 18 and over | Female | Adv/Black Belt | All weights |

*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 |

*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> |
|-------------------|--------------------|---------------|----------------|-------------|
| 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 |

*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

18 and over Black Belt ONLY

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 | Black Belt | Lightweight |
| SPB2 | 18 and over | Male | Black Belt | Heavyweight |
| SPB3 | 18 and over | Female | 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> |
|-------------------|--------------------|---------------|-------------|-------------|
| SPB4 | 18 and over | Male | Black Belt | Lightweight |
| SPB5 | 18 and over | Male | Black Belt | Heavyweight |
| SPB6 | 18 and over | Female | Black Belt | All weights |

*Divisions may be broken up further or combined as needed