

BOARD BREAKING COMPETITION RULES

Competition Format

- Competitors perform their breaking routine individually
- Each competitor announces their name to the judges before beginning
- Bow to judges upon entering the breaking area

Breaking Requirements

- Competitors select their own breaking techniques and arrangements
- Competitors must provide their own board holders
- Boards may be set on blocks, held by hand, or a combination of both

Judging Criteria

Each judge scores the performance in three categories:

1. Number of Boards and Difficulty

- Total number of boards broken
- Difficulty of breaking techniques used
- Complexity of the breaking arrangement
- More weight given to difficulty than quantity

2. Flow and Correct Execution of Strikes

- Proper technique and form on each strike
- Smooth transitions between breaks
- Continuity throughout the routine
- Correct body mechanics and power generation
- Speed and precision of strikes
- Professional presentation and control

Scoring System

- Each judge provides a score for each of the three categories
- Deductions are made for missed strikes
- Competitor's final score = average of all three judges' scores
- Highest score wins

Time Limits

- Setup time: one minute for up to five boards, two minutes for six boards or more.
- Exceeding any time limit may result in score deduction

Important Notes

- Breaking is a test of both physical technique and mental fortitude
- Quality of technique and difficulty is weighted more heavily than pure quantity
- Failed breaks significantly impact final scores
- Proper form and execution are essential for high scores
- Board holders must be assigned tournament personnel or approved assistants