



BOARD BREAKING COMPETITION RULES

A. Eligibility

1. ALL participants.

B. Ten point scoring system based on:

1. Technique.
2. Presentation: balance, rhythm, manner, and kihap from entrance to completion.

Belt Color	# of boards	Technique
White	3	Any 1 Hand + Any 1 Kick + Freestyle
Yellow/Orange	3	Any 1 Hand + Any 1 Kick + Freestyle
Green	3	Any 1 Hand + Any 1 Kick + Freestyle
Blue/Purple	3	Any 1 Hand + Any 1 Kick + Freestyle
Red/Brown	3	Any 1 Hand + Any 1 Kick + Freestyle
Black Belts	4	Any 1 Hand + Any 2 Kick + Freestyle

C. Board Sizes (boards can be purchased at the tournament)

1. Ages 11 and less—1/2 inch board
2. Ages 12 plus—1 inch board

D. Boards will be provided at the ring during the competition. Board fees will be due at the time of registration. Boards will be \$2 each.

E. No props allowed. Only the competitor and board holders are allowed on the mat.

F. Weight Divisions (ALL Belts—No weight divisions for ages 4-5):

	Age	Male	Female	Weight Class
		(lbs.)	(lbs.)	
All Belts	6-7	<48		Light
		48+		Heavy
	8-9	<64		Light
		64+		Heavy
	10-11	<75		Light
		75+		Heavy
12-13	<90	<77		Light
	90+	77+		Heavy

	Age	Male	Female	Weight Class
		(lbs.)	(lbs.)	
All Belts	14-15	<132	<119	Light
		132+	119+	Heavy
	16-17	<139	<121	Light
		139+	121+	Heavy
	18-32	<154	<134	Light
		154+	134+	Heavy
	33 and Up *	<150	<130	Light
		150+	130+	Heavy

*33 and up will be divided into 33-40, 41-50, and 51+.

