

## **ISKA Championship Breaking Rules**

### **Division: Three Directional Power Wood Strikes**

Light weight: 199 lbs. & under

Heavy weight: 200 lbs. & over

**Description:** Competitors will break 3 stacks of boards using hand or arm strikes. One strike will be directed to the competitors left (using holders to support the boards). One strike will be directed to the competitors right (using holders to support the boards). And a third strike will be directed downward (using a concrete stand to support the boards). THE THREE STRIKES MAY EXECUTED IN YOUR CHOICE OF EITHER OF THE FOLLOWING TWO ORDERS: LEFT ARM-RIGHT ARM-DOWN, or RIGHT ARM-LEFT ARM-DOWN. All three breaks must be completed in 5 seconds or less. The clock starts with your initial strike.

**Scoring Criteria:** Scoring will be based on the number of boards broken in the allotted time.

### **Additional Rules:**

- There is an 8 minute time limit from the time the first team member steps on the stage. The competitors will receive three warnings indicating elapsed time. There will be an automatic disqualification if the break has not been executed in the allotted time. Boards may be pre-stacked however, they must be purchased from the event and they will be inspected by the ISKA representative. Use of boards other than those sold by the event or tampering with the boards are grounds for immediate disqualification.
- The actual break will last no longer than 5 seconds from the initial strike to the final strike.
- Setup and immediate clean up must be provided by competitor and assistants.
- Any hand or arm technique may be used. The first two strikes must be delivered in a horizontal or diagonal motion using holders with unspaced boards. The third strike must be delivered in a downward motion. On the third break stacked and spaced boards must be lying horizontally in a vertical column supported equally on each end. Standardized materials consist of 1" x 10" x 12" boards.
- Ties will be broken by determining which competitor broke the largest percentage of boards that were set up (i.e. a competitor who breaks 12 of 13 would win over a competitor who broke 12 of 15). If there is a tie in the finals the preliminaries will be added back in to determine a winner.
- For pre-set up and breaking you can tape the boards. It should be masking tape and not something like duct tape. In other words it should just used as a place holder not as clamp. It should break away once struck. Wrapped once.

**Division: Power Concrete Arm/Hand**

Light weight: 199 lbs. & under

Heavy weight: 200 lbs. & over

**Description:** Competitors will break concrete patio slabs with one downward hand or arm strike.

**Scoring Criteria:** Scoring will be based on the number of slabs broken on the first and only strike.

**Additional Rules:**

- There is a 10 minute time limit from the time the first team member steps on the stage. The competitors will receive three warnings indicating elapsed time. There will be an automatic disqualification if the break has not been executed in the allotted time.
- Setup and immediate clean up must be provided by competitor and assistants
- Any hand or arm technique may be used. Strikes must be delivered in a downward motion. Standardized materials consist of 2 x 8 x 16 (5.08 cm x 20.32 cm x 40.64 cm) concrete slabs. Slabs must be stacked lying horizontally in a vertical column supported equally on each end.
- Ties will be broken by determining which competitor broke the largest percentage of slabs that were set up (i.e. a competitor who breaks 12 of 13 would win over a competitor who broke 12 of 15). If there is a tie in the finals the preliminaries will be added back in to determine a winner.

**Division: Power Concrete Kicks**

Light weight: 199 lbs. & under

Heavy weight: 200 lbs. & over

**Description:** Competitors will break concrete patio slabs with one horizontal kick.

**Scoring Criteria:** Scoring will be based on the number of slabs broken on the first and only strike.

**Additional Rules:**

- There is an 8 minute time limit from the time the first team member steps on the stage. The competitors will receive three warnings indicating elapsed time. There will be an automatic disqualification if the break has not been executed in the allotted time.
- Setup and immediate clean up must be provided by competitor and assistants.
- Standardized materials consist of 2 x 8 x 16 (5.08 cm x 20.32 cm x 40.64 cm) concrete slabs. Slabs must be stacked vertically in an even row freestanding with 1/4 (.635 cm) spacers (carpenter pencils) at the bottom only between each slab.
- Materials to be broken must be set up on 8 X 8 X 16 concrete blocks as stands. As many as needed can be used but must be at the breakers waistline (defined as the bottom of the buttock to the floating rib with both legs no wider than shoulder width apart) with pencil spacers between caps on the bottom only. On the setup it must have a back built from the 8 X 8 X 16 concrete blocks to keep the debris from scattering and a floor pad cut to fit 8 X 8 X 24.
- Any kicking technique may be used. A kick is one strike horizontally with 1 attempt, examples; front, side, back, and round kicks. Strike must be with foot only.
- Ties will be broken by determining which competitor broke the largest percentage of slabs that were set up (i.e. a competitor who breaks 12 of 13 would win over a competitor who broke 12 of 15). If there is a tie in the finals the preliminaries will be added back in to determine a winner.