



## All Available Divisions for Sanctioned Events

**\*\*\*Please note that all divisions with less than 5 competitors may be combined with the division above or below at the discretion of the USBA/WBA\*\*\***

**Board sizes based on competitor age-** 7 yrs. and under- 1/2"x6"x12", 8-12- 1/2"x10"x12", 13 and over- 1"x10"x12". These sizes will be used for all Power and Speed divisions. They are the suggested sizes for Creative Divisions. Extreme Kicks Wood Breaking and High Jump board size is 3/8"x10"x12".

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

**Brief overview of rules:**

3 Wood boards included; Competitors may break more than 3 boards

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 <sup>st</sup> time competitors	Coed	All ranks

### **Creative Multi-Direction Wood Breaking**

**Brief overview of rules:**

All techniques allowed

**Stations: Beginner/Intermediate and Tiny Tott Competitors- 4 Stations Max., Advanced/BB Competitors- 8 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>
TT1	Tiny Tott, 7&Under	Male	All ranks
TT2	Tiny Tott, 7&Under	Female	All ranks
CB1	8-12	Male	Beginner/Intermediate

CB2	8-12	Male	Advanced/Black Belt
CB3	8-12	Female	Beginner/Intermediate
CB4	8-12	Female	Advanced/Black Belt
CB5	13-17	Male	Beginner/Intermediate
CB6	13-17	Male	Advanced/Black Belt
CB7	13-17	Female	Beginner/Intermediate
CB8	13-17	Female	Advanced/Black Belt
CB9	18 and over	Male	Beginner/Intermediate
CB10	18 and over	Male	Advanced/Black Belt
CB11	18 and over	Female	Beginner/Intermediate
CB12	18 and over	Female	Advanced/Black Belt

***The following divisions will be offered ONLY at select events as needed***

CB9	18-39	Male	Beginner/Intermediate
CB10	18-39	Male	Advanced/Black Belt
CB11	18-39	Female	Beginner/Intermediate
CB12	18-39	Female	Advanced/Black Belt
CB13	40 and over	Male	Beginner/Intermediate
CB14	40 and over	Male	Advanced/Black Belt
CB15	40 and over	Female	Beginner/Intermediate
CB16	40 and over	Female	Advanced/Black Belt

### **TEAM Creative Multi-Direction Wood Breaking**

#### **Brief overview of rules:**

All techniques allowed

Two person team

**Stations: 8 Station Max.**

3 minute max. (set-up/break/clean-up)

Competitor provides own holders and stands (standard 8X8X16" stands provided)

No points awarded toward USBA/WBA ratings

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>
TCB1	17 & under	Mixed	All Ranks
TCB2	18 & over	Mixed	All Ranks
TCB3	Mixed	Mixed	All Ranks

### **Creative Open Breaking**

#### **Brief overview of rules:**

Any materials. No fire, no glass.

All techniques allowed

**Stations:** 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

***The following divisions will be offered ONLY at select events as needed***

CO5	18 to 39	Male	Under Black Belt
CO6	18 to 39	Male	Black Belt
CO7	18 to 39	Female	All ranks
CO8	40 and over	Male	Under Black Belt
CO9	40 and over	Male	Black Belt
CO10	40 and over	Female	All ranks

**Extreme Kicks Wood Breaking- Board size:3/8X10X12"**

**Brief overview of rules:**

Wood boards only

All Kicking techniques allowed; should be variations of Spinning, Jumping, Flying or Flipping Kicks

**Stations: 3 Stations, 2 attempts per station**

1 Minute to set-up, break, and clean up the area for EACH STATION

**Competitor will be provided up to 6 boards**

Competitor provides own holders and stands (standard 8X8X16" stands provided)

No points awarded toward USBA/WBA ratings

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>
XB1	12 & under	Male & Female	All Ranks
XB2	13 - 17	Male	All Ranks
XB3	13 - 17	Female	All Ranks
XB4	18 & Over	Male	All Ranks
XB5	18 & Over	Female	All Ranks

**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)

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

***The following divisions will be offered ONLY at select events as needed***

PC7	18 to 39	Male	Beg/Inter/Adv	Lightweight
PC8	18 to 39	Male	Beg/Inter/Adv	Heavyweight

PC9	18 to 39	Male	Black Belt	Lightweight
PC10	18 to 39	Male	Black Belt	Heavyweight
PC11	18 to 39	Female	Beg/Inter	All weights
PC12	18 to 39	Female	Adv/Black Belt	All weights
PC13	40 and over	Male	Beg/Inter/Adv	Lightweight
PC14	40 and over	Male	Beg/Inter/Adv	Heavyweight
PC15	40 and over	Male	Black Belt	Lightweight
PC16	40 and over	Male	Black Belt	Heavyweight
PC17	40 and over	Female	All ranks	All weights

**Elbow**- Allowed strikes: Drop elbow, overhand elbow, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PC20	18 and over	Male	Beg/Inter	Lightweight
PC21	18 and over	Male	Beg/Inter	Heavyweight
PC22	18 and over	Male	Adv/Black Belt	Lightweight
PC23	18 and over	Male	Adv/Black Belt	Heavyweight
PC24	18 and over	Female	Beg/Inter	All weights
PC25	18 and over	Female	Adv/Black Belt	All weights

**The following divisions will be offered ONLY at select events as needed**

PC26	18 to 39	Male	Beg/Inter/Adv	Lightweight
PC27	18 to 39	Male	Beg/Inter/Adv	Heavyweight
PC28	18 to 39	Male	Black Belt	Lightweight
PC29	18 to 39	Male	Black Belt	Heavyweight
PC30	18 to 39	Female	Beg/Inter	All weights
PC31	18 to 39	Female	Adv/Black Belt	All weights
PC32	40 and over	Male	Beg/Inter/Adv	Lightweight
PC33	40 and over	Male	Beg/Inter/Adv	Heavyweight
PC34	40 and over	Male	Black Belt	Lightweight
PC35	40 and over	Male	Black Belt	Heavyweight
PC36	40 and over	Female	All ranks	All weights

**Foot**- Allowed strikes: Stomp, Axe kick, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PC40	18 and over	Male	Beg/Inter	Lightweight
PC41	18 and over	Male	Beg/Inter	Heavyweight
PC42	18 and over	Male	Adv/Black Belt	Lightweight
PC43	18 and over	Male	Adv/Black Belt	Heavyweight
PC44	18 and over	Female	Beg/Inter	All weights
PC45	18 and over	Female	Adv/Black Belt	All weights

**The following divisions will be offered ONLY at select events as needed**

PC46	18 to 39	Male	Beg/Inter	Lightweight
PC47	18 to 39	Male	Beg/Inter	Heavyweight
PC48	18 to 39	Male	Adv/Black Belt	Lightweight
PC49	18 to 39	Male	Adv/Black Belt	Heavyweight
PC50	18 to 39	Female	Beg/Inter	All weights
PC51	18 to 39	Female	Adv/Black Belt	All weights



PC52	40 and over	Male	Beg/Inter	Lightweight
PC53	40 and over	Male	Beg/Inter	Heavyweight
PC54	40 and over	Male	Adv/Black Belt	Lightweight
PC55	40 and over	Male	Adv/Black Belt	Heavyweight
PC56	40 and over	Female	All ranks	All weights

**Horizontal Foot-** Allowed strikes: Side Kick, Front Kick, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PC60	18 and over	Male	Beg/Inter	Lightweight
PC61	18 and over	Male	Beg/Inter	Heavyweight
PC62	18 and over	Male	Adv/Black Belt	Lightweight
PC63	18 and over	Male	Adv/Black Belt	Heavyweight
PC64	18 and over	Female	Beg/Inter	All weights
PC65	18 and over	Female	Adv/Black Belt	All weights

**The following divisions will be offered ONLY at select events as needed**

PC66	18 to 39	Male	Beg/Inter/Adv	Lightweight
PC67	18 to 39	Male	Beg/Inter/Adv	Heavyweight
PC68	18 to 39	Male	Black Belt	Lightweight
PC69	18 to 39	Male	Black Belt	Heavyweight
PC70	18 to 39	Female	Beg/Inter	All weights
PC71	18 to 39	Female	Adv/Black Belt	All weights
PC72	40 and over	Male	Beg/Inter/Adv	Lightweight
PC73	40 and over	Male	Beg/Inter/Adv	Heavyweight
PC74	40 and over	Male	Black Belt	Lightweight
PC75	40 and over	Male	Black Belt	Heavyweight
PC76	40 and over	Female	All ranks	All weights

**Speed Board Breaking-**

Board size: 7 yrs. and under- 1/2x6x12", 8-12- 1/2X10X12", 13 and over- 1X10X12

**Brief overview of rules:**

No Spacers Allowed

Any technique allowed

5 Station maximum, stations may be replenished; stations may be stands or holders

**Stations must be made up of standard 8X8X16" block provided**

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	7 & under	Coed	All ranks	All weights
SB2	8-12	Coed	All ranks	All weights
SB3	13-17	Male	All ranks	All weights
SB4	13-17	Female	All ranks	All weights
SB5	18 and over	Male	Beg/Inter	All weights
SB6	18 and over	Male	Adv/Black Belt	All weights
SB7	18 and over	Female	Beg/Inter	All weights
SB8	18 and over	Female	Adv/Black Belt	All weights

### **Creative Speed Board Breaking-**

**Board size: 7 yrs. and under- 1/2x6x12", 8-12- 1/2X10X12", 13 and over- 1X10X12**

#### **Brief overview of rules:**

No Spacers Allowed

Any technique allowed

5 Station maximum, stations may be replenished; stations may be stands or holders

**No restrictions on size or set-up of station; Outside apparatus may be used**

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>
CSB1	7 & under	Coed	All ranks	All weights
CSB2	8-12	Coed	All ranks	All weights
CSB3	13-17	Male	All ranks	All weights
CSB4	13-17	Female	All ranks	All weights
CSB5	18 and over	Male	All ranks	All weights
CSB6	18 and over	Female	All ranks	All weights

### **High Jump Board Breaking- Board size:3/8X10X12"**

#### **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, 1 minute per attempt

**Boards will be supplied**

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
HJ1	7 & under	Coed	All ranks	All weights
HJ2	8-10	Coed	All ranks	All weights
HJ3	11-12	Coed	All ranks	All weights
HJ4	13-14	Male	All ranks	All weights
HJ5	13-14	Female	All ranks	All weights
HJ6	15-17	Male	All ranks	All weights
HJ7	15-17	Female	All ranks	All weights
HJ8	18 and over	Male	All ranks	All weights
HJ9	18 and over	Female	All ranks	All weights

### **Power Board Breaking-**

**Board size: 7 yrs. and under- 1/2x6x12", 8-12- 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)

Boards must be purchased from supply committee

**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	7 & under	Male	All ranks	All weights
PB2	7 & under	Female	All ranks	All weights
PB3	8-12	Male	Beg/Int	All weights
PB4	8-12	Male	Adv/Black Belt	All weights
PB5	8-12	Female	Beg/Int	All weights
PB6	8-12	Female	Adv/Black Belt	All weights
PB7	13-17	Male	Beg/Int	All weights
PB8	13-17	Male	Adv/Black Belt	All weights
PB9	13-17	Female	Beg/Int	All weights
PB10	13-17	Female	Adv/Black Belt	All weights
PB11	18 and over	Male	Beg/Inter	Lightweight
PB12	18 and over	Male	Adv/Black Belt	Lightweight
PB13	18 and over	Male	Beg/Inter	Heavyweight
PB14	18 and over	Male	Adv/Black Belt	Heavyweight
PB15	18 and over	Female	Beg/Inter	All weights
PB16	18 and over	Female	Adv/Black Belt	All weights

**Elbow-** Allowed strikes: Drop elbow, overhand elbow, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PB17	7 & under	Male	All ranks	All weights
PB18	7 & under	Female	All ranks	All weights
PB19	8-12	Male	Beg/Int	All weights
PB20	8-12	Male	Adv/Black Belt	All weights
PB21	8-12	Female	Beg/Int	All weights
PB22	8-12	Female	Adv/Black Belt	All weights
PB23	13-17	Male	Beg/Int	All weights
PB24	13-17	Male	Adv/Black Belt	All weights
PB25	13-17	Female	Beg/Int	All weights
PB26	13-17	Female	Adv/Black Belt	All weights
PB27	18 and over	Male	Beg/Inter	Lightweight
PB28	18 and over	Male	Adv/Black Belt	Lightweight
PB29	18 and over	Male	Beg/Inter	Heavyweight
PB30	18 and over	Male	Adv/Black Belt	Heavyweight
PB31	18 and over	Female	Beg/Inter	All weights
PB32	18 and over	Female	Adv/Black Belt	All weights

**Foot-** 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>
PB33	7 & under	Male	All ranks	All weights
PB34	7 & under	Female	All ranks	All weights
PB35	8-12	Male	Beg/Int	All weights
PB36	8-12	Male	Adv/Black Belt	All weights
PB37	8-12	Female	Beg/Int	All weights
PB38	8-12	Female	Adv/Black Belt	All weights
PB39	13-17	Male	Beg/Int	All weights
PB40	13-17	Male	Adv/Black Belt	All weights

PB41	13-17	Female	Beg/Int	All weights
PB42	13-17	Female	Adv/Black Belt	All weights
PB43	18 and over	Male	Beg/Inter	Lightweight
PB44	18 and over	Male	Adv/Black Belt	Lightweight
PB45	18 and over	Male	Beg/Inter	Heavyweight
PB46	18 and over	Male	Adv/Black Belt	Heavyweight
PB47	18 and over	Female	Beg/Inter	All weights
PB48	18 and over	Female	Adv/Black Belt	All weights

**Adult Foot Machine-** 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>
PB49	18 and over	Male	Beg/Inter	Lightweight
PB50	18 and over	Male	Adv/Black Belt	Lightweight
PB51	18 and over	Male	Beg/Inter	Heavyweight
PB52	18 and over	Male	Adv/Black Belt	Heavyweight
PB53	18 and over	Female	Beg/Inter	All weights
PB54	18 and over	Female	Adv/Black Belt	All weights

**Double 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>
DPB1	7 & under	Male	All ranks	All weights
DPB2	7 & under	Female	All ranks	All weights
DPB3	8-12	Male	Beg/Int	All weights
DPB4	8-12	Male	Adv/Black Belt	All weights
DPB5	8-12	Female	Beg/Int	All weights
DPB6	8-12	Female	Adv/Black Belt	All weights
DPB7	13-17	Male	Beg/Int	All weights
DPB8	13-17	Male	Adv/Black Belt	All weights
DPB9	13-17	Female	Beg/Int	All weights
DPB10	13-17	Female	Adv/Black Belt	All weights
DPB11	18 and over	Male	Beg/Inter	Lightweight
DPB12	18 and over	Male	Adv/Black Belt	Lightweight
DPB13	18 and over	Male	Beg/Inter	Heavyweight
DPB14	18 and over	Male	Adv/Black Belt	Heavyweight
DPB15	18 and over	Female	Beg/Inter	All weights
DPB16	18 and over	Female	Adv/Black Belt	All weights

**Double Elbow-** Allowed strikes: Drop elbow, overhand elbow, etc

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
DPB17	7 & under	Male	All ranks	All weights
DPB18	7 & under	Female	All ranks	All weights
DPB19	8-12	Male	Beg/Int	All weights
DPB20	8-12	Male	Adv/Black Belt	All weights
DPB21	8-12	Female	Beg/Int	All weights
DPB22	8-12	Female	Adv/Black Belt	All weights
DPB23	13-17	Male	Beg/Int	All weights
DPB24	13-17	Male	Adv/Black Belt	All weights
DPB25	13-17	Female	Beg/Int	All weights



DPB26	13-17	Female	Adv/Black Belt	All weights
DPB27	18 and over	Male	Beg/Inter	Lightweight
DPB28	18 and over	Male	Adv/Black Belt	Lightweight
DPB29	18 and over	Male	Beg/Inter	Heavyweight
DPB30	18 and over	Male	Adv/Black Belt	Heavyweight
DPB31	18 and over	Female	Beg/Inter	All weights
DPB32	18 and over	Female	Adv/Black Belt	All weights

### **Non-Spaced Power Board Breaking- 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)

No points awarded toward USBA/WBA ratings

#### **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

#### **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

#### **Foot-** Allowed strikes: Stomp

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
SPB7	18 and over	Male	Black Belt	Lightweight
SPB8	18 and over	Male	Black Belt	Heavyweight
SPB9	18 and over	Female	Black Belt	All weights