



All Available Divisions for **US Open**

*****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
- 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)
- 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:

- 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

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

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/Adv	Lightweight
PC21	18 and over	Male	Beg/Inter/Adv	Heavyweight
PC22	18 and over	Male	Black Belt	Lightweight
PC23	18 and over	Male	Black Belt	Heavyweight
PC24	18 and over	Female	Beg/Inter	All weights
PC25	18 and over	Female	Adv/Black Belt	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

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>
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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

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

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