



## 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 <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

### **Creative Open Breaking**

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

Any materials. No fire, no glass.

All techniques allowed

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 & over	Male	Under Black Belt
CO4	18 & over	Male	Black Belt
CO5	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

**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>
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**- Both limbs must strike at the same time. 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**- Both limbs must strike at the same time. 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

