



## 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- 3-4 Stations, Advanced/BB Competitors- 4-8**

**Stations. Max number of stations is event specific. See specific event details for number of stations allowed.**

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.

| Division # | Description | Gender | Rank           | Wt.         |
|------------|-------------|--------|----------------|-------------|
| 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.

| Division # | Description | Gender | Rank           | Wt.         |
|------------|-------------|--------|----------------|-------------|
| 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.

| Division # | Description | Gender | Rank           | Wt.         |
|------------|-------------|--------|----------------|-------------|
| 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

| Division # | Description | Gender | Rank           | Wt.         |
|------------|-------------|--------|----------------|-------------|
| 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

| Division # | Description | Gender | Rank           | Wt.         |
|------------|-------------|--------|----------------|-------------|
| 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 |

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

| Division # | Description | Gender | Rank           | Wt.         |
|------------|-------------|--------|----------------|-------------|
| PB55       | 7 & under   | Male   | All ranks      | All weights |
| PB56       | 7 & under   | Female | All ranks      | All weights |
| PB57       | 8-12        | Male   | Beg/Int        | All weights |
| PB58       | 8-12        | Male   | Adv/Black Belt | All weights |
| PB59       | 8-12        | Female | Beg/Int        | All weights |
| PB60       | 8-12        | Female | Adv/Black Belt | All weights |
| PB61       | 13-17       | Male   | Beg/Int        | All weights |
| PB62       | 13-17       | Male   | Adv/Black Belt | All weights |
| PB63       | 13-17       | Female | Beg/Int        | All weights |
| PB64       | 13-17       | Female | Adv/Black Belt | All weights |
| PB65       | 18 and over | Male   | Beg/Inter      | Lightweight |
| PB66       | 18 and over | Male   | Adv/Black Belt | Lightweight |
| PB67       | 18 and over | Male   | Beg/Inter      | Heavyweight |
| PB68       | 18 and over | Male   | Adv/Black Belt | Heavyweight |
| PB69       | 18 and over | Female | Beg/Inter      | All weights |
| PB70       | 18 and over | Female | Adv/Black Belt | All weights |

**Double Hand**- Allowed strikes: Palm, Knife-hand, Chop, Hammer fist, Punch

| Division # | Description | Gender | Rank           | Wt.         |
|------------|-------------|--------|----------------|-------------|
| 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

| Division # | Description | Gender | Rank           | Wt.         |
|------------|-------------|--------|----------------|-------------|
| 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

| Division # | Description | Gender | Rank       | Wt.         |
|------------|-------------|--------|------------|-------------|
| 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.

| Division # | Description | Gender | Rank       | Wt.         |
|------------|-------------|--------|------------|-------------|
| 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 |

