



Divisions for the **USBA/WBA & ISKA North American Breaking Championships**

USBA/WBA Divisions:

Creative Multi-Direction Wood Breaking

Brief overview of rules:

Wood boards only

All techniques allowed

Multiple stations (3 station max.), 3 sub-stations per station

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

Competitor provides own holders and stands

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>
CB1	12 & under	Male	Beginner/Intermediate
CB2	12 & under	Male	Advanced/Black Belt
CB3	12 & under	Female	All ranks
CB4	13-17	Male	Beginner/Intermediate
CB5	13-17	Male	Advanced/Black Belt
CB6	13-17	Female	All ranks
CB7	18-34	Male	Beginner/Intermediate
CB8	18-34	Male	Advanced/Black Belt
CB9	18-34	Female	All ranks
CB10	35 and over	Male	All ranks
CB11	35 and over	Female	All ranks

*Divisions may be broken up further or combined as needed

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

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>
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CO1	17 & under	Male	All ranks
CO2	17 & under	Female	All ranks
CO3	18 and over	Male	Under Black Belt
CO4	18 and over	Female	Under Black Belt

*Divisions may be broken up further or combined as needed

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/break/clean-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 NEW	18 and over	Female	Beg/Inter	All weights
PC6 NEW	18 and over	Female	Adv/Black Belt	All weights

*Divisions may be broken up further or combined as needed

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

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PC7	18 and over	Male	Beg/Inter/Adv	Lightweight
PC8	18 and over	Male	Beg/Inter/Adv	Heavyweight
PC9 NEW	18 and over	Female	Beg/Inter	All weights
PC10 NEW	18 and over	Female	Adv/Black Belt	All weights

*Divisions may be broken up further or combined as needed

Feet- Allowed strikes: Stomp, Axe kick, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PC11	18 and over	Male	Beg/Inter	Lightweight
PC12	18 and over	Male	Beg/Inter	Heavyweight
PC13	18 and over	Male	Adv/Black Belt	Lightweight
PC14	18 and over	Male	Adv/Black Belt	Heavyweight
PC15 NEW	18 and over	Female	Beg/Inter	All weights
PC16 NEW	18 and over	Female	Adv/Black Belt	All weights

*Divisions may be broken up further or combined as needed

Speed Board Breaking- Board size: 12 and under- 1/2X10X12", 13 and over- 1X10X12

Brief overview of rules:

No Spacers Allowed

Any technique allowed, hand and foot

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

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	12 & under	Coed	All ranks	All weights
SB2	13-17	Male	All ranks	All weights
SB3	13-17	Female	All ranks	All weights
SB4	18 and over	Male	Beginner and Intermediate	All weights
SB5	18 and over	Male	Advanced and Black Belt	All weights
SB6	18 and over	Female	All ranks	All weights

*Divisions may be broken up further or combined as needed

High Jump Board Breaking- Board size: 1/2X10X12"

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

Boards must be purchased from supply committee

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

*Divisions may be broken up further or combined as needed

Power Board Breaking- Board size: 12 and under- 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/break/clean-up)

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	12 & under	Male	All ranks	All weights
PB2	12 & under	Female	All ranks	All weights
PB3	13-17	Male	All ranks	All weights
PB4	13-17	Female	All ranks	All weights
PB5	18 and over	Male	Beg/Inter	Lightweight
PB6	18 and over	Male	Adv/Black Belt	Lightweight
PB7	18 and over	Male	Beg/Inter	Heavyweight
PB8	18 and over	Male	Adv/Black Belt	Heavyweight

PB9	NEW	18 and over	Female	Beg/Inter	All weights
PB10	NEW	18 and over	Female	Adv/Black Belt	All weights

*Divisions may be broken up further or combined as needed

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

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>	
PB11	12 & under	Male	All ranks	All weights	
PB12	12 & under	Female	All ranks	All weights	
PB13	13-17	Male	All ranks	All weights	
PB14	13-17	Female	All ranks	All weights	
PB15	18 and over	Male	Beg/Inter	Lightweight	
PB16	18 and over	Male	Adv/Black Belt	Lightweight	
PB17	18 and over	Male	Beg/Inter	Heavyweight	
PB18	18 and over	Male	Adv/Black Belt	Heavyweight	
PB19	NEW	18 and over	Female	Beg/Inter	All weights
PB20	NEW	18 and over	Female	Adv/Black Belt	All weights

*Divisions may be broken up further or combined as needed

Kids Foot- 17 and under, 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>	
PB21	NEW	12 & under	Male	All ranks	All weights
PB22	NEW	12 & under	Female	All ranks	All weights
PB23	NEW	13-17	Male	All ranks	All weights
PB24	NEW	13-17	Female	All ranks	All weights

Adult Foot- 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>	
PB25	18 and over	Male	Beg/Inter/Adv	Lightweight	
PB26	18 and over	Male	Beg/Inter/Adv	Heavyweight	
PB27	NEW	18 and over	Female	Beg/Inter	All weights
PB28	NEW	18 and over	Female	Adv/Black Belt	All weights

*Divisions may be broken up further or combined as needed

Combined USBA/WBA and ISKA Divisions:

Creative Open Breaking- Setup and immediate clean up must be provided by competitor and assistants, There will be a total of 12 minutes for set up, break, and clean up. Time begins from the moment the 1st team member steps on stage. There is a grace period of 60 seconds between breakers. After the 60 seconds grace period has passed time will begin whether the next breaker has begun setting up or not. The actual breaking demonstration will last no longer than 3 minutes and will feature no more than 4 breaking stations. Each breaking station will consist of no more than 2 breaks (exception: Stations that demonstrate the quick breaking of boards in multiple directions, using live holders may consist of no more than 4 breaks.) A missed or incomplete break followed by another attempt at the same break shall count as only one break. Two or more breaking strikes executed simultaneously shall count as only one break. A station consists of 2 breaks. Those 2 breaks can be 2 different materials. Deductions will accrue at .1 of a point per 15 seconds over the 3 minute or 12 minute time limits. Total point deduction will come off of total score from the 7 Judges. Breaking material that leaves the stage

in a dangerous fashion may be grounds for penalization or disqualification. The decision to DQ a competitor will be made by the onsite ISKA representative. Factors such as velocity and distance the material travels off of the stage will be considered as well as whether or not anyone is struck by materials leaving stage. Competitor must provide all breaking materials or purchase breaking materials from the promoter consisting of 1 x 10 x 12 (2.54 cm x 25.4 cm x 30.48 cm) pine boards or 2 x 8 x 16 (5.08 cm x 20.32 cm x 40.64 cm) concrete slabs Any materials provided by the competitor must be safe. NO glass or fire permitted. NO objects will be allowed to fly in to audience. NO materials allowed that may potentially injure surrounding individuals.

IMPORTANT FOR ISKA DIVISIONS: ALL COMPETITORS MUST BE PRE-APPROVED, Call Ralph Bergamo at 203-410-1417 or e-mail rbergamo@usbawba.com. Because of ISKA sanctioning fees, there must be a minimum of 4 competitors per each division in order to run that division. If there are not 4 competitors the division will be cancelled.

Division #	Description	Gender	Rank
ISKACO1	18 and over	Male	Black Belt
ISKACO2	18 and over	Female	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/break/clean-up), Patio blocks must be purchased from supply committee

Any Hand or Elbow Strike

Division #	Description	Gender	Rank	Wt.
ISKAPC1	18 and over	Male	Black Belt	Lightweight
ISKAPC2	18 and over	Male	Black Belt	Heavyweight

Power Board Breaking- Board size: 1X10X12

Foot- Brief overview of rules: Allowed strikes: Any kick. Boards will be held by machine, no spacers.

Division #	Description	Gender	Rank	Wt.
ISKAPB1	18 and over	Male	Black Belt	Lightweight
ISKAPB2	18 and over	Male	Black Belt	Heavyweight