

WCTKD TOURNAMENT
POWER BREAKING CONTEST
RULES AND REGULATIONS

The Rules and Regulations for the World Class Tae Kwon Do Power Breaking Contest will be as follows;

1. Rules:

- a. Contestants are, male or female, will be 15 years of age or older.

| <u>Belt</u> | <u>Waiver Required</u> | <u>Age Group 1</u> | <u>Age Group 2</u> | <u>Age Group 3</u> | <u>Board, Foot</u> | <u>Board, Hand</u> | <u>Board, Jumping</u> | <u>Block, Hand</u> |
|---|------------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-----------------------|--------------------|
| Green, Male and Female | Yes | 15 - 16 | 17 - 18 | 19 + | Yes | Yes | No | No |
| Blue, Male and Female | Yes | 15 - 16 | 17 - 18 | 19 + | Yes | Yes | No | No |
| Red, Male and Female | Yes | 15 - 16 | 17 - 18 | 19 + | Yes | Yes | Yes | Yes |
| Black, Male and Female | No | 15 - 16 | 17 - 18 | 19 + | Yes | Yes | Yes | Yes |
| <u>Grand Champion, Black, Male and Female</u> | <u>No</u> | <u>15 - 17</u> | <u>18 +</u> | <u>NA</u> | <u>Yes</u> | <u>Yes</u> | <u>No</u> | <u>No</u> |

- b. All contestants will be the rank of Green Belt or its equivalent, above through to Black Belt.
- c. Only contestants holding the rank of Red or Black belt will be allowed to break Patio blocks.
- d. All contestants must complete the online registration and waiver in order to compete.
- e. All contestants holding a rank of Green, Blue, and Red will be required to complete a waiver form. This must be completed and ready to be turn in at the ring prior to competing. If there is no form or the form is not complete then they can not compete. The contestant's instructor must sign the form.
- f. All contestants must be registered for this event on or before 11-1-13 by midnight. After this date registration will be closed.
- g. Contestants will report the amount of material they intend to break during the online registration. There will be no changes allowed once registration is closed on 11-1-13 by midnight. This information will be kept confidential.
- h. Contestants are to wear a Tae Kwon Do uniform recognized and approved by the WTF.
- i. All breaking material will be provided by the tournament.
- j. All breaks will be held in holding device or on blocks that will be provided by the tournament.
- k. Breaking with the elbow is not allowed and not considered as a hand technique.
- l. Contestants must break with a bare foot or hand and not covering the contact point with bandage or any other material. A towel will be provided by the tournament to be used with breaking patio blocks as a safety device. The use of the towel will not be mandatory and choice of the contestant. Contestants will be allowed to cover their feet as a safety devise from possible falling patio blocks. The feet can be covered with martial art shoes or shin and instep pads. In addition wrapping the wrist will be allowed as a safety device for either hand technique division.
- m. Contestants must break on first attempt. If the contestant fails to break on the first attempt they will be eliminated. Or if a contestant makes a choice to practice their technique within the 30 second time limit and touches the material. That point of contact will be considered to be their first attempt at the break.
- n. The referee will check with the contestant to make sure that they are ready before signaling the time keeper. Once the time keeper is signaled the contestant will have 30 seconds to complete the break. Contestants may practice their technique before breaking but may only start practicing once the time has started. If the contestant exceeds the 30 second time limit they will be allowed to complete the break, but will be disqualified.
- o. Contestants are only allowed to make contact with the material at the point of the break.
- p. Boards will not be used once they have been struck by a contestant. If blocks appear to be cracked after being struck by a contestant then it too will be removed.

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q. Types of breaking divisions:

| Breaking Division | Material Type & Size | System | Safety Gear | Time Limit | Contest Goal |
|---|-------------------------|--------------------|--|------------|---|
| Hand Technique, <i>any point below the wrist</i> | ¾"x12"x12" Board | Single Elimination | Wrist wrap is optional | 30 Seconds | Contestant will break their maximum amount of boards. |
| Kicking Technique, <i>any point below the ankle</i> | ¾"x12"x12" Board | Single Elimination | None | 30 Seconds | Contestant will break their maximum amount of boards. |
| Jumping Kick, <i>any point below the ankle</i> | ¼"x12"x12" Board | Progressive System | Helmet Required | 30 Seconds | Contestant will break their maximum height, <i>with a minimum height of 66" to start.</i> |
| Hand Technique, <i>any point below the wrist</i> | 1 ¾"x6"x12" Patio Block | Single Elimination | Towel on the block, wrist wrap and shin and instep are all optional. | 30 Seconds | Contestant will break their maximum amount of blocks. |

2. Scoring:

| Breaking Division | Scoring Method | Tie Breaking Factor |
|---|---|---|
| Hand, <i>any point below the wrist</i> | 1 point for each piece of completely broken material. | The individual who selects the most boards* and or the individual of lesser weight. |
| Kick, <i>any point below the ankle</i> | 1 point for each piece of completely broken material. | The individual who selects the most boards* and or the individual of lesser weight. |
| Jump Kick, <i>any point below the ankle</i> | Score will be measured by the height of inches for completely broken material that is executed with balance upon landing to be considered successful. | Determined by individuals of lesser height. |
| Hand, <i>any point below the wrist</i> | 1 point for each piece of completely broken material. | The individual who selects the most blocks* and or the individual of lesser weight. |

** Example, if two competitors both break 3 boards and one selected 4 boards will have the advantage.*

- a. The material will be counted by the referee and then reported to the judges by holding up the number of fingers that represents the number of broken material.
- b. If there is a questionable piece of material the official or referee will hold the item up to see if it separates on its own. If it remains attached then this will not be counted as completely broken material.
- c. A panel of judges will determine the winners of the contest. The winner of each division will receive a gold medal and runners up will receive a silver or bronze medal.

3. Grounds for Disqualification:

- a. Judges will have the final determination of the intent and integrity of the break.
- b. Pressing down or application of an after push to the material with the contestant's body weight which will be determined by the referee.
- c. Unsportsmanlike like conduct. For example: if the contestant is questioning or arguing with officials they will be disqualified.
- d. Contestants failing to follow instructions by the referee or judges will be disqualified.