

# ***World Class Tae Kwon Do***” Tournament

## **Tae Park Tae Kwon Do Association**

**November 12, 2011**

### **Power Breaking Contest Rules:**

- a. Contestants, male or female, will be 18 years of age or older.
- b. All contestants will submit an approved application with their signature of waiver along with their instructor’s signature approving the students’ entry into the contest.
- c. All contestants will be the rank of Red Belt or its equivalent, and 1<sup>st</sup> Dan Black Belts or above.
- d. Contestants are to wear an approved uniform as determined by the tournament committee.
- e. Contestants must break with a bare foot or hand, not covering the contact point with bandage or any other material. A towel will be provided by the tournament to be used for breaking patio blocks as a safety device. The use of the towel will not be mandatory.
- f. Contestants must break on first attempt. If the contestant fails to break on the first attempt they will be eliminated. 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.
- g. 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.
- h. Contestants are only allowed to make contact with the material at the point of the break. They will not be allowed to make contact before or after the break is completed. The referee will watch closely to ensure the contestant does not make contact the material. Any contestant who is determined to have made contact before or after the break will be disqualified. For example; if a contestant completes a break and then applies pressure or an after push attempting to break cracked material, they will be disqualified.
- i. All setups will be completed by the tournament runners as well as the clean up of the material after the referee has inspected the material for scoring. Officials (referees and judges) will supervise and monitor the breaking techniques.
- j. Type of breaks by division:
  - i. Hand Power Break: Contestant will break their maximum amount of boards, held in a rig, using a hand technique. Breaking with the elbow is not allowed and not considered as a hand technique. Board size will be 1”x12”x12”.
  - ii. Kicking Power Break: Contestant will break their maximum amount of boards, held in a rig, using any foot technique. Board size will be 1”x12”x12”.

iii. Jump Kick Break: Contestants will demonstrate a jump kick breaking a 5/16"x12"x12' pine board, held in a rig set at the maximum height of the contestants upper reach (arms extended upward). A winner will be declared depending on the maximum height, of a successful jump kick, beyond the extended reach.

iv. Patio Block Power Break: Contestant will use any hand technique breaking the maximum of stacked blocks. Breaking with the elbow is not allowed and not considered as a hand technique. The use of a towel will be allowed to laid across the top of the blocks. Patio block size will be 1"x6"x12".

1. Scoring:

- a. One point will be awarded for each piece of completely broken material. 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. 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.

2. Grounds for Disqualification:

- a. A contestant who is breaking or attempting to break material by cheating.
- 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 and judges panel.
- 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.

1. Options for determining a tie breaker:

- a. The contestant with no penalty will have the advantage.
- b. The contestant who weighs less will have the advantage.

2. Staffing Resources

- a. Judges table will have 6 judges
- b. 1 to 3 Referee(s)
- c. 4 to 6 Runners for setting up and cleaning up breaks.
- d. 1 Time Keeper