

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, green and above, and will compete according to the age groups listed below.

Belt Levels	Gender	Age Group 1	Age Group 2	Age Group 3	Age Group 4	Age Group 5	Age Group 6	Age Group 7	Age Group 8	Board, Hand & Foot	Block, Hand
Green	Female	7 & Under	8 - 9	10 - 11	12 - 13	14 - 17	18 - 36	37-49	50 +	Yes	No
Green	Male	7 & Under	8 - 9	10 - 11	12 - 13	14 - 17	18 - 36	37-49	50 +	Yes	No
Blue	Female	7 & Under	8 - 9	10 - 11	12 - 13	14 - 17	18 - 36	37-49	50 +	Yes	No
Blue	Male	7 & Under	8 - 9	10 - 11	12 - 13	14 - 17	18 - 36	37-49	50 +	Yes	No
Red	Female	7 & Under	8 - 9	10 - 11	12 - 13	14 - 17	18 - 36	37-49	50 +	Yes	*Yes
Red	Male	7 & Under	8 - 9	10 - 11	12 - 13	14 - 17	18 - 36	37-49	50 +	Yes	*Yes
Black [1 <sup>st</sup> - 3 <sup>rd</sup> dan]	Female	7 & Under	8 - 9	10 - 11	12 - 13	14 - 17	18 - 36	37-49	50 +	Yes	*Yes
Black [1 <sup>st</sup> - 3 <sup>rd</sup> dan]	Male	7 & Under	8 - 9	10 - 11	12 - 13	14 - 17	18 - 36	37-49	50 +	Yes	*Yes
Grand Champion, Black [1 <sup>st</sup> - 3 <sup>rd</sup> dan]	Female					15 - 17	18 +				
Grand Champion, Black [1 <sup>st</sup> - 3 <sup>rd</sup> dan]	Male					15 - 17	18 +				

*\*Block breaking applies only to Age Group 3 for Red and Black belts 19+ years of age.*

- 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 in Age Group 3 [19+] will be allowed to break Patio blocks.
- d. All contestants must complete the online registration and waiver in order to compete.
- e. **All contestants must be registered for this event on or before 11-4-17 by midnight. After this date registration will be closed.**
- f. **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 11-4-17 at midnight. This information will be kept confidential.**
- g. Contestants are to wear a Tae Kwon Do uniform recognized and approved by the WTF.
- h. All breaking material will be provided by the tournament.
- i. All breaks will be held in holding device or on blocks that will be provided by the tournament.
- j. Breaking with the elbow is not allowed and not considered as a hand technique.
- k. 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 device 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.
- l. 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.
- m. 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.
- n. Contestants are only allowed to make contact with the material at the point of the break.
- o. 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.
- p. Competitors can drop boards at the ring. However, this will result in a loss of points for the amount of boards that they choose to drop. For example, if they select 4 boards and choose to drop 1 board and break all remaining 3 pcs. They will be scored on 3 pcs, which results in 15 out 20 points for a foot technique or 24 out of 32 points for a hand technique.
- q. There will be no spacers allowed for any type of board breaking.

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r. Types of breaking divisions:

Breaking Type	Material Type & Size	System	Safety Gear	Time Limit	Contest Goal
Hand Technique, <i>any point below the wrist</i>	¾" x 11 ¼" x 9 ¾" 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" x 11 ¼" x 9 ¾" Board	Single Elimination	None	30 Seconds	Contestant will break their maximum amount of boards.
Hand Technique, <i>any point below the wrist</i>	1 ¾" x 7 ¾" x 15 ½" 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
Board, Hand, <i>any point below the wrist</i>	8 point for each piece of completely broken material.	1. Percentage of broken material* 2. The individual of lesser weight has the advantage 3. If the two previous factors are the same then both competitors will be awarded the same medal.
Board, Kick, <i>any point below the ankle</i>	5 point for each piece of completely broken material.	
Block, Hand, <i>any point below the wrist</i>	1 point for each piece of completely broken material.	
*Example, Competitor A, selects 4 boards and breaks 3, which is 75% of the material selected. Competitor B, selects 5 boards and breaks 3, which is 60% of the material selected. Than Competitor A, wins by because they broke 15% more of the material.		

- 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.