

Breaking Competition Rules

In effect for 2014 National & State Championships



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Breaking Competition Rules

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Creative Breaking Competition

In Creative Breaking competition, competitors use powerful, correctly executed Taekwondo hand and foot techniques to break pine boards. Competitors are expected to display technical skill and proper Taekwondo manner, as well as showmanship and creativity.

1. General Creative Breaking Competition Guidelines

1. Competitors may choose the kind of techniques and number of boards to break, up to a maximum of 30 boards. Any Taekwondo striking or kicking technique may be used, with the exception of head strikes.
2. Competitors must provide their own board holders. *(Please note that board holder credentials are not a pass into the event; persons receiving these credentials must also purchase an event ticket to gain admission into the venue.)*
3. Competitors and helpers will have three minutes to set up, perform the breaking routine and clean up all boards, broken boards and wood fragments. Exceeding the time limit will result in 0.5 point deduction in the final score for each 10 seconds, or fraction thereof, over the time. (Example: 12 seconds over = 1.0 deduction.) If computer scoring is not used, a timer will be provided for each ring.
4. With the exception of pre-approved mechanical board holders, no props such as chairs, trampolines, tables, etc. may be used. (Holders may be used as “human launch pads” for jumping techniques.)
5. There is a maximum of two attempts for each break. Failure to break all of the boards in a single attempt will result in 0.1 deduction for each missed board. Failure to complete the break after two attempts will result in a 0.5 point deduction in the final score, in addition to the penalties for missed boards. A “Broken Board” is defined as one that is a) completely separated; or b) held together only by wood strands, such that if one side is held horizontal, the other side naturally drops perpendicular to the floor.
6. The performance must be confined to the 8m x 8m competition area. A competitor who crosses the boundary line will receive a 0.5 point deduction for each violation.
7. Competitors may perform as many breaking techniques as they wish, as long as they do not exceed the three minute time limit.
8. Boards must be purchased from USAT or a USAT-designated vendor at the competition venue. Board security procedures for each event will be published by USAT on or before the first day of registration. Under no circumstance will competitors provide their own boards.
9. Standard board sizes:

- 6-9 years: 12 inches by 8 inches and 3/8 inches thick (1/2 inch nominal)
 - 10-17 years: 12 inches by 10 inches and 1/2 inches thick (5/8 inch nominal)
 - 18+ years: 12 inches by 10 inches and 3/4 inch thick (1 inch nominal)
10. No spacers may be used, including fingers. Holders may not attempt to “help” the competitor by bending, moving, or pushing the boards; any attempt to do will result in a 0.5 point deduction for each instance. Any attempt to physically alter the boards will result in disqualification of the competitor.
 11. No bricks, cinder blocks, tiles or any materials other than approved boards and approved mechanical holders may be brought into the Contest Area. Any mechanical holders used must be approved by the USAT Organizing Committee or a designated official prior to competing.
 12. Competitors are expected to display self-control and good competition manner. A display of poor sportsmanship (profanity, etc.) may be penalized by either 0.1 or 0.5, depending upon severity.

2. Scoring Guidelines for Creative Breaking Competition

Judging will be based on three criteria:

- a. Difficulty (30%)
- b. Number of boards broken (30%)
- c. Demonstration of Taekwondo skill & Presentation (40%)

If a competitor fails to break any boards at all, the total score for Difficulty of Techniques and Number of Boards Broken is “0.” The competitor still receives a score for Presentation.

2.0. Difficulty

Difficulty is individually assessed by each judge on a scale of 1.0 to 3.0, based on the judge’s consideration of the difficulty of the overall performance. Here are some guidelines for assessing difficulty:

- 2.0.1. **Difficulty of Kicking Techniques** will be assessed on the following order of superiority:
 - a. Standing kick technique
 - b. Kicking technique with turning motion
 - c. Jumping or flying kick technique
 - d. Jumping or flying kick with turning motion (the greater the number of rotations, the higher the assessed difficulty)
 - e. Multiple breaking using jumping or flying kick
 - f. Multiple breaking spinning jumping or flying kick
- 2.0.2. **Difficulty of Hand Techniques** be assessed on the following order of superiority:
 - a. Basic skills such as straight or reverse punch, palm heel strike and

hammer fist

- b. More technical skills such as knife hand strike, ridge hand strike and back fist
- c. Advanced skills such as spear finger strike, long punch, chicken beak strike, etc.

2.0.3. **Suspended holding** (“i.e., “speed breaking”) is considered more difficult than fixed holding.

2.0.4. **The number of boards broken in a single technique** should also be factored into assessment of difficulty. For example, breaking a single board with a punch would be low difficulty; breaking three boards with that same technique would be moderate difficulty; breaking five boards with the same technique would be considered high difficulty.

2.1. Number of boards is defined as the total number of boards attempted in the overall performance. (Note that the number of boards broken using each individual technique is also factored into the overall assessment of difficulty; see Section 2.0.4, above.)

Boards replaced for a second attempt—for example, in a double kick where only one board is broken—do not count toward the overall total. In addition to the 0.5 point penalty for failing to complete the break after two attempts, there is a 0.1 point penalty for each board not broken during each attempt. Example: A competitor attempts to break two boards, but only breaks one on the first try, and only one on the second try; in this case the total deduction would be 0.1 (missed board) + 0.1 (missed board) + 0.5 (failure to complete the break) = 0.7.

Before the competition, each competitor must accurately communicate to the Ring Coordinator the number of boards to be attempted, and the Ring Coordinator will pass this information along to the judges as each break is being set up. The judges will note how many boards are actually broken during the performance.

2.2. Demonstration of Taekwondo skill will be based on Accuracy, Speed and Presentation.

2.2.1 **Accuracy:** Breaking on the first attempt is superior to breaking on the second attempt, and breaking at the center of the board is superior to breaking off-center.

2.2.2. **Speed:** Rapid, smooth, continuous motion is superior to taking extra time between breaks.

2.2.3. **Presentation:** In addition to displaying correct Taekwondo technique, this includes confidence, balance, rhythm, smoothness of performance and good competition manner from entrance into the Contest Area through the completion of the performance.

3. Declaration of Penalties

One deduction penalty is equal to 0.5 point. Deduction penalties will be declared by the referee after the performance is completed by stating the number of deductions, and what they are for. (Example: “Two deductions for exceeding performance time by 16 seconds”; “Two deductions for going out of the Contest Area.”)

The recorder/timekeeper will keep track of time, and will advise the referee if a competitor exceeds the allowed three minutes for setup, performance and cleanup.

4. Publication of scoring

- 4.1. The final score shall be announced immediately after totaling the judges’ scores.
 - 4.1.2. When using electronic scoring instruments, Judges shall input points in the electronic scoring instruments after the breaking performance and total points shall be automatically displayed on the monitors.
 - 4.1.3. When using manual scoring, the coordinator shall collect each scoring sheet and convey the results to the recorder immediately after completion of the breaking. The recorder shall report the score to the Referee and have the final score displayed or announced.

5. Decision and Declaration of Winner

The winner shall be the contestant who is awarded the highest mean score (calculated to four decimal points.)

When using the five judge system, the highest and lowest scores will be dropped from the final total then a mean score calculated by dividing by 3.0000. With the three judge system, all scores will be used then a mean score calculated by dividing by 3.0000.

In case of a tie, the winner will be selected based on the combined Performance score.

If still tied:

- a. Five judge system—The highest and lowest scores will be added back in, and then a mean score calculated by dividing by 5.0000 to select the winner.
- b. Three-judge system—The competitor with fewer Technical Deductions will be the winner.
- c. If the competitors remained tied after these steps, multiple medals will be awarded.

Creative Breaking Score Sheet

Competitor #: _____ Ring Number: _____ Gender (circle): Male Female

Age (circle): 7 & Under | 9 & Under | 11 & Under | 13 & Under | 17 & Under | 29 & Under | 39 & Under | 49 & Under | 59 & Under | Over 59

Judge's Name: _____ Signature: _____ Judge Number: _____

Difficulty	3.0	2.9	2.8	2.7	2.6	2.5	2.4	2.3	2.2	2.1	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	
Number of Boards Attempted (number of boards x 0.1, maximum 30 boards (Example 25 boards x 0.1 = 2.5; 10 boards x 0.1 = 1.0; 18 boards x 0.1 = 1.8)																						
Technical Deductions	Note: Deductions are subtracted from score — <i>Minor deductions: Failure to break all boards in a multiple-board break (-0.1 per missed board), poor sportsmanship</i> <i>Major Deductions: Completely missed attempt, taking more than two attempts, falling down, extreme display of poor sportsmanship</i> (Use / for 0.1 and ○ for 0.5)																					
Presentation	Use of Correct Taekwondo Technique										1.0	0.9	0.8	0.7	0.6	0.5						
	Balance & Rhythm										1.0	0.9	0.8	0.7	0.6	0.5						
	Style / Attitude / Expression of Energy & Confidence										1.0	0.9	0.8	0.7	0.6	0.5						
	Creativity										1.0	0.9	0.8	0.7	0.6	0.5						
Penalties	<i>0.5 Penalty Deductions: Taking too much time, leaving the Contest Area, etc. (Use ○ for each deduction.)</i>										Subtotal											
											Procedural Deductions											
											Total Score											

Power Breaking Competition

In Power Breaking competition, competitors use powerful, correctly executed Taekwondo hand or elbow techniques to break multiple pine boards. The competitor who breaks to most boards in a single attempt is the winner.

Age divisions for Power Breaking competition are as follows. Note that there are no Dragon, Ninja, Youth or Cadet divisions for this event.

Division	17 and Under	29 and Under	39 and Under	49 and Under	59 and Under	Over 59
Age (Years)	15-17	18-29	30-39	40-49	50-59	60+

1. General Power Breaking Competition Guidelines

1. Competitors may use any kind of hand or elbow techniques. Head strikes are not permitted.
2. Competitors may choose how many boards they will attempt to break.
3. Boards will be set up on a solid base. Mechanical holding jigs—either custom-made or purchased commercially—may be used. Cinder blocks are not permitted, and may not be brought into the Contest Area. Any mechanical holders used must be approved for safety by the USAT Organizing Committee or a designated official prior to the competition.
4. Competitors and helpers will have three minutes to set up, perform the break and remove all holders, broken boards and wood fragments. Exceeding the time will result in 0.5 point deduction in the final score.
5. With the exception of approved mechanical board holders, no props such as chairs, trampolines, tables, etc. may be used.
6. Each competitor is allowed only one attempt to complete their break.
7. Scores will be based on the total number of boards broken in the single attempt. Boards must be completely broken in order to be counted in the score.
8. Boards must be purchased from USAT or a USAT-designated vendor at the competition venue. Board security procedures for each event will be published by USAT on or before the first day of registration. Under no circumstance will competitors provide their own boards.
9. Standard board size: 12 inches by 10 inches and 3/4 inch thick (1 inch nominal)
Female competitors and Juniors (15-17 years old) may use spacers; spacers must be no more than 1/4 inch high. Spacers are not allowed for male adult Power Breaking competition.
10. Any attempt to alter the boards will result in disqualification of the competitor.

2. Scoring Procedure for Power Breaking Competition

- 2.1. The competitor will communicate the number of boards to be attempted, and the number will be verified by the referee. The referee will announce the number of boards successfully broken.
- 2.2. The Scorekeeper will record the number of boards attempted, and the number of boards successfully broken.
- 2.3. In the event of a tie, the competitor who has broken the highest percentage of boards will be declared the winner. For example, Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke 100%; competitor "B" broke at 83%. Competitor "A" is the winner.

If there is still a tie (i.e., two or more competitors with the same number of boards and the same percentage), the competitor with the highest presentation score will be declared the winner.

In the event there is still a tie, multiple medals will be awarded.

Power Breaking Score Sheet

Competitor #: _____ Ring Number: _____ Gender (circle): Male Female
 Age (circle): 17 & Under | 29 & Under | 39 & Under | 49 & Under | 59 & Under | Over 59
 Judge's Name: _____ Signature: _____ Judge Number: _____

Number of Boards Attempted	
Number of Boards Successfully Broken	
	Deductions
<i>0.5 Penalty Deductions: Taking too much time, leaving the Contest Area, extreme poor sportsmanship, etc. (Use ○ for each deduction.)</i>	Total Score

Percentage (Number Broken / Number Attempted) (Only compute in the event of a tie)	
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Presentation (Only to be used as tie-breaker if Percentage is tied)							
Use of Correct Taekwondo Technique	1.0	0.9	0.8	0.7	0.6	0.5	
Style / Attitude / Expression of Energy & Confidence	1.0	0.9	0.8	0.7	0.6	0.5	
Total Presentation							

—NOTES—

Creative Breaking Score Sheet

Competitor #: _____ Ring Number: _____

Gender (circle): Male Female

Age (circle): 7 & Under | 9 & Under | 11 & Under | 13 & Under | 17 & Under | 29 & Under | 39 & Under | 49 & Under | 59 & Under | Over 59

Judge's Name: _____ Signature: _____ Judge Number: _____

Difficulty	3.0	2.9	2.8	2.7	2.6	2.5	2.4	2.3	2.2	2.1	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0		
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Technical Deductions	<p style="text-align: center;">Note: Deductions are subtracted from score</p> <p style="text-align: center;">—</p> <p><i>Minor deductions: Failure to break all boards in a multiple-board break (-0.1 per missed board), poor sportsmanship</i> <i>Major Deductions: Completely missed attempt, taking more than two attempts, falling down, extreme display of poor sportsmanship</i> (Use / for 0.1 and O for 0.5)</p>																						
Presentation	Use of Correct Taekwondo Technique											1.0	0.9	0.8	0.7	0.6	0.5						
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	Style / Attitude / Expression of Energy & Confidence											1.0	0.9	0.8	0.7	0.6	0.5						
	Creativity											1.0	0.9	0.8	0.7	0.6	0.5						
Penalties	Subtotal																						
	Procedural Deductions																						
	Total Score																						
<p>0.5 Penalty Deductions: Taking too much time, leaving the Contest Area, etc. (Use O for each deduction.)</p>																							

Power Breaking Score Sheet

Competitor #: _____ Ring Number: _____

Gender (circle): Male Female

Age (circle): 17 & Under | 29 & Under | 39 & Under | 49 & Under | 59 & Under | Over 59

Judge's Name: _____ Signature: _____ Judge Number: _____

Number of Boards Attempted	
Number of Boards Successfully Broken	
0.5 Penalty Deductions: <i>Taking too much time, leaving the Contest Area, extreme poor sportsmanship, etc. (Use 0 for each deduction.)</i>	Deductions
	Total Score

Percentage (Number Broken / Number Attempted) (Only compute in the event of a tie)	
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Presentation (Only to be used as tie-breaker if Percentage is tied)						
Use of Correct Taekwondo Technique	1.0	0.9	0.8	0.7	0.6	0.5
Style / Attitude / Expression of Energy & Confidence	1.0	0.9	0.8	0.7	0.6	0.5
Total Presentation						

