



## Divisions for the US Open 2017

**\*\*\*Please note that all divisions with less than 5 competitors may be combined with the division above or below at the discretion of the USBA/WBA\*\*\***

**Board sizes based on competitor age**- 7 yrs. and under- 1/2"x6"x12", 8-12- 1/2"x10"x12", 13 and over- 1"x10"x12". These sizes will be used for all Power and Speed divisions. They are the suggested sizes for Creative Divisions. Extreme Kicks Wood Breaking and High Jump board size is 3/8"x10"x12".

**First Time Breakers Division-** You may not enter any other divisions if entering First Time Breaker

**Brief overview of rules:**

- 3 Wood boards included
- All techniques allowed
- Multiple stations (3 station max.)
- 3 minute max. (set-up/break/clean-up)
- Competitor provides own holders and stands (standard 8X8X16" stands provided)
- Competitors will be paired up
- No points toward ratings

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>
FTB1	Open to all 1 <sup>st</sup> time competitors	Coed	All ranks

### **Creative Multi-Direction Wood Breaking**

**Brief overview of rules:**

- All techniques allowed
- Stations: Beginner/Intermediate and Tiny Tott Competitors- 4 Stations Max., Advanced/BB Competitors- 8 Station Max.**
- 3 minute max. (set-up/break/clean-up)
- Competitor provides own holders and stands (standard 8X8X16" stands provided)

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>
TT1	Tiny Tott, 7&Under	Male	All ranks
TT2	Tiny Tott, 7&Under	Female	All ranks

CB1	8-12	Male	Beginner/Intermediate
CB2	8-12	Male	Advanced/Black Belt
CB3	8-12	Female	Beginner/Intermediate
CB4	8-12	Female	Advanced/Black Belt
CB5	13-17	Male	Beginner/Intermediate
CB6	13-17	Male	Advanced/Black Belt
CB7	13-17	Female	Beginner/Intermediate
CB8	13-17	Female	Advanced/Black Belt
CB9	18-39	Male	Beginner/Intermediate
CB10	18-39	Male	Advanced/Black Belt
CB11	18-39	Female	Beginner/Intermediate
CB12	18-39	Female	Advanced/Black Belt
CB13	40 and over	Male	Beginner/Intermediate
CB14	40 and over	Male	Advanced/Black Belt
CB15	40 and over	Female	Beginner/Intermediate
CB16	40 and over	Female	Advanced/Black Belt

\*All 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 (standard 8X8X16" stands provided)

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>
CO1	17 & under	Male	All ranks
CO2	17 & under	Female	All ranks
CO3	18 to 39	Male	Under Black Belt
CO4	18 to 39	Male	Black Belt
CO5	18 to 39	Female	All ranks
CO6	40 and over	Male	Under Black Belt
CO7	40 and over	Male	Black Belt
CO8	40 and over	Female	All ranks

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## Extreme Kicks Wood Breaking- Board size:3/8X10X12"

### **Brief overview of rules:**

Wood boards only

All Kicking techniques allowed; should be variations of Spinning, Jumping, Flying or Flipping Kicks

**Stations: 3 Stations, 2 attempts per station**

1 Minute to set-up, break, and clean up the area for EACH STATION

**Competitor will be provided up to 6 boards**

Competitor provides own holders and stands (standard 8X8X16" stands provided)

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>
XB1	12 & under	Male & Female	All Ranks

XB2	13 - 17	Male	All Ranks
XB3	13 - 17	Female	All Ranks
XB4	18 & Over	Male	All Ranks
XB5	18 & Over	Female	All Ranks

\*All 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)  
 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 to 39	Male	Beg/Inter/Adv	Lightweight
PC2	18 to 39	Male	Beg/Inter/Adv	Heavyweight
PC3	18 to 39	Male	Black Belt	Lightweight
PC4	18 to 39	Male	Black Belt	Heavyweight
PC5	18 to 39	Female	Beg/Inter	All weights
PC6	18 to 39	Female	Adv/Black Belt	All weights
PC7	40 and over	Male	Beg/Inter/Adv	Lightweight
PC8	40 and over	Male	Beg/Inter/Adv	Heavyweight
PC9	40 and over	Male	Black Belt	Lightweight
PC10	40 and over	Male	Black Belt	Heavyweight
PC11	40 and over	Female	All ranks	All weights

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

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PC12	18 to 39	Male	Beg/Inter/Adv	Lightweight
PC13	18 to 39	Male	Beg/Inter/Adv	Heavyweight
PC14	18 to 39	Male	Black Belt	Lightweight
PC15	18 to 39	Male	Black Belt	Heavyweight
PC16	18 to 39	Female	Beg/Inter	All weights
PC17	18 to 39	Female	Adv/Black Belt	All weights
PC18	40 and over	Male	Beg/Inter/Adv	Lightweight
PC19	40 and over	Male	Beg/Inter/Adv	Heavyweight
PC20	40 and over	Male	Black Belt	Lightweight
PC21	40 and over	Male	Black Belt	Heavyweight
PC22	40 and over	Female	All ranks	All weights

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

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PC23	18 to 39	Male	Beg/Inter	Lightweight
PC24	18 to 39	Male	Beg/Inter	Heavyweight
PC25	18 to 39	Male	Adv/Black Belt	Lightweight
PC26	18 to 39	Male	Adv/Black Belt	Heavyweight
PC27	18 to 39	Female	Beg/Inter	All weights
PC28	18 to 39	Female	Adv/Black Belt	All weights
PC29	40 and over	Male	Beg/Inter	Lightweight
PC30	40 and over	Male	Beg/Inter	Heavyweight
PC31	40 and over	Male	Adv/Black Belt	Lightweight
PC32	40 and over	Male	Adv/Black Belt	Heavyweight
PC33	40 and over	Female	All ranks	All weights

\*All Divisions may be broken up further or combined as needed

## Speed Board Breaking-

Board size: 7 yrs. and under- 1/2x6x12", 8-12- 1/2X10X12", 13 and over- 1X10X12

### **Brief overview of rules:**

No Spacers Allowed

Any technique allowed

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

**Stations must be made up of standard 8X8X16" block provided**

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	7 & under	Coed	All ranks	All weights
SB2	8-12	Coed	All ranks	All weights
SB3	13-17	Male	All ranks	All weights
SB4	13-17	Female	All ranks	All weights
SB5	18 and over	Male	Beg/Inter	All weights
SB6	18 and over	Male	Adv/Black Belt	All weights
SB7	18 and over	Female	Beg/Inter	All weights
SB8	18 and over	Female	Adv/Black Belt	All weights

\*All Divisions may be broken up further or combined as needed

## Creative Speed Board Breaking-

Board size: 7 yrs. and under- 1/2x6x12", 8-12- 1/2X10X12", 13 and over- 1X10X12

### **Brief overview of rules:**

No Spacers Allowed

Any technique allowed

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

**No restrictions on size or set-up of station; Outside apparatus may be used**

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>
CSB1	7 & under	Coed	All ranks	All weights
CSB2	8-12	Coed	All ranks	All weights
CSB3	13-17	Male	All ranks	All weights
CSB4	13-17	Female	All ranks	All weights
CSB5	18 and over	Male	All ranks	All weights
CSB6	18 and over	Female	All ranks	All weights

\*All Divisions may be broken up further or combined as needed

### High Jump Board Breaking- Board size:3/8X10X12"

**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, 1 minute per attempt

**Boards will be supplied**

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
HJ1	7 & under	Coed	All ranks	All weights
HJ2	8-10	Coed	All ranks	All weights
HJ3	11-12	Coed	All ranks	All weights
HJ4	13-14	Male	All ranks	All weights
HJ5	13-14	Female	All ranks	All weights
HJ6	15-17	Male	All ranks	All weights
HJ7	15-17	Female	All ranks	All weights
HJ8	18 and over	Male	All ranks	All weights
HJ9	18 and over	Female	All ranks	All weights

\*All Divisions may be broken up further or combined as needed

### Power Board Breaking-

Board size: 7 yrs. and under- 1/2x6x12", 8-12- 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  
 Stacks are to be pre-taped, except in the machine division  
 5 minute max. (set-up)  
 Boards must be purchased from supply committee

**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	7 & under	Male	All ranks	All weights
PB2	7 & under	Female	All ranks	All weights
PB3	8-12	Male	Beg/Int	All weights
PB4	8-12	Male	Adv/Black Belt	All weights
PB5	8-12	Female	Beg/Int	All weights



PB6	8-12	Female	Adv/Black Belt	All weights
PB7	13-17	Male	Beg/Int	All weights
PB8	13-17	Male	Adv/Black Belt	All weights
PB9	13-17	Female	Beg/Int	All weights
PB10	13-17	Female	Adv/Black Belt	All weights
PB11	18 and over	Male	Beg/Inter	Lightweight
PB12	18 and over	Male	Adv/Black Belt	Lightweight
PB13	18 and over	Male	Beg/Inter	Heavyweight
PB14	18 and over	Male	Adv/Black Belt	Heavyweight
PB15	18 and over	Female	Beg/Inter	All weights
PB16	18 and over	Female	Adv/Black Belt	All weights

\*All 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>
PB17	7 & under	Male	All ranks	All weights
PB18	7 & under	Female	All ranks	All weights
PB19	8-12	Male	Beg/Int	All weights
PB20	8-12	Male	Adv/Black Belt	All weights
PB21	8-12	Female	Beg/Int	All weights
PB22	8-12	Female	Adv/Black Belt	All weights
PB23	13-17	Male	Beg/Int	All weights
PB24	13-17	Male	Adv/Black Belt	All weights
PB25	13-17	Female	Beg/Int	All weights
PB26	13-17	Female	Adv/Black Belt	All weights
PB27	18 and over	Male	Beg/Inter	Lightweight
PB28	18 and over	Male	Adv/Black Belt	Lightweight
PB29	18 and over	Male	Beg/Inter	Heavyweight
PB30	18 and over	Male	Adv/Black Belt	Heavyweight
PB31	18 and over	Female	Beg/Inter	All weights
PB32	18 and over	Female	Adv/Black Belt	All weights

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**Foot-** 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>
PB33	7 & under	Male	All ranks	All weights
PB34	7 & under	Female	All ranks	All weights
PB35	8-12	Male	Beg/Int	All weights
PB36	8-12	Male	Adv/Black Belt	All weights
PB37	8-12	Female	Beg/Int	All weights
PB38	8-12	Female	Adv/Black Belt	All weights
PB39	13-17	Male	Beg/Int	All weights
PB40	13-17	Male	Adv/Black Belt	All weights
PB41	13-17	Female	Beg/Int	All weights
PB42	13-17	Female	Adv/Black Belt	All weights
PB43	18 and over	Male	Beg/Inter	Lightweight

PB44	18 and over	Male	Adv/Black Belt	Lightweight
PB45	18 and over	Male	Beg/Inter	Heavyweight
PB46	18 and over	Male	Adv/Black Belt	Heavyweight
PB47	18 and over	Female	Beg/Inter	All weights
PB48	18 and over	Female	Adv/Black Belt	All weights

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**Adult Foot Machine**- 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>
PB49	18 and over	Male	Beg/Inter	Lightweight
PB50	18 and over	Male	Adv/Black Belt	Lightweight
PB51	18 and over	Male	Beg/Inter	Heavyweight
PB52	18 and over	Male	Adv/Black Belt	Heavyweight
PB53	18 and over	Female	Beg/Inter	All weights
PB54	18 and over	Female	Adv/Black Belt	All weights

\*All Divisions may be broken up further or combined as needed

