

2017 11th Annual
North East Open
RULES

The following are the rules for the events. Any changes will be announced and the rules will also be published in the official event program book, to be distributed to all competitors the day of the event.

All Forms & Weapons Events will be Judged on a 1 – 10 Scale, with 1/10 point increments. Scores from all Judges will be added together, and the highest total will win. In the case of a tie, judges may use their discretion and possibly ask for a repeat performance to determine a winner.

Time Limit for all Forms & Weapons Divisions will be: 3 Minutes

Traditional Forms & Weapons:

Competitors in these divisions will perform Forms (patterns, kata, poomse, etc.) traditional to a specific style of martial arts. These forms must capture the essence of classic martial arts movements, showcasing the traditional techniques, stances and footwork of the specific style. All competitors of a specific age and rank division will compete against each other, regardless of style. Emphasis is placed on execution of technique, application of technique, balance, speed, power, solid stances, and focus. Forms may be unmodified or modified from what a system or school considers to be the original version of the form; however, performance of a form voted by the judges as inappropriate for the division will result in a unanimous decision, of a "no score". Competitors should use weapons of a traditional design.

Creative Forms & Weapons:

The Creative Division allows forms to include an array of techniques. These forms may be devised in their entirety by the competitor, or be a traditional form in which modern aspects were added. In this division, the competitor may perform any movements whether they originate from traditional or contemporary martial arts systems or otherwise. However, at least half of the form must originate from martial arts techniques. Emphasis is placed on the quality of execution of techniques and movements, martial arts skills, balance, speed, power, degree of difficulty, and showmanship, solid stances, focus, spinning kicks, jump spinning kicks, flying kicks, multiple kicks, splits and other creative martial arts techniques are permitted. In addition, only those movements that portray a definite offensive or defensive martial arts purpose, or are included to illustrate extreme flexibility or agility, are allowed. We are now allowing: extreme gymnastic-type movements in the creative form and weapons divisions, as well as spins greater than 360 degrees.

Synchronized Team Forms & Weapons:

Team members must be synchronized 75% of the time during the form. (2–6 members per team). Creative, Traditional & Extreme rules apply (same as noted above) with the additional factor of precision of synchronization taken into account. Team members may face different directions and perform in any style arrangement they wish. They may utilize different rhythms and start times as long as approx 3/4 of the routine is in synchronization.

STARTING A FORM OVER: If a competitor starts his/her form over because of a memory lapse or any other reason due to his/her own negligence, he/she may perform the form again. The three-minute time limit will start over. The judges will take into account the competitors rank and age in deterring the negative factor on the score. A competitor can only start over one time. If a competitor has to start over not due to his/her negligence, he/she will not be penalized on the start over.

WEAPON DIVISIONS & SAFETY: Safety Rule: Weapons should be kept in equipment bags or cases until competition time. No competitor should be walking around with weapons unless headed for the competition ring. Bladed weapons must be kept sheathed at all times unless performing. **NO LIVE BLADES!** Judges may request to inspect weapons. Weapons should be appropriate for divisions, “flashy” weapons are not appropriate for traditional divisions, etc. Weapons may be practiced in the designated area only. If a competitor recklessly or carelessly misuses his/her weapon, he/she may be penalized or disqualified.

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Demonstration Team Competition:

Will take place first thing in the morning at 8:30am. Demo Team Members will be allowed in the door earlier than the stated "Doors Open" time.

Exhibit as many aspects of your discipline or a mix of styles and disciplines. The main objective is to put on an exciting and entertaining show featuring martial arts.

Demonstration teams can consist of a minimum of 3 members and a maximum of 20. The team may be a mix of male, female, different ages and different ranks. Teams will have an 8 minute time limit to perform a demonstration of any discipline or combination of disciplines of martial arts. All demonstrations must be done with the safety of the spectators in mind. No Fire, Explosives, Glass, or anything potentially hazardous (TNT Breaking Boards are allowed). The 8 minute time limit will include setup and break down. At the conclusion of their performance the team must clear and clean the performance area and make available to the next team. Music, weapons & breaking can be used but is not required. Other props not listed must be approved by the judges/event director (feel free to email your questions ahead of time).

1st through 3rd place will be awarded with 1 LARGE Trophy per team.

Self-Defense:

Competitor will have 3 minutes to perform 3 to 5 self-defense sequences. The competitor must demonstrate each sequence twice, once full speed and once in slow-motion showing the mechanics of the techniques and what exactly is being done (manipulations and strikes that may not be seen full speed). The competition ring for this division will be matted. Each competitor must have their own partner/attacker "Uke". All partners/attackers or "Uke's" must report to the ring with the competitor. If your partner is competing in a different ring, please let the ring coordinators know and we will make sure we accommodate you. There are no restrictions on the rank, age, size of your partner. Each competitor may only have one attacker for each defense, and must have the same attacker for their entire performance. Weapons may be used, only knives, guns & sticks/bats are allowed. There should be no live weapons only training safety weapons.

The Self-Defense divisions will be judged on the EFFECTIVENESS of the technique and the competitors ability to control their attacker and the situation efficiently and collected. Flashy movie style self-defenses will not score high if they lack street practicality.

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Point Sparring

GENERAL:

- 2 minutes time limit, fight ends when 1 competitor earns 5 points or after 2 minutes, whichever comes first.
- Ties = sudden death, next point wins.
- 1 Point for a clean hand strike, 1 points for a clean kick.
- No official coaching during the match, no parents, team members in the ring, cheering is allowed!
- NO grabbing, leg checking, sweeping, ground fighting or blind techniques.
- NO point if you fall to the ground during or after scoring a point.

MANDATORY SAFETY EQUIPMENT:

All competitors are required to wear: foam dipped head gear, hand gear, foot gear, mouth guard, groin protector (males). All jewelry must be removed. Soft shin guards (no hard soccer shin guards allowed) & Rib/Chest Guards are recommended.

Please insure that your students have the required mandatory safety equipment. Competitor's gear will be checked at the staging area. If they do not have the required mandatory equipment by the time they leave the staging area, they will be disqualified. NO EXCEPTIONS.

LEGAL TARGET AREAS:

Students may strike their opponent's: chest, rib cage and abdominal area (side seam of uniform forward) & protected areas of the head (excluding back of the head).

Illegal target areas include: groin, back & kidneys, throat, face.

CONTACT:

- No Contact-no contact with opponent at all. ***NO POINT.**
- Light to Light Medium Contact-contact ranging from light touch to contact that can move an opponent's body/head SLIGHTLY.
All beginner/intermediate sparring divisions need to demonstrate this level of contact in order to score points to the body and head.
- Light Medium to Medium Contact-contact ranging from moving the opponent's body slightly to moving it a moderate amount, without being considered excessive, heavy, or intending to harm.
All advanced and Black Belt divisions need to demonstrate this level of contact in order to score points to the body. **Contact to the head must remain light medium in all divisions.
- Heavy Contact-contact that is excessive and will result in a warning, penalty point, both, or immediate disqualification if in the judges opinion there was no consideration of the contact rules.

WARNINGS AND PENALTY POINTS:

ONE verbal warning will be given to a fighter for committing a foul; Subsequent fouls of any type will result in a penalty point given to the opponent.

Judges may disqualify a fighter after ANY display of blatant disregard for the rules, of any type.

FOULS:

- Groin strikes, including unintentional kicking too low.
- Strikes to the back, back of the head, face, or any other illegal target area.
- Grabbing/holding
- Leg checking or sweeping
- Ground fighting
- Running out of the ring
- Excessive contact
- Disrespect or unsportsmanlike conduct to the judges or opponent
- Coaching
- Not fighting



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General

Judging and Scoring Method:

1. 3-Judge system – Tally all points.
2. Any/each violation will cause a deduction of points according to the Rules set forth by each respective Discipline and Competition.
3. Competitors will be judged on: difficulty, creativity, focus, expression, balance, poise and grace, and completion of breaks.
4. **Ties:** In the event of a tie, the winner will be decided as outlined in each division.
5. **Arbitration and Protest:** Competitors who feel they received an unfair score may file an Official Protest by presenting their argument to the USBA/WBA Representative on site (\$20.00 Protest Fee may be imposed at any time). The protestor will present the case to the USBA/WBA Representative through the ring coordinator. Any decision rendered by the USBA/WBA Representative will be final. If the USBA/WBA Representative finds in favor of the protestor, then the decision will be rectified and the Protest Fee will be returned. Protests must be made before the end of their particular division.

Warnings and Disqualification:

Disruptive behavior, use of profanity, or other unsportsmanlike conduct will result in a warning being issued. If the behavior is deemed by the Judges to be malicious, it will result in deduction of a point (as appropriate for the event) or disqualification.

Materials:

1. **Purchase of Materials:** All breaking materials must be purchased from the Supply Committee on-site, with the exception of the Creative Multi-Direction Wood Breaking, Creative Open Breaking and Extreme Breaking divisions (which must be inspected by Judges). All breaking materials must be approved by Ring Judges and Selected Committee.
2. **Inspection of Materials:** Judges and/or USBA/WBA reserve the right to inspect any materials that are to be used for breaking.
3. **Removal of Materials:** All breaking materials must be removed from the competition area by competitors and put into the dumpsters provided by Committee after completion of each performance.

Divisions:

1. **Weight Divisions:** Where specified, weight divisions will be as follows: Men- Light Weight – 199.9 and under, Heavy Weight - 200 and over; Women- Light Weight- 160.9 and under, Heavy Weight - 161 and over. Weigh-in will take place at the registration area as registration is done or at the rings. The competitor's weight will be written on his/her competition ticket.
2. **Divisions with Fewer than 5 Competitors** may be combined with the next closest division at the discretion of the Judges.
3. **Entries:** Competitors may enter as many divisions as they wish (it is the competitor's responsibility to enter all competitions when called).

Uniforms:

1. **Competitor Uniform:** In order to compete, the competitor MUST be wearing a uniform at the time he/she is called to the ring. This uniform must consist of, at a minimum: Studio or team t-shirt and Martial Arts type pants. No shorts, tank tops, jeans, ripped clothing, etc. may be worn. If you have a question please see an official USBA/WBA representative before the start of your division. The uniform top may be removed as part of a Creative breaking routine.

Time Limits:

1. **IMPORTANT:** In order to keep the breaking divisions running smoothly, competitors will be required to adhere to the time limits outlined. This is very important, and deductions will be enforced. It would be to the competitor's benefit to practice set-ups, breaks, and clean-ups before the day of the event.
2. **Competitor Readiness:** A competitor must be ready to compete, as determined by the judges, as soon as that competitor's name is called in the ring.

Safety: The safety of the competitor and the audience comes first, NO EXCEPTIONS! The safety of the competitor is very important and we request that the instructor of the competitor approve all breaks. If the break is deemed to be unsafe by the Judges or the USBA/WBA Representative on site, we reserve the right to restrict the break. No material may leave the ring as a result of breaking unless planned for beforehand, to ensure that no other competitor, spectator, or Judge will be struck or put in danger by material as a result of a break. If this occurs, the Judges have the right to disqualify the competitor if they feel that the safety of others was compromised. Also, the break cannot cause damage to the facility or surrounding fixtures.



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Creative Multi-Direction Wood Breaking

1. **Materials:** Wood boards only. Competitor may purchase boards on-site or provide their own.
2. **Props:** Props and “prop stations” may be used. Competitor will be allowed a maximum of 3 prop stations that will not be included in their routine for scoring purposes. Competitor must communicate prop stations to the ring coordinator and judges before the start of their routine.
3. **Techniques:** All techniques are allowed. Competitor may use any strike to break.
4. **Stations: Tiny Tott, Beginner and Intermediate Competitors- 4 Stations Max., Advanced and Black Belt Competitors- 8 Station Max.** The competitor may set up the maximum number of stations for his/her specific rank. Each break will be considered one station. Simultaneous breaks will be considered one station. A station may be free standing, set on stands, or held by assistants. Competitor will be responsible for all materials required to set up their stations. Competitors will also be required to ensure the safety of fellow competitors and spectators as outlined in “General: Safety” above.
5. **Time Limits:** Competitor will have a maximum of **3 minutes** to set-up, break, and clean up the area. A deduction of 3 points will be taken off the competitor’s final score for every 15 seconds over the allotted time. Deductions will begin after the 3-minute mark. Time is cumulative, determined as follows: time starts when competitor starts set-up, time stops when competitor completes set-up, time starts again upon the attempt of the first break, time stops when the ring is cleared as determined by the ring coordinator.
6. **Judging:** Competitor will be judged on difficulty, creativity, focus, and completion of breaks.
7. **Ties:** In the event of a tie, the winner will be **decided by the exclusion of low and/or high scores, a 1-station break-off, or a show of hands—at the Judges’ discretion.**

Creative Open Breaking - Any Materials, No Fire or Glass Breaks

1. **Materials:** Any materials can be used except fire and glass breaks. Examples of materials are cement blocks, wood boards, concrete, wood poles, bricks, metal, etc. Creativity of materials used, props, and techniques will increase a competitor’s score. Music is allowed, but competitor will be responsible for music.
2. **Props:** Props and “prop stations” may be used. Competitor will be allowed a maximum of 3 prop stations that will not be included in their routine for scoring purposes. Competitor must communicate prop stations to the ring coordinator and judges before the start of their routine. Glass may be used as a prop, such as a bed of glass, as long as it is contained and not broken on site.
3. **Techniques:** All techniques are allowed. Competitor may use any strike to break.
4. **Breaking stations:** : The competitor may set up a maximum of 10 stations. Each break will be considered one station. Simultaneous breaks will be considered one station. If competitor leaves the ground all breaks executed before he/she returns to the ground will be considered one station. A station may be free standing, set on stands, or held by assistants. Competitor will be responsible for all materials required to set up their stations. Competitors will also be required to ensure the safety of fellow competitors and spectators as outlined in “General: Safety” above.
5. **Time Limits:** Competitor will have a maximum of **6 minutes** to set-up, break, and clean up the area. A deduction of 3 points will be taken off the competitor’s final score for every 15 seconds over the allotted time. Deductions will begin after the 6-minute mark. Time is cumulative, determined as follows: time starts when competitor starts set-up, time stops when competitor completes set-up, time starts again upon the attempt of the first break, time stops upon the completion of the last break, time starts when clean-up begins, time stops when the ring is cleared as determined by the ring coordinator.
6. **Judging:** Competitor will be judged on difficulty, creativity, focus, and completion of breaks.
7. **Ties:** In the event of a tie, the winner will be decided by the exclusion of low and/or high scores, a 1-station break-off, or a show of hands—at the Judges’ discretion.

Creative Multi-Directional Team Breaking

Team Members: teams must consist of 2 competitors. Neither age nor rank needs to be in the same category

Materials: Wood boards only. Competitor may purchase boards on-site or provide their own.

Props: Props and “prop stations” may be used. Competitor will be allowed a maximum of 3 prop stations that will not be included in their routine for scoring purposes. Competitor must communicate prop stations to the ring coordinator and judges before the start of their routine.

Techniques: All techniques are allowed. Competitor may use any strike to break.

Breaking Stations: 8 Station Max. Regardless of rank. The competitors may set up the maximum number of breaking stations. Each break will be considered one station. Simultaneous breaks will be considered one station. If competitor leaves the ground all breaks executed before he/she returns to the ground will be considered one station. Both competitors must break, but there is no requirement as to how many breaks each competitor must perform, only that the combined total of breaks stations is 8 or less. A station may be free standing, set on stands, or held by assistants. Competitor will be responsible for all materials required to set up their stations. Competitors will also be required to ensure the safety of fellow competitors and spectators as outlined in “General: Safety” above.

Time Limits: Competitor will have a maximum of **3 minutes** to set-up, break, and clean up the area. A deduction of 3 points will be taken off the competitor’s final score for every 15 seconds over the allotted time. Deductions will begin after the 3-minute mark. Time is cumulative, determined as follows: time starts when competitor starts set-up, time stops when competitor completes set-up, time starts again upon the attempt of the first break, time stops when the ring is cleared as determined by the ring coordinator.

Judging: Competitor will be judged on difficulty, creativity, focus, and completion of breaks.



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Power Board Breaking

Hand

1. **Materials and Spacers:** Boards must be purchased on site from Supply Committee. Carpenter pencil spacers will be provided.
2. **Techniques:** Hand technique only (palm, knife-hand or chop, hammer fist, etc.). Technique must be a downward strike.
3. **Weight divisions:** See "General: Divisions" above.
4. **Stations:** One station will be used. Boards will be set on a block base. Competitors may set up as many boards as they wish. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
5. **One Strike Only!** Competitor has one attempt to break the boards.
6. **Time Limits:** Competitor will have a maximum of **5 minutes** to set up. Time starts when the competitor signals he/she is ready, time stops when the competitor signals to the ring coordinator that his/her set-up is complete. Additional time will be counted if a set-up is to be significantly altered as determined by the ring coordinator. A deduction of 1 board will be taken off the competitor's total break for every 15 seconds over the allotted time. Deductions will begin after the 5-minute mark.
7. **Judging:** Judges will count the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
Ties: In the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner. If there is a tie created by more than one competitor breaking 100% of their stack (example: 2 competitors break 10 out of 10), the competitor that broke the amount first is the winner.

Elbow

1. **Materials and Spacers:** Boards must be purchased on site from Supply Committee. Carpenter pencil spacers will be provided.
2. **Techniques:** Elbow strike only (drop elbow, overhand elbow, etc.). Technique must be a downward strike.
3. **Weight divisions:** See "General: Divisions" above.
4. **Stations:** One station will be used. Boards will be set on a block base. Competitors may set up as many boards as they wish. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
5. **One Strike Only!** Competitor has one attempt to break the boards.
6. **Time Limits:** Competitor will have a maximum of **5 minutes** to set up. Time starts when the competitor signals he/she is ready, time stops when the competitor signals to the ring coordinator that his/her set-up is complete. Additional time will be counted if a set-up is to be significantly altered as determined by the ring coordinator. A deduction of 1 board will be taken off the competitor's total break for every 15 seconds over the allotted time. Deductions will begin after the 5-minute mark.
7. **Judging:** Judges will count the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
Ties: In the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner. If there is a tie created by more than one competitor breaking 100% of their stack (example: 2 competitors break 10 out of 10), the competitor that broke the amount first is the winner.

Kids Wood Foot

1. **Materials and Spacers:** Boards must be purchased on site from Supply Committee. Carpenter pencil spacers will be provided.
2. **Techniques:** Foot strike only (stomp, axe kick, etc.). Technique must be a downward strike.
3. **Weight divisions:** See "General: Divisions" above.
4. **Stations:** One station will be used. Boards will be set on a block base. Competitors may set up as many boards as they wish. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
5. **One Strike Only!** Competitor has one attempt to break the boards.
6. **Time Limits:** Competitor will have a maximum of **5 minutes** to set up. Time starts when the competitor signals he/she is ready, time stops when the competitor signals to the ring coordinator that his/her set-up is complete. Additional time will be counted if a set-up is to be significantly altered as determined by the ring coordinator. A deduction of 1 board will be taken off the competitor's total break for every 15 seconds over the allotted time. Deductions will begin after the 5-minute mark.
7. **Judging:** Judges will count the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
Ties: In the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner. If there is a tie created by more than one competitor breaking 100% of their stack (example: 2 competitors break 10 out of 10), the competitor that broke the amount first is the winner.

Adult Wood Foot - With Machine—Any Foot Technique Except Stomp

1. **Materials and Spacers:** Boards must be purchased on site from Supply Committee. NO SPACERS!
2. **Techniques:** Any kick technique, except stomp. Competitor may skip or jump. NO RUNNING!
3. **Weight divisions:** See "General: Divisions" above.
4. **Stations:** One station will be used. Boards will be held by machine to be broken in a horizontal direction. Competitors may set up as many boards as they wish. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
5. **Attempts:** Competitor will have 2 attempts to break the most boards. The better of the 2 attempts will be used. All competitors will execute their first attempt before the start of the second round of attempts.
6. **Order:** All competitors will complete their first attempt. After first attempt all competitors will complete their second attempt.
7. **One Strike Only Per Attempt!** Competitor may execute one strike per attempt to break the boards.
8. **Time Limits:** Competitors will be expected to keep the division progressing in a timely fashion. Because of the apparatus used times may vary. Any competitor that fails to comply with the ring coordinator's instructions in an attempt to keep the division progressing will be subject to a penalty to be determined by the ring coordinator at the time of the infraction.
9. **Judging:** Judges will count the number of boards broken to determine the winner. The competitor who breaks the most boards in either round is the winner. Some examples: a. Competitor A breaks 8 of 8 in the first round. Competitor B breaks 8 of 8 in the second round. Competitor A wins because you cannot intentionally tie the first round. (Assuming 8 is the largest amount broken)
b. Competitor A breaks 8 of 10 in the first round. Competitor B also breaks 8 of 10 in the first round. This is an unintentional tie. The winner of the second round will determine the winner. (Assuming 8 is the largest amount broken) The judge should prevent a tie in the second round by disallowing competitors that are tied to put up the same amount of boards.
c. Competitor A breaks 8 of 10 in the first round. Competitor B breaks 8 of 8 in the second round. Competitor B wins by percentage. (Assuming 8 was the largest amount broken)
d. Competitor A breaks 8 of 10 in the first round and 6 of 6 in the second round. Competitor B breaks 6 of 7 in the first round and 8 of 10 in the second round. Competitor A wins by percentage, 87% compared to Competitor B at 82%.
e. Competitor A breaks 8 of 10 in the first round and 6 of 6 in the second round. Competitor B breaks 6 of 6 in the first round and 8 of 10 in the second round, creating an unintentional tie. Competitors must break a third time to determine the winner. The judge should prevent a tie in the tie breaker round by disallowing competitors to put up the same amount of boards.
10. **Ties:** In the event of a tie, the winner will be decided by the highest percentage broken. Both rounds will be considered in deciding a tie. The original order will be maintained during tie breakers. See "Judging" above for more detail.



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Power Concrete Breaking

Hand

1. **Materials and Spacers:** Blocks must be purchased on site from Supply Committee. Carpenter pencil spacers will be provided.
 2. **Techniques:** Hand technique only (Palm, punch, chop, etc.). Technique must be a downward strike.
 3. **Weight divisions:** See "General: Divisions" above.
 4. **Stations:** One station will be used. Blocks will be set on a block base. Competitors may set up as many blocks as they wish. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
 5. **One Strike Only!** Competitor has one attempt to break the blocks.
 6. **Time Limits:** Competitor will have a maximum of **6 minutes** to set up. Time starts when the competitor signals he/she is ready, time stops when the competitor signals to the ring coordinator that his/her set-up is complete. Additional time will be counted if a set-up is to be significantly altered as determined by the ring coordinator. A deduction of ½ block will be taken off the competitor's total break for every 15 seconds over the allotted time. Deductions will begin after the 6-minute mark.
 7. **Judging:** Judges will count the number of blocks broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
- Ties:** In the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner. If there is a tie created by more than one competitor breaking 100% of their stack (example: 2 competitors break 10 out of 10), the competitor that broke the amount first is the winner.

Elbow

1. **Materials and Spacers:** Blocks must be purchased on site from Supply Committee. Carpenter pencil spacers will be provided.
 2. **Techniques:** Elbow technique only (drop elbow, overhand elbow, etc.). Technique must be a downward strike.
 3. **Weight divisions:** See "General: Divisions" above.
 4. **Stations:** One station will be used. Blocks will be set on a block base. Competitors may set up as many blocks as they wish. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
 5. **One Strike Only!** Competitor has one attempt to break the blocks.
 6. **Time Limits:** Competitor will have a maximum of **6 minutes** to set up. Time starts when the competitor signals he/she is ready, time stops when the competitor signals to the ring coordinator that his/her set-up is complete. Additional time will be counted if a set-up is to be significantly altered as determined by the ring coordinator. A deduction of ½ block will be taken off the competitor's total break for every 15 seconds over the allotted time. Deductions will begin after the 6-minute mark.
 7. **Judging:** Judges will count the number of blocks broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
- Ties:** In the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner. If there is a tie created by more than one competitor breaking 100% of their stack (example: 2 competitors break 10 out of 10), the competitor that broke the amount first is the winner.

Feet

1. **Materials and Spacers:** Blocks must be purchased on site from Supply Committee. Carpenter pencil spacers will be provided.
2. **Techniques:** Foot technique only (Stomp, Axe kick, etc.). Technique must be a downward strike.
3. **Weight divisions:** See "General: Divisions" above.
4. **Stations:** One station will be used. Blocks will be set on a block base. Competitors may set up as many blocks as they wish. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
5. **One Strike Only!** Competitor has one attempt to break the blocks.
6. **Time Limits:** Competitor will have a maximum of **6 minutes** to set up. Time starts when the competitor signals he/she is ready, time stops when the competitor signals to the ring coordinator that his/her set-up is complete. Additional time will be counted if a set-up is to be significantly altered as determined by the ring coordinator. A deduction of ½ block will be taken off the competitor's total break for every 15 seconds over the allotted time. Deductions will begin after the 6-minute mark.

Judging: Judges will count the number of blocks broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.

Ties: In the event of a tie, the winner will be decided by the highest percentage broken. Example: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner. If there is a tie created by more than one competitor breaking 100% of their stack (example: 2 competitors break 10 out of 10), the competitor that broke the amount first is the winner.