

*2021 15th Annual*  
**N o r t h E a s t O p e n**  
**R U L E S**

*The following are the rules for the events. Any changes will be announced.*

**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**

**Open Forms & Weapons:**

Competitors in these divisions will perform Forms (patterns, kata, poomse, etc.) traditional or creative in nature. 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. Forms may also 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.

***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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**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.*

## **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



2021 15th Annual  
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## United States and World Breaking Associations- Competition Rules

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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.



## 2021 15th Annual North East Open RULES

### United States and World Breaking Associations- Competition Rules

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#### Creative Multi-Direction Wood Breaking

1. **Materials:** Wood boards only. Competitor may purchase boards on-site or provide their own. Props and creativity of techniques will increase a competitor's score. Music is allowed, but competitor will be responsible for music. Glass may be used as a prop, such as a bed of glass, as long as it is contained and not broken on site.
2. **Techniques:** All techniques are allowed. Competitor may use any strike to break.
3. **Breaking 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 breaking stations for his/her specific rank. Each break will be considered one station. Simultaneous breaks (all breaks executed in one moment in time) 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.
4. **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.
5. **Judging:** Competitor will be judged on areas including difficulty, creativity, focus, intensity, materials and completion of breaks.
6. **Ties:** In the event of a tie, the winner will be decided by a show of hands by the Judges.

#### 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.
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##### Wood Foot (Stomp)

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.



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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.

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