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ALBANY, NY

at the



www.NorthEastOpen.com



2021 North East Open

Martial Arts Competition & Showcase

*August 14th 2021 * Albany Capital Center, Albany NY*

www.NorthEastOpen.com

Dear Instructors, Athletes, Parents and Friends,

It gives me great pleasure to invite you to the 15th Annual North East Open Tournament & Showcase to be held on August 14th 2021 at the Albany Capital Center in Albany, NY.

We have all had a tough, unexpected year with the Covid19 pandemic. We are excited to welcome you back to in-person competition and our goal is to bring back the event safely. This year will be very different then previous years. Many of our exciting, over-the-top aspects will not be present, and we apologize. But most importantly, you can count on the same organization and camaraderie that you have come to expect from the NEO. By next year we will be back to normal!

The event will continue to bring together athletes of different training backgrounds. Rather than offering a competition with the attitude of "finding out who is best," the goal of our tournament is to open up competitors' eyes to the beauty and strength of all different styles of martial arts.

Since its inception in 2007, the North East Open has established itself as a premier showcase of Martial Arts talent in the Northeastern United States by developing a unique tournament atmosphere which focuses on celebration instead of competition. The NEO is committed to Martial Arts excellence, camaraderie, sportsmanship, and cultural enlightenment. The NEO strives to be the annual event for enthusiasts of traditional and sport Martial Arts to meet, network and create lasting friendships.

It is my goal to continue to make this an event that brings together the martial arts community, and to bring the regions most anticipated annual Martial Arts event to new heights by improving every year! Schools, students and instructors from all styles and backgrounds can come together and meet and share with one another in a full day of martial art festivities, competition, demonstrations, camaraderie & networking.

Competition events will include limited this year; open forms & weapons, sparring, creative and power breaking. The breaking events will be sanctioned by the United States Breaking Association and the World Breaking Association.

With your support & participation, the North East Open will continue to grow to be one of the largest and best events on the east coast. I sincerely hope that you will be able to participate and help us to make this truly a celebration, with a gathering of the regions finest martial artists. If you have any further questions, comments or concerns, please feel free to call or email. Looking forward to seeing you at the North East Open.

Sincerely,

Adam Grogin

Master Adam Grogin
Tournament Director



What to Expect at the North East Open in 2021 (Pandemic Cut):

Expect to Spend the Full Day at the Event

While the NEO is usually designed as a full day Martial Arts entertainment extravaganza, this year it will run more as a “compete and go” style event. With current lifted restrictions, competitors and spectators are welcome to hang out and watch longer, however we will not be offering all of the features that you have come to expect and love as a martial arts enthusiast.

Expect a Friendly, Encouraging, Competition experience

While we are sure to maintain consistent judging and upholding of the rules, the premise of the North East Open is to be a Friendly Tournament that is especially good for timid newcomers and beginning level competitors. We understand that novice competitors may be nervous, so you can expect our Coordinators and Judges to be encouraging, instructional and helpful to the competitors, rather than stone faced and cut throat.

Expect a Fair & Consistent Event designed for Beginner through Veteran Competitors

The North East Open’s goal is to strive to provide the best competition experience for any and all competitors. To that end, please do not expect a National Level or Qualifier Style competition. The highest quality of fairness and conformity to the rules will be held at all times. But please allow for a moderate amount of flexibility as we attempt to create a welcoming and nurturing environment that accommodates all competitors. The competition will run with the philosophy that all Martial Arts are One Family.

Ring Size at the event will be approximately 24’ Square. ~~The stage will be 24’ deep by 32’ wide.~~ **There will be no stage this year.**

Pre-Order Boards for Creative Breaking Divisions

Competitors are allowed to bring their own boards for the Creative Divisions. There will be limited quantities of extra boards available, so please pre-order. Competitors competing in any “power“ division are required to purchase their breaking materials from our supply committee at the NEO. Only marked approved boards will be allowed in these divisions. **Deadline for board order is July 18th 2021.**

Bring Cash

Admission to the event for parents and spectators will be **\$8 per person (reduced this year due to the changes)** and only cash is accepted. In addition we will have a **few** great vendors offering various martial art related products available for sale the day of the event; including great memorabilia like tee shirts and customized trophy plates. There will be an ATM on location.

Food

Mazzone Hospitality will offer Cash Sale food and snacks throughout the day. The menu will include many diverse & hearty entrees and snacks. NO outside food or drink will be allowed in the Spectator Area, Athletes who require specific needs are allowed to bring those items and consume them in the Athlete Lounge.

Awards to Expect

As a competitive event, divisions over the age of 8 years old will be awarded trophies for 1st, 2nd & 3rd Place. All competitors in the 8 year old and younger division will receive trophies for 1st, 2nd & 3rd Place and finalist awards. **This year’s awards will be an array of different color schemes.**

Our Expectations of the Spectators

Like other family oriented sporting events, we ask the spectators to maintain a high level of decorum and sportsmanship. This event is designed to be fun and have camaraderie come before competition. Please see the Spectator Rules in the Program Book the day of the event.

Staging

There will be no Staging this year. Upon arrival, each competitor will receive a ring assignment and be expected to report to that ring, and wait ringside for their division to be called. All competitors events will take place in the same ring. Events will run in this order for every age/rank group; Forms, Weapons, Sparring, Creative Breaking, Power Breaking.

Pre-taping

Competitors competing in Power Wood Breaking divisions, the USBA/WBA now requires pre-taping of your board stacks. Upon arrival and picking up your pre-ordered boards, masking tape will be available for competitors to prep their boards. This makes the competition flow smoother and run faster. You may also bring your own Masking Tape and Carpenter Pencil Spacers.

Changing Areas

Please be aware that the event venue is a convention center, not a gymnasium, so there are no changing rooms or locker rooms. There are very nice and clean bathrooms available adjacent to the competition room available for competitors to change in.

Unique Division Names

This year all divisions will be comprised on a more flexible scale, with competitors grouped not on exact criteria, but to help create divisions that will run smoothly with the event. Fairness and safety will be our number one concern when creating these groups.

Live Online Updates

NEO live will not be utilized this year.

Phased Day:

This year competitors will receive scheduled arrival times by division/group approximately 1 week before the competition. Events will start AFTER the set arrival time, and competitors will run through all of their events in the same ring, back to back until all events are complete for that group/division.

Fewer Events:

Due to the circumstances around organizing the event in the tail end of the pandemic with 1 month lead time, we are restricted on how many events we can offer. We will be offering a slimmed down basic version of our normal NEO. Please see all documentation in the registration materials for a full list of available competitive events.

2021 15th Annual
North East Open
SATURDAY, August 14th 2021
CHECKLIST

Preparation

- Mail in Registration ASAP or Register Online www.NorthEastOpen.com:
 - Individual Competitor Registration Form
 - Waiver
 - Payment (certified check or money order payable to: **North East Open**)
- Make reservation for Overnight Accommodations using NEO Room Block at Renaissance Hotel.

What to Bring

- Uniform & Belt/Sash
- Weapons *(if needed)*
- Covid19 Safety MASK—*if desired*
- Boards, Spacers, Tape, Props for Breaking Divisions *(if needed)*
- Cash
(for Snacks/Food, and the many opportunities with the Exhibitors including trophy name plates and event T-shirts - ATM also available on site)
- Food/Water Bottle *(See additional information in the “What to Expect” Document)*
- Camera/Video Camera
- Light Jacket *(Room temperature fluctuates with the large number of attendees)*
- A Good Attitude!

2021 15th Annual
North East Open
SATURDAY, August 14th 2021

LOCATION: Albany Capital Center, 55 Eagle St, Albany, NY

EVENTS:

*Open Forms, Open Weapons, Creative Wood Breaking, Power Concrete Breaking (Hand, Elbow & Foot),
Power Wood Breaking (Hand, Elbow & Foot)*

SCHEDULE OF EVENTS:

TOURNAMENT INFO:

Saturday - August 14th

7:30 AM Doors Open - Check-In Begins

8:00 AM Competition Begins

*** Competitors will be emailed an exact schedule the week before the event.

Competitors will be assigned division groups with specific arrival times.

Competitors do NOT need to arrive until their scheduled time.

Competitors events will start AFTER the scheduled arrival time, not exactly on/at.

Competitor will complete all events back to back in the same ring.

Event Director: Adam Grogin (518) 458-1011 or eventdirector@NorthEastOpen.com

Hosted by: Pil-Sung Martial Arts Sanctioned By: USBA/WBA & 518 Martial Arts

COMPETITION AGE: All athletes shall compete at their age as of 8/14/21.

Uniform: All Competitors must wear a martial arts uniform, traditional and modern are allowed, School Logo TEE SHIRTS are allowed.

ENTRY DEADLINE:
FIRST COME, FIRST SERVE
Registration will end when limited spaces are filled - Do Not Wait

Please mail completed application with your payment to:

North East Open c/o Pil-Sung Martial Arts 1095C Central Ave. Albany, NY 12205

No day of event registration! There will be no refunds issued for any reason.

Spectator Admission (PAID AT DOOR) - \$8.00

www.NorthEastOpen.com

Event Director: Adam Grogin

c/o Pil-Sung Martial Arts

1095C Central Ave Albany, NY 12205 (518) 458-1011

EventDirector@NorthEastOpen.com

2021 15th Annual

North East Open COMPETITOR'S REGISTRATION FORM

Please send this form along with your registration fee (NON-REFUNDABLE)

FIRST COME, FIRST SERVE

Registration will end when limited spaces are filled - Do Not Wait

Please Fill in ALL Information - Important: If any information is missing, application will not be processed.

Last Name: _____ Age: _____ Date of Birth: _____

First Name: _____ MI: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Total # of Years Training in Martial Arts (All Styles): _____ Gender: M F

E-mail: _____

Martial Arts School/Club Name: _____ Instructor Name: _____

School/Club Address: _____

City: _____ State: _____ Zip: _____

Individual EVENTS

Check all events competing in

___ Open Forms ___ Open Weapons ___ Sparring

USBA/WBA NORTHEASTERN REGIONAL BREAKING CHAMPIONSHIPS

Be Sure to Fill Out the Attached Materials Request Form

___ Creative Wood Breaking ___ Power Concrete Hand
___ Power Wood Elbow ___ Power Concrete Elbow
___ Power Wood Hand ___ Power Concrete Foot
___ Power Wood Foot (Stomp)

Total # of Events Competing in: _____

BOARDS Pre-Order

Please List how many boards you will need.

___ 1"x10" (Adult) ___ 1/2"x10" (Child) ___ 1/2"x6" (Lil' Child)

TOTAL # of Boards _____ x \$2.75 = \$ _____

NOTE:

Three sizes of boards will be available:

6"x12"x1/2" (Recommended for competitors age 7 & Under)

10"x12"x1/2" (Recommended for competitors age 8-12)

10"x12"x1" (Recommended for competitors age 13 and over.)

U S B A / W B A R A N K
If competing in Breaking Events, Please Indicate your
schools designation for your Rank. Circle One
**BEGINNER - INTERMEDIATE
ADVANCED - BLACK BELT**

WEIGHT
For Breaking Competitors

F E E S

First Event = \$70

Additional Events _____

x \$10 Per Additional Event

Additional Events = _____

Board Total = _____

Total = _____

Make certified check or money order
payable to: **North East Open**

Mail Applications & Payment To:

North East Open
c/o Pil-Sung Martial Arts
1095C Central Ave
Albany, NY 12205

2021 15th Annual
North East Open
LIABILITY and HOLD HARMLESS RELEASE and WAIVER AGREEMENT

I, _____ have chosen to participate in the
(Print Name of Athlete)

2021 North East Open. I hereby waive any claim I may have at any time against the North East Open, its directors, instructors and agents, Pil-Sung Martial Arts, its agents, Adam Grogin, The Albany Capital Center, its agents, tournament officials, and tournament volunteers.

Regarding any personal injury or damage I may suffer or incur by such participation in the 2021 North East Open, I hereby accept these risks. I agree to waive any claims against any person or organization connected with the 2021 North East Open for any injuries I may sustain and likewise assume full responsibility for all my actions in connection with said tournament.

To my knowledge, I do not have any limiting physical condition or disability that would preclude my participation in the 2021 North East Open.

I also understand that all participants prior to involvement in the 2021 North East Open should obtain a physician's examination.

I further agree that the tournament director for publicity or promotion may use any pictures taken of or by me in connection with said tournament without compensation at this or any other time.

I, the undersigned, do hereby voluntarily submit my application for registration in the 2021 North East Open.

PARTICIPANT SIGNATURE

DATE

PARENT/GUARDIAN SIGNATURE

(Parent or Guardian sign if participant is under 18)

DATE

Relationship to Athlete _____

www.NorthEastOpen.com

Event Director: Adam Grogin

North East Open

1095C Central Ave Albany, NY 12205

(518) 458-1011

EventDirector@NorthEastOpen.com

Event Venue & Host Hotel

The Albany Capital Center

55 Eagle Street Albany, NY 12207 www.AlbanyCapitalCenter.com

The North East Open will take place in the 53,000-square-foot new as of 2017, Albany Capital Center, Convention Center.

Hotel Room Information

Renaissance Albany Hotel

144 State Street Albany NY 12207

- Closest Hotel to the convention center
- Connected by Enclosed Walkway/Bridge
- Hotel offers complimentary shuttle service to and from the Albany International Airport and Amtrak train station, based upon request, timing and availability.
- **Standard Room: \$149.00 per night**
- **Executive Room: \$169.00 per night**
- Reservations for the Event will be made by individual attendees directly with Marriott by calling Marriott toll free reservations at 888-236-2427 or using the convenient link on our website.
- Make sure you book your room under the North East Open Block to get the special rate!

DEADLINE for SPECIAL ROOM RATES 7/25/21

D I R E C T I O N S T O T H E A L B A N Y C A P I T A L C E N T E R

From I-87 North: Take exit 23 to I-787. Take Exit 4 towards West 20. Continue to the first light and make a left towards Broadway. Go straight at the next right onto Broadway. Turn left onto State Street and continue 0.3 miles to turn left onto Eagle Street. The Albany Capital Center will be on your left.

From I-90 East: Continue right towards I-87 South. Take exit 23 for I-787/US-9W toward Albany/Rensselaer. Keep left, follow signs for I-787 N. Take Exit 4 towards West 20. Continue to the first light and make a left towards Broadway. Go straight at the next right onto Broadway. Turn left onto State Street and continue 0.3 miles to turn left onto Eagle Street. The Albany Capital Center will be on your left. *To find the Albany Capital Center's Parking Garage for both above, turn left onto Howard Street (before 55 Eagle Street) and take the first right onto Wendell Street. The garage entrance is on your right.*

From the I-87 South: Take Exit 6-7 for NY-7 East toward Troy/Cohoes. Take the I-787 exit towards NY-787/Albany/Cohoes/New York Thruway. Keep right at the fork and follow signs for I-787 South. Take Exit 3B toward US-20 West. Continue onto Madison Ave for 0.6 miles and then turn right onto Eagle Street. The Albany Capital Center will be on your right.

From I-90 West: Take Exit 6A to merge onto I-787 South toward Albany. Take Exit 3B toward US-20 West. Continue onto Madison Ave for 0.6 miles and then turn right onto Eagle Street. The Albany Capital Center will be on your right. *To find the Albany Capital Center's Parking Garage for both above, turn right onto Howard Street (after 55 Eagle Street) and take the first right onto Wendell Street. The garage entrance is on your right.*

www.NorthEastOpen.com

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.

2021 15th 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.

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
North East Open
RULES

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.
- 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.

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.



2021 15th Annual
North East Open
RULES

United States and World Breaking Associations- Competition Rules

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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:** **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:** **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.