

H. General Rules for Power Breaking

POWER BREAKING OVERVIEW:

- Only Adults (18 and older) are allowed to compete in Breaking Divisions
- One attempt will be allowed at each break.
- Technique is not judged, only the total number of boards broken. Whoever breaks the most $\frac{3}{4}$ inch by 11 inch by 12 inch white pine boards with a kick and upper-body technique wins.
- All boards will be provided only by the CTF.
- Black belts will be notified when they are due to compete next – “on deck”. They will then immediately set up their boards on the board holder.
- Once a Black Belt is called to break, they have only ninety (90) seconds maximum to set up their boards and prepare to break. (including any practice attempts.)

COMPETITION PROCEDURE – REGIONALS:

- Numbers will be drawn to determine the order of breaking.
 - Exception – At Spar Wars, the Black Belts with the top 2 amounts of accumulated points will receive favored seeding and go last and next to last when breaking with both hand and foot. All other competitors will draw numbers and break as normal.
- All players will receive one attempt at breaking with a foot technique.
- Only after all players have attempted to break with a foot technique, will the upper body part of the breaking competition begin. The breaking order will be reversed.
- All players will receive one attempt to break with an upper-body technique.
- The competitor with the most broken boards combining both foot and upper-body techniques wins.

Ties – "Break-Off"

- First competitor by draw chooses whether the next break will be either by foot or upper-body technique, then proceeds to break. The 2nd competitor proceeds to break with the chosen type of break.
- If a tie still remains, then the 2nd competitor chooses the type of break and breaks first with the 1st competitor following.
- This process continues until a winner is decided.

