

Martial Arts America

Board Breaking Competition Rules



- 1) The competitor will be allowed 1:30 (one minute thirty seconds) total run time from start to finish. Run time is determined from the time the competitor steps on the mat and ends when the competitor has cleared the competition floor of debris and exited the mat.
- 2) Competitor must provide own boards. Boards should be purchased prior to the event at your school and be ringside and ready. This is the same as bringing your weapons to the forms competition.
- 3) Competitor must provide holders.
 - a. Holders must be training partners or adults (parents or students)
 - b. Team of holders **MUST** be turned in by registration deadline. Competitors should not be looking for board holders at the event.
- 4) The competitor will perform a minimum of 3 breaks. The competitor will be scored as follows:
 - a. Successful completion of breaks on first attempt in allotted time frame.
 - b. Degree of difficulty. Including but not limited to board width, technique attempted and completed, and flow of demonstration.
 - c. Showmanship and creativity - Music is allowed and encouraged!
 - d. .5 (half point) will be deducted for the following infractions
 - i. Going over the allotted time
 - ii. Failure to break on the first attempt, with an additional .5 for each attempt up to 3 **total** during the performance.
 - iii. Not providing non-instructional board holders
 - iv. Failure to clean/clear the competition floor
 - v. Striking techniques must be broken up and varied. Competitor is allowed each technique up to two times within their breaking run-through. i.e. 2 sidekicks or 2 hammer fists inside the presentation. Non-compliance will result in .5 deduction.
 - vi. After 3 failed breaking attempts, competitors will be asked to stop. They will be scored based on their performance up to their last failed attempt. (Competitors **CAN** change techniques or boards during a break.)
- 5) The competition will be divided into age divisions based on participation. Divisions may differ between tournaments.