



United States and World Breaking Associations- Competition Rules

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Men's Division

Power Concrete Breaking

Upper body

1. **Materials and Spacers:** Blocks must be purchased on site from Supply Committee. Carpenter pencil spacers will be provided.
2. **Techniques:** Hand or arm technique only (Palm, punch, chop, elbow, forearm, etc.). Technique must be a downward strike.
3. **Weight divisions:** Men's Lightweight- 199.9lbs and under; Men's Heavyweight- 200lbs and over.
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.
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, break, and clean up the area. Time starts when the competitor signals he/she is ready. 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.

Lower Body

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:** Men's Lightweight- 199.9lbs and under; Men's Heavyweight- 200lbs and over.
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.
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, break, and clean up the area. Time starts when the competitor signals he/she is ready. 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 add the number of blocks broken in both upper body and lower body 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 a break off is necessary competitors involved cannot intentionally try to tie.

Women's Division

Power Board Breaking

Upper Body

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:** Women's Lightweight- 150.9 and under; Women's Heavyweight- 151lbs and over.
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.
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, break, and clean up the area. Time starts when the competitor signals he/she is ready. A deduction of ½ a 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.

Lower Body

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:** Women's Lightweight- 150.9 and under; Women's Heavyweight- 151lbs and over.
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.
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, break, and clean up the area. Time starts when the competitor signals he/she is ready. A deduction of ½ a 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.

Judging: Judges will add the number of boards broken in both upper body and lower body 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 a break off is necessary competitors involved cannot intentionally try to tie.