

Board Breaking Criteria Rules

1. Competitors will be allowed up to 5 breaks (stations) with a maximum of 5 total boards total.
2. Competitors must supply their own wood. Competitors may purchase boards at athletes check-in for \$3 per board. Cash or check only for purchase of boards.
3. All boards will be 1 inch or 1/2 pine boards. The size of the board may effect athletes score.
4. No more than one minute to set up breaks.
5. Only competition designated holders will be allowed to hold boards.
6. No more than three attempts per break. After 3 attempts the athlete must move on to the next break.
7. Speed breaks will be allowed. But Center ref must clear the area .
8. Jumping over people will not be allowed . objects are OK
9. Breaking with the head will not be allowed.

General Guidelines for Scoring Breaking

1. Accuracy – Breaking on the first attempt is Superior to breaking on the second attempt. Breaking on the second attempt is superior to breaking on the third attempt.
2. Scores shall range from 7.0 – 10, with 8.0 being average.
3. Presentation, balance, rhythm, confidence and transition from one break to the next will be considered.
4. Degree of difficulty for each break;
 - a. Both feet off ground at time of break is superior to one foot on the ground at the time of the break.
 - b. Turn back spinning kicks are superior to non turn back spinning kicks.
 - c. Belt high or higher kicking breaks are superior to stomping breaks.
 - d. Foot breaks are superior to hand, elbow and knee breaks.
 - e. Hand breaks are superior to elbow breaks, elbow breaks are superior to knee breaks.

Concrete breaking

- 1) Must supply your own concrete
- 2) Any amount of bricks are OK