

Rules

Breaking Competition

Material

1. Wood, a minimum of 1" x 12", cut to the following minimum lengths
 - a. Children (gup) under 10 years – 6" – maximum 1 board breaks
 - b. Children (gup) 10 through 16 year – 8" – maximum 2 board breaks
 - c. Adults (17 & over) – 10" – competitor's choice on # of boards
 - d. Black Belts, regardless of age, must use 10" minimum – competitor's choice on # of boards
2. If Cinder Blocks are used as supports, competitor **must** supply a protective covering for the floor

Holders

1. **Contestant should provide own holders**, volunteers may be recruited from the competition contestants, keeping in mind that adults and/or Black Belts should be used primarily.

Presentation

1. There will be a maximum of 3 techniques to a presentation
2. There will be a maximum three tries per technique for gup students, two tries per technique for Dan members
3. Time limit:
 - a. Set-up 3 minutes
 - b. Presentation 2 minutes