

STATE GAMES OF TENNESSEE

POWER BREAKING DIVISION

The Rules and Regulations for the State of Tennessee Games Power Breaking Contest will be as follows;

1. Rules:
 - a. Contestants are, male or female, with the following age divisions.

<u>Belt Levels</u>	<u>Gender</u>	<u>Age Group 1</u>	<u>Age Group 2</u>	<u>Age Group 3</u>	<u>Age Group 4</u>	<u>Age Group 5</u>	<u>Age Group 6</u>	<u>Board, Hand & Foot</u>
Green / Purple	BOTH	7 & under	8-9	NA	NA	NA	NA	Yes
Green / Purple	Female	NA	NA	10-11	12-13	14-17	18 +	Yes
Green / Purple	Male	NA	NA	10-11	12-13	14-17	18 +	Yes
Blue / Brown	BOTH	7 & under	8-9	NA	NA	NA	NA	Yes
Blue / Brown	Female	NA	NA	10-11	12-13	14-17	18 +	Yes
Blue / Brown	Male	NA	NA	10-11	12-13	14-17	18 +	Yes
Red	BOTH	7 & under	8-9	NA	NA	NA	NA	Yes
Red	Female	NA	NA	10-11	12-13	14-17	18 +	Yes
Red	Male	NA	NA	10-11	12-13	14-17	18 +	Yes
Black [1 st -3 rd dan]	BOTH	7 & under	8-9	NA	NA	NA	NA	Yes
Black [1 st -3 rd dan]	Female	NA	NA	10-11	12-13	14-17	18 +	Yes
Black [1 st -3 rd dan]	Male	NA	NA	10-11	12-13	14-17	18 +	Yes

- b. All contestants will be the rank of Green Belt or its equivalent, above through to Black Belt.
- c. All contestants must complete the online registration and wavier in order to compete.
- d. All contestants must be registered for **this event on or before 6/1/19 by midnight**. After this date registration will be closed.
- e. Contestants will report the amount of material they intend to break during the online registration. There will be no changes allowed once registration is **closed on 6-1-19 by midnight**. This information will be kept confidential.
- f. Contestants are to wear a Tae Kwon Do uniform.
- g. All breaking material will be provided by the tournament.
- h. All breaks will be held in holding device or on blocks that will be provided by the tournament.
- i. Breaking with the elbow is not allowed and not considered as a hand technique.

- j. Contestants must break with a bare foot or hand and not covering the contact point with bandage or any other material. In addition, wrapping the wrist will be allowed as a safety device for either hand technique division.
- k. Contestants must break on first attempt. If the contestant fails to break on the first attempt they will be eliminated. Or if a contestant makes a choice to practice their technique within the 30 second time limit and touches the material. That point of contact will be considered to be their first attempt at the break.
- l. The referee will check with the contestant to make sure that they are ready before signaling the time keeper. Once the time keeper is signaled the contestant will have 30 seconds to complete the break. Contestants may practice their technique before breaking but may only start practicing once the time has started. If the contestant exceeds the 30 second time limit they will be allowed to complete the break, but will be disqualified.
- m. Contestants are only allowed to make contact with the material at the point of the break.
- n. Boards will not be used once they have been struck by a contestant
- o. Competitors can drop boards at the ring. However, this will result in a loss of points for the amount of boards that they choose to drop. For example, if they select 4 boards and choose to drop 1 board and break all remaining 3 pcs. They will be scored on 3 pcs, which results in 15 out 20 points for a foot technique or 24 out of 32 points for a hand technique.
- p. Types of breaking divisions:
 - i. **Hand and Foot board breaks will compete against each other with a points awarded to each type of break. See the scoring chart for the point system.**
 - ii. *Note: Jumping Kick and Patio Blocks has been discontinued.*

Breaking Type	Material Type & Size	Board Size by Age	System	Safety Gear	Time Limit	Contest Goal
Hand Technique, <i>any point below the wrist</i>	1/4"x12"x12" Board	11 and under	Single Elimination	Wrist wrap is optional	30 Seconds	Contestant will break their maximum amount of boards.
Kicking Technique, <i>any point below the ankle</i>	1/4"x12"x12" Board	11 and under	Single Elimination	None	30 Seconds	Contestant will break their maximum amount of boards.
Hand Technique, <i>any point below the wrist</i>	3/4"x12"x12" Board	12 and older	Single Elimination	Wrist wrap is optional	30 Seconds	Contestant will break their maximum amount of boards.
Kicking Technique, <i>any point below the ankle</i>	3/4"x12"x12" Board	12 and older	Single Elimination	None	30 Seconds	Contestant will break their maximum amount of boards.

2. Scoring:

Breaking Type	Scoring Method	Tie Breaking Factor
Hand, Board, <i>any point below the wrist</i>	8 point for each piece of completely broken material.	Percentage of broken material* and or the individual of lesser weight.
Kick, Board, <i>any point below the ankle</i>	5 point for each piece of completely broken material.	Percentage of broken material* and or the individual of lesser weight.
* Example, Competitor A, selects 4 boards and breaks 3, which is 75% of the material selected. Competitor B, selects 5 boards and breaks 3, which is 60% of the material selected. Than Competitor A, wins by because they broke 15% more of the material.		

- 3. The material will be counted by the referee and then reported to the judges by holding up the number of fingers that represents the number of broken material.
- 4. If there is a questionable piece of material the official or referee will hold the item up to see if it separates on its own. If it remains attached, then this will not be counted as completely broken material.
- 5. A panel of judges will determine the winners of the contest. The winner of each division will receive a gold medal and runners up will receive a silver or bronze medal. A single competitor division will be given award a metal depending on the amount of material that they broke.
- 6. Grounds for Disqualification:

7. Judges will have the final determination of the intent and integrity of the break.
8. Pressing down or application of an after push to the material with the contestant's body weight which will be determined by the referee.
9. Unsportsmanlike like conduct. For example: if the contestant is questioning or arguing with officials they will be disqualified.

Contestants failing to follow instructions by the referee or judges will be disqualified.

Tournament Committee reserves the right to divide/combine divisions based on age, gender, weight, and if necessary forms could become co-ed based on participation numbers. Divisions and rules may be modified if necessary. Safety is most important. WCTKD has full and final authority on eligibility to participate and to change or interpret these rules at any time in its sole discretion. All decisions are final.