



**Divisions: WBA Ontario Breaking Championships**

**Board sizes based on competitor age-** 7 yrs. and under- 1/2"x6"x12", 8-12- 1/2"x10"x12", 13 and over- 1"x10"x12". These sizes will be used for all Power and Speed divisions. They are the suggested sizes for Creative Divisions. Extreme Kicks Wood Breaking and High Jump board size is 3/8"x10"x12".

**Creative Multi-Direction Wood Breaking**

**Brief overview of rules:**

Wood boards only  
All techniques allowed

**Stations: Tiny Tott and Beginner/Intermediate Competitors- 4 Stations Max., Advanced/BB Competitors- 8 Station Max.**

3 minute max. (set-up/break/clean-up)

Competitor provides own holders and stands (standard 8X8X16" stands provided)

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>
TT	Tiny Tott, 7&Under	Coed	All ranks
CB1	8-12	Male	Beginner/Intermediate
CB2	8-12	Male	Advanced/Black Belt
CB3	8-12	Female	Beginner/Intermediate
CB4	8-12	Female	Advanced/Black Belt
CB5	13-17	Male	Beginner/Intermediate
CB6	13-17	Male	Advanced/Black Belt
CB7	13-17	Female	All ranks
CB8	18-34	Male	Beginner/Intermediate
CB9	18-34	Male	Advanced/Black Belt
CB10	18-34	Female	All ranks
CB11	35 and over	Male	All ranks
CB12	35 and over	Female	All ranks

\*All Divisions may be broken up further or combined as needed

**Creative Open Breaking**

**Brief overview of rules:**

Any materials. No fire, no glass.  
 All techniques allowed  
 Multiple stations, 10 station max.  
 6 minute max. (set-up/break/clean-up)  
 Competitor provides own holders and stands (standard 8X8X16" stands provided)

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>
CO1	17 & under	Male	All ranks
CO2	17 & under	Female	All ranks
CO3	18 and over	Male	All ranks
CO4	18 and over	Female	All ranks

\*All Divisions may be broken up further or combined as needed

## Power Concrete Breaking

### **Brief overview of rules:**

Carpenter Pencil Spacers provided  
 Downward strike/one strike only  
 Set on floor with block base  
 6 minute max. (set-up)  
 Patio blocks must be purchased from supply committee

### **Hand-** Allowed strikes: Palm, hammer fist, chop, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PC1	18 and over	Male	Beg/Inter	Lightweight
PC2	18 and over	Male	Beg/Inter	Heavyweight
PC3	18 and over	Male	Adv/Black Belt	Lightweight
PC4	18 and over	Male	Adv/Black Belt	Heavyweight
PC5	18 and over	Female	Beg/Inter	All weights
PC6	18 and over	Female	Adv/Black Belt	All weights

### **Elbow-** Allowed strikes: Drop elbow, overhand elbow, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PC7	18 and over	Male	Beg/Inter	Lightweight
PC8	18 and over	Male	Beg/Inter	Heavyweight
PC9	18 and over	Male	Adv/Black Belt	Lightweight
PC10	18 and over	Male	Adv/Black Belt	Heavyweight
PC11	18 and over	Female	Beg/Inter	All weights
PC12	18 and over	Female	Adv/Black Belt	All weights

\*All Divisions may be broken up further or combined as needed

### **Feet-** Allowed strikes: Stomp, Axe kick, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PC13	18 and over	Male	Beg/Inter	Lightweight
PC14	18 and over	Male	Beg/Inter	Heavyweight
PC15	18 and over	Male	Adv/Black Belt	Lightweight
PC16	18 and over	Male	Adv/Black Belt	Heavyweight
PC17	18 and over	Female	Beg/Inter	All weights

PC18      18 and over      Female      Adv/Black Belt      All weights

\*All Divisions may be broken up further or combined as needed

## Speed Board Breaking-

Board size: 7 yrs. and under- 1/2x6x12", 8-12- 1/2X10X12", 13 and over- 1X10X12

### **Brief overview of rules:**

No Spacers Allowed

Any technique allowed

5 Station maximum, stations may be replenished; stations may be stands or holders

**Stations must be made up of standard 8X8X16" block provided**

Competitor and 2 assistants maximum

10 seconds to break, 3 minute max. (set-up/break/clean-up)

Boards must be purchased from supply committee

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
SB1	7 & under	Coed	All ranks	All weights
SB2	8-12	Coed	All ranks	All weights
SB3	13-17	Male	All ranks	All weights
SB4	13-17	Female	All ranks	All weights
SB5	18 and over	Male	Beg/Inter	All weights
SB6	18 and over	Male	Adv/Black Belt	All weights
SB7	18 and over	Female	Beg/Inter	All weights
SB8	18 and over	Female	Adv/Black Belt	All weights

\*Divisions may be broken up further or combined as needed

## High Jump Board Breaking- Board size:3/8X10X12"

### **Brief overview of rules:**

Any type of jump kick allowed

Short run and then high jump

Height measured from top of head to height of board

Best of 3 attempts, board must be broken, 1 minute per attempt

**Boards will be supplied**

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
HJ1	7 & under	Coed	All ranks	All weights
HJ2	8-11	Coed	All ranks	All weights
HJ3	12-14	Male	All ranks	All weights
HJ4	12-14	Female	All ranks	All weights
HJ5	15-17	Male	All ranks	All weights
HJ6	15-17	Female	All ranks	All weights
HJ7	18 and over	Male	All ranks	All weights
HJ8	18 and over	Female	All ranks	All weights

\*All Divisions may be broken up further or combined as needed

## Power Board Breaking-

Board size: 7 yrs. and under- 1/2x6x12", 8-12- 1/2X10X12", 13 and over- 1X10X12

### **Brief overview of rules:**

Carpenter Pencil Spacers provided

Downward strike/one strike only

Set on floor with block base

5 minute max. (set-up)

Boards must be purchased from supply committee

**Hand-** Allowed strikes: Palm, Knife-hand, Chop, Hammer fist, Punch

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PB1	7 & under	Male	All ranks	All weights
PB2	7 & under	Female	All ranks	All weights
PB3	8-12	Male	Beg/Int	All weights
PB4	8-12	Male	Adv/Black Belt	All weights
PB5	8-12	Female	Beg/Int	All weights
PB6	8-12	Female	Adv/Black Belt	All weights
PB7	13-17	Male	Beg/Int	All weights
PB8	13-17	Male	Adv/Black Belt	All weights
PB9	13-17	Female	Beg/Int	All weights
PB10	13-17	Female	Adv/Black Belt	All weights
PB11	18 and over	Male	Beg/Inter	Lightweight
PB12	18 and over	Male	Adv/Black Belt	Lightweight
PB13	18 and over	Male	Beg/Inter	Heavyweight
PB14	18 and over	Male	Adv/Black Belt	Heavyweight
PB15	18 and over	Female	Beg/Inter	All weights
PB16	18 and over	Female	Adv/Black Belt	All weights

\*All Divisions may be broken up further or combined as needed

**Elbow-** Allowed strikes: Drop elbow, overhand elbow, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PB17	7 & under	Male	All ranks	All weights
PB18	7 & under	Female	All ranks	All weights
PB19	8-12	Male	Beg/Int	All weights
PB20	8-12	Male	Adv/Black Belt	All weights
PB21	8-12	Female	Beg/Int	All weights
PB22	8-12	Female	Adv/Black Belt	All weights
PB23	13-17	Male	Beg/Int	All weights
PB24	13-17	Male	Adv/Black Belt	All weights
PB25	13-17	Female	Beg/Int	All weights
PB26	13-17	Female	Adv/Black Belt	All weights
PB27	18 and over	Male	Beg/Inter	Lightweight
PB28	18 and over	Male	Adv/Black Belt	Lightweight
PB29	18 and over	Male	Beg/Inter	Heavyweight
PB30	18 and over	Male	Adv/Black Belt	Heavyweight
PB31	18 and over	Female	Beg/Inter	All weights
PB32	18 and over	Female	Adv/Black Belt	All weights

\*All Divisions may be broken up further or combined as needed

**Foot-** Downward strike, spacers used, Allowed strikes: stomp, axe kick, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PB33	7 & under	Male	All ranks	All weights
PB34	7 & under	Female	All ranks	All weights
PB35	8-12	Male	Beg/Int	All weights
PB36	8-12	Male	Adv/Black Belt	All weights
PB37	8-12	Female	Beg/Int	All weights
PB38	8-12	Female	Adv/Black Belt	All weights
PB39	13-17	Male	Beg/Int	All weights
PB40	13-17	Male	Adv/Black Belt	All weights
PB41	13-17	Female	Beg/Int	All weights
PB42	13-17	Female	Adv/Black Belt	All weights
PB43	18 and over	Male	Beg/Inter	Lightweight
PB44	18 and over	Male	Adv/Black Belt	Lightweight
PB45	18 and over	Male	Beg/Inter	Heavyweight
PB46	18 and over	Male	Adv/Black Belt	Heavyweight
PB47	18 and over	Female	Beg/Inter	All weights
PB48	18 and over	Female	Adv/Black Belt	All weights

\*All Divisions may be broken up further or combined as needed

**Non-Spaced Power Board Breaking-** Board size: 1X10X12

**Brief overview of rules:**

No Spacers allowed

**18 and over Black Belt ONLY**

Downward strike/one strike only

Set on floor with block base

5 minute max. (set-up)

No points awarded toward USBA/WBA ratings

**Hand-** Allowed strikes: Palm, Knife-hand, Chop, Hammer fist, Punch

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
SPB1	18 and over	Male	Black Belt	Lightweight
SPB2	18 and over	Male	Black Belt	Heavyweight
SPB3	18 and over	Female	Black Belt	All weights

\*Divisions may be broken up further or combined as needed

**Elbow-** Allowed strikes: Drop elbow, overhand elbow, etc.

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
SPB4	18 and over	Male	Black Belt	Lightweight
SPB5	18 and over	Male	Black Belt	Heavyweight
SPB6	18 and over	Female	Black Belt	All weights

\*Divisions may be broken up further or combined as needed

**Foot- Allowed strikes: Stomp**

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
SPB7	18 and over	Male	Black Belt	Lightweight
SPB8	18 and over	Male	Black Belt	Heavyweight
SPB9	18 and over	Female	Black Belt	All weights

\*Divisions may be broken up further or combined as needed

