



Arnold Battle of Columbus Martial Arts World Martial Art Games Breaking Rules & Guidelines

General Rules for Judging and Scoring Method:

1. Scoring point range: 6.01- 9.99
2. Score must be 2 decimal points
3. Three (3) Judge System - Tally all points.
4. Five (5) Judge System - The highest score and the lowest score will be ADJUSTED to second high and second low, then the all five (5) scores totaled.
5. Number of Attempts: three (3) attempts. Each missed attempt 0.5 reduction.
6. Competitors will be judged on: difficulty, creativity, focus, expression, speed, power, balance, poise and grace, Spirit and completion of breaks.
7. Ties: Judges Decision - based on superiority and difficulty of techniques.

Materials - Board Only:

All breaking materials must be purchased from the Supply Committee on-site.

1. Arnold BOC Board Breaking Competition - Standard Size of Boards
2. 7 & Under Creative Breaking - 1/4" Compressed Board
3. 8-10 Creative Breaking - 1/2" Compressed Board
4. 13 & Under Speed Breaking - 1/2" Compressed Board
5. 11-13 Creative Breaking - 1/2" Pine Board
6. 14-17 Creative Breaking - 1" Compressed
7. 14 & up Speed Break - 1" Compressed
8. 18+ Creative Breaking - 1" Pine Board

9. Distance Flying Breaking 11 & under - 1/4" Compressed Board
12 & up - 1/2" Compressed Board

Note for Distance Breaking- Purchase minimum set of 5 Boards

- Break 1 board each attempt until maximum distance (5 times Maximum) -

Time Limits & Competition Readiness:

1. Inspection of All Materials: Judges/Committee reserves the right to inspect any materials that are to be used for breaking.
2. Preparation and Removal of Materials: All breakers must set up all breaking materials before competition and remove broken boards into the dumpsters provided by the Committee after completion of each performance.
3. Time Limits – All competition must complete within 3 minutes including set up, breaking and removal
4. All breakers have maximum 3 attempts to break at each station.
5. Competitors must provide their own board holders or find holders within the time limit, or they will be disqualified.

Safety:

The safety of the competitor and the audience comes first,
NO EXCEPTIONS!

The safety of the competitor is very important and we request that all breaks be approved by the Judges/Committee, we reserve the right to restrict the break. No material may leave the ring as a result of breaking unless planned for beforehand, to ensure that no other competitor, spectator, or Judge will be struck or put in danger by material as a result of a break. If this occurs, the Judges have the right to disqualify the competitor if they feel the safety of others was compromised. Also, the break cannot cause damage to the facility or the surrounding fixtures. No Head Breaks Allowed.

Warnings and Disqualifications:

Warning - Disruptive behavior, use of profanity, or other unsportsmanlike conduct will result in a warning being issued. Deduction or Disqualification - If the behavior is deemed by the Judges to be malicious, it will result in the deduction of a point or disqualification.

Competitions Categories and Brief Guidelines:

1. Creative Board Breaking (may set up multi directional - Boards Only)

- a. Materials: Boards must be purchased from the Supply Committee.
- b. Techniques: All Techniques are allowed. Competitors may use any strike (Hand/Kick/Other) to break. Judges have final authority on safety and permission of a particular break or station definition (see Stations next).
- c. Stations: The competitor may break up to 10 boards in a multiple station. Boards may be free standing, set on stands, or held by assistants. A station may contain multiple breaks if they are completed as a combined action;
 - for example, a double kick, a “stair step” break, “scissor” breaks, or simultaneous breaks. Competitor will be responsible for all materials required to set up their station, and is **responsible for providing their own volunteers to hold boards** for them. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in Safety Rules above.
- d. Time Limits and Point Deduction: Competitors will have a maximum of three (3) minutes to set-up, break, and clean up the area. **0.1** points deduction from competitor’s final score for every **10 seconds** over the allotted time. Deductions will begin after the 3-minute mark.
- e. Number of Attempts: Competitor has three (3) attempts to break the materials at each station as presented to the Judges. Each missed break will result in a **0.5** reduction in score.
- f. Number of Boards: Competitor may choose up to **10 boards** for all stations.
- g. Judging: Competitor will be judged on difficulty, creativity, focus, expression, pace and flow of breaking from station to station and completion of breaks.
- h. Ties: In the event of a tie, the winner will be decided by judge’s decision based on superiority of techniques, degree of difficulty, & creativity.
- i. Divisions: This competition is broken down by age/gender/rank.

Distance Breaking (Long Jump):

- Each competitor must purchase one set of 5 boards -

1. Distance gets progressively longer each round with a maximum of 5 attempts
2. Flying side kick or any flying kick is allowed
3. Tie Breaker – One last attempt to break the tie–(Board will be provided by committee)

Power Breaking (Board Only – Hand and/or Elbow):

1. Competitors will have one chance to break as many boards in a single station with any Hand technique or Elbow technique.
2. Cinder block station and spacers will be provided by committee.
3. Scoring will be based upon the number of boards broken.
4. Tie Breaker – Judges' decision based on superiority of performance.

Speed Breaking (Board Only – Hand and/or Foot): - May use one of two methods-

1. **Method 1:** Competitors will have 30 seconds to break as many boards as possible held by a single holder. Holder should use an assistant to pass boards to the holder. (Competitor will be responsible for providing the holder.)
2. **Method 2:** Freestanding Speed Break (Knife Hand Only) - boards may be set up on a table or two chairs with proper spacing and may be broken with one strike with a knife hand. Committee will provide table or chairs.
3. Scoring will be based upon the number of boards broken.
4. Tie Breaker – Judges' decision based on superiority of performance.