



Southeastern AAU Taekwondo District Championship March 21, 2020

Board Breaking Guidelines Non-Qualifying Event

Breaking will be bracketed and single elimination. Competitor should have sufficient boards for advancing through as many rounds as necessary to reach finals. Each competitor will be allowed only **TWO** stations per round. A maximum of 3 attempts per station is allowed. A Station includes combinations that are continuous motion.

A maximum of one minute will be allowed to set up for the station and begin break.

No forehead breaking, open flames, or bladed props may be used

No jumping/flying over people will be allowed

No spacers will be allowed

No elbow strikes will be allowed (Forearm breaks are allowed)

Competitors must use the following minimum board sizes

Me + 1 (Ages 5 and Under) – 12 x 4 x 1/2 inch pine

6-7 years old – 12 x 4 x 1 inch pine

8-11 years old – 12 x 6 x 1 inch pine

12-14 years old – 12 x 8 x 1 inch pine

15 years old and up – 12 x 10 x 1 inch pine

Special Needs – Coaches decision

No thinner/shaved boards or specialty boards (like firecracker) may be used for breaking competition (1" pine is the standard thickness you will find in the hardware store for shelving; you may order breaking boards on-line from www.breakingboards.com. Allow time for delivery.

Athletes compete in bracketed competition (superior technique advances to the next round)

Athlete technique will be judged based on the following criteria: Technique, Focus, Balance, Power, Creativity.

A break performed on the 1st try is superior to a break completed on the 2nd try

A 2 board break is superior to a 1 board break, a 3 board break is superior to a 2 board break, etc.

A break supported on 1 end (speed break) is superior to a break supported on both ends

Coaches must be prepared to hold boards for their athletes. Coaches must have a coaches pass to be on the floor to hold boards.

****Athletes may bring their own wood, but may purchase boards on line at registration or at the tournament. ** 4 & 6" boards - \$2/each ** 8" and 10" - \$3/each****