



CREATIVE BREAKING COMPETITION RULES

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Article 1. Overview & General Guidelines

In Creative Breaking competition, participants use powerful, correctly executed Taekwondo hand and foot techniques to break pine boards. Competitors are expected to display technical skill and proper Taekwondo manner, as well as showmanship and creativity.

1. Creative Breaking Competition Overview

1. Competitors may choose the kind of techniques and number of boards to break, up to a maximum of 30 boards. Any Taekwondo striking or kicking technique may be used, with the exception of head strikes.
2. Competitors must provide their own board holder assistants. (Please note that board holder credentials are not a pass into the event; persons receiving this credential will need to pick it up in the designated holding area and return it to the holding area after competition).
3. Competitors and helpers will have three minutes to set up, perform the breaking routine and clean up all boards, broken boards and wood fragments. Exceeding the time limit will result in 0.5 point deduction in the final score for each 10 seconds, or fraction thereof, over the time. (Example: 12 seconds over = 1.0 deduction.) If computer scoring is not used, a timer will be provided for each ring.
4. In the interest of safety, competitors may not use props such as chairs, trampolines, tables, etc. for aerial techniques. However, board holders may be used as “human launch pads.” No glitter, confetti, explosives or sound makers may be used. Blindfolds are permitted.
5. There will be a maximum of two attempts allowed for each break. Failure to break all of the boards in a single attempt will result in 0.1 deduction for each missed board. Failure to complete the break after two attempts will result in a 0.5 point deduction in the final score, in addition to the penalties for missed boards. (See Article 2.2.2 below.)

A “Broken Board” is defined as one that is a) completely separated; or b) held together only by wood strands, such that if one side is held horizontal, the other side naturally drops perpendicular to the floor.

6. The performance must be confined to the 8m x 8m competition area. A competitor who crosses the boundary line will receive a 0.5 point deduction for each violation. Holders may cross the boundary line or stand outside the boundary line with no penalty.
Competitors will be cautioned to stage the performance so that flying boards do not endanger officials, spectators or other competitors.
7. Competitors may perform as many breaking techniques as they wish, as long as they do not exceed the three minute time limit.
8. Boards must be purchased from USAT or a USAT-designated vendor at the competition venue. Board security procedures for each event will be published by USAT on or before the

first day of registration. *Under no circumstance will competitors provide their own boards.*

9. Standard board sizes:

6-9 years: 12 inches by 8 inches and 3/8 inches thick (1/2 inch nominal)

10-17 years: 12 inches by 10 inches and 1/2 inches thick (5/8 inch nominal)

18+ years: 12 inches by 10 inches and 3/4 inch thick (1 inch nominal)

10. No spacers may be used, including fingers. Boards may be taped together for ease of holding in multiple board breaks.

Holders may not attempt to “help” the competitor by bending, moving, or pushing the boards; any attempt to do so will result in a 0.5 point deduction for each instance.

Boards may not be treated, manipulated or altered to increase the likelihood of breaking; any attempt to physically alter the boards will result in disqualification of the competitor.

11. No bricks, cinder blocks, or tiles may be brought into the Contest Area. Any mechanical holders used for multiple board breaks must not have sharp edges, and must be approved for safety by a designated official at the ring prior to competing.

12. Competitors are expected to display self-control and good competition manner. A display of poor sportsmanship (profanity, etc.) may be penalized by either 0.1 or 0.5 in the Technical Execution score, depending upon severity.

Article 2. Scoring Guidelines

Judging will be based on three criteria:

a. Difficulty (30%)	Technical Execution
b. Number of boards broken (30%)	
c. Presentation (40%)	Demonstration of Taekwondo Skill & Creativity

The total combined score for Technical Execution (i.e., Difficulty of Techniques plus Number of Boards Broken minus Technical Deductions) cannot be less than zero. Even if a competitor fails to break any boards at all, he/she will still receive a score for Presentation.

2.1 Difficulty

Difficulty is individually assessed by each judge on a scale of 1.0 to 3.0, based on the judge’s consideration of the difficulty of the overall performance.

The guidelines for assessing difficulty are as follows:

- 2.1.1 Difficulty of Kicking Techniques will be assessed on the following order of superiority:
 - a. Standing kick technique
 - b. Kicking technique with turning motion
 - c. Jumping or flying kick technique
 - d. Jumping or flying kick with turning motion (the greater the number of rotations, the higher the assessed difficulty)
 - e. Multiple consecutive breaking using jumping or flying kick
 - f. Multiple consecutive breaking using turning jumping or flying kick
- 2.1.2 **Difficulty of Hand Techniques** will be assessed on the following order of superiority:
 - a. Basic skills such as straight or reverse punch, palm heel strike and hammer fist
 - b. More technical skills such as knife hand strike, ridge hand strike and back fist
 - c. Advanced skills such as spear finger strike, long fist, chicken beak strike, etc.
- 2.1.3 Suspended holding (i.e., “speed breaking”) is considered more difficult than fixed holding.
- 2.1.4 The number of boards broken in a single technique should also be factored into assessment of difficulty. For example, breaking a single board with a punch would be low difficulty; breaking three boards with that same technique would be moderate difficulty; breaking five boards with the same technique would be high difficulty.

2.2 Number of boards broken

- 2.2.1 “Number of boards broken” is defined as a value equal to the total number of boards attempted in the overall performance times 0.1 per board. Thus, if a competitor attempts the maximum of 30 boards, the value is 3.0.

Note that the number of boards broken using each individual technique is also factored into the overall assessment of difficulty; see Section 2.1.4, above. Boards replaced for a second attempt—for example, in a double kick where only one board is broken—do not count toward the overall total.
- 2.2.2 **Technical Deductions:** In addition to the 0.5 point penalty for failing to complete the break after two attempts, there is a 0.1 point penalty for each board not broken during each attempt. Example: A competitor attempts to break two boards, but only breaks one on the first try; the holder replaces a board, and the competitor only breaks one on the second try; in this case, the total deduction would be 0.1 (missed board) + 0.1 (missed board) + 0.5 (failure to successfully complete the 2-board break) = 0.7 deduction.
- 2.2.3 Before the competition, each competitor must accurately communicate to the Referee the number of boards to be attempted. The Referee will verify and record

the number of boards attempted, as well as how many boards are actually broken during the performance (see Scoring and publication, below.)

2.3 Presentation

2.3.1 In addition to demonstration of Taekwondo skill, Presentation includes confidence, balance, rhythm, smoothness of performance and good competition manner from entrance into the Contest Area through the completion of the performance. The creativity of the breaking routine is also factored into this score.

2.3.2 Demonstration of Taekwondo skill will be based on:

Proper technique: Judges will look for correct hand and foot positions, correct body position, correct footwork—in other words, all the elements of good Taekwondo performance.

Accuracy: Breaking on the first attempt is superior to breaking on the second attempt, and breaking at the center of the board is superior to breaking off-center.

Speed: Rapid, smooth, continuous motion from station to station is superior to taking extra time between breaks.

Article 3. Competition Procedure

3.1 The officiating team shall consist of one Referee and four Judges; or alternately, one Referee and two judges.

3.1.1 The Referee will be responsible for recording the number of boards attempted before the performance begins, and for keeping track during the performance (either electronically or manually) of all 0.1 and 0.5 technical deductions—missed boards, missed breaks, crossing the 8m x 8m boundary line, illegal “assistance” from holders, instances of poor sportsmanship, etc.

The Referee will also record his/her scores for Difficulty and Presentation.

3.1.2 Each of the Judges will record a score for Difficulty and Presentation.

3.1.3 The Scorekeeper is responsible for operating the computer (if using an electronic scoring system) or managing the scoring paperwork (if using a manual scoring system). The Scorekeeper will also start and stop the timer, and will alert the Referee if a competitor has exceeded the allowed three minutes for setup, performance and cleanup.

3.2 When the competitor’s name is called , the competitor and board holders will enter the competition area and bow to the judges upon the Referee’s command of “Char-yeot” (attention) and “ Kyeong-rye” (bow). The referee will then declare, “Shi-jak.” The competitor will begin the performance, and the scorekeeper will start the timer.

3.3 At the end of the performance, the competitor will come to attention and face the officiating

team. The Referee will declare “Char-yeot” (attention), and wait, if necessary, for the holders to finish removing broken boards from the competition area. When cleanup is done, the Referee will declare, “Kyeong-rye” (bow), and the Scorekeeper will stop the timer.

3.4 The final score shall be displayed on the computer monitor or announced immediately after totaling the judges’ scores.

3.4.1 When using an **electronic scoring system**, the Referee and Judges shall input Difficulty and Presentation scores into the electronic scoring instruments after the breaking performance and total points shall be automatically displayed on the monitors. As described above, the Referee shall also record all Technical Deductions during the performance.

3.4.2 When using **manual scoring**, the Referee or coordinator shall collect all scoring sheets and convey the results to the Scorekeeper immediately after completion of the breaking. The Scorekeeper shall report the score to the Referee and have the final score displayed or announced.

In order to avoid waiting while scores are tallied, a competitor’s score may be announced after the next competitor’s performance.

3.5 Declaration of Penalties for Exceeding Time Limit

One Procedural Deduction penalty is equal to 0.5 point. Deduction penalties will be declared by the Referee after the performance is completed by stating the number of deductions, and what they are for. Example: “Two deductions for exceeding performance time by 16 seconds.” (If using an electronic scoring system, time and deductions will be displayed automatically.)

Article 4. Decision & Declaration of Winner

The winner shall be the contestant who is awarded the highest total score, based on the following computation:

4.1 When using the five judge system, the highest and lowest scores are dropped from the Difficulty score, and a mean score calculated by dividing by 3. This total is then added to the score for Number of Boards Attempted.

Technical Deductions, determined by the Referee, are then subtracted from the sum of the Number of Boards Attempted and the mean Difficulty score. The result is the total score for Technical Execution.

Then, the highest and lowest scores are dropped from the Presentation score, and a mean score calculated by dividing by 3. This subtotal is added to the Technical Execution total, above, giving a total combined Technical and Presentation score.

Procedural Deductions, if any, are subtracted from the total combined score, to give a Final Score. (*See example below.*)

Number of Boards = 24 (x 0.1)							2.40
Difficulty	2.1	1.8	1.8	1.9	2.2	Total	1.93
Technical Deductions							- 2.30
Total Technical Execution							2.03
Presentation	3.2	2.6	3.2	2.4	2.8	Total	2.87
Technical + Presentation							4.90
Procedural Deductions							- 0.5
FINAL SCORE							4.40

Figure 1. Scoring computation example

4.2 With the three judge system, all scores are used. A mean Difficulty score is calculated by dividing by 3. This total is then added to the score for Number of Boards Attempted.

Technical Deductions, determined by the Referee, are then subtracted from the sum of the Number of Boards Attempted and the mean Difficulty score. The result is the total score for Technical Execution.

Then, a mean score is calculated by dividing the Presentation score by 3. This subtotal is added to the Technical Execution total, above, giving a total combined Technical and Presentation score.

Procedural Deductions, if any, are subtracted from the total combined score, to give a Final Score.

4.3 In case of a tie, the winner will be the competitor having the highest Presentation score.

If still tied:

4.3.1 Five judge system—The highest and lowest scores will be added back into the Difficulty and Presentation totals, and mean scores calculated by dividing each of them by 5. New totals will be computed, following the procedure of Article 4.1, above.

4.3.2 Three-judge system (and five-judge system if still tied after steps in 4.3.1 above)—The competitor with the lower value of Technical Deductions will be the winner.

4.3.3 If the competitors remain tied after these steps, multiple medals will be awarded.

Creative Breaking Score Sheet

Competitor #: _____ Ring Number: _____

Gender (circle): Male Female

Age: 7 & Under | 9 & Under | 11 & Under | 13 & Under | 17 & Under | 29 & Under | 39 & Under | 49 & Under | 59 & Under | Over 59

Judge's Name: _____ Signature: _____ Judge Number: _____

(Referee only)		Number of Boards Attempted (number of boards x 0.1, maximum 30 boards <i>(Example: 25 boards x 0.1 = 2.5; 10 boards x 0.1 = 1.0; 18 boards x 0.1 = 1.8)</i>)																			
Difficulty	3.0	2.9	2.8	2.7	2.6	2.5	2.4	2.3	2.2	2.1	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0
Technical Deductions	(Referee only)																				
	<i>Minor deductions: Failure to break all boards (-0.1 per missed board), poor sportsmanship</i>																				
	<i>Major Deductions: Completely missed attempt, taking more than two attempts, extreme display of poor sportsmanship, crossing the boundary line, holders "helping" (Use / for 0.1 and O for 0.5)</i>																				
	Use of Correct Taekwondo Technique																				
	Balance & Rhythm																				
Style / Attitude / Expression of Energy & Confidence																					
Creativity																					
Total Presentation																					
(Referee only) 0.5 Procedural Deductions: Too much time—0.5 for each 10 seconds over (Use O for each deduction.)											Procedural Deductions										

Creative Breaking Score Sheet

Competitor #: _____ Ring Number: _____ Gender (circle): Male Female

Age: 7 & Under | 9 & Under | 11 & Under | 13 & Under | 17 & Under | 29 & Under | 39 & Under | 49 & Under | 59 & Under | Over 59

Judge's Name: _____ Signature: _____ Judge Number: _____

(Referee only) Number of Boards Attempted (number of boards x 0.1, maximum 30 boards <i>(Example: 25 boards x 0.1 = 2.5; 10 boards x 0.1 = 1.0; 18 boards x 0.1 = 1.8)</i>)																						
Difficulty	3.0	2.9	2.8	2.7	2.6	2.5	2.4	2.3	2.2	2.1	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	
Technical Deductions	(Referee only)																					
	<i>Minor deductions: Failure to break all boards (-0.1 per missed board), poor sportsmanship</i> <i>Major Deductions: Completely missed attempt, taking more than two attempts, extreme display of poor sportsmanship, crossing the boundary line, holders "helping"</i> (Use <input type="checkbox"/> for 0.1 and <input type="radio"/> for 0.5)																					
Presentation	Use of Correct Taekwondo Technique										1.0	0.9	0.8	0.7	0.6	0.5						
	Balance & Rhythm										1.0	0.9	0.8	0.7	0.6	0.5						
	Style / Attitude / Expression of Energy & Confidence										1.0	0.9	0.8	0.7	0.6	0.5						
	Creativity										1.0	0.9	0.8	0.7	0.6	0.5						
	Total Presentation																					
(Referee only) 0.5 Procedural Deductions: Too much time— 0.5 for each 10 seconds over (Use <input type="radio"/> for each deduction.)											Procedural Deductions											

Creative Breaking Score Sheet

Competitor #: _____ Ring Number: _____ Gender (circle): Male Female

Age: 7 & Under | 9 & Under | 11 & Under | 13 & Under | 17 & Under | 29 & Under | 39 & Under | 49 & Under | 59 & Under | Over 59

Judge's Name: _____ Signature: _____ Judge Number: _____

(Referee only) Number of Boards Attempted (number of boards x 0.1, maximum 30 boards <i>(Example: 25 boards x 0.1 = 2.5; 10 boards x 0.1 = 1.0; 18 boards x 0.1 = 1.8)</i>)																						
Difficulty	3.0	2.9	2.8	2.7	2.6	2.5	2.4	2.3	2.2	2.1	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	
Technical Deductions	(Referee only)																					
	<i>Minor deductions: Failure to break all boards (-0.1 per missed board), poor sportsmanship</i> <i>Major Deductions: Completely missed attempt, taking more than two attempts, extreme display of poor sportsmanship, crossing the boundary line, holders "helping"</i> (Use <input type="checkbox"/> for 0.1 and <input type="radio"/> for 0.5)																					
Presentation	Use of Correct Taekwondo Technique										1.0	0.9	0.8	0.7	0.6	0.5						
	Balance & Rhythm										1.0	0.9	0.8	0.7	0.6	0.5						
	Style / Attitude / Expression of Energy & Confidence										1.0	0.9	0.8	0.7	0.6	0.5						
	Creativity										1.0	0.9	0.8	0.7	0.6	0.5						
	Total Presentation																					
(Referee only) 0.5 Procedural Deductions: Too much time— 0.5 for each 10 seconds over (Use <input type="radio"/> for each deduction.)											Procedural Deductions											

Creative Breaking Scorekeeper's Worksheet

Competitor Name: _____

Male Female Age: _____ Belt Division: _____

Number of Boards				<i>(Multiply by 0.1)</i>			
Difficulty*	Referee	Judge #1	Judge #2	Judge #3	Judge #4		
Subtract Referee's Technical Deductions							-
Total Technical Execution							
Presentation*	Referee	Judge #1	Judge #2	Judge #3	Judge #4		
Total Technical + Presentation							
Subtract Referee's Procedural Deductions							-
FINAL SCORE							

* 5 Officials: Drop high and low; divide by 3; enter mean score. 3 Officials: Divide by 3, enter mean score.

Name: _____ Ring Number: _____

Male Female Age: _____ Belt Division: _____

Number of Boards				<i>(Multiply by 0.1)</i>			
Difficulty*	Referee	Judge #1	Judge #2	Judge #3	Judge #4		
Subtract Referee's Technical Deductions							-
Total Technical Execution							
Presentation*	Referee	Judge #1	Judge #2	Judge #3	Judge #4		
Total Technical + Presentation							
Subtract Referee's Procedural Deductions							-
FINAL SCORE							

* Five Officials: Drop high and low; divide by 3; enter mean score. Three Officials: Divide by 3, enter mean score.

Ring Number: _____ Date: _____ Page # _____