



## Divisions for the 2011 Nutmeg State Nationals

### Special Events:

**Adult Grand Champion (receives Grand Champion Belt and \$150 prize money):** All Adult competitors will have a chance to be named "GRAND CHAMPION" for Breaking and receive the Grand Champion Belt, along with a cash award of \$150. For each category (Creative, Power Hand, Power Elbow, and Power Foot) competitors will be awarded points that will determine the Grand Champion. Competitors must enter at least 3 categories to qualify. Points will be awarded as follows: 16 points for 1<sup>st</sup>, 11 points for 2<sup>nd</sup>, 7 points for 3<sup>rd</sup>. In the event of a tie, tied competitors will have a 3 station creative break-off. One competitor divisions will be awarded points based on the SCDA.

**Junior Power Breaking Grand Champion:** All competitors age 13-17yrs will have a chance to be named "JUNIOR GRAND CHAMPION" for Breaking and receive a special Grand Champion award. The junior competitor who breaks the most TOTAL boards in Power Wood Hand, Power Wood Elbow, and Power Wood Kid's Foot (combined board total for ALL 3 events) will be named Junior Grand Champion. Competitors do not need to enter all three categories to be eligible.

**Cash Prizes:** All Adult competitors will have a chance to win a cash prize of \$150 for the following: Men's Lightweight, Men's Heavyweight, and Women's combined. The competitor who breaks the most TOTAL boards in Power Wood Hand, Power Wood Elbow, and Power Wood Foot (combined board total for ALL 3 events) in each of the gender classes above will receive \$150 from Nutmeg State Nationals promoter John Bashta. Competitors do not need to enter all three categories to be eligible for prize money.

### First Time Breakers Division- You may not enter any other divisions if entering First Time Breaker

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

3 Wood boards included

All techniques allowed

Multiple stations (3 station max.)

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

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

Competitors will be paired up

No points toward ratings

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>
FTB1	Open to all 1 <sup>st</sup> time competitors	Coed	All ranks

## Creative Multi-Direction Wood Breaking

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

Wood boards only

All techniques allowed

Multiple stations (3 station max.), 3 sub-stations per station

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

Competitor provides own holders and stands

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

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

## Speed Board Breaking- Board size: 12 and under- ½X10X12", 13 and over- 1X10X12

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

No Spacers Allowed

Any technique allowed, hand and foot

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

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	12 & under	Coed	All ranks	All weights
<b>***12 and under divisions can be broken down further depending on number of competitors ***</b>				
SB2	13-17	Male	All ranks	All weights
SB3	13-17	Female	All ranks	All weights
SB4	18 and over	Male	Beg/Inter	All weights
SB5	18 and over	Male	Adv/Black Belt	All weights
SB6	18 and over	Female	All ranks	All weights

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

## Power Board Breaking- Board size: 12 and under- ½X10X12", 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/break/clean-up)

**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	12 & under	Male	All ranks	All weights
PB2	12 & under	Female	All ranks	All weights
<b>***12 and under divisions can be broken down further depending on number of competitors ***</b>				
PB3	13-17	Male	All ranks	All weights
PB4	13-17	Female	All ranks	All weights
PB5	18 and over	Male	Beg/Inter	Lightweight
PB6	18 and over	Male	Adv/Black Belt	Lightweight
PB7	18 and over	Male	Beg/Inter	Heavyweight
PB8	18 and over	Male	Adv/Black Belt	Heavyweight
PB9	18 and over	Female	All Ranks	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>
PB11	12 & under	Male	All ranks	All weights
PB12	12 & under	Female	All ranks	All weights
<b>***12 and under divisions can be broken down further depending on number of competitors ***</b>				
PB13	13-17	Male	All ranks	All weights
PB14	13-17	Female	All ranks	All weights
PB15	18 and over	Male	Beg/Inter	Lightweight
PB16	18 and over	Male	Adv/Black Belt	Lightweight
PB17	18 and over	Male	Beg/Inter	Heavyweight
PB18	18 and over	Male	Adv/Black Belt	Heavyweight
PB19	18 and over	Female	All Ranks	All weights

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

**Kids Foot-** 17 and under, 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>
PB21	12 & under	Male	All ranks	All weights
PB22	12 & under	Female	All ranks	All weights
<b>***12 and under divisions can be broken down further depending on number of competitors ***</b>				
PB23	13-17	Male	All ranks	All weights
PB24	13-17	Female	All ranks	All weights

**Adult Foot-** Allowed strikes: Any kick. Boards will be held by machine, no spacers

<u>Division #</u>	<u>Description</u>	<u>Gender</u>	<u>Rank</u>	<u>Wt.</u>
PB25	18 and over	Male	Beg/Inter	Lightweight
PB26	18 and over	Male	Adv/Black Belt	Lightweight
PB27	18 and over	Male	Beg/Inter	Heavyweight
PB28	18 and over	Male	Adv/Black Belt	Heavyweight
PB29	18 and over	Female	All Ranks	All weights