

Dragon Challenge Board Breaking Edition Rules

Colour Belt Breaking

Circuit Breaks

- Colour belts are given thirty (30) seconds to complete the three breaks in the following categories:

HAND BREAKS	FOOT BREAKS
White Belts – Green Belts <ul style="list-style-type: none"> • Front Elbow • Outward Side Fist • Downward Open Fist 	White Belts – Green Belts <ul style="list-style-type: none"> • Front Kick • Side Kick • Stomp
Blue Stripes – Black Stripes <ul style="list-style-type: none"> • Front Elbow • Outward Knife Hand Strike • Any Downward Hand Technique 	Blue Stripes – Black Stripes <ul style="list-style-type: none"> • Front Kick • Side Kick • Turning Kick

Black Belt Breaking

Circuit Breaks

- Black Belts are given forty (40) seconds to complete all four breaks in the following categories:

HAND BREAKS	FOOT BREAKS
<ul style="list-style-type: none"> • Front Elbow • Outward Knife Hand Strike • Choice of Rear Elbow or Forefist Punch • Any Downward Hand Technique 	<ul style="list-style-type: none"> • Front Kick • Side Kick • Turning Kick • Choice of either Jumping Front Kick, Jumping Side Kick, or Jumping Turning Kick

ALL COMPETITORS

Height

- Competitors may adjust the height of the machines in the allowed time by the official. A minimum of two (2) minutes will be provided, more may be given if time permits. Younger competitors may be given assistance by the officials or other competitors.
- Jumping breaks for Black Belts: The middle of the board must have a minimum height of no less than one vertical fist below the top of the shoulder.

Difficulty of Boards

- Refer to Appendix A

Breaking Awards

- Breaking is a competition with oneself. The number of techniques they complete successfully will determine their award.
- One award will be given for EACH breaking challenge (Hands, Feet)

COLOUR BELTS

- 0 Breaks = 0
- 1 Break = Bronze
- 2 Breaks = Silver
- 3 Breaks = Gold

BLACK BELTS

- 0 Breaks = 0
- 1 Break = 0
- 2 Breaks = Bronze
- 3 Breaks = Silver
- 4 Breaks = Gold

Procedures

- Official must examine boards before and after each attempt.
- When measuring, the competitor may make contact with the board. If contact is made, it must NOT affect the integrity of the board.
- If the measuring contact does affect the integrity of the board, that particular technique will NOT be awarded any points.
- Competitor bows to Judge
- Competitor starts in a Guarding Block position
- The official will say "Go" and start the timer
- The competitor must make contact with the correct striking tools:
 - Front Elbow – Front part of the elbow
 - Side Fist – The outside of a closed fist
 - Open Fist – The bottom heel of an open palm
 - Knife Hand – The outside meaty portion of the hand when in a Knife Hand

- Turning Kick & Front Kick – Ball of the foot
- Side Kick – Foot Sword
- Stomp – Bottom of the heel
- Punch- The first two knuckles (index and middle) of the forefist.
- No loss of balance
 - No touching the floor except for the bottom of the feet for upright breaks
 - No touching the floor except for any part of the feet and the breaking hand for downward breaks
- No points will be awarded if loss of balance occurs
- Points will be given for complete breaks of the boards while the breaking tool passes through
- Any breaks after time is not counted
- Must break in the order above
- Only one attempt per technique
- Competitor finishes in a guarding block position after the last technique and the judge will stop the timer

Combo Breaking

- Colour Belts will be given five (5) boards, and Black Belts will be given eight (8) boards set up in a vertical position and laid out in a straight line set at random heights.
- Competitors will be given three (3) seconds per board to break using any techniques the competitor chooses.
- Competitor will start in a guarding block position
- When the judge says “go”, the timer will start and the competitor may proceed to break.
- One attempt per board
- No loss of balance (see above)
- Points will be awarded for completed breaks
- Any breaks that exceed the maximum time will not be granted points
- Competitor will finish in a guarding block position after they complete the last break, then the Judge will stop the timer.

Awards for Combo Breaking

- The following award system will be used for the combo breaking:

COLOUR BELTS

Break 2 or less = 0

Break 3 = Bronze

Break 4 = Silver

Break 5 = Gold

BLACK BELTS

Break 3 or less = 0

Break between 4 & 5 = Bronze

Break between 6 & 7 = Silver
Break 8 = Gold

Little Dragons

Circuit Breaking

- The Little Dragons (4 & 5 year olds) will not have any time restrictions to complete the following breaks:
 - Stomp
 - Downward Side Fist
 - Front Kick
- Little Dragons may be given assistance from an official to help with balance, technique, and execution.
- Only one attempt per board
- Little Dragons must begin and end their breaking in either a guarding block, or “stop” position
- Breaks after time will not be awarded any points

Obstacle Course Breaking

- Little Dragons will not have any time restrictions to complete an obstacle course that has three breaks set up within that must be broken.
- Little Dragons will start the course in a guarding block position, or a “stop” position. The official will signal them to begin and start the timer.
- Only one attempt per board
- Little Dragons will complete the course by working their way through the obstacles, completing all three breaks, and ending in a guarding block or “stop” position.

Little Dragon Award System

- The following award system will be used for the Little Dragon category:

CIRCUIT BREAKING

Break 0 or 1 board = Bronze

Break 2 = Silver

Break 3 = Gold

OBSTACLE COURSE BREAKING

Break 0 or 1 board = Bronze

Break 2 = Silver

Break 3 = Gold

Dress Code

- Competitors must wear a respectful martial arts uniform and may not contain any offensive logos or messages. (determination of what is acceptable shall be made by the Tournament Host)

- Officials must wear attire as decided by the Tournament Host

Safety & Protective Wear

- All safety equipment must be approved by the Tournament Host
- All competitors with injuries that require bandaging or strapping of any kind must notify the Tournament Host of their needs and obtain approval of said gear by the Tournament Host before being permitted to compete. (no pins, hard metals, plastics, or fiberglass material may be worn)
- No jewellery, watches, or other adornments whether decorative or religious may be worn.
 - Medical Alert jewellery is the only exception and must be approved by the Tournament Host.
- Long hair must be kept in place using a material of a soft elastic nature only. No grips, slides, or clips may be used.

Order of Match

- The Order of Match shall be according to the tournament competition schedule.

Announcements

- According to the tournament competition schedule, competitors will be called to the staging area and to bring their required gear.
- Failure to present oneself by the time the competitors are taken to their assigned breaking station will result in the missing competitor being disqualified from the competition.
- Disqualified competitors are not entitled to a medal or a refund for the competition.

Boards

- All boards used will be UMAB (Ultimate Martial Arts Boards)