**POWER BREAKING RULES**

Power breaking divisions will be grouped by age not rank. For ages 10 and older, divisions will be separated male and female.

Breaking will consist of three techniques: side kick, turning kick and knife-hand side strike. Re-breakable boards in a stationary board holder will be used. Yellow boards are worth two points each and green boards are 4 points each. Competitor chooses which color and quantity. You may mix colors and quantities. Example: 2 yellow and 1 green equals 8 points.

Competitor may measure ONE time. A second measure will count as their attempt. Only one attempt per technique. Each complete break counts as full points. Any cracked but not totally separated boards count as half points.

Breaking must be done consecutively. Combined points for all three techniques are the total score. In the event of a tie, a break off will be conducted.

**TEAM BREAKING**

Team breaking consists of three (3) members per team. Each member chooses one of the three breaks – Side kick, Turning Kick and Knife-Hand so that each team completes all three breaks. Each competitor chooses which color and quantity of boards.

Points from all three breaks will be combined to determine winning team. In the event of a tie, a break off will be conducted.