

ELITE BREAKING LEAGUE

GUIDELINES OF EVENTS

All competitors are required to read the “Official Handbook” and follow the guidelines listed below when competing in those events to ensure the safety of all competitors and spectators.

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GUIDELINES OF EVENTS

Creative Board Breaking

1. *Materials:* Only wood boards can be broken in this event.
2. Boards must be purchased from EBL.
3. *Techniques:* All Techniques are allowed. Competitors may use any strike (Hand/Kick/Other) to break. Judges have final authority on safety and permission of a break or station definition (see Stations below).
4. *Stations:* The competitor may set up 4-8 stations. The Novice to Intermediate competitor may set up **4** stations, Advanced and Black Belt competitors may set up **8** stations.
 - a. A station may be free standing, set on stands, or held by assistants.
 - b. Each break will be considered one station.
 - c. Simultaneous breaks will be considered one station. A station may contain multiple breaks if they are completed as a combined action; for example, a double kick, a "stair step" break, "scissor" breaks, or simultaneous breaks. If competitor leaves the ground all breaks executed before he/she returns to the ground will be considered one station.
 - d. No more than two (2) breaks per station.
 - e. Competitor will be responsible for all materials required to set up their stations.
5. *Safety:* Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in Sections 1-2 (General and Safety) of the Official Handbook.
6. *Props:* Competitors may design their own stands, holding apparatus or items that bring life to their creative routine may be used.
7. Approved props include, but are not limited to, blindfolds, target shields, chairs, etc. People may not be used as props in any way.
8. Competitor must identify prop(s) to the judges before the start of their routine.
9. *Stands:* Any stands used to support any break material must be of sufficient size to support the material being placed on it but cannot be of such size as to encourage the material to break. This will be determined by the Judges. There may be some stands on-site (Sizes 8"x8"x16" or 2"x8"x16"), but EBL cannot guarantee these will be available.
10. Competitor will be responsible for all materials required to set up their station and is responsible for providing their own volunteers to hold boards for them.
11. Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in General: Safety above.
12. *Time Limits and Point Deduction:* Competitors will have a maximum of three (3) minutes to set-up, break, and clean up the area. 0.1 points will be taken off the competitor's final score for every 10 seconds over the allotted time. Deductions will begin after the 3-minute mark.
13. *Number of Attempts:* Competitor has three (3) attempts to break the materials at each station as presented to the Judges. Each missed break will result in a 0.1 reduction in score.

14. *Number of Boards:* Competitor may choose the number of boards in each station - More boards may receive higher score than less boards.
15. *Judging:* Competitor will be judged on difficulty, creativity, focus, expression, pace and flow of breaking from station to station and completion of breaks.
16. *Ties:* In the event of a tie, the winner will be decided by the inclusion of low and high scores. If still a tie, the winner will be decided by judge's decision based on superiority of techniques, degree of difficulty, & creativity.
17. *Divisions:* This competition is broken down by age/gender/rank.

CreativeOpen Breaking

1. *Materials:* All materials are acceptable, **except Fire and Glass.**
2. Boards may be purchased from EBL, if needed. All other materials, (such as concrete, bricks, cement, bats, clay tiles, marble, etc.), must be provided by the competitor.
3. *Techniques:* All strikes are allowed. Judges have final authority on safety and permission of a break or station definition (see Stations next).
4. *Stations:* The Novice to Intermediate competitor may set up **4** stations, Advanced and Black Belt competitors may set up **6** stations. (*See Format below*). A station may be free standing, set on stands, or held by assistants. A station may contain multiple breaks if they are completed as a combined action; for example, a double kick, a "stair step" break, "scissor" breaks, or simultaneous breaks will count as one (1) break. No more than two (2) breaks per station.
5. *Props:* Competitors may design their own stands, holding apparatus or items that bring life to their creative routine may be used.
6. Approved props include, but are not limited to, blindfolds, target shields, chairs, etc. People may not be used as props in any way.
7. Competitor must identify prop(s) to the judges before the start of their routine.
8. *Format:* Competitors will set their stations to the following criteria as identified by EBL.

Novice – Intermediate: (In any order)

- a. Station One: Power Break
- b. Station Two: Speed Break
- c. Station Three: Leg Technique Break
- d. Station Four: Creative Break

Advanced and Black Belt: (In any order)

- e. *Station One:* Power Break
- f. *Station Two:* Speed Break
- g. *Station Three:* Hand Technique Break
- h. *Station Four:* Leg Technique Break
- i. *Station Five:* Competitor Choice Break
- j. *Station Six:* Creative Break

CONCRETE POWER BREAKING

Hand Technique:

1. *Materials:* Blocks and Spacers (all competitors must use carpenter pencils).

2. Blocks must be purchased from EBL.
3. *Techniques*: All Hand Techniques are allowed. Competitors may use any hand strike (palm, chop, bottom fist, punch, etc.) to break. Judges have final authority on safety and permission of a break or station definition (see Stations next).
4. *Stations*: One station will be used. Blocks will be set on a block base. (Provided) Competitors may set up as many blocks as they choose.
5. *Safety*: Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
6. *Stands*: Provided by EBL (8"x8"x16" concrete stand).
7. Competitor will be responsible for all materials required to set up their station.
8. *Time Limits and Point Deduction*: Competitors will have a maximum of three (6) minutes to set-up, break, and clean up the area. 1/2 block will be taken off the competitor's final score for every 10 seconds over the allotted time. Deductions will begin after the 6-minute mark.
9. *Number of Attempts*: Competitor will have (1) downward strike attempt to break.
10. *Judging*: Judges will count the number of blocks broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
11. *Ties*: If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner.
Example: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If there is a tie created by more than one competitor breaking 100% of their stack, the competitor that broke the amount first is the winner.
12. *Divisions*: This competition is broken down by age/gender/weight/rank.

Elbow Technique:

1. *Materials*: Blocks and Spacers (all competitors must use carpenter pencils).
2. Blocks must be purchased from EBL.
3. *Techniques*: All Elbow Techniques are allowed. Competitors may use any elbow strike (drop elbow, overhand elbow, etc.) to break. Judges have final authority on safety and permission of a break or station definition (see Stations next).
4. *Stations*: One station will be used. Blocks will be set on a block base. (Provided) Competitors may set up as many blocks as they choose.
5. *Safety*: Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
6. *Stands*: Provided by EBL (8"x8"x16" concrete stand).
7. Competitor will be responsible for all materials required to set up their station.
8. *Time Limits and Point Deduction*: Competitors will have a maximum of three (6) minutes to set-up, break, and clean up the area. 1/2 block will be taken off the competitor's final score for every 10 seconds over the allotted time. Deductions will begin after the 6-minute mark.
9. *Number of Attempts*: Competitor will have (1) downward strike attempt to break.

10. *Judging*:Judges will count the number of blocks broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
11. *Ties*:If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner.
Example: Competitor “A” breaks 10 out of 10; competitor “B” breaks 10 out of 12. Competitor “A” broke at 100%; competitor “B” broke at 83%. Competitor “A” is the winner.If there is a tie created by more than one competitor breaking 100% of their stack, the competitor that broke the amount first is the winner.
12. *Divisions*: This competition is broken down by age/gender/weight/rank.

Foot Technique:

1. *Materials*:Blocks and Spacers (all competitors must use carpenter pencils).
2. Blocks must be purchased from EBL.
3. *Techniques*: All Foot Techniques are allowed. Competitors may use any foot strike (stomp, axe kick, etc.) to break. Judges have final authority on safety and permission of a break or station definition (see Stations next).
4. *Stations*:One station will be used. Blocks will be set on a block base. (Provided) Competitors may set up as many blocks as they choose.
5. *Safety*:Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in “General: Safety” above.
6. *Stands*: Provided by EBL (8”x8”x16” concrete stand).
7. Competitor will be responsible for all materials required to set up their station.
8. *Time Limits and Point Deduction*: Competitors will have a maximum of three (6) minutes to set-up, break, and clean up the area. 1/2 block will be taken off the competitor’s final score for every 10 seconds over the allotted time. Deductions will begin after the 6-minute mark.
9. *Number of Attempts*: Competitor will have (1) downward strike attempt to break.
10. *Judging*:Judges will count the number of blocks broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
11. *Ties*:If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner.
Example: Competitor “A” breaks 10 out of 10; competitor “B” breaks 10 out of 12. Competitor “A” broke at 100%; competitor “B” broke at 83%. Competitor “A” is the winner.If there is a tie created by more than one competitor breaking 100% of their stack, the competitor that broke the amount first is the winner.
12. *Divisions*: This competition is broken down by age/gender/weight/rank.

WOOD POWER BREAKING

Hand Technique:

1. *Materials*:Blocks and Spacers (all competitors must use carpenter pencils).
2. Blocks must be purchased from EBL.

3. *Techniques:* All Hand Techniques are allowed. Competitors may use any hand strike (palm, chop, bottom fist, punch, etc.) to break. Judges have final authority on safety and permission of a break or station definition (see Stations next).
4. *Stations:* One station will be used. Blocks will be set on a block base. (Provided) Competitors may set up as many blocks as they choose.
5. *Safety:* Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
6. *Stands:* Provided by EBL (8"x8"x16" concrete stand).
7. Competitor will be responsible for all materials required to set up their station.
8. *Time Limits and Point Deduction:* Competitors will have a maximum of three (6) minutes to set-up, break, and clean up the area. 1/2 block will be taken off the competitor's final score for every 10 seconds over the allotted time. Deductions will begin after the 6-minute mark.
9. *Number of Attempts:* Competitor will have (1) downward strike attempt to break.
10. *Judging:* Judges will count the number of blocks broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
11. *Ties:* If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner.
Example: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If there is a tie created by more than one competitor breaking 100% of their stack, the competitor that broke the amount first is the winner.
12. *Divisions:* This competition is broken down by age/gender/weight/rank.

Elbow Technique:

1. *Materials:* Blocks and Spacers (all competitors must use carpenter pencils).
2. Blocks must be purchased from EBL.
3. *Techniques:* All Elbow Techniques are allowed. Competitors may use any elbow strike (drop elbow, overhand elbow, etc.) to break. Judges have final authority on safety and permission of a break or station definition (see Stations next).
4. *Stations:* One station will be used. Blocks will be set on a block base. (Provided) Competitors may set up as many blocks as they choose.
5. *Safety:* Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
6. *Stands:* Provided by EBL (8"x8"x16" concrete stand).
7. Competitor will be responsible for all materials required to set up their station.
8. *Time Limits and Point Deduction:* Competitors will have a maximum of three (6) minutes to set-up, break, and clean up the area. 1/2 block will be taken off the competitor's final score for every 10 seconds over the allotted time. Deductions will begin after the 6-minute mark.
9. *Number of Attempts:* Competitor will have (1) downward strike attempt to break.

10. *Judging*: Judges will count the number of blocks broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
11. *Ties*: If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner.
Example: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If there is a tie created by more than one competitor breaking 100% of their stack, the competitor that broke the amount first is the winner.
12. *Divisions*: This competition is broken down by age/gender/weight/rank.

Foot Technique:

1. *Materials*: Blocks and Spacers (all competitors must use carpenter pencils).
2. Blocks must be purchased from EBL.
3. *Techniques*: All Foot Techniques are allowed. Competitors may use any foot strike (stomp, axe kick, etc.) to break. Judges have final authority on safety and permission of a break or station definition (see Stations next).
4. *Stations*: One station will be used. Blocks will be set on a block base. (Provided) Competitors may set up as many blocks as they choose.
5. *Safety*: Competitors will be required to ensure the safety of fellow competitors and spectators as outlined in "General: Safety" above.
6. *Stands*: Provided by EBL (8"x8"x16" concrete stand).
7. Competitor will be responsible for all materials required to set up their station.
8. *Time Limits and Point Deduction*: Competitors will have a maximum of three (6) minutes to set-up, break, and clean up the area. 1/2 block will be taken off the competitor's final score for every 10 seconds over the allotted time. Deductions will begin after the 6-minute mark.
9. *Number of Attempts*: Competitor will have (1) downward strike attempt to break.
10. *Judging*: Judges will count the number of blocks broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
11. *Ties*: If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner.
Example: Competitor "A" breaks 10 out of 10; competitor "B" breaks 10 out of 12. Competitor "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If there is a tie created by more than one competitor breaking 100% of their stack, the competitor that broke the amount first is the winner.
12. *Divisions*: This competition is broken down by age/gender/weight/rank.

LET ME BREAK – (First Time Breaker)

1. This event is for competitors who have not broken materials in a competitive environment or have not performed any breaking techniques.
2. Three (3) boards will be supplied by EBL.

3. Sizes of boards will be determined by age and rank.
4. This event can be where the competitors may choose a Power Event or a Creative Event.
5. There are NO placements of competitors, (i.e. First, Second, Third, etc.).
6. This is to introduce new breakers to competitive breaking.
7. Beginning breakers may not register for other divisions.

SPEEDIMPACT BREAKING – (Hand Only)

1. This event will require three (3) personnel, one competitor and 2 assistants.
2. All hand techniques are allowed.
3. This is a five (5) station event.
4. Stands will be provided (8"x8"x16").
5. Boards must be purchased from EBL.
6. NO spacers will be allowed.
7. Boards will be counted and inspected prior to the break.
8. Competitors may NOT leave the event area.
9. The competitor will have 10-seconds to break as many boards as possible within that time.
10. Competitor may stack as many boards on each station and assistants may replenish boards as they are broken.
11. Boards cannot be broken unless on the stands. Boards can be replaced if they fall and are not broken as long it's within the 10 second time limit.

SPEEDIMPACT BREAKING – (Foot Only)

1. This event will require three (3) personnel, one competitor and 2 assistants.
2. All foot techniques are allowed.
3. This is a five (5) station event.
4. Stands will be provided (2"x8"x16" or 8"x8"x16").
5. Boards must be purchased from EBL.
6. NO spacers will be allowed.
7. Boards will be counted and inspected prior to the break.
8. Competitors may NOT leave the event area.
9. The competitor will have 10-seconds to break as many boards as possible within that time.
10. Competitor may stack as many boards on each station and assistants may replenish boards as they are broken.
11. Boards cannot be broken unless on the stands. Boards can be replaced if they fall and are not broken as long it's within the 10 second time limit.

TEAM BREAKING – 3COMPETITORS/5-COMPETITORS

3 –Person per Team/5-Person Team

The members will compete in their designated divisions against members of other teams of the same division. Points will be awarded for each division based on that's competitor's ranking for that division. Total points will be accumulated and carried forward to the next event until final total score. after all events are completed will determine standings and the winner. Points are as follows:

First = 5
Second = 3
Third = 2
Fourth = 1

1. Three divisions (1-Power Wood, 1-Power Concrete & 1 Speed Breaking)
2. Teams are paired according to age and rank, can be male and/or female, members or non-members.
3. Power divisions may be wood or concrete but does add to the score because of material used.
4. Materials must be purchased from EBL.
5. All material must be presented to judges prior to beginning, for inspection and count.
6. No material may be added once the competition begins.
7. Teams may choose to only break what they deem necessary to win.
8. All material will be spaced with carpenter pencils, except the Speed Breaking divisions are non-spaced.
9. Each member must perform only one (1) division out of the three listed.
10. Divisions may not be duplicated by team members of that team.
11. Total amount of materials or highest percentage broken will choose the team winner.
12. If a member should drop out once competition begins, that team may continue.
13. If a team member drops out prior to competition, that team may choose another member. If no member can be located that team will receive a "0" for that station.
14. Each division follows the same guidelines and rules set forth by EBL for that division and all team members must adhere to.
1. If a team member drops out prior to competition, that team may choose another member.If no member can be located that team will receive a "0" for that station.
2. Each division follows the same guidelines and rules set forth by EBL for that division and all team members must adhere to.

SPORT BREAKING

1. All competitors must use boards provided by the EBL.
2. Allowed maximum of three stations.
3. There is no limit to the number of boards in each break.

4. The amount of boards may affect athletes score.
5. No spacers are used.
6. May use holders or stands.
7. Black belt divisions will have a 3-minute time limit to set up their boards, bow in, complete their breaks and clean up.
8. Allowed only one strike per station.
9. All techniques allowed. (breaking with the head will not be allowed).
10. Competitors will be judged on:
 - a. 1) The difficulty of each break.
 - b. 2) Intensity, form, technique, stances, power and performance.
 - c. 3) Creativity of each break.
11. Degree of difficulty for each break;
 - a. Both feet off ground at time of break is superior to one foot on the ground at the time of the break.
 - b. Turn back spinning kicks are superior to non-turn back spinning kicks.
 - c. Belt high or higher kicking breaks are superior to stomping breaks.
 - d. Foot breaks are superior to hand, elbow and knee breaks.
 - e. Hand breaks are superior to elbow breaks; elbow breaks are superior to knee breaks.

BLACK BELT POWER BREAKING

BLACK BELT WOOD HAND BREAKING

1. Boards must be purchased from EBL.
2. NO spacers allowed.
3. Hand techniques only.
4. Boards will be counted and inspected prior to breaking.
5. Competitors may NOT leave the event area, if the competitor leaves he may not participate.
6. Competitor may NOT use more than a three (3) step technique.
7. Non-spaced boards will be securely held on Prop.
8. Competitors will have one (1) attempt/strike.

BLACK BELT WOOD ELBOW BREAKING

1. Boards must be purchased from EBL.
2. NO spacers allowed.
3. Elbow techniques only.
4. Boards will be counted and inspected prior to breaking.
5. Competitors may NOT leave the event area, if the competitor leaves he may not participate.

6. Competitor may NOT use more than a three (3) step technique.
7. Non-spaced boards will be securely held- on Prop.
8. Competitors will have one (1) attempt/strike.

BLACK BELT WOOD FOOT

9. Boards must be purchased from EBL.
10. NO spacers allowed.
11. Foot techniques only.
12. Boards will be counted and inspected prior to breaking.
13. Competitors may NOT leave the event area, if the competitor leaves he may not participate.
14. Competitor may NOT use more than a three (3) step technique.
15. Non-spaced boards will be securely held on Prop.
16. Competitors will have one (1) attempt/strike.

ALL PERSONS WHO ELECT TO COMPETE IN ANY EVENT AUTHORIZED UNDER THESE RULES AND SANCTIONED BY THE ELITE BREAKING LEAGUE AT THEIR OWN RISK, RECOGNIZING THAT BREAKING COMPETITION NECESSARILY INVOLVES SOME RISK OF SERIOUS, PERMANENT PHYSICAL INJURY OR DEATH. NO LIABILITY FOR ANY LOSS, INJURY OF ANY KIND, OR DEATH, SHALL ATTACH TO ELITE BREAKING LEAGUE OR ANY OF ITS OFFICERS, DIRECTORS, MEMBERS OR EMPLOYEES, ETC. FOR ANY CAUSE OF REASON ARISING OUT OF, OR SUSTAINED IN ANY COMPETITION CONDUCTED HEREUNDER, INCLUDING NEGLIGENCE OR GROSS NEGLIGENCE.

ELITE BREAKING LEAGUE