

ELITE BREAKING LEAGUE

OFFICIAL RULES HANDBOOK

Our primary goal is to provide a Safe, Fair and Motivating Environment in which a competitor can test their skills. It is through our example of Excellence that we can achieve our goal.

All competitors and affiliates of the Elite Breaking League(EBL) are subject to the following rules.

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OFFICIAL RULES

SECTION 1:GENERAL

COMPETITOR OBLIGATIONS: It is the responsibility of the competitor to know the rules and be ready for competition when called to do so. He/she must be suitably attired, weighed-in and at the appropriate area when competition begins. Promote a positive environment and good personal behavior towards other competitors, spectators and staff members.

SECTION 2:SAFETY

- 2.1. Our first priority is that of the competitors and the spectators, **THERE ARENO EXCEPTIONS!**
- 2.2. To ensure the safety of our competitors, we ask the competitors instructors to inspect and approve all breaks prior to beginning.
- 2.3. The competitor assumes all risks.
- 2.4. If the Judges/EBL Representative senses the break or the performance is believed to be hazardous or unsafe, they will not grant the break or performance.
- 2.4. Remember your Martial Arts training and knowing your limitations.
- 2.5. The competitor **MUST** provide advanced warning if ANY material is to leave the competitors area during their performance. This will allow other competitors, spectators, ring coordinators and EBLRepresentatives the opportunity to evacuate the area and not be injured.
- 2.6. If any material exits the competitor's area without notification beforehand, the Judges/EBL Representatives may exercise the right to reject the break or disqualify the competitor.
- 2.7. No damage to the facility or the surrounding fixtures will be tolerated.

SECTION 3:WARNINGS and DISQUALIFICATIONS

- 3.1. **Warning** – Acts of vulgarity, use of profanity, improper gesturing, name calling, or outward displays of anger will result in a warning being issued.
- 3.2. A **“SECOND”** warning regardless of infraction will lead to deduction of point, elimination from that event or the addition of one unbroken piece of material (event appropriate).
- 3.2. A **“THIRD”** warning will lead to disqualification and removal from all events for that day.
- 3.2. **Disqualification** – A **“THIRD”** warning and/or blatant disrespect toward officials or other competitors, brawling or total disregard for the rules will result in immediate disqualification of a competitor be it through their own actions or actions from an outside source on their behalf.
- 3.3. Any attempt to physically alter materials will result in disqualification of the competitor(s).

SECTION 4:JUDGING, SCORING and DEDUCTIONS

- 4.1. Refer to individual events for format and additional details.
- 4.2. **Creative Events:**
 - a. Three Judge System – all scores will be used then a mean score calculated by dividing by 3.000.
 - b. Five Judge System – the highest and lowest scores will be dropped from the final total then a mean score calculated by dividing by 3.000.
 - c. Competitors will be judged based on; Intensity, Power, Focus, Balance, Difficulty, Technique, Performance and Completion of breaks.
 - d. Scoring point range will be lowest 7.00-10.00 (8.00 being average).
- 4.3. **Sport Breaking Events:**
 - a. Three or Five Judge System will be used.
 - b. Competitors may choose the kind of techniques and number of boards to break, up to a maximum of 30 boards.

- c. Competitors will communicate the number of materials to be attempted, and that number will be verified by the Judge's.
 - d. Competitors will be judged based on; Difficulty, Accuracy, Creativity, Performance and Completion of Breaks.
 - e. Scoring point range will be lowest 7.00-10.00 (8.00 being average).
- 4.4. *Speed Impact Breaking Events: (Foot and Hand Techniques)*
- a. Competitors will communicate the number of materials to be attempted, and that number will be verified by the Judge's.
 - b. Competitor's will have ten (10) seconds to break their materials.
 - c. Judges/scorekeeper will record the number of materials attempted, and the number successfully broken.
 - b. Competitor who breaks the most boards in allotted time will be the winner.
- 4.5. *Power Events:*
- a. Competitors will communicate the amount of materials to be attempted, and that number will be verified by Judge's.
 - b. Competitor will execute a single strike to determine amount broken based on judges inspection.
 - c. Judges/scorekeeper will record the number of materials attempted, and the number successfully broken.
- 4.6. *Team Events:*
- a. Three events will be judged and scored based on Speed Breaking and Power Events listed above.
 - b. Competitors will communicate the amount of materials to be attempted, and that number will be verified by Judge's.
 - c. Competitor will execute a single strike to determine amount broken based on judges inspection.
 - d. Judges/Scorekeeper will record the number of materials attempted, and the number successfully broken.
 - e. Ranking will be based on point system for each event; First = 5, Second = 3, Third = 2 and Fourth = 1.
 - f. Completion of all three events and based on total points earned will decide winner.
- 4.7. *Grand Champion Event:*
- a. All competitors will weigh in prior to event.
 - b. All materials broken will have a point value.
 - c. The total points will be divided by the competitor weight to determine the Champion.
- 4.8. *Multiple Strike Events:*
- a. Any injury that renders a competitor unable to finish their selected breaks/performance will result in a score of "0" for the breaks that were not completed/attempted. (e.g., if a competitor completes the first two (2) stations but has an injury that renders them unable to complete/attempt the last stations, the competitor will receive scores for the first two (2) stations and a score of "0" for the remaining stations).
- 4.9. **Ties:**
- Creative and Sport Breaking Events –*
- a. In case of a tie, the winner will be selected based on the combine Performance score.
 - b. If still tied, Three Judge System – the competitor with fewer Technical Deductions will be the winner. Five Judge System – the highest and lowest scores will be added back in, and then the mean score calculated by dividing by 5.000.
- Speed Breaking Events –*
- a. The winner shall be based on the higher percentage of material broken.
(Ex: 25 out of 30 = 100%, 27 out of 30 = 90%, 24 out of 30 = 80%)
 - b. Multiple awards shall be awarded.
- Power Events –*
- c. The winner shall be based on the higher percentage of material broken.
(Ex: 10 out of 10 = 100%, 9 out of 10 = 90%, 8 out of 10 = 80%)
 - d. If more than one competitor has the same percentage broken after their initial break, multiple awards shall be awarded.

- e. 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.

Team Events –

- a. The Team with the most boards broken in the Speed Breaking Event shall be the winner.
- b. If Teams are still tied, shall be based on the higher percentage of material broken in the Speed Breaking Event.
(Ex: 25 out of 30 = 100%, 27 out of 30 = 90%, 24 out of 30 = 80%).
- c. If Teams are still tied, the percentage of the first two events will be calculated and the Team with highest percentage is the winner.
- d. (Ex: First Two Events = 18 out of 20 = 90%, 17 out of 25 = 68%).

4.10. **Deductions:**

- a. 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).
- b. Multiple Strike Events (Speed Breaking events excluded)– there is a maximum of two attempts for each break. Failure to break all the materials in a single attempt will result in 0.1 deduction for each missed piece of material.
- c. 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 material.

***Example:** A competitor attempts to break two boards, but only breaks one on the first try, and only 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 complete break) = 0.7-point reduction.*

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

- d. The performance must be confined to the performance area. A competitor who crosses the boundary line will receive a 0.5-point deduction for each violation. (Except for competitor to gain momentum for a break).
- e. Holders may not attempt “help” the competitor by bending, moving, or pushing the material; any attempt to do will result in a 0.5-point deduction for each instance.
- f. 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 0.5-point deduction, depending upon severity.
- g. Failure to clean/clear performance area.

SECTION 5:PROTEST

- 5.1. A competitor has the right to protest an infraction of the rules or if a possible mistake was made (not a judgment call).
- 5.2. If a competitor wishes to protest, he/she should first let the Judge know he/she believes there has been an infraction of the rules or a mistake has been made.
- 5.3. If the Judge cannot properly settle the protest to the competitor’s satisfaction the Judge will summon the EBL Representative to the ring to render a final decision.
- 5.4. All protests must be made in an orderly, proper and sportsmanlike manner.
- 5.5. All protests must be made immediately.
- 5.6. Protests are not allowed once competition has resumed (after the fact protest).
- 5.7. A competitor may be penalized or even disqualified if he/she is protesting improperly or without proper cause.

SECTION 6:WEIGH-IN

- 6.1. It is mandatory for all adult male/female competitors - who are in weighed divisions - to weigh in before competition.
- 6.2. Only one official weigh-in is required. All competitors must compete in his/her weight division.
- 6.3. A competitor cannot compete up or down in another weight division for which he/she has not made the proper weight.

- 6.4. It is the responsibility of the EBL Representative(s) to weigh and properly record the competitor's weight.
- 6.5. If a competitor is caught falsifying their weight, they will be disqualified.
- 6.6. Weight Divisions:

	MALE	FEMALE
Lightweight	Under 169.9 (-77kg)	Under 139.9 (-63kg)
Middleweight	170 – 199.9 (77kg -90kg)	140 – 169.9 (63kg -73kg)
Heavyweight	Above 200 (+90kg)	Above 161 (+73kg)

SECTION 7:COMPETITOR UNIFORMS

- 7.1. For ALL competitors to qualify for their events, the proper uniform must be worn and in a good state of repair, (neat and clean).
- 7.2. *Approved Uniform:*Traditional or professional sport karate (Kung Fu, Tae Kwon Do, etc.) uniform, tee shirts with uniform (martial arts) pants are allowed if they are a part of a competitor's official school or if they list the school's name or logo.
- 7.3. Competitors are required to wear the appropriate belt/sash that they have been awarded, regardless as to how long they have possessed that rank.
- 7.4. *Unapproved Uniform:*torn, frayed, dirty or damaged uniform, offensive words or artwork on uniform (tees), tank tops, pants other than martial arts pants, blank tee shirt.
- 7.5. Removal of uniform top and belt/sash is allowed if the removal is considered relevant to the artistic expression or safety of the competitor.
Out of Respect, belts should NOT be placed or dropped on the floor, if so may cause a deduction in points.
- 7.6. Breaking competitors are NOT allowed to cover their hands, feet, elbows or any other part of their bodies used for striking, other than approved clothing listed above.This includes; tape, padding, braces, wraps, gloves, shoes, support material, etc. that may assist the competitor in striking of materials.
- 7.7. If you have any questions, please refer to EBL Representative before the start of your division.
- 7.8. The Judge/EBL Representative must approve any injuries that must be covered.

SECTION 8: RULE OF RANK

- 8.1. A competitor must compete at the highest belt level they have earned in the martial arts.
- 8.2. A competitor can never compete in a division of which he/she had not earned that rank.
- 8.3. Once a competitor competes as a black belt legally, he/she must always compete as a black belt.

SECTION 9: RANKING

- 9.1. Rank is broken down into four categories: Beginner/Novice, Intermediate, Advanced, and Black Belt.
- 9.2. A novice rank is defined as one of the first three levels or first three belt ranks in the competitor's school.
- 9.3. Intermediate is defined as the next two levels or next two belt ranks in the competitor's school.
- 9.4. Advance is defined any level or belt rank past intermediate level but before black belt level.
- 9.5. All non-black belt ranks are commonly referred to as under belt ranks.
- 9.6. An adult black belt is any competitor who is over the age of 18 and competes as a blackbelt.

DEFINTIONS:

Beg/Novice: white, yellow (gold) and orange belts(0-1 year of training)

Intermediate: green, blue and purple belts(>1-3 years of training)

Advanced: red and brown belts(3 + years of training)

Black Belts: black belts

SECTION 10: TIME RESTRICTIONS and COMPETITOR PREPAREDNESS

- 10.1. *Competitor Preparedness:* A competitor must be ready to compete as soon as that competitor's name is called to the performance area.
- 10.2. If the competitor is not at his/her area to compete when competition begins, he/she may not be allowed to compete.
- 10.3. If a competitor leaves their area after competition begins and is not present when his/her name is called to compete, his/her name will be called three times. If he/she is still not present to compete on the third call, he/she will be disqualified from that event.
- 10.4. Competitor's provide their own holders or find holders within the time limit, or they will be disqualified.
- 10.5. *Time Limits:* There will be set time limits for each type of breaking division. Please refer to breaking division information for specific information.
- 10.6. *Late Entries:* Once a division has started (the first competitor has started his/her routine) no competitor/s can be added to that division.
Only exception to this rule is the "Integrity Rule" in Section 14 of this handbook.

SECTION 11: FORMAT

- 11.1. Division is based on a competitor's age, weight and belt ranking on the date of competition.
- 11.2. EBL Representative(s) reserves the right to combine divisions depending on number of entries.
- 11.3. Divisions may be combined if fewer than 4 participants are entered.

SECTION 12: PERFORMANCE AREA

- 12.1. The competition area (Creative and Speed Events) should be square and will measure in the range of not less than 10' x 10' feet.
- 12.2. The competition area (Power Events) may be designated by EBL Representatives.
- 12.3. Competitors must stay in this area during their entire demonstration.
- 12.4. If competitor leaves the area at any time during their demonstration, they will be deducted 2 points from their overall score. (Exception: as part of the performance the competitor needs area for jumping, running, etc.)
- 12.5. The competition area must be flat and devoid of hazards.
- 12.6. The competition area may be defined by marking the boundaries with tape.

SECTION 13: MATERIALS

- 13.1. EBL - Standard Size of Boards (actual height is 11 ¾") (actual thickness is 3/8").

- 13.2. a) Age 13& Older - 1" Thick x 12" Height x 10" Width
b) Age 8-12 - 1/2" Thick x 12" Height x 10" Width
c) Age 7 & Under-1/2" Thick x 12" Height x 6" Width
- 13.3. The sizes listed above are mandatory for all Power and Speed Divisions. These sizes may also be used for all Creative Divisions.
- 13.4. Competitors are responsible for choosing their own board sizes based on age/size, technique, and creativity.
- 13.5. Judges will consider board sizes and number of the boards used when determining difficulty, creativity, and power.
- 13.6. *Purchase of Materials:*For all Power and Speed Divisions, competitor MUST purchase all breaking materials from the EBL. These may also be purchased for all Creative Breaking divisions, but not required and are subject to inspection from the judges.
- 13.7. *Materials Inspection:* Judges/EBL Representative shall inspect any materials that are to be used.
- 13.8. Boards must not have any cracks or defects in them and will be examined for acceptability prior to the competition.
- 13.9. Competitors not using authorized materials will be automatically disqualified.
- 13.10. *Materials Removal:*Once the competitors complete their performance and at the direction of the Judge/Timekeeper, all materials shall be removed from their area and located in debris receptacles designated by EBL Representatives.

SECTION 14: INTEGRITY RULE

- 14.1. If a question arises that is not completely covered by these rules listed, the official EBL Representative may at his/her discretion, overrule, modify or change a delineated rule if he/she believes that enforcing such a rule would result in an inherent unfair outcome to a competitor.
- 14.2. However, the official EBL Representative should overrule, modify or change a delineated rule only in extreme cases.

SECTION 15: DIRECTORS/JUDGES/RING COORDINATOR RULE

- 15.1. Refrain from showing prejudice regardless of their gender, ability, martial art, cultural background or religion, competitor's school or region.
- 15.2. Be courteous and respectful to all competitors in both word and deed.
- 15.3. Ensure the safety and positive experience of every competitor and spectator.
- 15.4. Insure that each competitor abides by the official rules.
- 15.5. Conduct each aspect of competition in the proper order.
- 15.6. Award the correct winners in each division his/her tournament award.
- 15.7. Complete the required paperwork for each completed division and returning that signed paperwork to the EBL Representative or their assigns.
- 15.8. Responsible for the areas surrounding the performance area. In the interest of safety, the Judges and EBL Representatives should make sure that spectators allow ample room around each performance area for competition to progress unimpeded. Judgment as to what determines ample room is based on the type of event is taking place.
- 15.9. Judges who find difficulty in resolving a given problem should ask the EBL Representative for a ruling.
- 15.10. Must know the official rules as written in the "Official Handbook", how to enlist and empower personnel to coordinate events.
- 15.11. Emphasize the spirit of the competition rather than the errors, be constructive and encouraging.
- 15.12. At all times all ring coordinators, judges and EBL Representatives regardless of their martial art back-ground will always show courtesy and respect to the competitors, instructor's, parents and each other, on and off the competition arena.
- 15.12. Respect the rights of all instructors and competitors wishing to lodge a protest.

- 15.13. The EBL may dispense (temporarily or permanently), with the services of any Judge or Director who, in its opinion, does not efficiently enforce the rules of EBL whose marking, scoring or facilitating of events it considers not to be satisfactory.
- 15.14. Must be present to facilitate area assignment, awards, registration and to answer all logistical questions and make sure everything is run in an orderly fashion.

SECTION 16: TIMEKEEPER

- 16.1. May be either a martial artist or non-martial artist.
- 16.2. Timekeeper will start/stop time at the command of the Judge/EBL Representative and will inform the Ring Coordinator/Judge/EBL Representative at every thirty (30) second mark (30 seconds, 1 minute, 1:30 and so on), based on divisions.
- 16.3. They will record the times of each competitor.

SECTION 17: SCOREKEEPER

- 17.1. May be either a martial artist or non-martial artist.
- 17.2. It is the duty of the scorekeeper to correctly record the names and order of competition, as determined by the Judge or EBL Representative, as well as the scores of all competitors.
- 17.3. Scorekeeper will write down the number from scores of each judge. Eliminate the high and low scores if 5 judges are being used and add the remaining scores to attain a total score.
- 17.4. In the case of three (3) judges all scores will be included.
- 17.5. They should check his/her addition a second time (calculators should be used).

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