



Divisions for the **Nutmeg State Nationals**

Power Board Breaking- Board size: 12 and under- 12X10X12", 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

Division #	Description	Gender	Rank	Wt.
PB1	12 & under	Male	All ranks	All weights
PB2	12 & under	Female	All ranks	All weights
***12 and under divisions can be broken down further depending on number of competitors ***				
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.

Division #	Description	Gender	Rank	Wt.
PB11	12 & under	Male	All ranks	All weights
PB12	12 & under	Female	All ranks	All weights
***12 and under divisions can be broken down further depending on number of competitors ***				
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.

Division #	Description	Gender	Rank	Wt.
PB21	12 & under	Male	All ranks	All weights
PB22	12 & under	Female	All ranks	All weights
***12 and under divisions can be broken down further depending on number of competitors ***				
PB23	13-17	Male	All ranks	All weights
PB24	13-17	Female	All ranks	All weights

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

Division #	Description	Gender	Rank	Wt.
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

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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

Division #	Description	Gender	Rank
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



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