

Team Breaking:

Adults 16 years and up schools may have more than one team.

All breaking teams will consist of three men and two women performing one of the following five breaks. 1 Inward Knife, 2 Punch (Horizontal), 3 Side Piercing Kick, 4 Turning Kick, 5 180 (mid air Reverse Side Piercing Kick)

All breaking will use pine boards measuring 12 inch by 12 inch by $\frac{3}{4}$ inches thick which will be supplied by the tournament host.

Points will be awarded by the following: 1 point clean broken board, $\frac{1}{2}$ Point board breaks with shake, 1 extra point for all boards in the holder broken with clean breaks, no shake breaks.

Divisions	Light Weight	Middle Weight	Heavy Weight
Men	143 Lbs & under	144 – 175 Lbs	176 Lbs & above
Women	143 Lbs & under	141 – 160 Lbs	161 lbs & above