

Board Breaking Guidelines: 2026 (6.12.2026 Revision Date)

Ages and Ranks allowed for Breaking:

- All Age and Rank Divisions will be allowed to participate in the Breaking Competition.
- See Section 2.0 on the Board dimensions required for each age group.
- See Section 7.0 for the # of boards, stations and thickness allowed for Color Belts & Black Belts

1.0 General Breaking Guidelines

1.1 On the day of the tournament, after all Breaking Competitors are Checked-In, have defined and submitted their Breaking Plan, and their max score's calculated; competitors will be split into Junior/Adult groups and bracketed into approximate groups of 4-8 competitors.

1.1.1 Bracketing will be done by rank and age point value.

1.1.2 Competitors WILL NOT be allowed to change their breaks after submitting them at check-in unless there is a medical reason, which will be at the discretion of a designated Tournament Official.

1.1.3 Any Changes to the Breaking Plan must be accepted by a designated Tournament Official BEFORE the start of the division competition.

1.1.4 Updates to the "Breaking Plan" must be via the Bracketing System prior to the start of the division.

1.2 Board Holders

Black Belt Competitors must provide their own holders.

All Human Holders are REQUIRED to use finger protectors which are provided by the AKF.

... (Please note, being a board holder DOES NOT constitute having a free pass into the event.)

... (Any Board Holder, who is NOT a competitor, must purchase a Spectator Ticket.)

Color Belt Competitors will have AKF Holders Provided for you.

Color Belt Competitors will have the option to use a Horizontal Holder and/or Human Holders.

1.3 The AKF will provide 1-Horizontal (downward) Holder and 2-Vertical (forward) Holders.

Additional mechanical holders - either custom-made or purchased commercially - may be used.

1.4 AKF Tournament Officials must approve all mechanical holders BEFORE the day-of competition. Any mechanical holder that does not meet either base-line height or construction method and is confirmed by a Tournament Official BEFORE the competition begins will not be allowed in the Competition Arena.

1.5 Breaking Stations and Competition Procedures

- Black Belts may not exceed 4 Breaking Stations

- Color Belts may not exceed 2 Breaking Stations

- a. Each Breaking Station will have only 1 attempt. If any break is missed, it will be scored a zero.
- b. Any simultaneous breaks will be considered 2 breaking stations (example: twin jump front kick)
- c. Any station may have 1 holder, but not exceed 2 holders.
- d. The Center Referee will have final say if 1 or 2 holders will be acceptable for a break.
- e. The AKF will provide backdrops for unsupported/partially supported breaks.
- f. If a Color Rank competitor breaks out of order, it will be a deduction in their presentation score. More specifically, the presentation score cannot be higher than "OK". If the Center Referee gives a gentle reminder to the color rank competitor about the incorrect order of their break and the presenter then fixes the order, the presentation score cannot be higher than "Great".

- g. If a Black Belt competitor breaks out of order, it will result in a failed break and will be scored a zero.
- h. Judges may enter scores as breaks occur, and then grade the presentation score after all breaks are completed. Center Referee will then inform the Judges on when to submit the final scores.
- i. Please note the scoring guidelines for the presentation score for Color Rank competitors based on the following circumstances:
 - (a) Break out of order = the presentation score must be no higher than “OK”,
 - (b) Performs wrong break = the presentation score must be no higher than “Great”,
 - (c) Failed break = the presentation score may still be “Perfect” or below,
 - (d) Break performed out of order and wrong break = the presentation score must be “Poor”.

1.6 Props such as chairs, trampolines, tables, etc. MAY NOT be used.

(Holders MAY NOT be used as “human launch pads” for jumping techniques.)

1.7 Competitors CANNOT wear protective gear on the technique striking surface.

(Example: A competitor performing an Axe Kick cannot wear heel protection)

1.8 A “Broken Board” is defined as:

- a.) completely separated/broken from the other ½
- b.) being held together by strands; if one side is held horizontal, the other naturally drops to the floor.

1.9 To ensure consistency and safety for all competitors, Breaking Boards must be purchased from the AKF either at the time of Online Registration or Day-Of the Tournament in the Pro-Shop during Check-In.

2.0 Scoring Guidelines for Breaking Competition *(See page 4 for point value details)*

Scoring will be based on four (4) criteria:

- a. Technique Difficulty
- b. Number of Boards in each individual break
- c. Demonstration of Break
- d. Presentation

2.0.1 Technique Difficulty

Techniques will have a Base Difficulty which is listed in the “*Scoring Outline*”.

2.1 Number of Boards is defined as the total number of boards attempted at EACH Breaking Station.

2.2 Demonstration of Skill: each breaking station is scored individually.

2.2.1 **Accuracy:** Breaking at the center of the board.

2.2.2. **Technique Quality:** I.E. toes pointed across or down for side kick, striking with proper knuckles for a punch, and height of jump for jumping kicks.

2.3. Presentation: Includes competitors’ verbal presentation, break set up and flow between techniques. This includes confidence, balance, rhythm, smoothness of performance and good competition manners beginning from the competitor’s entrance into the Contest Area throughout their performance.

3.0 Break Failure:

- 3.1 Accidental touching the floor with significant force due to loss of balance during the break attempt will result in a Break Failure of the individual break, not the entire breaking series.
(Example: Kneeling as part of the break is acceptable while falling to the knees uncontrolled after the break is not acceptable.)
(The Center Referee will determine if loss of balance merits Break Failure.)
- 3.1.2 The competitor physically hurts or injures their human holders through direct contact:
 a. Hurting the holder to where they cannot continue to hold will result in a Break Failure, scoring a Zero (0.0), on that break, not the entire breaking sequence.
(The Center Referee will determine if the degree of physical contact merits Break Failure.)
- 3.1.3 Twin Hands and Double Kick Breaks: A failure to break both stations on a Twin Hands or Double Kick breaks are scored as a failed break for both stations.
- 3.1.4 Missed Break:
 a. Each participant has 1 attempt per breaking station.
 b. If they miss a station, that station is given a zero (0) and will be factored into the total score as a zero (0).
 c. Competitors may continue with their remaining breaking stations.
 d. If any boards in a breaking station does not meet Sec. 1.8 definition, it's considered a Break Failure.

4.0 Publication of scoring

- 4.1. The final score shall be announced immediately after totaling the judges' scores.

5.0 Decision and Declaration of Winner

The winner shall be the contestant who receives the highest total score.

5.1 In case of a tie:

- If tied: The competitor who attempted the greater number of boards will win.
- If the competitors remained tied after these steps, multiple medals/trophies will be awarded.

6.0 Dangerous Breaks

The Center Referee reserves the right to stop a break that they deem to be dangerous. Using people as obstacles or launching pads, using weapons, and/or holding boards directly over another person's head will not be permitted.

7.0 Number of Boards per Rank, Number of Breaking Stations & Board Thickness

Color Belts: White Belts - Black Stripes

Maximum 4 boards Per Break
 Maximum of 2 Breaking Stations

Black Belts:

Max 6 Boards Per Break
 Maximum of 4 Breaking Stations

Color Belt Board Sizes By Age:

- 5-9 years: ½"t x 12"h x 6"w
- 10 -12 years: 1"t x 12"h x 6"w
- 13-17 years: 1"t x 12"h x 8"w
- 18+ years: 1" x 12"h x 10"w

Black Belt Board Sizes By Age:

- 9 -12 years: 1"t x 12"h x 6"w
- 13-17 years: 1"t x 12"h x 8"w
- 18+ years: 1" x 12"h x 10"w

Technique Point Values & Scoring

Technique Base Values:

Hand Techniques

- Hammerfist = 0.75
- Palm Heel = 0.75
- Elbow = 1.00
- Outward Knifehand = 1.25
- Inward Knifehand = 1.50
- Ridgehand = 2.00
- Backfist (18yrs + only) = 2.00
- Punch (18yrs + only) = 2.00

Foot Techniques

- Front Kick = 1.00
- Axe Kick = 1.00
- Side Kick = 1.00
- Hook Kick = 1.50
- Crescent Kick = 2.00
- Twist Kick = 2.50
- Roundhouse Kick = 2.50

Number of Board Values: Spacers Are Not Allowed

- 1 board = + 0.00 points
- 2 boards = + 1.50 points
- 3 boards = + 3.00 points
- 4 boards = + 5.0 points
- 5 boards = + 8.0 points
- 6 boards = + 11.0 points

Positive Modifiers:

- High Kick (kicks only, center of target shoulder high minimum) = + 1 point
- Jumping (kicks only) = + 1 point
- Hand Speed Break (hand only, drop, suspended, self-held) = + 1 point
- Back Spinning 180' (kicks only) = + 1 point
- Stationary Kick (kicks only, no body weight momentum) = + 1 point
- Twin Hands (hands only, multiple breaks performed simultaneously) = + 1 point each tech.
- Double Kick (kicks only, multiple breaks performed as a single tech) = + 1.5 points
- Step-In Back Spinning (kicks only) = + 2 points
- Kick Speed Break (kicks only - drop, suspended, self-held) = + 2 points
- Twin Kick (kicks only, multiple breaks performed simultaneously) = + 2 points each tech.

Judges Score Definitions:

Demonstration of Skill:

Break Failure: 0% of Max Score

- see Sec. 3.0

Poor Break: 60% of Max Score

- Intensity: Weak execution
- Style: Lacks enthusiasm, confidence and poise

Ok Break: 70% of Max Score

- Intensity: Fair execution
- Style: Average enthusiasm, confidence and poise

Great Break: 80% of Max Score

- Intensity: Good execution
- Style: Shows good enthusiasm, confidence and poise

Perfect Break: All of Max Score

- Intensity: Excellent execution
- Style: Demonstrates impressive enthusiasm, confidence and poise

Presentation: (See Sec. 2.3)

- Poor: - 6% reduction from final Score
- OK: - 4% reduction from final Score
- Great: - 2% reduction from Final Score
- Perfect: no point reduction