



Finnish Martial Arts ry
Breaking competition rules
11.01.2025 (version 2.0) TJJ

TABLE OF CONTENTS	1
1 BREAKING CONTEST RULES	3
1.1 AREA	3
1.2 MATERIALS	3
1.3 STAGING	3
2 INVOLVEMENT	4
2.1 LEGAL.....	4
2.2 INSTRUCTIONS.....	4
3 SERIES & GROUPS	5
3.1 SKILL BREAKING.....	5
3.2 POWER BREAKING	6
3.3 SHOW BREAKING	7
3.4 POWER HIT / POWER KICK	8
4 REFEREES	8
5 SCORE CARD	9

- FM Under the supervision of FMAF, the official FMAF Breaking Competitions are FC, EC, WC or other Open
- FMAF can add or change series or materials due to need/situation or some other reason
- FMAF maintains records created in value competitions, winners and other FMAF Awards
- The official nickname of the FMAF Breaking competition is "Break your limits"

1 BREAKING CONTEST RULES

1.1 AREA

The breaking area is determined by the facilities and location. The aim is to put a protective material underneath, which collects the pieces detached during crushing. If necessary, the area is cleaned between performances. The organizer together with the referee committee is responsible for the area and security in the area.

1.2 MATERIALS

The organizing body acquires the materials. The material can be typically used glulam board, stackable plastic board, roof tile or other material agreed together with FMAF. The direction of the grain of the glulam board is parallel to the shorter (200 mm) side. In Finland, as a rule, glulam pine boards are used.

The materials most often used may differ by decision of the organizer and the committee of referees.

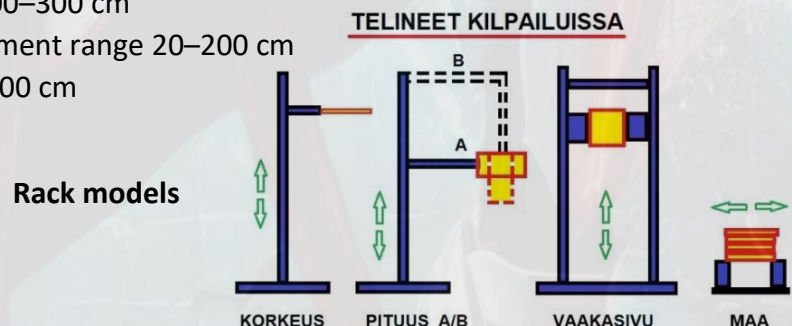
- **Height, length, fingertips breaking**
 - Glulam board/plywood 300x200x9 (mm)
 - Breakable plastic sheet or other material
- **Fist power breaking**
 - Glulam board 300x200x15/18 (mm)
 - Breakable plastic sheet or other material
 - Roof ridge tiles about 300x400 (mm)
- **Knife hand breaking**
 - Glulam board 300x200x15/18 (mm)
 - Breakable plastic sheet or other material
 - Tiles slab 300-400x150x15-20 (mm)
- **Side/back kick**
 - Glulam board 300x200x15/18 (mm)
 - Breakable plastic sheet or other material
- **Track/team breaking**
 - Glulam board 300x200x9/15/18 (mm)
 - Breakable plastic sheet or other material



Picture: Timo Jansson archive

1.3 STAGING

- Sturdy and adjustable racks standing on the floor are used.
 - Height adjustment range 100–300 cm
 - Horizontal side stand adjustment range 20–200 cm
 - To the ground mount 150–300 cm



Picture: Timo Jansson has drawn and archive

2 INVOLVEMENT

2.1 LEGAL

- The competitor must have a valid membership license of the Finnish Martial Arts Federation
- The competitor has paid/has committed to pay the competition participation fee
- At least beginner course completed in own martial arts and as a member of a martial arts club
- Kids group: at least 8 and at most 11 years old
- Cadets group: at least 12 and at most 14 years old
- Juniors group: at least 15 and at most 17 years old
- Adults group: at least 18 years old
- Seniors group: at least 50 years old
- Teams group: 5 people, one of whom must be +18 years old

Age is determined by the year of birth, not the date. For example, in the year you turn 12, you are entitled or must participate in the cadets group. The referee committee can accept changes or participation in a group above the competitor's own age group with the permission of the guardian, etc.

2.2 INSTRUCTIONS

- The competitor must wear the uniform and belt or outfit of their own martial art.
- The participants can participate in all the series that are allowed for their age.
- The referees briefly explain the rules to the competitors before competition, if necessary.
- There is always a referee meeting before the competition, in which the supervisor determines the policies.
- Before their own performance, the competitors inform the officials - dimensions/number of pieces to the referees.
- The technique is done with bare hands/feet without any jewellery, bandages, supports, etc.
- Performances always begin with a bow and a kihap shout. The performance ends in the final position, where the competitor must wait until the observer judge has put down the flag and when the broken materials have been counted.
 - A red flag means a failed performance
 - A blue flag means an approved performance
- The competition organizer reserves the right to make changes as follows:
 - Referee supervisor changes related to competition rules
 - Organizer changes related to facilities, prices and possible materials together with the referees committee.

The above matters, e.g. materials, are mentioned in the Competition invitations and notices.

- The primary competition material is a wooden board, which is available from the Finnish Martial Arts Association, i.e. from FMAF or another source approved before the competition by the FMAF referee committee.
- FMAF has the right not to let a person or others into an event or anything else if they wish.

3 SERIES & GROUPS

	Kids M/F	Cadets M/F	Juniors M/F	*Seniors M/F
1. Jump front kick breaking	8–11 y.	12–14 y.	15–17 y.	+18y /*+50y
2. Knife hand breaking		12–14 y.	15–17 y.	+18 y.
3. Fist power breaking				+18 y.
4. Side/back kick breaking		12–14 y.	15–17 y.	+18 y.
5. Fingertip breaking				+18 y.
6. Track breaking				+18 y.
7. Team Show (5 persons) †	8+	8+	8+	+18 y/1pers
8. Power hit (# Powerball K+A)	8–11 y.	12–14 y.	15–17 y.	+18 y.

* +50 y can participate in all groups and in jump front kick breaking only in either the +18 y. or +50 y. group. # Power hit ball 2 different

† In the team show, there are 5 competitors, and the age range is from 8 years old upwards, but one must be +18 y. Gender does not matter in the number of competitors.

3.1 SKILL BREAKING

Jump front kick breaking

- The competitor has 10 seconds to go and do the performance after the judge's command.
- The maximum speed taking distance is 8 m. The permitted distance is 0-8 m.
- The competitor has 3 breaking attempts for the same or higher height.
 - The competitor states the starting height when signing up for their own performance.
- The following heights are announced in 5 cm increments before the performance. The height should always be raised or passed altogether.
- The best result of the three kicks remains valid and the results determine the ones who proceed on to the next round.
- Based on the results, the top 3 competitors are always concluded.
 - In the case of a tie, an additional attempt decides the placings, a maximum of 2 additional attempts.
 - If the situation is still a tie after the second additional attempt, the one whose performance touches the board wins if the other's does not.
 - If the situation is still a tie, the result will be decided between the competitors based on the results of the first 3 performances in favour of the one with a better second or third result.
 - If the situation is still a tie, the number of error points affects the result.
 - If the result is still a tie, the shorter competitor wins due to their height.
- The wooden board must break during the jump kick while the competitor is in the air.

Fouls, dismissal and disqualification:

- Foul points: -1p foul = -2,5 cm off the best score:
 - If the 10 second time limit is exceeded, there is a new additional -1p every 10 seconds.
- Dismissal of a performance:
 - Wrong technique, e.g. flip, another body part hits the board.
 - Some body part other than the soles of the feet hits the ground when coming down.
 - The board does not break while the whole body is in the air.

3.2 POWER BREAKING

Fist power, knife hand, side/back kick breaking

- The competitor has 20 seconds to go and perform a performance after the judge's command.
- NOTE! Practise rounds are included in the performance and the material must not be touched during the practise.
- Men's wooden boards are 18 mm thick.
- Women's and juniors' wooden boards are 14 mm thick.
- Cadets' wooden boards are 14 mm thick in sidekick breaking and 9mm in knife hand, and the same thickness 9mm is used for fingertip breaking.
- With the approval of the supervisor, you can use boards of other thicknesses or material.
- Points = 2 p if the whole plate breaks and 1p if the plate breaks but does not separate into pieces.
- The minimum height in the horizontal stand is the height of the competitor's hips.
- The practise hit/kick can be performed a maximum of 3 times without touching the target within a 20-second time limit.
- The hand techniques can be done on a ground stand or a horizontal side stand, depending on the organizer.
- 1 assist step or sliding is allowed in hand techniques and side/back kick execution.
- The best 5 results continue to the finals. The results of the qualifiers are not taken into account in the final. The final rankings are decided only because of the performances in the final round.
- In **fingertip breaking**, as many discs as possible are crushed in 20 seconds, 3–5 people hold 9mm discs for the competitor, you can choose the woods quantity yourself, the most of broken woods win. Note! this is a specialized breaking, and the referee committee approves the competition with the organizer.
- The results are always determined based on the calculated points, which are 2 p when the wood is 2 or 2+ in the part and 1 p if the wood is cracked, i.e. broken, but the pieces are still attached to each other.

Warnings, fouls, dismissal and disqualification:

- **Foul no. 1 -> subtract -1 p**
 - You can receive a warning from the following:
 - The 20-second time limit is exceeded, an additional error -1p occurs every 10 seconds.
 - Use of leg/hand protection or support material, to be checked by judges
 - In the practice hit/kick, the hand/foot touches the target material, other error, e.g. attitude.
- **Foul no. 2 -> subtract -2 points**
 - The fouls can be caused by the following
 - In fist power breaking, when doing the technique, the legs move from the spot (jumping upwards is allowed) or some body part other than the soles of the feet, the striking hand or 1 knee touches the ground during the execution. Other fault like bad behaviour.
 - Swinging movement in 2-(3) techniques, or another body part hits the target
- **Dismissal.** The performance includes the following:
 - In series 2-4, completely wrong technique or during the technique, after the hit, the movement changes radically, some other body part touches the target or the ground, affecting the breaking. Outrageous behaviour and/or joint decision of the referees committee in the competition.
 - Deliberate continuation of the performance after the movement has already stopped or is done again or another swinging movement in 2-(3) techniques or some other part hits the target and breaks it.
- **All series** -> Disqualification and suspension of competition in FMAF sports:
 - Really inappropriate/bad/outrageous behaviour from the competitor or their coach. The disqualification is always discussed in the competition's referee committee and FMAF decides on the suspension.

3.3 SHOW BREAKING

Track breaking and team show (with own choreography and music)

Track breaking

- The time used for the performance is a maximum of 30 seconds and includes 3 plate holders of your own choice.
- In track breaking, 3 different techniques must be performed, one technique must be a foot technique, and one technique must be a hand technique, and the third technique can be chosen freely, e.g. elbow, knee, leg, hand, arm (head breaking is not allowed).
- The amount of material for the executions is a maximum of 5 boards/technique, thickness can be selected 9/14/18mm.
- The result is scored according to the thickness of the boards, the number of broken pieces and the impressiveness of the techniques, as well as the choreography of the performance and, of course, based on the entire performance, including attitude, strength, speed...
- The performance starts when the referee's blue flag goes up and the sijak is commanded.

Team show

- The time used for the performance is 120 - 150 seconds and includes 5 competitors, one of whom must be +18 years old.
- The team must perform 3 different breaking techniques in the performance, one technique must be a foot technique, one technique must be a hand technique, and the third technique can be chosen freely, e.g. elbow, knee, leg, fingertips, hand, arm (head is not allowed).
- The amount of material for the performances is a maximum of 5 boards/technique, thickness can be selected 9/14/18 mm.
- The unity of the team, accessories, colours, functionality of the choreography as a group, various movements and performances, acrobatics, jumps and techniques specific to martial arts, as well as sections such as self-defence and group "battle" and materials attached to the performance are allowed. The judges' points are based on the whole performance and the group with the most points wins.

3.4 POWER HIT / POWER KICK

Powerball hit or kick (Boxer or a similar so-called carnival ball)

- The performances are done by hitting/kicking either children's or adults' model.
- The competition is either a centralized competition for a specific group or an open competition for all interested parties.
- In the official power hit competition or power kick competition, FMAF membership conditions and martial arts conditions are followed, and each competitor has 3 attempts in their own series and own hits or kicks at a time. Series: kids (LP), cadets (KD), juniors (JN), adults (AK). Best reading wins.
- The unofficial competition (Open) has two performance groups: 1) 8-12 y M/F 2) 13+ y M/F
- In an unofficial power hitting contest, the referee supervises the results and hits/kicks, and you can do as many entries as you like, but only 3 in a row and then move to the end of the line. This is an unofficial hit/kick showdown, the so-called Open competitions.

4 REFEREES

- Referee training is organized before the competition. Before the start of the competition, the rules will be reviewed for the participants before the competition of the respective sport. A referee can become a competitor/coach if it does not affect the judging of the competition and receives permission from the competition's referee supervisor.
 - Referee training can be carried out the day before the games or at another time.
 - Trained referees get the right to referee in official breaking competitions organized by the FMAF association in Finland or abroad. The referee classifications are as follows:
 - The WORLD Referee supervises the entirety and makes the highest decisions
 - The IR-Referee acts as a referee supervisor or as the chairman of the referee committee for the entire competitions and supervises the competitions.
 - The A-referee can act as a technical referee, a flag referee or a referee supervisor.
 - The B-referee can act as a technical referee or a flag referee.
 - The C-referee can act as a stand referee or a flag referee.
 - The referee's assistant can act as a stand guide and adjuster as well as a scorer

- Breaking has a minimum of 2 referees and a maximum of 5 referees. In addition, there can be 1-3 assistants.
 - Referee supervisor
 - Records scores, fouls, warnings, dismissals and disqualifications.
 - Supervises the competition event behind the referees' table.
 - Makes the final decision on performance and points
 - Technical referee
 - Checks the competitor's hands/feet, techniques, mistakes, fouls and follows the performance closely.
 - Directs the competitor to the performance and gives a sign at the start.
 - Assistant
 - Accepts board quantities, heights and lengths.
 - Checks competitors, especially hands and feet.
 - Gives instructions to competitors and answers to additional questions.

- **Protest:** The protest fee is €200. If the protest is accepted, the protest fee will be refunded.
 - You can make a protest about the following:
 - Wrong judgment for competitor
 - The competitor participates in the wrong group
 - Other protest reported by the competitor or the judging committee
 - The judges' committee processes the protest without delay and as time permits, depending on whether the protest affects the competitor's continuation in the competitions or not. Otherwise, the protest decision will be made after the competitions are over and the protester will be contacted.

NRO 1



NRO 2



NRO 3



NRO 4



NRO 5



NRO 6



NRO 7



NRO 8



5 SCORE CARD

The score card is done on paper during the competitions and after the competition it is sent to the referee supervisor or the referee committee, who distributes the results within two days of the competitions at the latest.

Model

Osallistujat		KILPAILU				Määrä tai korkeus tai muu						
Pistekortti		LAJI										
Nro	Nimi	Seura	Ikä	Sarja	LAJI	Virhe -1p	Virhe -2p	RANK	1. kpl / cm pisteet	2. kpl / cm pisteet	3. kpl / cm pisteet	4. kpl / cm pisteet
esim	Jonathan Jansson	Esport Academy	23	AIK-M	NYL	-	-	1	5/10 P	943 BP	12/20 JP	235 CM
1.												
2.												
3.												
4.												
5.												
6.												
7.												
8.												
9.												
10.												
11.												
12.												
13.												
14.												
15.												
16.												
17.												
18.												
19.												
20.												
VINKKEJÄ		SARIAT	LAJIT									
Aiku ja loppu asento ok	Lapset 8 -12 tytöt/pojat	LAP-T/P	HyppyP	HYP	KILPAILUN TUOMAKOMITEA ja ALLEKIRJOITUKSET							
10-20sek aikaa suorittaa	Nuoret 13-17 tytöt/pojat	NUO-P	SivuP	SIP								
hyppypotku 1-3 kertaa	Aikuiset +18V naiset/miehet	AIK-N/M	Vertsik	VEL	Pvä							
harjoitusliike 0-3 kertaa	Seniorit +50V naiset	AIK-M	Nyrkkil	NYL	Tuomari							
2p kokolevy 1p osalevy	Seniorit +50V Miehet	SEN-N	Rata M	RATA	Päätuomari							
BP = pallolyönti pisteet	Pallo 1 +13V, Pallo 2 -12V	S1 / S2	Joukkue	TEAM								
JP = joukkue pisteet	Pallo 1 +13V, Pallo 2 -12V	S1 / S2	Lyöntip	BALL								

Table designed by Timo Jansson and from his archive