

2022 World Class Tae Kwon Do Championships Rules and Guidelines

1. Open Board Breaking
 - a. Maximum of 10 boards utilized is allowed per competitor, per round of competition.
 - b. No forehead breaking, open flames, or bladed props may be used.
 - c. No jumping/flying over people will be allowed
 - d. No spacers will be allowed
 - e. No direct elbow strikes will be allowed
 - f. Athlete technique will be judged based on the following criteria
 - i. Technique, focus, balance, power, and creativity.
 - ii. For Two competitors executing the same technique as part of the competition
 - a. A break performed on the 1st try is superior to a break on the 2nd try.
 - b. A two-board break is superior to a one board break, a three break is superior to a two-board break
 - c. A break supported on one end (speed break) is superior to a break supported on both ends (for the same number of boards)
 - g. Boards must be purchased at the venue, no outside boards allowed.