Rules for Speed Hook Kicks

**Object**: To break the most boards using the spinning hook kick technique within thirty seconds.

**Divisions:** Participants will be divided by sex, age, and belt.

**Materials**: Demo boards provided by tournament. Each contestant must provide his/her own holders. Holders must wear a head gear and a chest protector.

**Rules**:

-Each contestant will get one chance to break as many boards as he/she can break using the spinning hook kick technique.

-All boards must be broken within thirty seconds.

-Each broken board will count for one point.

-Any board broken that is not broken using the spinning hook kick technique will not count toward the contestant’s score.

-Contestants may not cover the breaking foot with any bandages, tape, or any other material.

-Deductions:

-Each time the contestant touches the floor outside the marked space during the thirty seconds, the contestant’s score will be docked one point.

-Each time any part of the contestant’s body other than the feet touches the ground, the contestant’s score will be docked two point.

-In the event of a tie, the award will be given to the youngest contestant.

-Anything not mentioned above is left to the judge’s discretion.