Rules for High Jump

**Object**: To break the highest board with a running jumping front kick.

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

**Materials**: Demo boards and holding machine will be provided by the tournament.

**Rules**:

-One round consists of all the contestants attempting to break at a given height. The round begins with the shortest contestant and progresses to the tallest contestant. This order holds for the entire competition.

-Each contestant will get one chance to break a board with a running jumping front kick per round.

-Participants must break the board to advance to the next round.

-Any contestants who do not break the board will be out.

-After each round, the board height will be raised incrementally at the judge’s discretion.

-The board will be raised until only one contestant is left who is able to break the board. That contestant is the winner.

-If all remaining contestants fail to break the board at a given height, the board will be lowered and those contestants will receive another chance to break the board.

-If the contestant falls down (touches the ground with any part of the body other than his/her feet), it is considered a no break.

-Contestants are allowed to use either left or right leg to execute the running jumping front kick.

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

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