

Re-breakable Board Color Requirements for Breaking

Sex / Age	Brown Belts	Red & Black Belts
MALES		
Ages 5 - 6	White board	Yellow board
Ages 7 - 8	Yellow board	Orange board
Ages 9 - 10	Orange board	$\frac{1}{2}$ Orange board $\frac{1}{2}$ Green board
Ages 11-12	$\frac{1}{2}$ Orange board $\frac{1}{2}$ Green board	Green board
Ages 13 - 14	Green board	Blue board
Age 15	Blue board	Brown board
Age 16 and above	Brown board	Black board
FEMALES		
Ages 5 - 6	White board	Yellow board
Ages 7 - 8	Yellow board	Orange board
Ages 9 - 10	Orange board	$\frac{1}{2}$ Orange board $\frac{1}{2}$ Green board
Ages 11-12	$\frac{1}{2}$ Orange board $\frac{1}{2}$ Green board	Green board
Ages 13 - 14	Green board	Blue board
Age 15 and above	Blue board	$\frac{1}{2}$ Blue board $\frac{1}{2}$ Brown board

Length of 1"x12" Pine Boards Required for Breaking

Sex / Age	Brown Belts	Red & Black Belts
MALES		
Ages 5 - 6	3"	4 ¹ / ₂ "
Ages 7 - 8	4 ¹ / ₂ "	6"
Ages 9 - 10	6"	7 ¹ / ₂ "
Ages 11 - 13	7 ¹ / ₂ "	9"
Age 14	9"	11"
Age 15 and above	11"	Two-11"
FEMALES		
Ages 5 - 6	3"	4 ¹ / ₂ "
Ages 7 - 8	4 ¹ / ₂ "	6"
Ages 9 - 10	6"	7 ¹ / ₂ "
Ages 11 - 13	7 ¹ / ₂ "	9"
Age 14 and above	9"	11"