

ARTICLE I: PERMITTED TECHNIQUES

Section 1: Legal weapons – Punches; hammer fists; palm heels and forearms. Kicks with the instep; bottom of foot; blade of foot; ball of foot; toes; shin and knee. Strikes with the head, and tip of elbow are prohibited. Stomping on a downed opponent as well as up-kicks from the bottom are prohibited.

Section 2: Legal striking targets - Chest, stomach, ribs, thighs and calf. Strikes to the face, head, joints, back, spine, groin or other vital points are prohibited. Strikes must be delivered below the collar bone. It is the striker's responsibility to ensure all strikes are delivered to legal areas. Kicking a downed opponent is prohibited with the exception of leg kick. Knee strikes from side control to a downed opponent are allowed to frontal ribs.

Section 3: Legal submission targets - Wrist, elbow, shoulder, hip, straight knee, neck and ankle. Submissions should be executed with applied pressure not “cranked”, to allow time to submit prior to injury. Pressure points are allowed as long as they are executed with applied pressure. Neck cranks or submissions which involve dynamic twisting or pressure against the neck joint or spine are prohibited. Heel hooks and submissions which involve a twisting pressure against the knee joint are prohibited.

Section 4: Takedowns and throws - Takedowns and throws designed or intended to cause injury are prohibited. Throws that involve joint locking are prohibited. Flying scissors style takedowns are prohibited. Unnecessary slamming or spiking to the head is prohibited. Slamming to escape a submission is prohibited.

Section 5: The following are strictly forbidden:

- A. Stalling or fleeing the mat.
- B. Intentionally causing injury to opponent
- C. Executing any illegal strike, throw or submission.
- D. Bending or twisting of fingers.
- E. Biting, scratching, pulling of hair, clothing or pinching / pulling of skin.
- F. Speaking or disrespectful conduct during bout.
- G. Arguing with any official.
- H. Refusing to obey the direction of any official.
- I. Showing disregard for one's or opponent's safety.
- J. Continuing the bout outside competition area.
- K. Any other condition for which the referee believes a penalty should be imposed.

ARTICLE II: SCORING

Section 1: The winner of the match will be determined by one of the following:

A. Competitor with the most recorded points at the conclusion of the match wins. A (15) point advantage is considered a technical submission and ends the match. A two or less point advantage can be considered a tie if referees feel appropriate. In the event of a tie, referees may consider aggressiveness, leg kicks, and submission attempts to determine true winner of the match.

B. Competitor who causes opponent to submit by taping or by verbal announcement.

C. Disqualification

D. Referee stops bout for safety of participant.

Section 2: Techniques will be scored either one (1), two (2), or three (3) points depending

on execution, effectiveness and difficulty.

Section 3: Takedowns and throws:

3 points - Opponent is thrown with legs/feet elevated over shoulder executed with good form and technique.

2 points - Opponent is thrown with his legs/feet elevated over knees. Any 3 point throw with flawed form or technique.

1 Point - Any other throw, sweep, take down or tackle which results in top position. Any scramble which results in a top position of control. Pulling guard will result in 1 point for the opponent. Pulling guard with an attempted submission will result in a takedown point for opponent if he frees himself from submission attempt and ends up in top position.

Section 4: Stand-up striking techniques:

2 points - A kick which clearly lands on the chest, stomach or ribs with power, proper torque, distance and follow through. A combination of punches where two or more unanswered strikes clearly land on the chest, stomach or ribs with power, proper torque, distance and follow through; or two or more effective strikes from a single clinched position.

1 point - A kick which lands on chest, stomach or ribs minus one of the elements making it a 2 point strike. A punch, hammer fist, palm heel, knee or forearm strike delivered with power, proper torque, distance and follow through to the chest, stomach or ribs.

0 points - Any striking technique in which the striker falls to the mat. A clash of strikes when there is no clear advantage to either competitor. Strikes to legal areas of the legs are allowed but earn no striking points.

Section 5: Ground control striking techniques - Striker must be in either mount, side mount, knee on belly position, back mount or inside guard position to earn ground striking points. A striker standing over a downed opponent must have control of a limb to receive striking points. You cannot receive points striking from your back.

1 point - A punch, hammer fist, palm heel, knee or forearm strike delivered with power, proper torque, distance and follow through to the chest, stomach or ribs.

2 points - Two or more "1 point strikes" which land on a downed opponent from the same positions of control. To earn additional points the striker must change positions of control after receiving 2 points.

0 points - Three or more strikes to a downed opponent from the same position of control. Striking without a position of control. Strikes to the legal areas of the legs will earn 0 points.

Section 6: Immobilization points: Holding your opponent in a position of advantage will earn Immobilization points. Positions of advantage are known as mount/ top control, side control, and back control. Positions of advantage can be fluid and move from side to side as long as the same general position is held. Attempted submissions in which control is established are also considered a position of advantage.

1 point - Awarded to the competitor who immobilizes a downed opponent from a controlled position of advantage or an attempted submission hold for 10 to 19 seconds.

2 points - One additional Immobilization point will be awarded after 10 more seconds of control. 20 seconds = 2

Section

7: Reversals:

1 point - Awarded to the competitor who executes a reversal from the bottom position and ends up in the dominant top position. (Ending up inside guard does not score) **Section 8:**

Push out:

1 point – Overtime period only. Awarded if opponent steps out of bounds during the match. Both competitors must be standing when push out occurs. If takedown occurs after push out, take downs is only scored

ARTICLE III: REFEREES AND OFFICIALS

Section 1: Each bout will be judged and administered by two (2) referees, a timekeeper and a Scorekeeper.

Section 2: The referees will enforce the rules of the bout.

Section 3: The referees will verbally and physically announce points as they are scored.

Section 4: The scorekeeper will mark points as announced by the referees and tally the points upon conclusion of the bout. Additional scorekeepers may assist during the bout. An electronic or cardboard score chart may be displayed but the official score will be recorded on paper.

Section 5: The two referees may form methods to work together during the bout as long as the method adheres to the rules and regulations.

Section 6: A Chief Referee must be present during all matches. A Referee Trainee must be accompanied by a Chief Referee if officiating. Two “B” level Referees may officiate the match but a Chief Referee must be present.

Section 7: Referee Certification

A Level – Chief Referee

- Received Training in Pankration rules, scoring and bracketing.
- Minimum of Ten years Mixed Martial Arts Experience.
- Minimum of 21 years of age.
- Received CPR and Sports First Aid Training.
- Prior experience of officiating a minimum of 200 matches.

B Level – Referee

- Received Training in Pankration rules, scoring and bracketing.
- Minimum of Five years Mixed Martial Arts Experience.
- Minimum of 18 years of age.
- Prior experience of officiating at minimum of 50 matches with a Chief Referee.

C Level – Referee Trainee

- Received Training in Pankration rules, scoring and bracketing.
- Minimum of Five years Mixed Martial Arts Experience.
- Minimum of 16 years of age.

ARTICLE IV: DURATION OF BOUT

Section 1: Beginner and youth bouts will generally consist of one (1) three (3) minute match; Intermediate bouts generally will consist of one (1) four (4) minute match; advanced bouts will generally consist of one (1) five (5) minute match.

Section 3: Time starts when the referee starts the match and halts each time the match is stopped.

Section 4: The timekeeper will give both an audible and physical signal when time expires.

Section 6: A one minute overtime period will be held in the event of a tie score. If a tie still exists one (1) additional one (1) minute double overtime period will be held.

Section 7: The referee is the only one who may call a time out during a bout.

ARTICLE V: COMPETITION AREA

Section 1: The competition area will be a minimum of 15' X 15' but not more the 40' X 40'.

Section 2: The competition area will be covered by a Judo or wrestling mat. Other style mats must be judged safe for competition by the Chief Referee.

Section 3: A safety area will extend a minimum of three (3) feet on each side of the mat.

Section 4: The mats should be affixed together without space. They will be flat, clean and in good condition.

ARTICLE VI: OFFICIAL DRESS AND HYGIENE

Section 1: Officials will wear clothing that is similar to assure the appearance of uniformity. Shoes will have clean soles and be appropriate to wear on the mat.

Section 2: Competitors may compete in traditional martial arts/ wrestling attire or T-Shirt and shorts. Competitors are encouraged to wear a rash guard and grappling style shorts. Wrestling/ Martial Arts shoes are allowed.

Section 3: All clothing must be clean and in good repair. Buttons, zippers, metal or sharp objects are not allowed on clothing. Shorts may have pockets as long as they are Velcro.

Section 4: All competitors will be examined for contagious skin conditions, trimmed nails and open wounds prior to competition.

Section 5: All competitors must compete with a mouthpiece. Male competitors must wear a cup. Other protective gear such as knee pads, elbow pads, shin guards, forearm guards and ear guards are optional.

ARTICLE VII: DIVISIONS

Section 1: Divisions will be separated by age and weight. Competitors 14 years and older will be further separated by gender. The tournament director reserves the right to modify divisions to ensure competition. All Competitors must be amateur.

Beginners division is for one (8) months or less Martial Arts training.

Intermediate division is for one (18) months or less Martial Arts training.

Advanced division is for over (18) months of Martial Arts training.

Wrestlers/ Boxers with over one (1) year of Wrestling/ Boxing experience cannot compete in beginners division.

Competitors may choose to move up a skill bracket.

Youths will be in same division unless enough participants enter to allow an additional skill division.

Teens may compete in adult division only with parents consent. Parents must be at tournament.

All Weight Classes and divisions are subject to change.

Section 2: Weight Classes

Weight Classes are either fixed or formed by the Madison system. All weight classes are subject to modification at any time.

A. Madison System weight classes - Weight divisions will form with the 8 lightest competitors and end with the 8 heaviest competitors.

Most divisions should have no more than a 14 lb weight differential even if the result is a bracket smaller than 8 competitors. *Heavyweights may have a larger differential.

B. Fixed Youth Weight Classes:

See each event registration form for youth weight and age breakdowns.

C. Adult Weight Classes:

Flyweight 130lbs

Bantamweight 140lbs

Featherweight 150lbs

Lightweight 160lbs

Welterweight 175lbs

Middleweight 190lbs

Lt. Heavyweight 205lbs

Heavyweight 230lbs

Superheavyweight over 230lbs.

D. Female Weight Classes:

Females will use the Madison system.

ARTLICE VIII: OPERATION OF MATCHES

Section 1: Weigh in will be conducted prior to competition.

Section 2: All competitors and coaches must attend a rules briefing prior to competition.

Section 3: Once called to the mat, competitors will put on their designated color ankle band. Band may be worn on the arm if shin guards or pants get in the way.

Section 4: Competitors will shake hands at the start of each bout.

Section 5: The referee will signal points with fingers identifying the amount of points to be recorded. The referee will use the color wrist band to identify which competitor receives the point(s).

Section 6: Out of Bounds - Competitors will be restarted in a similar position center of mat. If no clear ground advantage is observed competitors will be restarted standing.

Takedowns started in bounds will score if finished out of bounds but still on mat.

Section 7: Restart on feet - In the event of a stalemate or when both competitors are on the ground for an excess of 30 seconds and no additional advantage is imminent.

Section 8: After the bout, competitors will remove ankle bands. The referee will raise arm of the victor and both competitors will shake hands. Each competitor will shake hands with opponents coach prior to exiting the mat.

Section 9: The recorder will maintain a record of all bouts and outcomes.

Section 10: Coaches must state any objections before competitor exit the mat.

Section 11: In the event of an uneven bracket, one or two competitors will receive a bye.

Section 12: Advanced division will generally be double elimination format with a consolation bracket for third place.

Section 13: Beginner, Youth and Intermediate divisions will generally be carry-over double elimination format. If a competitor loses their first match the victor must win their next match to carry them to the consolation bracket. A Bye will count as a win.

Section 14: A round robin format may be used if less than four competitors are in a bracket.

Section 15: Penalties. First accidental foul/violation will receive a warning. Next two accidental violations will result in a 1 point deduction each. Third accidental violation will disqualify. Malicious fouls will receive either point deductions or disqualification. Fouls causing injury will result in disqualification if competitor cannot continue bout. Fouls caused by opponents disregard for own safety will not be penalized.

Section 16: Team Scoring: Either of the two formulas may be used to determine top teams.

A. Top three Placers. 1st place = 6 Pts.; 2nd place = 3 Pts.; and 3rd place = 2 Pts.

B. Cumulative format. Each individual win earns a team point. Byes do not score but a win after a Bye counts double. More points are earned in Championship rounds. Submissions = Max Pts.; followed by Technical Submission (10 Pt. advantage); Major Decision (5 Pt. advantage); and Plain Decision (less than 5 Pt. advantage).

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