



ARTICLE I: PERMITTED TECHNIQUES

Section 1: Legal striking 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 not allowed. Unrestrained full contact strikes are not permitted. All strikes must be executed in a limited or light contact controlled manner where contact to the body is permitted as long as delivered in a restrained manner. Contact intended to cause physical harm is 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. Knee strikes from side control to a downed opponent are allowed to frontal ribs only. Strikes to the rear of the ribs or kidney area are prohibited.

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. Open flying scissors style takedowns are prohibited. Unnecessary slamming or spiking to the head is prohibited. Slamming to escape a submission is also prohibited.

Section 5: The following are strictly forbidden:

- A. Stalling or executing excessive no scoring techniques.
- B. Intentionally causing injury to opponent
- C. Keeping in a crouched or low wrestling stance while strikes are exchanged.
- 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. A one (1) minute overtime period is allowed in the event of a two or less point match spread.

- 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: Top position must be held for a full 1 second count.

3 points - Opponent is thrown with legs/feet elevated over shoulder and executed with good form and technique. Throw must be an upper body Greco or Judo style throw.

2 points - Opponent is thrown with his legs/feet elevated. 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 the 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 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 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 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 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 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 every two 2 points.

0 points - Excess of 2 strikes to a downed opponent from the same position of control. Striking without position of control as well as 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. Attempted submissions in which control is established are also considered a position of advantage. Competitors may transition from one position of advantage to other for immobilization points. Immobilization ends when opponent executes a reversal, achieves partial guard or stands up.

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 or 2 points will be awarded after 20 more seconds of control. Reversals alone do not score. Simply passing the guard does not score.

Section 7: Push out: 1 point is awarded when a competitor steps out or is forced out of bounds during the match. Both competitors must be standing when push out occurs. If takedown occurs after push out, the take down is scored as long as motion was started before stepping out of bounds. This rule may be waived if inside a ring or cage.

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. Raising the thumb is recognized as one point, raising the thumb and forefinger is recognized as two points and raising the thumb, forefinger and middle finger is recognized as three points.

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 or three 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/ open bouts will generally consist of one (1) five (5) minute match. Special bouts may be conducted with multiple rounds not to exceed (3) three periods.

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

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

Section 5: 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 6: 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'. A 30' X 30' competition area is recommended.

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.

Section 5: A boxing ring or MMA cage may be used for special bouts.

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. Amateur fighters are defined as: not currently licensed by a State Athletic Commission and/or unlicensed fighters having 2 or less wins in a match in which payment was received for the fight.

Section 2: Skill levels

Some events may have beginner, intermediate and advanced/open divisions. Wrestlers/ Boxers with over one (1) year of Wrestling/ Boxing experience cannot compete in beginners division.

All Competitors may choose to move up a skill bracket.

Section 3: 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 Weight Classes:

See specific event registration forms for weight and age breakdowns.

All Weight Classes and divisions are subject to change.

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 surface.

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. Coaches may object during a bout by standing next to the score table. The Referee will stop the match during an appropriate time to address the objection.

Section 11: Penalties. First accidental foul/violation will receive a one point deduction. Next two accidental violations will result in a 1 point deduction each. Fourth accidental violation will disqualify. Malicious fouls may result in immediate disqualification. Intentional strikes to the head, groin or illegal striking area may result in disqualification on first offense.

Section 12: Injury Time. Fouls causing injury will result in disqualification if competitor cannot continue the bout after 5 minutes of recovery time. The athletic trainer or medical staff will determine if a fouled competitor may continue the bout. If the athletic trainer

and/or medical staff advise that the injured competitor is fit to continue, that competitor must continue the bout or be disqualified. The victor will be determined by the score prior to injury if the bout stopping injury was caused by no fault of any competitor. The uninjured competitor will be declared the victor in the event of a tie score and a no fault match stopping injury.

Section 12: Blood Rule. Bouts will immediately be halted upon the detection of blood from either competitor. The injured competitor will have up to five minutes to stop the bleeding. The blood clock of five minutes will continue if the bout is halted for additional periods of bleeding. The maximum blood time allowed for one match is five minutes per competitor. Once five minutes is exceeded the victor will be determined in the same manner as in section 12. Each scoring table will have blood cleaning supplies for the competition area.

Section 13: Team Scoring: 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 (15 point advantage); Major Decision (8 point advantage); and Regular Decision (less than 3 point advantage).



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