

# 2012 US Armed Services Mixed Martial Arts Championships

Featuring  
Grappling & Pankration Divisions

**May 12, 2012**

52 Area Fitness Center

Bldg # 530301

Marine Corps Base

Camp Pendleton , CA

## **This is a Free All Armed Forces Tournament**

Open to all branches of the US Armed Forces including Drilling Reservists

### **One Open Skill Level for Both Styles**

1000 hrs - GRAPPLING CHAMPIONSHIPS

1300 hrs - PANKRATION CHAMPIONSHIPS\*

Both Styles are Double Elimination

Custom Medals for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>

### **MEN'S WEIGHT CLASSES**

135lbs

145lbs

155lbs

170lbs

185lbs

205lbs

Heavyweight

### **WOMEN'S WEIGHT CLASSES**

*Weights will be pooled*

Lightweight

Middleweight

Heavyweight

- *Professional Fighters with 2 or more wins may not participate in Pankration*
- *Athletes may compete in both Grappling & Pankration divisions*

### **WEIGH IN OPTIONS:**

52 Area Fitness Center

Friday May 11 from 1500 to 1730 hrs

Saturday May 12 from 0800 to 0900 hrs

### **DIRECTIONS:**

Exit I -5 to Basiline Rd (at the Orange / San Diego County Line)

Enter Camp Pendleton Gate (Must have license, registration and proof of insurance)

Proceed straight on Basiline Rd for approximately 6 ½ miles

Enter Camp Horno (52 area) still on Basiline Rd

Take 1<sup>st</sup> right after passing baseball field on left side of the road.

Enter parking area of 52 Area Fitness center (Building # 530301)

## **RULES:**

**Grappling:** Modified FILA Grappling rules – No heel hooks or twisting knee submissions. No neck cranks or dynamic twisting submissions to the neck.

*See Class C Rules at: [www.fightleague.org](http://www.fightleague.org)*

**MIXED MARTIAL ARTS/ PANKRATION:** Modified FILA MMA rules – No head strikes ; allotment of injury time; No heel hooks or twisting knee submissions. No neck cranks or dynamic twisting submissions to the neck.

*See Class B Rules at: [www.fightleague.org](http://www.fightleague.org)*

## **REQUIRED EQUIPMENT:**

### **Mixed Martial Arts/ Pankration**

MMA/ Grappling Gloves (4 oz minimum)

Fight Shorts (Board or Spandex style is OK, no open pockets or metallic parts)

Cup (Males)

Mouthpiece

*OPTIONAL:*

Shin guards

Wrestling headgear

Knee/ Elbow pads

Soft orthopedic support

Hand wraps or tape

Rash Guard or Tight fitting T-shirt

### **Grappling**

Fight Shorts (Board or Spandex style is OK, no open pockets or metallic parts)

*OPTIONAL:*

Mouthpiece

Cup

Wrestling headgear

Knee/ Elbow pads

Soft orthopedic support

Hand wraps or tape

Rash Guard or Tight fitting T-shirt

**Register at: [www.fightleague.org](http://www.fightleague.org)**

