

RULE BOOK
United States Fight League



SPARTAN LEAGUE
Team Mixed Martial Arts

Purpose:

To combine all the excitement and camaraderie of Collegiate Wrestling Duals, Eliminate the stalling possibilities of Mixed Martial Arts, Introduce the transparent scoring of Jiu-jitsu and provide fighters an Exciting, Technical and Safer alternative to Mixed Martial Arts.

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ARTICLE I: DEFINITIONS

Pankration and Combat Grappling are interchangeable terms. Contestants may be referenced as Grapplers, Wrestlers, Fighters, Competitors or Athletes. Officials and Referees are interchangeable terms.

“A” Class Rules – Full Contact Pankration

- Takedowns, Ground Control, Submissions, Body and Head Strikes are allowed.
- Some potentially dangerous strikes, takedowns and submissions are prohibited.
- Strikes to the face while grounded are prohibited.
- Submissions must be executed with applied pressure allowing time to submit before injury.
- Matches are won by score, stoppage, knockout, disqualification or submission.
- Rules and regulations of local boxing/athletic commission may supersede actual rules.

ARTICLE II: LEGAL TECHNIQUES

Section 1: Legal submission targets

- Submissions are allowed to the 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. “Can openers” cannot be used as a submission.
- “Heel hooks” and submissions / techniques which involve a twisting pressure against the knee joint are prohibited.

Section 2: 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 or “Back Splashing” to escape a submission is prohibited.

Section 3: Legal striking weapons

- Punches; hammer fists; and forearms.
- Kicks with the instep; bottom of foot; blade of foot; ball of foot; toes; shin and knee.
- Knees and Forearms are allowed to the body only. Forearm strikes cannot involve the tip of the elbow.
- “Head butting” or Strikes with the head are prohibited.
- Stomping on a downed opponent and up-kicks from the bottom are prohibited.
- With exception of the bottom of foot, all strikes to the facial area must be with the padded area of the glove or shin guard.

Section 4: Legal striking targets

Rules prohibit ground strikes to the head.

- Strikes are allowed to the chest, stomach, ribs, thighs, calf and frontal area of the head. This area includes the top of the head to bottom of the chin and ear to ear.
- Strikes to the joints, kidneys, back, spine, groin or other vital points are prohibited.
- It is the striker’s responsibility to ensure all strikes are delivered to legal areas with legal striking weapons.
- Knee strikes from side control to a downed opponent are allowed to frontal rib area only. Knee strikes to any other area of a grounded competitor are prohibited.
- Strikes to the rear of the ribs or kidney area are prohibited.
- Strikes to the face or head of a grounded opponent are prohibited.

Section 5: The following are strictly forbidden:

- Stalling or executing excessive non scoring techniques.
- Maliciously causing injury to an opponent.
- Keeping in a crouched or low wrestling stance.
- Bending or twisting of fingers, biting, scratching, pulling of hair, clothing or pinching / pulling of skin.
- Speaking or disrespectful conduct during bout.
- Arguing with any official.
- Refusing to obey the direction of any official.
- Showing disregard for one's or opponent's safety.
- Continuing the bout outside competition area or after the referee calls for a halt.
- Any other condition for which the referee believes a penalty should be imposed.

Section 6: Determining the Winner of the Match

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.
- B. 20 Point advantage is considered a technical submission and ends the match at referee's discretion.
- C. Two or less point advantage can be considered a tie and send the match into overtime.
After the overtime period, the highest scoring athlete will be declared the winner.
One additional overtime period will be conducted if the score is a true tie after the 1st overtime period.
This may be waived if a multi round bout.
A sudden death period will follow if the score remains a true tie.
Striking is not permitted in the sudden death period.
- D. Competitor who causes opponent to submit by tapping or by verbal announcement.
- E. Disqualification
- F. Referee stops bout for safety of participant.
- G. Matches will be halted upon Knockout, "Flash knockout" or anytime the referee believes the competitor is unable to protect him/her self.

ARTICLE III: SCORING OF GRAPPLING TECHNIQUES

Section 1: Takedown (1, 2 or 3 points)

Takedown occurs when a grappler has at least 3 supporting points on the mat. Supporting points are: Feet/Foot; Knee(s); hands; forearm(s); head; buttocks; lower back; upper back/shoulder(s).

The top grappler must settle in a weighted and controlled top position for 3 seconds to receive the takedown point(s)

Additional takedown points cannot be scored unless one grappler reestablishes the neutral standing position for 3 seconds or if the match is restarted in the neutral standing position.

3 Points

- A takedown or throw which causes elevation of the feet and directly lands in a weighted top position of control for 3 seconds.

2 Points

- A takedown with no elevation but directly lands in a weighted top position of control for 3 seconds.

1 Point

- If a scramble for top position occurs after the takedown or throw, the grappler who first maintains a controlled top position for 3 seconds will receive only 1 takedown point.
- A grappler defending a legitimate submission attempt while executing a takedown will receive 1 takedown point if/ when the submission is relieved and top control is maintained for 3 seconds.
- Pulling guard will result in a 1 takedown point for an opponent after 3 seconds of ground control.

Section 2: Standing Escape (1 point) (Resets the neutral standing position)

- One point is awarded to the bottom grappler who escapes top control by getting to their feet, facing their opponent in a neutral position for a 3 second count. A 50/50 clinch is considered neutral. An escape point can only be awarded after a takedown is scored.

Section 3: Push out (1 Point)

This rule may be waived if conducted inside a cage or ring.

- One point is awarded to a grappler if their opponent steps or is forced out of bounds while in the standing neutral position. Pushing out solely using the palm of hands is not permitted
- The match will be halted after both feet clearly exit the competition area and restarted in the center of the mat.
- A push out point is not awarded if takedown points are also awarded or if the grappler has 2 or more supporting points touching the mat while going out of bounds.
- If a takedown is started in bounds and finished out of bounds a takedown point may be awarded if top position control with reaction time is established.

Section 4: Attempted Submission (1 point)

- One point is awarded to the grappler who makes a valid submission attempt and puts his/her opponent in danger for a controlled count of 3 seconds.
- The referee will allow time to finish the submission even if a tech (20 point advantage) occurs.
- Only high percentage submission attempts will receive points and only when the referee perceives the opponent in danger of being submitted. Submission points are not awarded in pressure point attacks.
- Consecutive submission points can only be earned after each submission attempt is fully released or escaped with the grappler out of danger before the next submission attempt is applied.

Section 5: Ground Control (2, 3 or 4 points)

Each Ground Control Position may be scored only once, adding up to a maximum of 9 points unless the controlled grappler reestablishes a neutral position with a full guard defense, reversal or neutral standing position.

- Side Control (2 points): Awarded when a grappler gains control by passing opponent Guard/ leg and hip defenses while keeping opponent's back to the mat for the control count of 3 seconds.
- Full Mount (3 points): Awarded when a grappler gains control by passing opponents Guard/ leg and hip defenses and obtaining a mounted position with legs or knees straddled around opponents torso for a controlled count of 3 seconds.
- Back Mount (4 points): Awarded when a grappler gains control of opponents back and "Grapevines" inside opponents legs or "Leg Triangles" the waist for the controlled count of 3 seconds. One hook/ grapevine can be considered back mount if both the hip and shoulders are controlled.

Section 6: Reversal (1 point)

- One point is awarded to the grappler reverses any bottom position to a top position and maintains 3 seconds of control consistent with the rules of a takedown.

Section 7: Re-Start Positions

- Neutral Position: Neutral position occurs at the beginning of the match, when one or both Grapplers go out of bounds before a takedown is established or upon a stale mate. Both grapplers stand opposite one another in the center of the mat with both feet inside the inner circle. When in neutral position, neither wrestler has control.
- Mount, Side Control & Guard Restart Position: Is ordered when both Grapplers go out of bounds in any established ground position after 3 seconds of control. Both Grapplers assume the same top and bottom role at the center of the mat when the action is restarted. The Referee will re-start the match in the "Mount" "Side Mount", "Reverse Side Mount", "Scarf Hold", "North/South", "Knee on Belly" "Closed Guard", "Half Guard" or "Butterfly Guard" closely resembling the last position prior to going out of bounds. Arm positions should also closely resemble that of the previous position..
- Back Control Restart Position: The Back Control Restart position is ordered when a Grappler has been awarded points for the Back Mount and the action goes out of bounds while maintaining control over their opponent. Back Control Restart occurs at the center of the mat with the down wrestler sitting up with legs

extended and bent. The top Grappler is centered on the back either with the “Grapevine” or “Triangle” leg position as before the match was halted. The top Grappler will have the Seat Belt Lock under opponent’s arm upon re-start.

- **Attempted Submission Restart:** If the grapplers go out of bounds due to a natural progression during an attempted submission attempt, officials may allow the match to progress out of bounds as long as it is safe to do so. The match must be halted and restarted center mat if the Grapplers are in danger of coming off the mat or entering another competition area. The grappler who had the advantage will have choice of re-start in the last dominant position or neutral standing or guard position.

Note: If a grappler forces the action out of bounds in an attempt to escape a submission, he/she will be called for a “catch” and lose the match.

ARTICLE IV: SCORING OF STRIKING TECHNIQUES

Section 1: Stand-up striking techniques:

Visible contact with shock or displacement of the body must be observed to award body striking points. Strikes must be executed in good form with torque, distance and follow through.

3 points

- Any legal strike that causes a knockdown. The knockdown must be a direct result of the strike and not a loss of balance. 1 takedown point may also be earned if the knockdown results in a top position consistent with the scoring of takedowns.
- A kick that clearly lands on the legal area of the face or head with proper torque, distance and follow through.
- Three or more effective strikes from a single clinched position to a legal striking target area of the body or face. Clinch position must be changed to earn additional striking points.

2 points

- A kick that clearly lands on a legal striking target of the body with proper torque, distance and follow through.
- A combination of punches where two or more unanswered strikes clearly land on a legal striking target with proper torque, distance and follow through.

1 point

- A punch, hammer fist, knee or forearm strike delivered with proper torque, distance and follow through to a legal target area of the body.
- Kicks to the outer and inner thigh area with proper torque, distance and follow through. A maximum of 3 consecutive leg kicks may be scored before alternating to another scoring attack.

0 points

- Any strike not witnessed by the Referee.
- Any strike which is partially blocked to a target area.
- Any body strike lacking clear contact and/or displacement to the opponent’s body or face.
- Any striking technique in which the striker falls to the mat.
- A clash of strikes when there is no clear advantage to either competitor.
- Knees to legal areas of the legs.
- Strikes in excess of 3 from a clinched position.
- Any leg kicks in excess of 3 without an alternating attack.

Section 2: Ground control striking techniques

- Striker must be in top position; “Side Mount”, “Reverse Side Mount”, “Scarf Hold”, “North/South”, “Knee on Belly”, Back Mount or inside any “Guard” position to earn ground striking points.
- The striker must be in the top position, postured upright with elbow cocked shoulder level to earn ground striking points.
- A striker standing over a downed opponent must have control of a limb to receive striking points.

- Ground control strikes must be executed in full range of motion with proper torque, distance and follow through to receive points.

1 point

- Any punch, hammer fist, knee or forearm strike delivered with proper torque, distance and follow through to any legal striking area.
- A Knee strike to the frontal ribs of a grounded opponent in accordance with legal striking targets.

3 points

- Three 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 three (3) ground striking points are earned. Positions of control include "Side Mount", "Reverse Side Mount", "Scarf Hold", "North/South", "Knee on Belly" and Back Mount. Switching sides or modifications of classical Positions may be interpreted by referees as positional changes for striking.
- All forms of the "Guard" are considered neutral and the same position of ground control for striking points.
- A maximum of 3 striking points may be earned within any Guard position or combination of Guard positions.

0 points

- Excess of 3 strikes to a downed opponent from the same position of control.
- Striking without position of control.
- Striking from a bottom position.
- Punches or forearms in a "Clinched" or non-upright posture while on the ground.
- Striking legal areas of the legs.
- Legs kicks to a downed opponent with control of a limb are allowed only as a set up for an actual scoring technique.

ARTICLE V: CHALLENGES, PENALTIES AND INJURIES

Section 1: Challenges

- Judgmental calls by the referee cannot be overturned.
- Coaches must state any challenge before their competitor exits the mat/ competition area.
- Coaches, athletes and spectators may not speak to referees during the match or risk point deductions and removal from the competition area.
- Coaches may state a challenge during a bout by throwing the provided challenge block into the competition area. The Referee will stop the match during an appropriate time to address the objection.
- Unjustified, excessive or needless challenges may result in point deductions or disqualification.

Section 2: Passivity (1 point)

Passivity or stalling is a technical penalty and cannot be used for disqualification. This rule is used to promote technique and excitement in matches.

Competitors must constantly attempt to improve their position and earn points by positional control, strikes and/or submission attempt.

A closed fist raised overhand signals a passivity warning.

The burden of action is applied to the competitor who initiated the position causing inactivity:

If a grappler executes a takedown he/she is responsible to engage their opponent and advance the match with submission attempts, striking points or positional control points.

If a grappler "pulls guard" he/she is responsibly to engage their opponent and advance the match with either reversal or submission attempt.

Some examples of passivity:

- Continuously backing up.
- Avoiding takedown by "butt scooting".
- Refusing to ground grapple after executing a takedown.
- Holding a mount, side control or back control position without attempting to advance the match (score points) by strike, change of positional control or submission attempt.

- Holding a closed guard with no serious attempt to score with submission or reversal attempts.
- Laying or remaining static inside the guard with no serious attempt to pass, submit or score striking points.
- Executing excessive non-scoring strikes on the ground without change of position.
- Executing excessive non-scoring strikes in a stand up clinch.
- Executing excessive non-scoring leg kicks.
- Defending a submission or scoring attempt is not considered passivity.
- In general 15 seconds of inaction (after a warning) is considered passivity before the point is awarded. The referee will give a verbal warning followed by a closed fist to indicate passivity.
- Referees will award the opponent 1 point for each occurrence of passivity.

Section 3: Penalties resulting in injury

If a technique injures a competitor the following will determine the referee action:

1. Was the technique delivered with ill intent?
2. Was the injury a result of no fault to either competitor?
3. Was the injury a result of a fighter's negligence to protect him/herself?
 - 1st accidental foul/violation will result in 1 point for the fouled competitor.
 - 2nd accidental violations will result in a 1 additional point for the fouled competitor.
 - 3rd accidental violation will disqualify.
 - The match will be restarted in the neutral position if the foul was committed on the ground.
 - Malicious fouls may result in immediate disqualification on first offense.
 - Intentional strikes to illegal striking areas or with illegal striking weapons may result in disqualification on first offense.
 - Intentional illegal submissions or "cranked" submissions may result in disqualification on first offense.
 - Intentional illegal slams may result in disqualification on first offense.
 - Injuries without fault to either competitor or as a result of the "fouled" fighter's negligence will not be charged to the executer.

Section 4: Technical penalties

Examples include: Failure to follow rules of the match or disrespectful conduct by competitor or coach.

- 1st offense will result in a warning
- 2nd offense will result in a point for opponent
- 3rd offense will result in a point for opponent or disqualify.
- 4th offense will result in disqualification (or "banishment" if due to conduct of coach)

Section 5: Injuries

- 2 minutes of injury/ recovery time is allotted to the athlete hurt by an illegal strike or technique. The match shall be resumed at the neutral position if the injured athlete recovers and continues. If the medical staff finds the injured athlete is unable to continue he/she will win the match by disqualification.
- If the bout stopping injury was caused by no fault of any competitor, the uninjured fighter will be declared the victor.
- The athletic trainer or medical staff will have the final determination if an injured competitor may continue the bout.
- The injury time clock will not include consultation time of the medical staff.

Section 6: Grabbing ropes or fence

- First offence will result in 2 points for opponent if grabbing the fence or ropes stops a takedown attempt. The match will be re started in the neutral position in the center of the competition area.
- First offence will result in 1 point for opponent if a take down is completed despite grabbing fence or ropes.
- Second offence will result in 2 points for opponent regardless if takedown is completed.
- Third offense will disqualify.

ARTICLE VI: OPERATION OF MATCHES

Section 1: Methods of Scoring

Referee assignments:

- **Center Referee** – Scores all grappling points as well as all ground striking points. Starts and stops that match; gives warnings and penalties and protects fighters from injury to include obstacles and other unforeseen events. The center referee will use the color wrist band to identify which competitor receives the point(s). The thumb signals 1 point; the thumb and index finger signals 2 points; the thumb, index and middle finger signals 3 points; and four fingers without the thumb signals 4 points
- **Side Referee** (Used as part two or three side referee team configuration) –Scores standing striking points and protects fighters from obstacles or unforeseen events. Two of three side referees must agree for striking point to score. International Amateur Boxing electronic scoring or FILA style flags may be used to signal points.
- **Mat Official** – Ensures the score is recorded correctly; keeps track of penalties and warnings; ensures the competition area is kept clean and clear of distractions; and protects fighters from obstacles or unforeseen events.
- **Score Keeper** – Keeps track of score and keeps a real time display accurate for transparent viewing. A two man score keeping team may be used with one score display.
- One referee or official will be assigned to physically check competitor's nails, ensure no unauthorized substance is applied on the body and check gloves hand wraps, clothing and other safety equipment prior to entry of competition area. This check will be additional to inspections conducted by inspectors or regulatory staff.

Section 2: Time Keeping

- Time starts when the referee starts the match and halts each time the match is stopped.
- The timekeeper will give an audible and physical signal when time expires.
- The referee is the only one who may call a time out during a bout.

Section 3: Team Scoring:

- 6 points for a Submission/ Stoppage/ Forfeit
- 5 points for a technical submission (20 point advantage)
- 4 points for a major decision (8-19 point advantage)
- 3 points for a decision (1 to 7 point advantage)

ARTICLE VII: UNIFORMS AND EQUIPMENT

Section 1: Attire

- Competitors may compete in Board shorts, Fight Shorts, Rash Guard, tight fitting T-Shirt or bare chest. All competitors are encouraged to wear traditional rash guard and grappling style shorts.
- 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 2: Protective Gear

- All competitors must compete with a mouthpiece.
- Male competitors must wear a cup.
- Female competitors may wear a chest guard.
- Other protective gear such as knee pads, elbow pads, forearm guards, headgear and ear guards are optional and subject to approval by officials.
- Wrestling/ Martial Arts shoes are not allowed.
- Class "A" Rules require approved shin guards, and 7 or 8 oz gloves.
- Gloves and other safety gear will be inspected prior to entering the competition area.
- Taping must be approved by medical staff and chief referee.

ARTICLE VIII: REFEREES AND OFFICIALS

Section 1: Referee Certification

A Level – Chief Referee

- Received Training in Pankration rules, scoring and bracketing.
- Minimum of Ten years Combative Sports 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 Combative Sports Experience.
- Minimum of 18 years of age.
- Prior experience of officiating a minimum of 50 matches under a Chief Referee.

C Level – Referee Trainee

- Received Training in Pankration rules, scoring and bracketing.
- Minimum of Three years Combative Sports Experience.
- Minimum of 16 years of age.

Section 2: Uniforms

- 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.



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