



While PACHIVAS PANKRATION is considered a "FREE STYLE" sport, there are still rules and regulations that must be maintained to control excessive injury and to avoid the threat of death for competitors.

UNIFORM/GEAR REQUIREMENTS

A Japanese Gi or Judo Gi must be worn by all competitors. For the Tuite Grappling component, no special gear is required. For Full Pankration, competitors are required to wear: a mouthguard, groin protection, Century Cloth Martial Art Handpads, and Century Cloth Shin & Instep Pad.

ILLEGAL TECHNIQUES

- Head butts are illegal
 - Closed fist to the head of a downed opponent is illegal
 - Striking with the elbows is illegal
 - Groin strikes are illegal
 - Straight palm strikes to the head of a downed opponent are illegal
 - Kicks and knee strikes to a downed opponent are illegal
 - Striking the throat is illegal
 - Pulling hair is illegal
 - Poking or gouging the eyes is illegal
 - Biting is illegal
 - You may not throw an opponent onto their head or neck
 - Heel hooks are illegal
 - Grabbing the ring ropes or corner pads is illegal
 - Pinching is illegal (intentional)
 - Scratching is illegal (intentional)
 - Striking the side and or front of the knee is illegal
 - Knee strikes to the head are illegal
 - Finger & toe submissions are illegal
 - Fighters may not use any slippery substance on their body.
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LEGAL TECHNIQUES

- Kicking the head, legs and body is legal (both fighters standing)
 - Punching the head, body, and legs is legal (both fighters standing)
 - Take downs are legal (with exceptions noted in illegal techniques section)
 - Submission, joint locks, chokes and pressure point techniques are legal
 - Knee strikes to the body and legs are legal (while both standing)
 - Punching the body while on the ground is legal
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LENGTH OF MATCHES

BEGINNER LEVEL (one-two years of training & at least a blue belt in rank)
Matches will be five (5) continuous minutes

INTERMEDIATE LEVEL (two-four years of training & at least a green belt in rank)
Matches will be seven (7) continuous minutes

ADVANCED LEVEL (four or more years of training & at least a black belt in rank)
Ten (10) continuous minutes

CHAMPIONSHIP BOUTS No rank limitations, No time limitations.

METHODS OF VICTORY

- Win by opponent's disqualification
 - win by K.O.
 - win by T.K.O.
 - win by tap out of opponent
 - win by no answer to "give up" from referee
 - win by choke out unconsciousness
 - win by decision
 - win by opponent yells out "stop"
 - win by referee's stoppage of match
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DISQUALIFICATION

- Use of any illegal joint technique will result in immediate disqualification
 - Intentional use of any illegal technique will result in immediate disqualification
 - Any unsportsmanlike conduct may result in disqualification
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METHODS OF VICTORY DEFINED

- K.O. (knockout) A knockdown will be counted if one person goes down from the impact of a blow and appears unconscious or can not adequately defend himself (not from a push, slip or throw). The referee will step in and stop the fight.
- T.K.O. is registered when the referee deems that one fighter is in danger of receiving excessive damage if they continue in the match, in this case the referee will award the other fighter a T.K.O. victory.
- "Tap out". A fighter may give up at anytime during the match by "taping out", this is done by slapping their open palm multiple times (a minimum of 2 times) on the mat, the opponent, the referee or as a sign in the air if they cannot position themselves to tap out by one of the other methods. Tapping out acknowledges a victory for the opponent and ends the match immediately.
- No answer to "give up" The referee will ask "give up" when he feels that a submission is possible. The referee will ask give up anytime a choke is being attempted. The combatant in question must answer "No", immediately, if the combatant doesn't answer or answers with an acknowledgment to "give up", then the match will be immediately stopped and the combatant not in question will be awarded the victory.
- Choke out. When a choke is attempted the referee will ask "give up", if the combatant in question does not answer then the referee will assume that the choke is secured and immediately stop the match awarding the combatant not in question the victory. The referee will immediately stop a match at any sign of unconsciousness when a choke has been put on and award the combatant who applied the choke the victory.
- Decision. When a match goes to the time limit then the judges will make a decision based on the following point system:

Standing superiority - The fighter who has shown superior skills on the feet will be awarded one point and the opponent no points. In the case of equal display of standing skills, both combatants will be awarded 1 point.

Takedown superiority - The combatant who shows superiority in take downs will be awarded 1point and the opponent no points. In the case of equal takedown skills both combatants will receive 1 point.

Ground superiority - The combatant who shows superior ground fighting skills will be awarded 1point and the opponent no points. In the case of equal ground fighting skills both combatants will receive 1 point.

Total superiority - The fighter who controls most of the match action during the match will be awarded 2 points. In the case of equal amount of control during the match by both combatants, each combatant will be awarded 0 points.

The points will be totaled and the combatant with the most points will be judged as the winner by each individual judge. In the case of equal points awarded to each combatant, the judge will award a draw. The match will be judged by 3 licensed judges who will turn in their score cards with their name on the card at the end of the match.

The referee will award a decision based on the decision of the judges as follows:

Unanimous decision All 3 judges award a victory to the same combatant.

Majority decision - Two judges award a victory to the same person and the third judge awards a draw or one judge awards a victory to one person and the other two judges call a draw.

Split decision Two judges award a decision to one combatant and the other judge awards a decision to the other combatant.

Draw All three judges award a draw (equal points). Or one judge awards a decision to one fighter while the second judge awards a decision to the opposing fighter and the third judge awards a draw.

Opponent yells out "Stop". When a combatant yells out stop or in any other way indicates that they do not wish to continue, the referee will stop the match immediately and award the victory to the other combatant.

Referee's stoppage of the match The referee will consider both combatants safety at all times and may stop the match and award a victory to the appropriate combatant if he feels that the other combatant's safety is in danger and or injury is eminent and forth coming. This situation will be given particular consideration when a joint lock is being put on and the "locked" combatant refuses to "tap out" or "give up".

Stalemate. When the combatants are on the ground and neither is attempting to gain an advantage position or submission, then the referee will start a ten count, if the action does not pick up and the fighters are still not securing an advantage or submission by the end of the ten count, then a stalemate exists and the referee will break the combatants and restart them on their feet.

COMPETITION WEIGHT CLASSES

Super Heavyweight 220.1 lbs / 100.1 kg to No Maximum

Heavyweight 190.1 lbs / 86.1 kg to 220 lbs / 100 kg

Middle Heavyweight 175.1 lbs / 79.1 kg to 190 lbs / 86.kg

Light Heavyweight 167.1 lbs / 76.1 kg to 175 lbs / 79 kg

Super Middleweight 160.1 lbs / 72.6 kg to 167 lbs / 76 kg

Middleweight 154.1 lbs / 70.1 kg to 160 lbs / 72.5 kg

Super Welterweight 147.1 lbs / 67.1 kg to 154 lbs / 70 kg

Welterweight 140.1 lbs / 63.6 kg to 147 lbs / 67 kg

Super Lightweight 135.1 lbs / 61.1 kg to 140 lbs / 63.5 kg

Lightweight 130.1 lbs / 59.1 kg to 135 lbs / 61 kg

Super Featherweight 126.1 lbs / 57.1 kg to 130 lbs / 59 kg

Featherweight 122.1 lbs / 55.1 kg to 126 lbs / 57 kg

Super Bantamweight 118.1 lbs / 53.6 kg to 122 lbs / 55 kg

Bantamweight 115.1 lbs / 52.1 kg to 118 lbs / 53.5 kg

Super Flyweight 112.1 lbs / 51.1 kg to 115 lbs / 52 kg

Flyweight 112 lbs / 51 kg to No Minimum

WEIGHT CLASSES ARE FLEXIBLE BASED UPON THE NUMBER OF COMPETITORS AND ARE TOTALLY AT THE DISCRETION OF THOSE INSTRUCTORS WHO ARE HOSTING THE COMPETITION.
