



(C) Class Rules for Pangration Competition

The ancient Greek sport “Pangration” where all the combat techniques were included such as all striking with legs, knees, elbows, hands & fist to the body, also including all submission techniques. Being a highly skilled sport, Coach’s trainers & players must appreciate that for safety reason’s some of the “Ancient” rules have been changed to suit today’s insurance laws making it a safer & more exciting to watch, therefor women will not be permitted to compete against males.

These “NEW” modified rules are much like MMA with NO HEAD CONTACT AT ALL & are designed to assist and develop young athletes to better prepare them for the next level.

The Tournament Director reserves the right to abandon, or disqualify any person, weight division or category where sufficient members are not present, or acting in a unjust manner. **The rules are set to ensure the safety of all competitors No exceptions.**

1: Weight Divisions: weights will be matched up to each other as close as possible

Men	Women
Under 55kg.	
Under 60 kg.	
Under 70 kg.	Under 50 kg
Under 80 kg.	Under 60 kg
Under 90 kg	Under 70kg
Under 100 kg.	Under 80 kg
+ 100open.	Under 90kg & over

2: Match times: 5 minutes

3: Safety Guards must be worn:

Mouth guards, groin protectors & shin pads (with the required thickness) must be worn. If you wish, you may wear legal & acceptable Knee & elbow pads.

4: Dress Regulations:

Lycra bike pants / Vale Tudo shorts, Muay Thai shorts, cotton shorts (no pockets). Tight fitting Lycra grappling or wrestling shirts are acceptable. Loose fitting singlets and t-shirts are not. Neoprene joint supports only (no metal). Nobody lotions, greases or gels are to be used.

5: Scoring Victory:

- * Disqualification of opponent
- * Forced tap out by submission (choke, arm & leg-lock no rotations or cranks)
- * TKO, technical knockout
- * Opponents taps out or yells out stop
- * Most points gained within the time limit under 10 pts system
- * Referee’s discretion to the safety of the players
- * Win by decision / Corner throws in the towel.

6: Scoring:

The judges will use a 10 point system (the dominant fighter receiving the higher score).eg.

10 points each - even round / 10 points to 9 - advantage / 10 points to 8 – dominate. To score a fight he judges will take into account: skilled striking, skilled grappling, ring control and the fighter’s ability o push and control the pace of the fight. In the event that a Title Fight goes to a Judges decision and is declared a draw, the current Title holder retains the title and the belt.

The referee controls the match, but (dose not) yell out points scored, He / She is assisted by the official judges that give points during the match. At the end of the match the points decide the winner.

If an illegal technique is used, the player is warned of his mistakes, **2 warnings is Disqualification**

Legal & Illegal Techniques

7: Standing.

A) legal

Kicks to the body& legs.
Bending 4 fingers or more
Knees strikes to the body.
Standing arm/ wrist locks.
Standing leg locks.
Standing strangles.
Elbow strikes to body.

1) Illegal

NO elbow striking
Kicks to the face / **No face contact at all**
Knees to the head / Face
Kick & knees to the groin
Kicks & knees to joints
Kicks & knees to the back, neck & kidney.
No rotation of joints
No spinning Kicks / punch's to the head
No stomping /Axe kicks
No bending less then 4 fingers / all toes

8: Ground Techniques

B) Legal

All strangles with / without GI.
All Arm /wrist /leg locks.
All hold downs (judo/jujitsu/wrestling.)
Kneeing to the body.
Elbow strikes to body.
Heel strikes to torso, when both players,
are on their back

1) Illegal

Neck cranks
Heal locks
Rotation of **ANY** joints
Spine or neck pressure
Probing
Finger / toe submission
Knee strikes to the head / face
No spinning Kick /punch's
No stomping
No hands / fingers on the face
No face contact at all (hands on face)

9: Throws & Sweeps

C) Legal.

All Judo / wrestling style throws.
All judo / wrestling / jujitsu sweeps.

1) Illegal

Throwing opponent on head / neck
Using neck / head to aid technique.
Throws / sweeps that risk injury
Throwing a player on your knee.

ADDITIONAL ILLEGAL TECHNIQUES: Disqualification:

- * **2 warnings** & your out of the contest for any of the above illegal techniques that are seen to be deliberate & with in tent to harm another player.
- * Un sportsman like behaviour, bad language, bringing the sport in to disrepute.
- * Any false information supplied on your medical form registration form, & contest registration form