

OPEN PANKRATION RULES

PERMITTED TECHNIQUES

Section 1: Legal 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, fingers and tip of elbow are prohibited.

Section 2: Legal targets - Chest, stomach, ribs, thighs and calf. Strikes to the face, head, joints, back, spine, groin or other vital points are prohibited.

Section 3: Legal submission targets - Wrist, elbow, shoulder, hip, straight knee, vascular neck and ankle. 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. Unnecessary slamming or spiking to the head is prohibited. Slamming to escape a submission is prohibited.

Section 5: The following are strictly forbidden:

- A. Evading or stalling
- B. Executing any illegal strike, throw or submission.
- C. Bending or twisting of fingers.
- D. Biting, pulling hair or pinching / pulling of skin.
- E. Speaking during bout.
- F. Arguing with any official.
- G. Refusing to obey the direction of any official.
- H. Showing disregard for one's or opponent's safety.
- I. Continuing the bout outside competition area.
- J. Any other condition for which the referee believes a penalty should be imposed.

SCORING

Section 1: The winner of the match will be determined by one of the following:

- A. Competitor with the most recorded points. A 2 or less point advantage can be considered a tie if referees feel appropriate.
- B. Competitor who causes opponent to submit by taping or by verbal announcement.
- C. Disqualification
- D. Referee stops bout.

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:

3 points - Opponent is thrown with legs/feet elevated over shoulder executed with good form and technique.

2 points - Opponent is thrown with his legs/feet elevated over hips. A 3 point throw without proper form and 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.

Section 4: Stand-up striking techniques:

2 points - A kick which clearly lands on the chest, stomach or ribs with power, 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 power, proper torque, distance and follow through.

1 point - A kick which clearly lands on opponent's chest, stomach or ribs but missing one or more elements making it a 2 point strike. A punch, hammer fist, palm heel, knee or forearm strike delivered with power, 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 both competitors land equal amount of strikes or when no advantage is observed.

Section 5: Ground control striking techniques - Striker must be in mount, side mount, knee on belly, back mount or inside guard position to earn ground striking points.

1 point - A punch, hammer fist, palm heel, knee or forearm strike delivered with power, 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 receiving 2 points.

0 points - Any strikes in excess of two to a downed opponent from the same position of control. Striking an opponent on the ground outside designated position of control. Strikes to the legal areas of the legs will earn 0 points.

Section 6: Immobilization points:

1 points - 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.

2 points - One additional Immobilization point will be awarded after an additional 10 seconds of control. 20 seconds = 2 points Positions of advantage are known as mount, side mount, knee on belly, back mount with hooks and headlock positions. Attempted submissions in which control is established can also be considered a position of advantage.

Section 7: A one minute overtime period will be held in the event of a tie. if one competitor has a 2 point or less advantage, the referee's will consult and decide if a one minute overtime period is appropriate to determine the true winner of the bout.

REFEREES AND OFFICIALS

Section 1: Each bout will be judged and administered by two (2) referees, a timekeeper, a Scorekeeper and recorder.

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.

Section 4: The scorekeeper will mark down 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 by writing on paper.

Section 5: The two referees may form methods to work together during the bout as long as the method adheres to the rules and regulations.

DURATION OF BOUT

Section 1: Each bout will consist of one (1) three (3) minute match.

Section 2: The bout starts when the referee gives the signal.

Section 3: The timekeeper will give both a audible and physical signal when time expires.

Section 4: A one minute overtime period will be held in the event of a tie score. If a tie still exists an additional 30 second overtime period will be held.

Section 5: The referee is the only one who may call a time out during a bout.

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.

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.

Maximum recommended weight differentials:

20 lbs = under 165 lbs.

25 lbs. = 165 to 200 lbs.

40 lbs. = over 205 lbs.

A. AGE DIVISIONS

Under 8 Years

8 to 10 years

11 to 13 years

14 to 17 years (Male)

13 to 17 years (Female)

18 years and older (Male)

18 years and older (Female)

B. WEIGHT DIVISIONS YOUTH

Under 60lbs.

60 to 74 lbs.

75 to 89 lbs.

90 to 104 lbs.

105 to 119 lbs.

120 to 134 lbs

135 to 149 lbs.

150 to 164 lbs.

165 to 184 lbs.

185 to 204 lbs.

205 and over

MALE ADULT

Under 140 lbs.

141 to 155 lbs.

156 to 170 lbs.

171 to 185 lbs.

186 to 200 lbs

201 to 220 lbs

221 lbs. And over

FEMALE ADULT

Under 130 lbs.

Under 130 lbs.

151 and over

OPERATION OF MATCHES

- 1: Weigh in will be conducted prior to competition
- 2: All competitors and coaches must attend a rules briefing prior to competition.
- 3: Once called to the mat, competitors will put on their designated ankle and/or wrist band.
- 4: Competitors will shake hands prior to the start of the bout.
- 5: The referee will signal points to the score keeper with his fingers identifying the amount of points to be recorded. The referee will use the arm with the identical color wrist band as the competitors ankle/ wrist band to identify which competitor receives the point (s).
- 6: Out of Bounds - Competitors will be restarted in a similar position in the center of mat.
- 7: Re-Start on feet - In the event of a Stalemate when both competitors are on the ground for an excess of 30 seconds and no additional scoring is imminent.
- Section 8: At the end of the bout the referee holds up the hand of the victor and both competitors shake hands. Each competitor will shake hands with their opponents coach prior to exiting the mat.
- 9: The recorder will maintain a record of all bouts and outcomes.
- 10: Coaches must state any objections before their competitor exit's the mat.
- 11: Each division will be double elimination if 4 or more competitors.
- 12: In the event of an uneven bracket, one or two competitors will receive a bye.

Tournament and weigh-Ins at:

The Boxing Zone, LLC
1351 Palm Ave. Imperial Beach CA, 91932
Weigh-ins: 11:00 to 1:00 pm
First Bout: 3:00 pm to 9:00 pm

