

CRUSHER COMBAT SPORTS INC

MODIFIED PANKRATION RULES

Duration of Match: Novice/Advanced: 3 minute

Officials: Three judges and one referee

Judge's Duties: Judges will evaluate the players and award one point to the fighter who demonstrates the best stand up skills, one point to the fighter who demonstrates the best take-down skills, one point to the fighter who demonstrates the best ground fighting skills and two points to the fighter who demonstrates the best overall skills. Judges will be seated in the corners of the ring.

Referee's Duties: The referee has ultimate responsibility for the control of the match. Player safety is his/her primary concern. His/her duties include:

- Assess all penalties
- Disqualifies players when necessary
- Monitors player safety (see Catch)
- Maintains tempo of the match (see Prolonged Inactivity)

Decision: By submission, most points scored, disqualification or referee's decision.

Tie Breaker: Referee's decision

Legal Technique:

- Clean controlled head kicks and punches (touch contact) (kids and juniors are touch contact to the headgear with no touch to the front of the face
- Body kicks and punches
- Punching to the body while on the round (except kids divisions)
- Leg kicks
- Knee strikes (except kids divisions)
- Clean takedowns/throws
- All grappling technique except as noted below

Illegal Technique:

- Striking to the head on the ground
- Suplex or any throw onto the head
- Any strike against a joint
- Inside or outside heel hooks (except in the adult advanced divisions)
- Neck cranks
- Finger or toe locks
- Eye gouging
- Biting
- Groin strikes
- Strikes to the spine
- Elbow strikes
- Head butts
- Pressure point technique

Pg.#2- Modified Pankration Rules:

Penalties:

The referee for any of the following infractions will issue one official warning and restart the fight with both players standing at the start lines. Two infractions will result in disqualification. The referee has the ability to disqualify at any time for any excessive infractions.

- Illegal technique
- Running out of the ring to avoid the fight
- Unsportsmanlike conduct by the player or coach.

Out of Bounds:

A player is considered in bounds if any part of his/her body is touching inside the ring.

- a) Will Standing: If a player goes out of bounds while fighting, the referee will break the match, center the players and resume the match.
- b) Will Grounded: The referee will stop the match to have the players moved to the center of the ring where they will resume the fight on the ground.

Catch:

If the referee is concerned about a player's safety while on the ground he will call "Catch". The disadvantaged player must then give a positive signal in response or the referee will end the match.

Prolonged Inactivity:

If a match on the ground appears to be stalemated the referee will give a 5 second warning to resume fighting or the players will be separated and the match will resume standing up.

Medical Time Out:

In the event of an injury, a player will have 5 minutes to resume competition or be disqualified. Medical personnel will have the final say as to whether a player may continue. If a player is unable to continue a match due to injury the decision will be based on the current point count.

Dress Code:

Players must wear an appropriate school uniform including top and pants or shorts. Attire with inappropriate language or imagery is not acceptable. Traditional Gi is optional.

Sparring Equipment:

All players must wear The same grappling style gloves – provided by the promoters of the event., Safety Kicks or shin and instep pads and mouth guard. Groin cups are mandatory for all male players. Headgear is optional for adults.