



COMPETITION RULES

PANKRATION

- ❑ Match duration 3 minutes for Novices and children under 18 and 5 minutes for adult
- ❑ Striking to the body with fist, feet, knees and elbows whilst standing with only kicks allowed to the head
- ❑ Striking to the body only on the ground
- ❑ Throws and take downs are allowed that do not cause any of the competitors to land on their head or neck
- ❑ All submission techniques allowed on the ground ie. Arm bars, chokes, etc. no twisting locks ie. Heel hooks and techniques that put pressure on the spine

Victory achieved by:

- ❑ Tap out or submission
- ❑ Referee stoppage
- ❑ Most points scored at end of match
- ❑ Disqualification
- ❑ Technical knockout

Scoring

- ❑ 1 point for any clean strike to the body standing or on the ground

- ❑ 2 points for clean kick to head whilst standing
- ❑ 1 point for take down
- ❑ 2 points for throw where opponents feet leave the ground
- ❑ 2 points for passing the guard
- ❑ 2 points for reversals or sweeps

Py-lux (continuous sparring)

- ❑ Match duration 2 minutes for Novices and children and 3 minutes for adults over 18 years of age
- ❑ Striking to the body with fists and feet with only kicks allowed to the head
- ❑ Low kicks ie. to thighs only allowed in adult competition only

Victory achieved by:

- ❑ Referee stoppage
- ❑ Most points scored at end of match
- ❑ Disqualification
- ❑ Technical knockout

Scoring

- ❑ 1 point for any clean strike to the body standing or on the ground
- ❑ 2 points for clean kick to head whilst standing
- ❑ 2 points for knock down or sweep

Safety equipment (compulsory)

- ❑ mouth guards
- ❑ shin and instep guards (cloth not leather)
- ❑ groin guard
- ❑ shoot gloves
- ❑ head guards (only for continuous sparring)

Dress code

- ❑ any Martial arts uniform or Gi which wont endanger competitors
- ❑ kick boxing shorts or tights
- ❑ club T-shirts or uniforms