

International Sports Grappling Championships 2009

Featuring Three Championship Divisions of competition

International BJJ with Gi

International Submission No Gi

International Pankration

Below you will find all the divisions of competition listed. Take your time to check out the divisions by age, weight and skill level. Continue down to see all the rules of competition for all three divisions as well. You can then download all this information plus a registration form to mail in your registration or you can save time and money by registering on line through this website. Just click on the registration icon and follow the easy to use automated registration system. All you need do then is show up at the designated times and places to weigh in. The day of the event you can pick up your competitors package at the pre registration desk and away you go to enjoy the event of the year

The International Martial Arts Festival and Expo

Sport Pankration Championships

Division	Skill	Age	Weight	Gender
SPAK-1	BEG	1 12	UNDER 49	M / F
SPAK-2	BEG	1 12	50 59	M / F
SPAK-3	BEG	1 12	60 69	M / F
SPAK-4	BEG	1 12	70 79	M / F
SPAK-5	BEG	1 12	80 89	M / F
SPAK-6	BEG	1 12	95 109	M / F
SPAK-7	BEG	1 12	110 123	M / F
SPAK-8	BEG	1 12	124 plus	M / F
SPAK-9	ADV	1 12	UNDER 49	M / F
SPAK-10	ADV	1 12	50 59	M / F
SPAK-11	ADV	1 12	60 69	M / F
SPAK-12	ADV	1 12	70 79	M / F
SPAK-13	ADV	1 12	80 89	M / F
SPAK-14	ADV	1 12	95 109	M / F
SPAK-15	ADV	1 12	110 123	M / F
SPAK-16	ADV	1 12	124 plus	M / F
SPAK-17	BEG INT	13 17	UNDER 114	M
SPAK-18	BEG INT	13 17	115 129	M
SPAK-19	BEG INT	13 17	130 149	M
SPAK-20	BEG INT	13 17	150 169	M
SPAK-21	BEG INT	13 17	170 plus	M
SPAK-22	ADV	13 17	UNDER 114	M
SPAK-23	ADV	13 17	115 129	M
SPAK-24	ADV	13 17	130 149	M
SPAK-25	ADV	13 17	150 169	M
SPAK-26	ADV	13 17	170 plus	M
SPAK-27	BEG INT	13 17	UNDER 114	F
SPAK-28	BEG INT	13 17	115 129	F
SPAK-29	BEG INT	13 17	130 149	F
SPAK-30	BEG INT	13 17	150 169	F
SPAK-31	BEG INT	13 17	170 plus	F
SPAK-32	ADV	13 17	UNDER 114	F
SPAK-33	ADV	13 17	115 129	F
SPAK-34	ADV	13 17	130 149	F
SPAK-35	ADV	13 17	150 169	F
SPAK-36	ADV	13 17	170 plus	F
SPAK-37	BEG INT	18 PLUS	UNDER 139	M
SPAK-38	BEG INT	18 PLUS	140 149	M
SPAK-39	BEG INT	18 PLUS	150 159	M

SPAK-40	BEG INT	18 PLUS	160	169	M
SPAK-41	BEG INT	18 PLUS	170	179	M
SPAK-42	BEG INT	18 PLUS	180	189	M
SPAK-43	BEG INT	18 PLUS	190	199	M
SPAK-44	BEG INT	18 PLUS	200	209	M
SPAK-45	BEG INT	18 PLUS	210	plus	M
SPAK-46	ADV	18 PLUS	UNDER	139	M
SPAK-47	ADV	18 PLUS	140	149	M
SPAK-48	ADV	18 PLUS	150	159	M
SPAK-49	ADV	18 PLUS	160	169	M
SPAK-50	ADV	18 PLUS	170	179	M
SPAK-51	ADV	18 PLUS	180	189	M
SPAK-52	ADV	18 PLUS	190	199	M
SPAK-53	ADV	18 PLUS	200	209	M
SPAK-54	ADV	18 PLUS	210	plus	M
SPAK-55	BEG INT	18 PLUS	UNDER	119	F
SPAK-56	BEG INT	18 PLUS	120	134	F
SPAK-57	BEG INT	18 PLUS	135	149	F
SPAK-58	BEG INT	18 PLUS	150	plus	F
SPAK-59	ADV	18 PLUS	UNDER	119	F
SPAK-60	ADV	18 PLUS	120	134	F
SPAK-61	ADV	18 PLUS	135	149	F
SPAK-62	ADV	18 PLUS	150	250	F

Sport Grappling BJJ with Gi Championships

Division	Skill	Age	Weight	Gender
SGWG-1	BEG	UNDER 12	Under 49	M / F
SGWG-2	BEG	UNDER 12	50 59	M / F
SGWG-3	BEG	UNDER 12	60 69	M / F
SGWG-4	BEG	UNDER 12	70 79	M / F
SGWG-5	BEG	UNDER 12	80 89	M / F
SGWG-6	BEG	UNDER 12	95 109	M / F
SGWG-7	BEG	UNDER 12	110 123	M / F
SGWG-8	BEG	UNDER 12	124 PLUS	M / F
SGWG-9	ADV	UNDER 12	Under 49	M / F
SGWG-10	ADV	UNDER 12	50 59	M / F
SGWG-11	ADV	UNDER 12	60 69	M / F
SGWG-12	ADV	UNDER 12	70 79	M / F
SGWG-13	ADV	UNDER 12	80 89	M / F
SGWG-14	ADV	UNDER 12	95 109	M / F
SGWG-15	ADV	UNDER 12	110 123	M / F
SGWG-16	ADV	UNDER 12	124 PLUS	M / F
SGWG-17	BEG INT	13 17	Under 114	M
SGWG-18	BEG INT	13 17	115 129	M
SGWG-19	BEG INT	13 17	130 149	M
SGWG-20	BEG INT	13 17	150 169	M
SGWG-21	BEG INT	13 17	170 PLUS	M
SGWG-22	ADV	13 17	Under 114	M
SGWG-23	ADV	13 17	115 129	M
SGWG-24	ADV	13 17	130 149	M
SGWG-25	ADV	13 17	150 169	M
SGWG-26	ADV	13 17	170 PLUS	M
SGWG-27	BEG INT	13 17	Under 114	F
SGWG-28	BEG INT	13 17	115 129	F
SGWG-29	BEG INT	13 17	130 149	F
SGWG-30	BEG INT	13 17	150 169	F
SGWG-31	BEG INT	13 17	170 PLUS	F
SGWG-32	ADV	13 17	Under 114	F
SGWG-33	ADV	13 17	115 129	F

SGWG-34	ADV	13	17	130	149	F
SGWG-35	ADV	13	17	150	169	F
SGWG-36	ADV	13	17	170 PLUS		F
SGWG-37	BEG INT	18	100	Under	119	F
SGWG-38	BEG INT	18	100	120	134	F
SGWG-39	BEG INT	18	100	135	149	F
SGWG-40	BEG INT	18	100	150 PLUS		F
SGWG-41	ADV	18	100	Under	119	F
SGWG-42	ADV	18	100	120	134	F
SGWG-43	ADV	18	100	135	149	F
SGWG-44	ADV	18	100	150 PLUS		F
SGWG-45	NOV	18	29	Under	139	M
SGWG-46	NOV	18	29	140	149	M
SGWG-47	NOV	18	29	150	159	M
SGWG-48	NOV	18	29	160	169	M
SGWG-49	NOV	18	29	170	179	M
SGWG-50	NOV	18	29	180	189	M
SGWG-51	NOV	18	29	190	199	M
SGWG-52	NOV	18	29	200	209	M
SGWG-53	NOV	18	29	210 PLUS		M
SGWG-54	INT	18	29	Under	139	M
SGWG-55	BEG	18	29	140	149	M
SGWG-56	BEG	18	29	150	159	M
SGWG-57	BEG	18	29	160	169	M
SGWG-58	BEG	18	29	170	179	M
SGWG-59	BEG	18	29	180	189	M
SGWG-60	BEG	18	29	190	199	M
SGWG-61	BEG	18	29	200	209	M
SGWG-62	BEG	18	29	210 PLUS		M
SGWG-63	INT	18	29	Under	139	M
SGWG-64	INT	18	29	140	149	M
SGWG-65	INT	18	29	150	159	M
SGWG-66	INT	18	29	160	169	M
SGWG-67	INT	18	29	170	179	M
SGWG-68	INT	18	29	180	189	M
SGWG-69	INT	18	29	190	199	M
SGWG-70	INT	18	29	200	209	M
SGWG-71	INT	18	29	210 PLUS		M
SGWG-72	ADV	18	29	Under	139	M
SGWG-73	ADV	18	29	140	149	M
SGWG-74	ADV	18	29	150	159	M
SGWG-75	ADV	18	29	160	169	M
SGWG-76	ADV	18	29	170	179	M
SGWG-77	ADV	18	29	180	189	M
SGWG-78	ADV	18	29	190	199	M
SGWG-79	ADV	18	29	200	209	M
SGWG-80	ADV	18	29	210 PLUS		M
SGWG-81	BEG	30	39	Under	159	M
SGWG-82	BEG	30	39	160	179	M
SGWG-83	BEG	30	39	180	199	M
SGWG-84	BEG	30	39	200 PLUS		M
SGWG-85	ADV	30	39	Under	159	M
SGWG-86	ADV	30	39	160	179	M
SGWG-87	ADV	30	39	180	199	M
SGWG-88	ADV	30	39	200 PLUS		M
SGWG-89	BEG	40	49	Under	159	M
SGWG-90	BEG	40	49	160	179	M
SGWG-91	BEG	40	49	180	199	M

SGWG-92	BEG	40	49	200 PLUS	M
SGWG-93	ADV	40	49	Under 159	M
SGWG-94	ADV	40	49	160 179	M
SGWG-95	ADV	40	49	180 199	M
SGWG-96	ADV	40	49	200 PLUS	M

Sport Grappling No Gi Submission Championships

Division	Skill	Age		Weight		Gender
SGNG-1	BEG	UNDER	12	Under	49	M / F
SGNG-2	BEG	UNDER	12	50	59	M / F
SGNG-3	BEG	UNDER	12	60	69	M / F
SGNG-4	BEG	UNDER	12	70	79	M / F
SGNG-5	BEG	UNDER	12	80	89	M / F
SGNG-6	BEG	UNDER	12	95	109	M / F
SGNG-7	BEG	UNDER	12	110	123	M / F
SGNG-8	BEG	UNDER	12	124 PLUS		M / F
SGNG-9	ADV	UNDER	12	Under	49	M / F
SGNG-10	ADV	UNDER	12	50	59	M / F
SGNG-11	ADV	UNDER	12	60	69	M / F
SGNG-12	ADV	UNDER	12	70	79	M / F
SGNG-13	ADV	UNDER	12	80	89	M / F
SGNG-14	ADV	UNDER	12	95	109	M / F
SGNG-15	ADV	UNDER	12	110	123	M / F
SGNG-16	ADV	UNDER	12	124 PLUS		M / F
SGNG-17	BEG INT	13	17	Under	114	M
SGNG-18	BEG INT	13	17	115	129	M
SGNG-19	BEG INT	13	17	130	149	M
SGNG-20	BEG INT	13	17	150	169	M
SGNG-21	BEG INT	13	17	170 PLUS		M
SGNG-22	ADV	13	17	Under	114	M
SGNG-23	ADV	13	17	115	129	M
SGNG-24	ADV	13	17	130	149	M
SGNG-25	ADV	13	17	150	169	M
SGNG-26	ADV	13	17	170 PLUS		M
SGNG-27	BEG INT	13	17	Under	114	F
SGNG-28	BEG INT	13	17	115	129	F
SGNG-29	BEG INT	13	17	130	149	F
SGNG-30	BEG INT	13	17	150	169	F
SGNG-31	BEG INT	13	17	170 PLUS		F
SGNG-32	ADV	13	17	Under	114	F
SGNG-33	ADV	13	17	115	129	F
SGNG-34	ADV	13	17	130	149	F
SGNG-35	ADV	13	17	150	169	F
SGNG-36	ADV	13	17	170 PLUS		F
SGNG-37	BEG INT	18	100	Under	119	F
SGNG-38	BEG INT	18	100	120	134	F
SGNG-39	BEG INT	18	100	135	149	F
SGNG-40	BEG INT	18	100	150 PLUS		F
SGNG-41	ADV	18	100	Under	119	F
SGNG-42	ADV	18	100	120	134	F
SGNG-43	ADV	18	100	135	149	F
SGNG-44	ADV	18	100	150 PLUS		F
SGNG-45	NOV	18	29	Under	139	M
SGNG-46	NOV	18	29	140	149	M
SGNG-47	NOV	18	29	150	159	M
SGNG-48	NOV	18	29	160	169	M
SGNG-49	NOV	18	29	170	179	M
SGNG-50	NOV	18	29	180	189	M
SGNG-51	NOV	18	29	190	199	M

SGNG-52	NOV	18	29	200	209	M
SGNG-53	NOV	18	29	210 PLUS		M
SGNG-54	INT	18	29	Under	139	M
SGNG-55	BEG	18	29	140	149	M
SGNG-56	BEG	18	29	150	159	M
SGNG-57	BEG	18	29	160	169	M
SGNG-58	BEG	18	29	170	179	M
SGNG-59	BEG	18	29	180	189	M
SGNG-60	BEG	18	29	190	199	M
SGNG-61	BEG	18	29	200	209	M
SGNG-62	BEG	18	29	210 PLUS		M
SGNG-63	INT	18	29	Under	139	M
SGNG-64	INT	18	29	140	149	M
SGNG-65	INT	18	29	150	159	M
SGNG-66	INT	18	29	160	169	M
SGNG-67	INT	18	29	170	179	M
SGNG-68	INT	18	29	180	189	M
SGNG-69	INT	18	29	190	199	M
SGNG-70	INT	18	29	200	209	M
SGNG-71	INT	18	29	210 PLUS		M
SGNG-72	ADV	18	29	Under	139	M
SGNG-73	ADV	18	29	140	149	M
SGNG-74	ADV	18	29	150	159	M
SGNG-75	ADV	18	29	160	169	M
SGNG-76	ADV	18	29	170	179	M
SGNG-77	ADV	18	29	180	189	M
SGNG-78	ADV	18	29	190	199	M
SGNG-79	ADV	18	29	200	209	M
SGNG-80	ADV	18	29	210 PLUS		M
SGNG-81	BEG	30	39	Under	159	M
SGNG-82	BEG	30	39	160	179	M
SGNG-83	BEG	30	39	180	199	M
SGNG-84	BEG	30	39	200 PLUS		M
SGNG-85	ADV	30	39	Under	159	M
SGNG-86	ADV	30	39	160	179	M
SGNG-87	ADV	30	39	180	199	M
SGNG-88	ADV	30	39	200 PLUS		M
SGNG-89	BEG	40	49	Under	159	M
SGNG-90	BEG	40	49	160	179	M
SGNG-91	BEG	40	49	180	199	M
SGNG-92	BEG	40	49	200 PLUS		M
SGNG-93	ADV	40	49	Under	159	M
SGNG-94	ADV	40	49	160	179	M
SGNG-95	ADV	40	49	180	199	M
SGNG-96	ADV	40	49	200 PLUS		M

International Sports Grappling Championship

RULES 2009

International BJJ With Gi Rules pages 1 through 5
International Submission Rules pages 5 through 6
International Pankration Rules pages 6 through 8

Summary BJJ:

Scoring:

Takedowns 2 POINTS
Sweep from Guard 2 POINTS
Knee on Stomach Position 2 POINTS
Pass Guard to side position 3 POINTS
Rear Mount Position 4 POINTS
Mount Positions 4 POINTS

You must hold position for 3 seconds

WHITE BELT AND ALL CHILDREN / TEEN GI COMPETITORS:

- No Attacks below the waist (No Knee Bars, Foot Locks, Ect.)

BLUE BELT S, MASTERS, EXECUTIVE WOMEN ADVANCE

- Straight Ankle locks are allowed
- Twisting Ankle or twisting Leg Locks And Knee Bars are not allowed

ADULT MEN PRUPLE BELT AND ABOVE:

- Straight Knee Bars, Straight Ankle Locks & Toe Holds (Figure four) are Allowed
- NECK CRANKS ARE **NOT** IN ANY GI DIVISIONS (i.e. Can opener). You do not have to weigh in with your uniform / Gi on
- A full Gi must be worn, no cut sleeves, Rash Guards, sports bra's for women or T-shirts may be worn under your Gi

Length of match:

- 1 All Kids, tens BEGIINNERSDIVISIONS are **3 minutes** in length
- 2 All Kids \$ teens Intermediate & Advanced, Adult Novice / Beginner Divisions will be **4 minutes** in length
- 3 Adult Intermediate Divisions will be **5 Minutes** in Length
- 4 Adult Advanced / Expert divisions will be **6 minutes** in length

There is never a draw. Bouts will be decided by:

- 1 Submission
- 2 Disqualification
- 3 Points
- 4 Advantages

BJJ with Gi Grappling Rules Detailed Description

1)- SUBMISSION:

Submission occurs when a technique forces an opponent into admitting defeat by:

- a-) Tapping with the palm against his opponent or the floor in a visible manner
- b-) Tapping with his feet on the ground (if he is unable to use his hands)
- c-) Requesting verbally to the referee that the fight be stopped (if he can neither tap with his hands or his feet)

- d-) Requesting that the fight be ended if the athlete gets injured or feel physically incapable or unprepared
Also:
- e-) the referee may end the fight giving victory to the one that applied the lock if he sees a lock being properly applied and is certain that the Athlete is exposed to serious physical damage.
- f-) A coach of one of the athletes may request that the fight be ended either by directing himself to the referee or by throwing the towel into the ring for any reason
- g-) When an athlete is under a submission position and he screams or say "Ai" , will be the same as if he taps.
The referee may end the fight when one of the athletes is injured or the doctor's examination proves he is incapable to continue. If this occurs, the victory will be given to the opponent as long as the injury was not caused intentionally by conduct worthy of disqualification.

2)-DISQUALIFICATION

SERIOUS FOUL: Serious fouls are those that lead to immediate disqualification by the referee.

- A-) The use of foul language, cursing, or other immoral acts of disrespect towards the referee or any of the assisting public.
- B-) Biting, hair pulling, putting fingers into the eyes or nose of one's opponent, intentionally seeking to injure genitalia or the use of fists, feet, knees, elbows, or heads with the intention to hurt or gain unfair advantage.
- C-) When the fighter has his kimono ripped during the fight, the referee will give him a set time to change it. If the fighter does not change it in time he will be disqualified.
- D-) The fighter must wear shorts under the pants, keeping in mind the risk that the suit might get torn or unsowed, If this occurs, the athlete will be given a set time determined by the referee to find another pair of pants to wear. If the athlete can not change within the set time, he will be immediately disqualified.
- E-) When an athlete has been submitted to a lock and to avoid tapping out he runs out of the ring, he will be immediately disqualified. In such cases when it is considered a technical foul, not a disciplinary foul, the offender may return to the competition to fight the absolute division or in case of a bracket of three.
- F-) When the athlete breaks any rule of the article

3) PENALTIES:

- On the first offence the offender will be given a verbal warning.
 - On the second offence the offender's opponent will be given an advantage.
 - On the third offence the offender's opponent will be given two points.
 - After the third offence the referee may disqualify the athlete for any further fouls.
- A-) The athlete will only be allowed to kneel after having taken hold of his opponents kimono.
 - B-) When either of the athletes run to one of the extremities of the ring to avoid combat, or while ground fighting flee by crawling or rolling out of the ring or by standing up avoiding engaging or purposely stepping out of the ring to gain time.
 - C-) When the athlete avoids engaging by taking off his kimono or by allowing it to be taken off with the intention of stopping the fight to allow himself rest or to avoid the attacks of his opponent.
 - D-) When the athlete inserts his fingers inside the sleeves or pants, or with both his hands on his opponent's belt.
 - E-) When the athlete stalls the fight, holding his adversary and, not seeking to engage or gain submissions when in the guard, on top, or on the bottom.
Holding the opponent, standing up, or any position designed to stall. Noticing this the referee will request that 20 seconds be marked and say "LUTE", making the gesture. At the end of the 20 seconds if the athlete hasn't changed his position or shown visible signs of engagement, the referee say again "LUTE" and make the same gesture, penalizing the athlete and giving an advantage for the other, if he continues stalling the referee will stop the fight saying "PAROU", and he will penalize the same, giving 2 points for the other, and both athletes will return to their feet at neutral positions. With the possibility of disqualification on the next offence

F-) NOTE: A penalty with immediate loss of 2 points occurs when an athlete runs from the ring in order to avoid a sweep that the referee considers would be completed, or when the athlete flees the ring in order to avoid a lock that has not yet been completed and not engaging in the article "E" for disqualification.

4-) POINTS:

1° POSITIVE POINTS

The competition through its nature makes the athletes use their technical abilities attempting to finish or neutralize their opponents. The point is the superior technique displayed during the match by putting the positions and negative points on the adversary.

IMPORTANT

The athlete cannot have score new points when he is in a position where he received points previously, changes position intentionally and returns to the same position.

Example: For knee on the belly and switching sides, there will be no new points awarded.

The fight can be an ascending condition for technique, looking to dominate the adversary, working to finish the opponent.

No points will be marked for the athlete who is attaining a position while in a submission. Points will only be awarded after the submission is completely defended.

Example: When one athlete is mounted on his opponent but is in a guillotine the points of the mount will be awarded only when the submission is defended.

The order of the referee

The positions sought technically and which are presented with importance in terms of strategy of the fighter and the finishing technique. If there is no finish the positions established will be translated into points to determine the winner.

Positioning: (Ordered by the referee) Positions are achieved through proper technique,. If there is no submission at the end of a match, the athlete gains victory by scoring more position points than his opponent.

A-) TAKE DOWNS: Any kind of knocking down the opponent or being taken down on his back side, 2 points. If the athlete is thrown to the ground and does not land on his back, the thrower must pin him to the ground in the same position for at least 3 seconds to gain the points of the take down.

Observation 1: the take down that lands outside of the fighting area and on to the security area will be valid as long as the athlete that applied it stood with both feet in the fighting area while making the take down.

Observation 2: If the athlete has one of his knees on the ground and is taken down, whoever applied the take down will be awarded 2 points as long as he has both his feet on the ground. If the athlete has both his knees on the ground and is knocked down the standing athlete will have to pass to his side and maintain this position to receive an advantage.

Observation 3: When the athlete attempts the double leg and the opponent sits on the floor and executes a sweep, the athlete who attempted the takedown will not receive points, but the one who executed the sweep will.

Observation 4: When a competitor throws his opponent and ends up in a bottom position the competitor throwing will receive 2 points and the opponent on top will receive an advantage. If the competitor executing the throw lands in his opponents guard and is swept, both will receive 2 points.

B-) PASSING THE GUARD: Is when the athlete that is above his adversary or in between his legs, moves to his opponent's side, establishing a perpendicular or longitudinal position over his adversary's trunk, dominating him and leaving him no space to move or to escape the position—if even is on his side or back. 3 points NOTE: if the athlete that is underneath avoids the move by getting to his knees or standing up, the initiative will not be awarded 3 points but will be awarded an advantage.

C-) KNEE ON THE BELLY: When the athlete on top puts his knee on his adversary's stomach, holding his collar or sleeve and belt with his other leg towards his adversary's head: 2 POINTS.

Observation: if the athlete that is underneath does not allow his adversary to put his knee down onto his belly and if the one on top does not establish the position completely, it will not be awarded 2 points but an advantage.

D-) THE MOUNT: is when the athlete sits on his opponent's torso; the opponent can be lying on his stomach, side or back. The one mounted can be on top of one of his opponent's arms, but never on both. It will also be considered a mount if he has one knee and one foot on the ground, 4 POINTS.

Observation: no points will be awarded if his feet or knees are on his opponent's leg. Also if an athlete applies a triangle while in the guard and in so doing lands mounted on his opponent, it will be considered a sweep, not a mount. (See the Guard)

E-) THE BACK GRAB: Is when the athlete grabs his adversary's back, taking hold of his neck and wrapping his legs around his opponent's waist, with his heels leaning on the inner side of his opponent's thighs, not allowing him to leave the position. 4 POINTS. NOTE: the points will not be awarded if both heels are not properly positioned on the inner part of the adversary's thighs. Also be considered back if the athlete has the leg over one arm of the will opponent but never over grab both arms, in this case no points will be awarded.

F-) THE SWEEP: is when the athlete that is underneath has his opponent in his guard (in between his legs) or the half guard (having one of his adversary's legs between his) and is able to get on top of his adversary by inverting his position. 2 POINTS.

Observation 1: it will not be considered a sweep if the move does not begin from inside the guard or half guard.

Observation 2: When the athlete sweeping advances his position to the back of his opponent during the attempted sweep, he is awarded 2 points.

Observation 3: If starting in a guard position, an athlete attempts a sweep and both athletes return to their feet and the competitor attempting the sweep executes a takedown remaining on top, he will be awarded 2 points.

2° – NEGATIVE POINTS: (PENALTIES)

Are penalties given to the athlete after committing a third offence .i.e. avoiding engaging, staling or not seeking ways to finalize the fight.

Stalling: In case the athlete make the classic stalling on the cross-side or North South position without seeking ways to submit

Holding the opponent, standing up, or any position designed to stall. Noticing this the referee will request that 20 seconds be marked and say "LUTE", making the gesture. At the end of the 20 seconds if the athlete hasn't changed his position or shown visible signs of engagement, the referee say again "LUTE" and make the same gesture, penalizing the athlete and giving an advantage for the other, if he continues stalling the referee will stop the fight saying "PAROU", and he will penalize the same, giving 2 points for the other, and both athletes will return to their feet at neutral positions. With the possibility of disqualification on the next offence

V- ADVANTAGES:

It is considered an advantage when the athlete attempts but does not complete any of the fundamental moves of the fight; i.e. sweep, take down, submission etc.;

- Advantages through takedowns: When there is a visible loss of balance in which the adversary nearly completes the takedown. A visible loss of balance during an attempted throw will also result in an advantage.

- During closed guard (when the athlete on the bottom has his legs wrapped around his opponent's waist):
A-) The one on top will earn the advantage by being on the offensive, trying to dominate his adversary's guard (pass the guard). For the referee to consider it an advantage, the athlete that is on top must come close to passing the guard, forcing his adversary to exert energy to regain position e.g. half guard, almost immobilizing, etc.

B-) The one underneath will earn the advantage if he almost sweeps his opponent, putting him in a dangerous position, as well as when he attempts a lock that forces his opponent to defend. NOTE: for the sweep attempt to be considered worthy of an advantage the athlete underneath must open his legs. When there is a tie situation on the scoreboard, it is up to the referee to decide if he will award an advantage, using the following judgments:

- Advantages will be awarded during standing fights or on the ground if the athlete attempts a technique with more aggressiveness and initiative, trying takedowns , other finalizing moves during the fight. Or showing that he dominate the fight most of the time by putting the opponent on the defensive
- Advantages through takedowns: When there is a visible loss of balance in which the adversary nearly completes the takedown. A visible loss of balance during an attempted throw will also result in an advantage.
- Advantages will be awarded during ground fighting if the athlete attempts a technique and puts his adversary on the defensive

Submission Grappling Divisions & Rules

No-Gi Point System:

Takedown landing in Half or Full Guard:	2 points
Takedown to Side Control or Mount:	3 points
Sweep or Reversal w/ legs:	2 points
Passing Opponent's Guard:	3 points
Mounted Position:	4 points
Back Control w/ Hooks:	4 points

(All positions must be held for minimum 3 seconds)

No-Gi Illegal Techniques:

Beginner, Novice, Executive & Masters Divisions: No Leg Locks EXCEPT Straight Ankle Lock. **No Neck or Cervical Cranks, Wrist Locks, Slamming or Slicers.**

Intermediate: **No Twisting Leg locks** EXCEPT Inside Toe Hold, **No Neck or Cervical Cranks, Wrist Locks, Slamming or Slicers.**

Advanced: No Slamming

Detailed Rules: The object of the competition is to control and submit your opponent.

Ways to win:

- 1) Causing your opponent to physically or verbally Tapout or quit by using a technique within the guidelines of the rules in each set division. (All competitors must be aware of dangerous techniques and know how to Tapout.)
- 2) Highest score at end of regulation time period or overtime.
- 3) Referee Stoppage

1. Hygiene: At weigh-ins all competitors will be checked for communicable diseases, not limited to but including ringworm, staph, herpes and impetigo.

2. Tie Breakers: There will be a 1-minute overtime in the event of a draw. At the end of the 1-minute overtime if there were no points scored it will immediately turn to sudden death in which the first point scored gets the victory. The stalling rule will be enforced with ZERO tolerance in overtime. The referee will give 2 warnings and you will be deducted -1 point and given the loss if you do not go after the victory.

3. No Stalling: The referee will issue warning for the 1st offense of stalling (i.e. backing out of the guard without engaging, butt scooting, fleeing the ring to avoid takedown/submission attempts). The 2nd offense

will result in a 2-point deduction. A 3rd offense will result in a 3-point deduction. A 4th offense will result in a DQ.

4. Leg Locks: Leg Locks are ILLEGAL in all kids, masters, executive, and novice divisions. Straight ankle locks are legal for Beginner. Straight ankle, inside figure four toe holds, straight knee bars and calf slicers are legal for Intermediate. , All leg locks are legal in the Advanced Men's division. **Note:** Reaping (crossing you leg across your opponents body while attacking a foot) is illegal in all divisions except Intermediate and advanced adult.

5. Illegal Techniques in all divisions: No strikes, biting, eye gouging (includes chin to eye), head butting, small joint manipulation (finger and toe locks), hair pulling, or ear pulling, neck cranks.

6. Slamming: ZERO tolerance on slamming. This is to avoid slamming to escape the guard and various submissions from the guard. A competitor will be immediately disqualified NOTE - Takedowns are not considered slamming, unless intent to injure is determined by the referee.

7. Neck Cranks and Twister: Neck cranks and Twister (wrestling guillotine) are only legal in the advanced division. Intermediate division may use the Twister setup to execute the banana split or calf slicer.

8. Takedowns and control: Any position must be held for a MINIMUM of 3 full seconds before points will be awarded. If you take your opponent down and Mount him you would receive 3 points for the take down AFTER 3 seconds AND then 3 more seconds for the 4-point mount. Therefore you must maintain the position for 3 seconds per set of points. Guard pass points are established when the opponent's shoulders are flat on the ground and your legs are completely clear of their legs. If you go from standing to a guys back with BOTH his knees on the ground for 3 full seconds you receive 2 points for reversal.

9. Sweeps/Reversals: Reversal of position points are given when one opponent reverses from the bottom to the top position and maintained for a full three seconds. The reversal has to be used from your guard or in the immediate transition of someone passing your guard. For example if you're passing my guard and I IMMEDIATELY put you on your back I receive reversal points. **Note:** Rolling someone over when you are mounted or in side control is an escape not a reversal.

10. No-Gi Attire: Board shorts, fight shorts, singlets, or Gi pants, Rashguards are required Wrestling shoes, knee-pads (non-medal braces), headgear, cups and mouthpieces are optional.

12. Code of Conduct: We will be enforcing a zero tolerance rule on disrespecting, threatening with physical violence, or verbally abusing referees or staff at any time before, during or after the event. If any spectator, coach or competitor threatens or abuses the referee in any shape or form, they will be escorted out of the building.

Pankration Division Age and Skill Levels

Kids (5-13 Years old)
Beginner (18 Months & Below)
Advanced (18 Months & Above)

Teen's (14-17 Years old)
Beginner (18 Months & Below)
Advanced (18 Months & Above)

Women's
Beginner (18 Months & Below)
Advanced (18 Months & Above)

Adult
Beginner (18 Months & Below)
Advanced (18 Months & Above)

PANKRATION RULES

GLOVES

Will be 6 oz. gloves and must be approved By International Pankration Staff before the event starts. If you need gloves Grappling X will have gloves to rent for \$5.00

OPERATION OF MATCHES

Weigh in will be conducted prior to competition.
All competitors and coaches must attend a rules briefing prior to competition.
Competitors and coaches must agree on match.
No food or drinks beside water in staging area.
Only coach and corner person with competitor.
Any lack of sportsmanship from the competitor or his/her corner is grounds for disqualification.
Competitor's corner team must sit down while competition is on. No slapping of the ring while match is going on.

DIVISIONS

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.

PANKRATION RULES

Legal Weapons-

Punches, hammer fists, palm heels, elbows and forearms will be allowed to the body. Kicks with the instep, bottom of foot, blade of foot, ball of foot, toes, shin and knee are legal to the body.

Legal Targets-

Chest, stomach, ribs, thighs, and calf are legal.

Legal Submission Targets-

Wrist, elbow, shoulder, vascular neck

Illegal Strikes-

No strikes to the face or the head. No Kicks with the instep, bottom of foot, blade of foot, ball of foot, toes, shin and knee to the face. No elbows to the face. No strikes to joints, back, spine, groin or other vital points are prohibited. No head butts, fish hooks or eye gouging.

Illegal submission-

No heel hooks, straight ankle, toe holds, knee bars, crushes and wedges. No Neck cranks or submissions which involve dynamic twisting or pressure against the neck joint or spine are prohibited. These submission will be allowed in adult advanced only.

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.

The following are strictly forbidden:

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

Scoring the bout

The 10-point must system will be utilized for scoring all bouts. The winner of the round will receive 10 points, (minus any points deductions for fouls) with the lesser score awarded to the loser of the round (minus any points deductions for fouls). There are to be no fraction of points awarded, and in the event of an even round, the score will be 10/10. Even rounds should rarely, if ever happen.

Example of scoring a bout

- 10/9 From a "close" to "moderate" margin
- 10/8 Decisive (without a knockdown)
- 10/8 One knockdown
- 10/7 Two knockdowns
- 10/6 More than (2) two knockdowns
- 10/10 Cannot pick a winner (Draw)

Point deduction scoring

When the referee declares a foul and deducts point(s), the judge must write the amount of the deduction on his scorecard at that moment. Should the referee take additional points the judge must draw a line through his original deduction and put the new amount of point deductions. He must initial the corrected amount. Only the referee can declare point deductions for fouls.

Duration of Bout

Each bout will consist of 2, two minute rounds with one minute rest between rounds.

Competitors Safety Equipment and Hygiene

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 not allowed. All competitors will be examined for contagious skin conditions, trimmed nails and open wounds prior to competition. All competitors must compete with a mouthpiece. Male competitors must wear a cup. Other protective gear such as knee pads, elbow pads are optional. Shin and instep pads are optional equipment.