



2019 PANKRATION ATHLIMA "QUICK RULES"

As of 7/18/2019

MATCH DURATION	SCORING	
YOUTH (8 - 13), SCHOOLBOYS/GIRLS (14 - 15)	1 POINT	2 POINTS
3 MINUTES	<ul style="list-style-type: none"> Body strike (Standing or Ground) Inside or outside thigh kick "Knee" to the body (Ground) 	<ul style="list-style-type: none"> Kick or Knee to body (Standing) Throw/Takedown (Not over the thrower's body)
CADETS (16 - 17), VETERANS (36 - 45)		
4 MINUTES		
SENIORS (18 - 35)		
5 MINUTES		

BG = BEGINNER (Under 2 Yrs), IN = INTERMEDIATE (2-5 Yrs), AD = ADVANCED (+2 or +5 Yrs)

PROHIBITED TECHNIQUES	8 - 9 YEARS		10 - 13 YEARS		14 - 15 YEARS			16 - 56 YEARS		
	BG -2	AD +2	BG -2	AD +2	BG -2	IN 2-5	AD +5	BG -2	IN 2-5	AD +5
PUNCHES ON THE GROUND	X	X	✓	✓	✓	✓	✓	✓	✓	✓
GUILLOTINE W/ ARM OUT (GROUNDED)	X	X	X	X	X	✓	✓	✓	✓	✓
TRIANGLE (PULLING HEAD)	X	X	X	X	X	✓	✓	✓	✓	✓
KNEES TO BODY (STANDING)	X	X	X	X	X	✓	✓	X	✓	✓
WRIST LOCK	X	X	X	X	X	✓	✓	X	✓	✓
BANANA SPLITS	X	X	X	X	X	X	X	✓	✓	✓
GUILLOTINE (STANDING)	X	X	X	X	X	X	X	✓	✓	✓
KNEES TO THE BODY (GROUNDED)	X	X	X	X	X	X	X	✓	✓	✓
MOUNTED GUILLOTINE W/ ARCH	X	X	X	X	X	X	X	✓	✓	✓
FLYING SUBMISSIONS OR JUMPING GUARD	X	X	X	X	X	X	X	X	✓	✓
STRAIGHT ANKLE LOCK OR KNEE BAR	X	X	X	X	X	X	X	X	✓	✓
BICEP OR CALF SLICER	X	X	X	X	X	X	X	X	X	✓
PUNCHES OR KICKS TO THE HEAD	X	X	X	X	X	X	X	X	X	X
FOREARM OR ELBOW STRIKES	X	X	X	X	X	X	X	X	X	X
STRIKES TO INVALID TARGETS	X	X	X	X	X	X	X	X	X	X
TECHNIQUES DONE WITH ILL INTENT	X	X	X	X	X	X	X	X	X	X
AXE KICK OR KICKING A DOWNED OPPONENT	X	X	X	X	X	X	X	X	X	X
THROWS USING ONLY THE NECK	X	X	X	X	X	X	X	X	X	X
THROWS ON HEAD, NECK OR W/ LOCKS	X	X	X	X	X	X	X	X	X	X
BACK SPLASH OR SLAMS (INC. GUARD)	X	X	X	X	X	X	X	X	X	X
FLYING SCISSORS	X	X	X	X	X	X	X	X	X	X
CHOKES ON THROAT W/ HAND	X	X	X	X	X	X	X	X	X	X
EZEKIEL W/ CERVICAL LOCK	X	X	X	X	X	X	X	X	X	X
TOE HOLD, HEEL HOOK OR TWISTING LEG LOCK	X	X	X	X	X	X	X	X	X	X
NECK CRANK, FULL NELSON OR TWISTER	X	X	X	X	X	X	X	X	X	X
UNCONTROLLED STRIKES/SUBMISSIONS	X	X	X	X	X	X	X	X	X	X
HANDS IN FACE OR HOLD LESS THAN 4 DIGITS	X	X	X	X	X	X	X	X	X	X
GRABBING CLOTHING OR EQUIPMENT	X	X	X	X	X	X	X	X	X	X

EXPLANATIONS

STRIKES (STANDING)

- All strikes are to be executed with limited contact.
- Valid Strikes are those uncontested, with good balance, execution, and control.
- All strikes must be drawn back to attacker to score.
- Simultaneous strikes do not score.

THROWS & GROUND

- Valid Throws include techniques that place the opponent on their back or side.
- Simultaneous throws do not score.
- Knees to body on ground may be executed from rear side or side control, require 1 knee to be grounded, and are included in the 3 strike per position rule.
- Only 3 strikes may be executed and scored per position.
- Arm in Guillotine permitted for all except ages 8 - 9 years. Guillotine is **prohibited** for ages 8 - 9.

GENERAL

- Techniques initiated "at the moment" time ends are scored.
- Techniques initiated inside of competition area, ending outside are valid for scoring.
- Divisions may be combined per the full rules criteria.
- Combined divisions default to the rules of lowest level or aged participant.