



## PANKRATION BASIC RULES OVERVIEW



### Pankration ELITE (Men & Women)

*Pankration Elite is a bout with limited punches to the head.*

Age: U17 - 3 min, U20 - 3 min, Seniors - 4 min, Veterans - 3 min.

#### Technical Points:

##### 1-Point Actions

- Effective and authorized punch to the head / body
- Effective and authorized outside kick to the thigh
- Takedown (*the foot of the opponent touches the palaestra/ground*)

##### 2-Point Actions

- Effective and authorized kick or knee to the body (*standing*)
- Half or low amplitude throw from standing or ground position (*with the opponent not passing over the thrower's body, the feet of the opponent lose contact with the palaestra/ground*)

##### 3-Point Actions

- Complete or high amplitude throw from standing position (*with the opponent passing over the thrower's body, the opponent's body must be lifted above the waistline*)
- Effective and authorized kick to the head
- Lost challenge (*video-protest*)

##### 4-Point Actions

- Knockdown (maximum of 2 KD)

Punches and kicks in the stand position to the body and to the head are allowed according to the present rules. Punches are allowed on the ground position.

#### The criteria of awarding points (throws & striking techniques):

- |   |   |
|---|---|
| a. Correct distance                                     | d. Amplitude ( <i>for throws – low/high</i> )                             |
| b. Execution speed ( <i>fast execution by fighter</i> ) | e. Withdrawal ( <i>the leg/the arm, after the attack has to go back</i> ) |
| c. Stable position ( <i>good location</i> )             |   |

#### Technical Superiority:

**10 points.** If a competitor has scored a 10-point advantage over the opponent.

In case of tie by points, the winner will be determined according to the following criteria:

- a) the highest value of actions/techniques;
- b) the least amounts of cautions;
- c) the hellanodekes decision on fighting superiority (*considering the whole match*).

**Out of bounds:** if one of the athletes steps with **two feet (standing) out of orange/white zone**, if one of the **athlete's body (on the ground) reaches out of the protection area** or if **two bodies** of the athletes **are outside of the orange/white zone**.

#### Passivity:

The first warning for passivity is verbal and bears no consequences, the following cautions award 1 point to the opponent up to the third caution which results in the disqualification of the passive fighter:

**Passivity: 1<sup>st</sup> - Warning, 2<sup>nd</sup> - Caution + 1 Point; 3<sup>rd</sup> - Caution + 1 point, 4<sup>th</sup> - Disqualification.**

#### Pankratiasts are not allowed to target the:

- |                     |                    |
|---------------------|--------------------|
| ❖ Back of the head, | ❖ Joints, Kidneys, |
| ❖ Neck,             | ❖ Along the spine, |
| ❖ Throat,           | ❖ Groin            |
| ❖ Knees and below,  |                    |