



## PANKRATION BASIC RULES OVERVIEW



### Pankration TRADITIONAL (Men & Women)

*Pankration Traditional is a bout without punches to the head.*

Age: U13/U15 - 2 min, U17 -3 min, U20 -3 min, Seniors -4 min, Veterans -3 min.

#### Technical Points:

##### **1-Point Actions**

- Effective and authorized punch to the 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*)
- Side Mount

##### **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
- Full Mount
- Lost challenge (*video-protest*)

##### **4-Point Actions**

- Knockdown (*maximum of 2 KD*)
- Back Mount

Punches and kicks to the body, controlled round house kicks to the head are allowed by protected part of the foot. Punches to the body on the ground position are allowed but scored only one effective and authorized punch to the body on the ground position.

#### Note (punches to the body whilst on the ground):

the point will be awarded only for the **FIRST** effective strike/punch on the opponent and only for the **FIRST** effective strike/punch after changing position. *It means that an upper (dominating) athlete must change his/her position after his/her FIRST strike/punch in order to get the points (more points), there are 4 possible positions on the ground.* The punches after FIRST strike/punch are allowed, but no points will be awarded after FIRST strike/point.

**Side Mount:** When a pankratiast gains control by passing the opponent's leg defenses while keeping the opponent's back to the palaestra the count of 3 seconds (including north-south and knee on stomach).

**Full Mount:** When a pankratiast controls the opponent who is lying on the back, from the top with both of his/her knees touching the ground on either side of the opponent for the count of 3 seconds (including north or south).

**Back Mount:** When a pankratiast controls the opponent from the back, with his/her chest to the opponent's back and his/her legs hooked inside both of the opponent's legs for the count of 3 seconds.



**PANKRATION**

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

- |   |   |
|---|---|
| a. Correct distance                                     | d. Amplitude (for throws – low/high)                                      |
| 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          |
| ❖ Neck,             | ❖ Kidneys         |
| ❖ Throat,           | ❖ Along the spine |
| ❖ Knees and below,  | ❖ Groin           |