

ISKA PANKRATION COMPETITION RULES

AFPA Approved

Juniors Agon Pankration Rules

AGE:

14 - 15 years

WEIGHT DIVISIONS:

under 45kg	45 to 50kg	51 to 55kg	56 to 60kg
61 to 66kg	67 to 72kg	over 72kg	

TIMES AND ROUNDS:

2 x 2 minute rounds

FIGHT RULES:

Punches to body only

Kicks to the legs and body only

Standup clinching and grappling allowed for a limited time if no action activity

Takedowns and sweeps allowed

All legal grappling techniques are allowed

All submission techniques allowed but no twisting locks such as heel hooks, and techniques that put pressure on the spine

Ground fighting is limited if competitors don't show action activity

APPROVED SAFETY EQUIPMENTS & DRESS CODE:

MMA gloves / Mouth guard / Groin guard / Foot and shin guards

Female chest guard / Female under guard > optional

MMA Shorts / Rash Guards > optional

* All competitors

- Can participate with own club / martial arts style uniforms

- Must supply own safety equipment and will be inspected by event official for approval to be used in competition (if not approved officials will provide)

FOULS:

Punches, kicks to head / face

Elbow and knee strikes

Body slams and reverse back throws

Stomping or kicking of a grounded fighter

Eye gouging of any kind

Holding shorts, tops or gloves of an opponent

Throwing an opponent down on his head or neck

Striking to the spine or back of the head

Fleeing the mated area

Any unsportsmanlike behaviour

The 3rd foul will result in a disqualification

Any other fouls of fight rules and regulations are to the discretion of the Referee

ISKA PANKRATION COMPETITION RULES

AFPA Approved

Juniors Agon Pankration Rules

AGE:

16 - 17 years

WEIGHT DIVISIONS:

Under 55kg	56 to 60kg	61 to 65kg	66 to 70kg
71 to 75kg	76 to 80kg	over 80kg	

TIMES AND ROUNDS:

2 x 2 minute rounds

FIGHT RULES:

Punches to body only

Kicks to the legs and body only

Standup clinching and grappling allowed for a limited time if no action activity

Takedowns and sweeps allowed

All legal grappling techniques are allowed

All submission techniques allowed but no twisting locks such as heel hooks, and techniques that put pressure on the spine

Ground fighting is limited if competitors don't show action activity

APPROVED SAFETY EQUIPMENTS & DRESS CODE:

MMA gloves / Mouth guard / Groin guard / Foot and shin guards

Female chest guard / Female under guard > optional

MMA Shorts / Rash Guards > optional

* All competitors

- Can participate with own club / martial arts style uniforms

- Must supply own safety equipment and will be inspected by event official for approval to be used in competition (if not approved officials will provide)

FOULS:

Punches, kicks to head / face

Elbow and knee strikes

Body slams and reverse back throws

Stomping or kicking of a grounded fighter

Eye gouging of any kind

Holding shorts, tops or gloves of an opponent

Throwing an opponent down on his head or neck

Striking to the spine or back of the head

Fleeing the mated area

Any unsportsmanlike behaviour

The 3rd foul will result in a disqualification

Any other fouls of fight rules and regulations are to the discretion of the Referee

ISKA PANKRATION COMPETITION RULES

AFPA Approved

Seniors Agon Pankration Rules

AGE:

18 Years and over

WEIGHT DIVISIONS:

Under 60kg	60 to 66kg	67 to 71kg	72 to 78kg
79 to 85kg	86 to 95kg	96 to 105kg	over 105kg

TIMES AND ROUNDS:

2 x 3 minute rounds

FIGHT RULES:

Punches to body only

Kicks to the legs and body only

Elbows and knees to the legs and body only

Standup clinching and grappling is limited if competitors don't show action activity

Takedowns and sweeps

All legal grappling submission techniques allowed but no twisting locks, such as heel hooks and techniques that put pressure on the spine

Ground fighting is limited if competitors don't show action activity

APPROVED SAFETY EQUIPMENTS & DRESS CODE:

MMA gloves / Mouth guard / Groin guard / Foot and shin guards

Female chest guard / Female under guard > optional

MMA Shorts / Rash Guards > optional

* All competitors

- Can participate with own club / martial arts style uniforms

- Must supply own safety equipment and will be inspected by event official for approval to be used in competition (if not approved officials will provide)

FOULS:

Punches, kicks to head / face

Body slams and reverse back throws

Stomping or kicking of a grounded fighter

Eye gouging of any kind

Holding shorts, tops or gloves of an opponent

Throwing an opponent down on his head or neck

Striking to the spine or back of the head

Fleeing the mated area

Any unsportsmanlike behaviour

The 3rd foul will result in a disqualification

Any other fouls of fight rules and regulations are to the discretion of the Referee