

PANCRASE SUBMISSION WRESTLING CHAMPIONSHIP RULES

GENERAL RULES

1. a. All fighters must register, weigh-in and compete in their respective sex, age, weight and skill divisions. b. Previous division champions must compete in next higher skill level. c. Competitors with previous amateur MMA fight experience must compete in intermediate, advanced, and/or absolute divisions. d. Fighters with PRO MMA experience must compete in advanced, and/or absolute divisions. e. All fighters may compete in the absolute divisions.
2. a. All fighters (children/teens) under 18 years old must provide a signed parental/legal guardian consent form. b. Teens may compete in adult divisions with consent.
3. No entry fee refunds after weigh-ins.
4. The promoter reserves the right to combine divisions.
5. All fighters must be clean and healthy with no communicable diseases. Nails must be trimmed. Long hair must be secured.
6. Fighters and coaches will follow all commands from the referee. Referee may disqualify and eject any fighter for failure to follow commands or comply with rules.
7. All matches are single elimination. Only winner advances to next round. In case of a tie there will be one, 1-minute overtime. An additional tie will be decided by referee's decision.
8. All matches begin from the standing position.
9. Fighters who go out-of-bounds will be restarted in the center of the ring/mat in a position determined by the referee.
10. If fighters are stalled or become deadlocked, the referee may restart the match from the standing position.
11. All grappling techniques including throws, choke-holds and joint-locks are permitted expect those that are listed as illegal techniques.
12. Fighters may grab, hold, or utilize any portion of their opponent's clothing except the shorts, wrestling singlet or head gear.
13. Referee may stop a match at any time if a fighter is in imminent danger of injury.
14. A fighter may give-up, tap-out and concede defeat at any time during a match by tapping their hand or foot, two (2) times, on the opponent's body or the mat. A fighter may also give-up verbally by saying, "STOP", to the referee and the opponent.

FIGHTER'S CLOTHING / EQUIPMENT

Permissible apparel (*must be clean*): Fight shorts, board shorts, wrestling singlet, judo, sambo or jiu-jitsu style kimono/gi, wrestling shoes, non-metal braces, knee pads, t-shirts, rash guards, mouth guards, groin protective gear and ear guards.

UNSPORTSMANLIKE CONDUCT

The referee, tournament director or commissioner, may warn, disqualify and/or eject any competitor or their coach for displaying unsportsmanlike conduct. This includes interference from a competitor's coach/trainer or teammates. The referee has total control of the match and his/her decisions are final.

APPEALS

Competitors may appeal legitimate objections to judgments affecting the outcome of their match. Appeals shall be a written statement, submitted to the Pancrase Commissioner's office within thirty days of the event.

Rev.1.14.11

WAYS TO WIN

1. Submission/Tapout: Force your opponent to give-up, tap-out, or verbally indicate defeat through the use of legal techniques; choke-holds, wrist-locks, arm-bars, shoulder-locks, leg-locks, knee-bars, foot-locks, ankle-locks, neck-cranks, throws, etc.

2. Score Points: Win by scoring points with the following techniques.

*Mount Position:	2 points
*Back Mount with Hooks:	3 points
*Passing the Guard:	3 points
*Knee on Stomach:	2 points
*Sweeps, Reversals	2 points
*Throw or Take Down (<i>ending in guard, half-guard or opponent on stomach</i>):	2 points
*Clean Throw or Take Down (<i>ending with opponent on back, in side control or mount</i>):	4 points

**Each position must be maintained for three (3) seconds or more.*

**When changing multiple positions, points will be awarded only for the position that has been established for three (3) seconds or more.*

3. Penalties: The following actions will result in -1 point penalties.

a. If a fighter voluntarily jumps into the guard or goes from standing position to a non-standing position, by any means, and remains down for three (3) seconds or more.

b. If a fighter disengages from contact and runs-away so as to avoid engagement.

c. A passive fighter will be warned twice and then receive a -1 point penalty. The referee will warn the passive fighter by using the words "WARNING FOR PASSIVITY".

4. Referee's decision, stoppage, disqualification, forfeiture.

a. If competitor gives up or submits by tapping the leg, arm or verbally.

b. If Referee feels a competitor is unable to defend themselves or their safety is in imminent danger, he may stop the match and declare a winner.

c. If a fighter breaks the rules twice he will be disqualified by the Referee.

ILLEGAL TECHNIQUES – FOULS - DISQUALIFICATION

1. No deliberately trying to injure your opponent.
2. No striking of any kind including head butts and kicking.
3. No eye gouging, fish hooking or thumbing.
4. No grabbing the ears.
5. No hair pulling.
6. No small-joint submissions or holds of the fingers or toes.
7. No scratching or pinching.
8. No biting.
9. No touching the groin area or body orifices in a inappropriate manner.
10. No hands, knees or elbows on face
11. No slippery substances allowed on body or clothing
12. No hands or elbows to the throat. Forearm to throat is ok.
13. No slamming or dropping or an opponent on their head.
14. No grabbing an opponent's shorts, singlet or head gear.
15. No arguing with officials, cursing or unsportsmanlike conduct.
16. No heel-hook submissions in adult beginner divisions.
17. No neck-cranks and leg/ foot locks in children or teen divisions.
18. No sandbagging.