



## **PANKRATION/MMA RULES – SUMMARY**

**Revised as per AGM 2018**

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## PANKRATION/MMA RULES - SUMMARY

### CLARIFICATION & DEFINITION OF TERMS:

**Pankration:** (Greek Pankratos "All-Fighting, Total Fight", pronounced "Pankrátion", Greek pan "everything", kratos "force") denoted a martial art competition at the ancient Greek festivals. Today Pankration is practiced as a Sport Internationally.

**MMA:** Mixed Martial Arts is the modern derivative term of the ancient sport "Pankration". Pankration translated from Greek stands for "All-Fighting" or more specifically "Use of all fighting styles"; stated in other terms: "Use of mixed fighting styles", hence Mixed Martial Arts.

The terms **Pankration**, **MMA** or collectively "**Combat**" are often used interchangeably by Fans, Athletes, Coaches, Referees, and Officials. For the purpose of the rules herein, Mixed Martial Arts (MMA) or Combat Arts, if used, represent the Greek term and sport called Pankratos or Pankration, for simplicity and common understanding.

### SAFETY EXCEPTION

Pankration Rules and Unified MMA Rules, share identical regulations in safety within the OGA, the only difference being that, during International Pankration competitions, athletes are allowed to use Elbows for striking. Elbows are strictly prohibited by Ontario Grappling Association for higher safety regulations at the Provincial level of competition.

### SCOPE OF REGULATIONS:

Ontario Amateur Combat sports competitions shall provide participants new to the sport of Pankration/MMA the needed experience required in order to progress through to a possible career within the sport. The sole ethos of Pankration/MMA is to provide the safest possible environment for combatants to train and gain the required experience and knowledge under directed pathways allowing each athlete to compete under the regulations of the rules set out within this document.

It is recognized, through the Canadian Combat Alliance (CCA), United World Wrestling (UWW) and International Mixed Martial Arts Federation (IMMAF) that varying country codes and legislation may differ from region to region and this can be reflected in the resultant documentation and rules sets from the member countries. The annual World Championships may be held in differing countries and such changes shall be facilitated and known prior to competition. What we are striving for in conjunction with the unparalleled safety conscious nature of the competitors is a unified and an aesthetically common identity of the sport of Pankration/MMA for amateur competition.

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OGA Pankration rules are based on CCA/UWW/IMMAF Pankration/MMA Rules. Modification to the International Rules are made to enhance safety of Athletes and help increase the participation of the sport while providing a pathway for Referees, Coaches and Officials to increase their skills at every level.

### **1) SPORT**

“Pankration” or “MMA” is a sport with competition involving the use, subject to any applicable limitations set forth in the Unified & UWW Rules, of a combination of techniques from different disciplines of the martial arts, including, without limitation, Grappling/BJJ, Judo, Jiu-jitsu, Wrestling, kickboxing, Muay Thai, Taekwondo, Kempo, Hapkido, Aikido, and general striking arts.

### **2) JURISDICTION**

The Referee shall remain the sole arbiter of a contest.

All contests and exhibitions of Pankration/MMA must be conducted under the supervision and authority of the commissioner or head representative of the sanctioning federation Ontario Grappling Association.

### **3) MATCH TIME**

Each non-championship Pankration/MMA contest may be of a:

- a. 1 x 2 minute round – For qualifying and skill building tournaments
- b. 1 x 3 minute round – For qualifying and skill building tournaments
- c. 1 x 4 minute round – For qualifying and skill building tournaments
- d. 1 x 5 minute round – For qualifying and skill building tournaments
- e. 2 x 2 minute round – Skill building events, used in dual, quad, or multi-team plays, best 2 of 3
- f. 2 x 3 minute round – Skill building events, used in dual, quad, or multi-team plays, best 2 of 3
- g. 2 x 4 minute round – Skill building events, used in dual, quad, or multi-team plays, best 2 of 3
- h. 2 x 5 minute round – Skill building events, used in dual, quad, or multi-team plays, best 2 of 3
- i. 3 x 2 minute round – Skill building events, used in dual, quad, or multi-team plays, best 3 of 5
- j. 3 x 3 minute round – Skill building events, used in dual, quad, or multi-team plays, best 3 of 5
- k. 3 x 4 minute round – Skill building events, used in dual, quad, or multi-team plays, best 3 of 5
- l. 3 x 5 minute round – Skill building events, used in dual, quad, or multi-team plays, best 3 of 5

Skill, endurance building, and local Pankration events using more than one round must provide a minimum rest period of 1 minute between each round.

### **4) STOPPING THE CONTEST**

The referee and the ringside physician are the only individuals authorized to enter the ring/fighting area at any time during competition, and the referee is the sole arbiter of a match and is the only individual authorized to stop a match. Referee may stop a match at any time for safety regulations, or for superiority, where one competitor demonstrates continuous control of his or her opponent without being scored-on or if his or her opponent is unable to defend or respond to maneuvers.

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### 5) SCORING

All contests will be evaluated and scored by up to three Referees or Officials. The Center Referee is in charge of providing scoring gestures, and controlling the safety of the match.

### 6) WARNINGS

A single warning will be issued for the following infractions only:

Holding or grabbing edges of the competition surface

Holding onto opponent's kimono, shorts, gloves, shin-guards or rash-guard etc.

### 7) FOULS

The following acts constitute fouls in a contest or exhibition of mixed martial arts:

- a. Butting with the head
- b. Eye gouging of any kind
- c. Biting
- d. Spitting at an opponent
- e. Hair pulling
- f. Fish hooking
- g. Groin attacks of any kind
- h. Putting a finger into any orifice or any cut or laceration of an opponent
- i. Small joint manipulation
- j. Striking downward using the point of the elbow
- k. Striking to the spine or the back of the head
- l. Kicking to the kidney with a heel
- m. Throat strikes of any kind, including grabbing the trachea
- n. Clawing, pinching or twisting the flesh
- o. Grabbing the clavicle
- p. Kicking the head of a grounded opponent
- q. Kneeing the head of a grounded opponent
- r. Stomping a grounded opponent
- s. Holding the fence [gripping the fence to control/hold/alter position with fingers and toes]
- t. Holding the shorts, gloves, shin-guards or rash-guard of an opponent
- u. Using abusive language in fenced ring/fighting area
- v. Engaging in any unsportsmanlike conduct that causes injury to an opponent
- w. Attacking an opponent on or during the break
- x. Attacking an opponent who is under the care of the referee
- y. Attacking an opponent after the bell has sounded the end of the round
- z. Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury
- aa. Throwing opponent out of ring/fighting area
- bb. Flagrantly disregarding the instructions of the referee
- cc. Spiking an opponent to the canvas on his head or neck

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- dd. Interference by the corner
- ee. Applying any foreign substance to the hair or body to gain an advantage

### 8) FORBIDDEN TECHNIQUES

In addition to the listed fouls above, techniques that shall remain forbidden in Pankration/MMA contests shall be:

- a. Elbow and forearm strikes of any kind
- b. Heel Hook
- c. Twisters/Sit through crucifix and/or any submission deemed as applying pressure to the spine
- d. Knees to the head at any point

### 9) FOUL PROCEDURE

- a. Disqualification occurs after any combination of 3 fouls or after a flagrant foul.
- b. Fouls result in a point being deducted by the official scorekeeper from the offending contestant's score. The judges should only make notations of points deducted by the referee, for each round.
- c. Only a referee can assess a foul. If the referee does not call the foul, judges must not make that assessment on their own.
- d. A fouled contestant has up to 5 minutes to recuperate.
- e. If a foul is committed
  - i. The referee shall call time.
  - ii. The referee shall check the fouled contestant's condition and safety.
  - iii. The referee shall then instruct the fouling contestant to a neutral corner, assess the foul to the fouled contestant, deduct points [if required] and notify the cornermen, judges and official scorekeeper.
- f. If a bottom contestant commits a foul, unless the top contestant is injured, the contest will continue
- g. The referee will verbally notify the bottom contestant of the foul
- h. When the round is over, the referee will assess the foul and notify the corners, the judges and the official scorekeeper.
- i. The referee may terminate a contest based on the severity of a foul. For such a flagrant foul, a contestant shall lose by disqualification.

### 10) INJURIES SUSTAINED BY FAIR BLOWS AND FOULS

- a. Fair Blows: If injury is severe enough to terminate a contest, the injured contestant loses by TKO.
- b. Intentional Fouls:
  - i. If an injury is severe enough to cause the immediate termination of a contest, the contestant causing the injury loses by disqualification.

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- ii. If an injury is produced and the contest is allowed to continue, the referee will notify the authorities and automatically deduct 2 points from the contestant who committed the foul. Point deductions for intentional fouls will be mandatory.
  - iii. If an injury as described in (b) above is the cause of the contest being stopped in a later round, the injured boxer will win by TECHNICAL DECISION, if he is ahead on the scorecards.
  - iv. If an injury as described in (b) above is the cause of the contest being stopped in a later round, the contest will result in a TECHNICAL DRAW, if the injured contestant is behind or even on the scorecards.
  - v. If a contestant injures himself while attempting to foul his opponent, the referee will not take any action in his favor, and the injury will be the same as one produced by a fair blow.
- c. Accidental Fouls:
- i. Any injury severe enough for the referee to stop the contest immediately, will result in a NO CONTEST if stopped before 2 rounds have been completed in a 3 round contest or if stopped before 3 rounds have been completed in a 5 round contest.
  - ii. Any injury severe enough for the referee to stop the contest immediately after 2 rounds of a 3 round contest, or after 3 rounds of a 5 round contest have occurred, the contest will result in a TECHNICAL DECISION, awarded to the contestant who is ahead on the score cards at the time the contest is stopped.
  - iii. If injury (b) above occurs, there will be no scoring of an incomplete round.
  - iv. If injury (b) above occurs, and the referee penalizes either contestant, then point(s) shall be deducted from the final score.

### 11) WEIGHT DIVISIONS:

- a. Except with the approval of the sanctioning body, the classes for Pankration/MMA contests or exhibitions and the weights for each class shall be:
  - i. Straw-weight under 115 pounds + (1.5 pounds weight allowance)
  - ii. Flyweight over 115 to 126 pounds + (1.5 pounds weight allowance)
  - iii. Bantamweight over 126 to 132 pounds + (3 pounds weight allowance)
  - iv. Featherweight over 132 to 145 pounds + (3 pounds weight allowance)
  - v. Lightweight over 145 to 157 pounds + (3 pounds weight allowance)
  - vi. Welterweight over 157 to 170 pounds + (3 pounds weight allowance)
  - vii. Middleweight over 170 to 185 pounds + (3 pounds weight allowance)
  - viii. Light Heavyweight over 185 to 202 pounds + (3 pounds weight allowance)
  - ix. Heavyweight over 202 to 220 pounds + (5 pounds weight allowance)
  - x. Ultra Heavyweight over 220 to 265 pounds + (5 pounds weight allowance)
  - xi. Super Heavyweight over 265 pounds
- b. Weigh-ins for amateur contestants may be on the day of or one day prior to the competition. The practice of weight cutting techniques is to be discouraged by clubs, coaches and all connected with amateur competition. The ethos behind amateur competition and experience is for combatants to concentrate solely on technique and

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experience gained through competitive fighting. It is recommended there should be a period of no less than 1 hour before competition and no longer than 24 hours between weigh-in and competition.

### **12) MEDICAL REQUIREMENTS FOR CONTESTANTS**

- a. Contestants shall complete all pre-licensure medical examinations and tests required by the jurisdiction licensing the contest. Contestants are required to provide certificates for Hepatitis B (HBsAg), Hepatitis C (HCVsAb) and HIV tests. These certificates cannot be older than 6 months.
- b. The region-representative licensing the contest shall conduct or supervise all pre-contest weigh-ins and supervise a rules meeting for all contestants and their cornermen.
- c. Immediately following a contest, each contestant shall be given a medical examination by a physician approved by the commission. The medical examination may include any examinations or tests the commission deems necessary to determine the post-contest physical fitness of a contestant.
- d. Any contestant who refuses to submit to a post-contest medical examination may be immediately suspended for an indefinite period.

### **13) MAT/RING/FIGHTING AREA REQUIREMENTS AND EQUIPMENT**

- a. Size: The mat/ring/fighting area can be circular or have at least 4 equal sides and must be no smaller than 20 feet x 20 feet and no larger than 42 feet x 42 feet. The mat/ring/fighting area floor shall be padded in a manner as approved by the commission, with at least 1 inch nominal layer of foam padding including but not limited to eco-foam, EVA open-cell, NBR closed-cell.
- b. Padding shall extend beyond the ring/fighting area and over the edge of the platform if a raised is used. The mat/ring/fighting area shall have a vinyl or other plastic rubberized covering. Material that tends to gather in lumps or ridges must not be used.
- c. Height: The ring/fighting area platform shall not be more than 4 feet above the floor of the building and shall have suitable steps or ramp for use by the participants. Ring posts shall be made of metal not more than 6 inches in diameter, extending from the floor of the building to between 5 and 7 feet above the canvas of the mat/ring/fighting area and shall be properly padded in a manner approved by the sanctioning body.
- d. Borders: The main competition area or canvas can be enclosed with a minimum 3' safety border of padding if a border is used as a safety margin
- e. Barriers: The canvas area shall be enclosed by a mesh or ropes made of such material as will not allow a contestant to fall out or break through it onto the floor or spectators. Any metal portion of the rope/mesh area must be covered and padded in a manner approved by the sanctioning body and must not be abrasive to the contestants.
- f. If a mesh protection is used, the mesh area must have 2 gated entrances, preferably on opposite sides of the mat/ring/fighting area.

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- g. There must not be any obstruction on any part of the rope/mesh surrounding the area in which the contestants are competing.
- h. Gloves:
  - i. The gloves shall be in good condition or they must be replaced. Only gloves supplied by an approved vendor must be used.
  - ii. All contestants shall wear gloves weighing minimum of no less than 6 ounces and no more than 10 ounces, which shall be supplied by the promoter and approved by the sanctioning body.
  - iii. The gloves for amateur competition shall be recognized as different to those used under professional rules and have the aesthetic of such. Contestants are not permitted to supply their own gloves.
- i. Shin-guards and rash guards: The use of shin and rash guards shall be a mandatory requirement for Pankration/MMA competition. The type of shin guard used shall be able to facilitate the grappling aspects associated with competition. As such the preferred type shall be a tight fighting pull-on sock/neoprene type shin guard. The use of shin guards with Velcro type strap fasteners or utilizing any substance other than which the shin guard is made of shall be forbidden. The type of rash guard to be used shall be of tight fighting stretch material. All rash guards are to be of short sleeve type. No long sleeve rash guards are permitted. The rash guards shall be either blue or red in color.

### 14) SAFETY REQUIREMENTS

- a. Specifications for Bandages on Contestants' Hands:
  - i. In all weight classes, the bandages on each contestant's hand shall be restricted to soft gauze cloth not more than 20 yards in length and 2 inches in width, held in place by not more than 10 ft. of surgeon's tape, 1 inch in width, for each hand.
  - ii. Surgeon's adhesive tape shall be placed directly on each hand for protection near the wrist. The tape may cross the back of the hand twice, but may not extend within three-fourths of an inch of the knuckles when the hand is clenched to make a fist. Strips of tape may be used between the fingers to hold down the bandages.
- b. The bandages shall be evenly distributed across the hand.
- c. Bandages and tape shall be placed on the contestant's hands in the dressing room in the presence of the commission inspector and in the presence of the manager or chief second of his opponent. A contestant may waive his privilege of having a representative witness the bandaging of his opponent's hands.
- d. Under no circumstances are gloves to be placed on the hands of a contestant until the approval of the commission inspector is received.
- e. Groin and Chest Protectors
  - i. Groin: All male contestants shall provide and wear a foul-proof groin protector, which shall be subject to examination and approval by the commission.



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- ii. Chest: All female contestants shall be given the choice to wear either a chest and /or groin protector during competition. The chest protector shall be subject to examination and approval by the commission.
- f. Mouthpieces:
  - i. All contestants are required to wear a well-fitting mouthpiece, which shall be subject to examination and approval by the commission.
  - ii. A round will not begin until both contestants have their respective mouthpieces in place.
  - iii. If a mouthpiece is involuntarily dislodged during competition, the referee will call time and replace the mouthpiece at the first opportune moment, which does not interfere with the immediate action.
- g. Contestant's Apparel:
  - i. Trunks/shorts. Each contestant must wear mixed martial arts shorts, compression shorts, boxing or kickboxing shorts/pants. No pockets, zips, Fasteners or any foreign substance other than that of the material that the shorts are made of shall be permitted.
  - ii. Rashguard: Rashguard may be worn during competition for Gi and NoGi Pankration/MMA matches
  - iii. Shoes: Contestants may not wear shoes of any kind during competition
- h. Contestant's Physical Appearance:
  - i. Each contestant must be clean and present a tidy appearance.
  - ii. The excessive use of grease or any other foreign substance, including, without limitation, grooming creams, lotions or sprays, may not be used on the face, hair or body of a contestant. The referee or the commission's representative shall cause any excessive grease or foreign substance to be removed.
  - iii. The sanctioning body representative or referee shall determine whether head or facial hair presents any hazard to the safety of the contestant or his opponent or will interfere with the supervision and conduct of the contest. If the head or facial hair of a contestant presents such a hazard or will interfere with the supervision and conduct of the contest, the contestant may not compete in the contest unless the circumstances creating the hazard or potential interference are corrected to the satisfaction of the commission's representation. Without limiting the foregoing standard, head hair must be trimmed or tied back in such a manner that it will not interfere with the vision of either contestant or cover any part of a contestant's face.
- i. Contestants may not wear any jewelry or other piercing accessories while competing.
- j. Emergency Medical Facilities, Personnel and Equipment:
  - i. There shall be at least 1 Registered Doctor and a minimum of 2 paramedics present at all events, from the commencement of the first contest, throughout the duration of the event, and until the last contestant leaves the arena. No event shall be allowed to continue if a paramedic leaves the arena to transport a previous contestant to a medical facility, until a paramedic replacement is available and present at the event.

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- k. Disposable Hygienic Gloves must be worn by all seconds, referees, ringside physicians and inspectors while involved with the event.

### 15) TYPES OF CONTEST RESULTS

- a. Submission by:
  - i. Physical Tap Out
  - ii. Verbal tap out
  - iii. Technical Knockout (TKO)
  - iv. Referee stopping contest
  - v. Physician stopping contest
- b. Decision via the scoring, including:
  - i. Unanimous Decision - When all three judges score the contest for the same contestant
  - ii. Split Decision - When two judges score the contest for one contestant and one judge scores for the opponent
  - iii. Majority Decision - When two judges score the contest for the same contestant and one judge scores a draw
  - iv. Draw, including:
    - 1. Unanimous Draw - When all three judges score the contest a draw
    - 2. Majority Draw - When two judges score the contest a draw
    - 3. Split Draw - When all three judges score differently
  - v. Disqualification
  - vi. Forfeit
  - vii. Technical Draw
  - viii. Technical Decision
  - ix. No Contest

### 16) TECHNICAL SCORING

- a. When using the Direct Point-Scoring System, the centre referee will call the progressive points during the match. Side judges must observe a call with a majority agreement before a point is awarded.
  - i. 1-point techniques
    - 1. Valid punch to the body (standing or on the ground), punches to the head, should have a total control
    - 2. Valid inside or outside kick to the thigh;
    - 3. Valid knee to the body (on the ground);
    - 4. Valid elbow to the body or head (standing);
  - ii. 2-point techniques
    - 1. Valid kick to the body (standing);
    - 2. Valid knees to the body (standing or on the ground)

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3. Projections standing at the pelvis, and the projections at the ground (with the torso erect) with the adversary that rotate over the shoulder.
- iii. 3-point technique
  1. Valid kick in the head with control (in standing position);
  2. Projection from standing position (with the opponent passing over the thrower's body and falling onto the back or sides).
- iv. Notes: decision for the evaluation of techniques
  1. The score of a technique, can only be assigned if it is indicated by 2 of 3 referees.
  2. Simultaneous strikes (clashes) or projection, do not score points.
  3. Any technique initiated inside the limits of the mat/ring/fighting area, but landing out of bounds will be considered valid and be awarded with the corresponding points. In contrast, any attack initiated once both athletes are out of bounds will result in a penalty for the attacker.
  4. Any technique initiated at the bell will be considered valid and awarded with the corresponding points.
  5. Any attack initiated after the bell has rung will result in a penalty for the attacker.
  6. A projection is worthy of evaluation, when the athlete is being projected on its back or side, touching the mat/ring/fighting area with the entire body. In the absence of the impact necessary, between the athlete and the mat/ring/fighting area, are to be considered rolling (standing or on the ground), and are not worthy of scoring.
  7. The strangulations can be made with the forearms, with the help of the collar of his jacket, or with the aid of the legs.
  8. A technique that begins in the limits of the competition area, but ends outside the competition area, is considered valid. The contrary, any attack started outside the competition area result in a penalty for the attacker athlete.
- b. When using the 10-Point Must Scoring System, judges and referees are required to determine a winner of a contest that ends after the initial scheduled number of rounds have been completed. 10 points must be awarded to the winner of the round and nine points or less must be awarded to the loser, except for a rare even round, which is scored (10-10).
  - i. Pankration/MMA Techniques are defined as:
    1. "Effective Striking": The total number of legal heavy strikes landed
    2. "Effective Grappling": The successful execution of a legal takedown and/or reversal including the following maneuvers:
      - a. Takedowns from standing position to mount position;
      - b. Passing the guard to mount position;
      - c. Bottom position fighters using an active, threatening guard.

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3. "Effective Aggression": Moving forward and landing a legal strike.
4. "Fighting Area Control": Dictating the pace, location and position of the contest using the following maneuvers:
5. Countering a grappler's attempt at takedown to remain standing and legally striking effectively;
6. Taking down an opponent to force a ground fight;
7. Creating threatening submission attempts pass the guard to achieve mount, while on the ground;
8. Creating striking opportunities, while on the ground.
- ii. Judges & referees must evaluate Pankration/MMA techniques, such as:
  1. Effective Striking/Effective Grappling
  2. Effective Aggression
  3. Ring/Fighting Area Control Evaluations shall be made in the order in which the techniques appear, giving the most weight in scoring to effective striking, grappling, ring/fighting area control and aggressiveness/defense.
- iii. Judges & Referees should use a sliding scale and recognize the length of time the contestants are either standing or on the ground, as follows:
  1. If 90% of a round was spent on the ground, then:
    - a. Effective Grappling is weighed first
    - b. Effective Striking is then weighed
  2. If 90 % of a round was standing, then:
    - a. Effective Striking is weighed first
    - b. Effective grappling is then weighed
  3. If a round ends with 50% standing and 50% grounded, striking and grappling are weighed more equally.

### 17) 10-MUST OBJECTIVE TECHNICAL SCORING CRITERIA

- a. 10-10 Round
  - i. When both contestants appear to be fighting evenly and neither contestant shows clear dominance in a round.
  - ii. When both contestants suffer equal numbers of legal knockdowns, takedowns, and strikes and neither shows clear dominance in a round.
- b. 10-9 Round
  - i. When a contestant wins by a close margin, landing the greater number of effective legal strikes, grappling and other maneuvers.
  - ii. When a contestant remains in the guard position with no fighter having an edge in striking or grappling, the fighter who scored the legal takedown wins the round.
- c. 10-8 Round
  - i. When a contestant overwhelmingly dominates by striking or grappling in a round.

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- ii. When a contestant adversely affects his opponent by knocking him down from a legal strike, threatening submission attempts, throwing, legal striking while standing or grounded.
- d. 10-7 Round
  - i. When a contestant totally dominates by striking or grappling in a round.
  - ii. When a contestant detrimentally affects his opponent by knocking him down from a legal strike, threatening submission attempts, throwing, legal striking while standing or grounded.

### 18) MANDATORY PROGRESSION

In a tournament format, or in circumstances where fighter progression/champion is needed from a contest, the match cannot end in a no-contest or a draw. In such instances after the rounds of competition have resulted in a draw then an additional period/over time round may be contested or the 10-Must scoring performed during the match by judges & referees evaluation may be used as an objective form of deciding the tie breaker.