



PANCRASE Official Regulation

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Regulation

Part 1. DEFINITIONS

Article 1. HYBRID WRESTLING

HYBRID WRESTLING is a professional sport in which the athletes compete employing; techniques, physical strength, mental power, intelligence, and luck, utilising; punching, kicking, throwing, submission techniques, and choking. Therefore the athletes observe the rules, and the matches shall be conducted with a sportsman-like attitude.

Part 2. RING

Article 2. The ring specifications.

1. The shape and dimension of the ring shall be a square with sides measuring 7m(23') and it shall be surrounded by four ring ropes. The mat outside the ring ropes shall have a span of 32cm(1'1). Also the height of the floor shall be 95cm(3'1).
2. The floor of the ring shall be horizontal and made of felt or other materials of similar softness with 1.3cm(0'5) to 1.9cm(0'8) of thickness. The ring shall be completely covered with canvas, and wrinkle-free.
3. The ring's highest rope shall be stretched at a height of 125cm(4'1) and the other three ring ropes shall be evenly spaced below the highest rope. Pads shall be attached at the corner of the ring ropes. As for the two opposite fighting corners, one shall be red and the other blue. The neutral corners shall be white.
4. Two places of the four ring ropes shall be vertically tied with a rope on all sides. The tie-downs shall be ring ropes as well.
5. Hard objects that could become obstacles during a match shall not be placed inside the ring ropes and on the mat.
6. Other rings will be available for PANCRASE official rings in case PANCRASE approves.

Part 3. EQUIPMENTS

Article 3. Competitor's outfits and protectors for a match.

1. Competitors must wear spandex shorts / wrestling spats, mouthpieces, groin protectors and open-finger gloves which PANCRASE approves ("THE ITEMS").
2. Competitor's outfits (spandex shorts and wrestling spats etc...) must follow the specification as set out below.
 - i. Metal, plastic or any kind of hard materials are not allowed to be used.
 - ii. Must have elastic waistband or draw cord preventing from slipping down. Waist strap or strings are not allowed on upper surface of the outfit.
 - iii. Pockets or anything similar to it are not allowed on upper surface of the outfit.

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- iv. Any other outfits approved by the referee.
3. Competitor's outfits (shorts and half-pants) must follow the specification as set out below.
 - i. Length must be above the knee which does not cover the kneecap.
 - ii. Shorts with slits, each slits seam must be reinforced. The length of the slits must be no longer than half of the shorts length.
 - iii. Spats must be worn under the shorts. Groin protector must be worn under the spats.
 - iv. Length of the spats worn under the shorts must be shorter than the shorts.
4. Groin protectors must follow the specification as set out below.
 - i. Made from metal, carbon fiber or any kind of hard material (plastic is not allowed).
 - ii. Must have strings to be tightened to the body (muay-thai steel cup type).
 - iii. Any other groin protector approved by the referee.
5. Any hard material (except for groin protectors), are not allowed to be used during the match. Competitors shall not wear any types of slippery or slack shorts such as muay-thai trunks and surfing pants.
6. Competitors may use protectors or items as set out below.
 - i. Knee protectors.

Competitors may wear knee protectors made of flexible cloth. The inner material shall be neoprene or sponge less than 20cm(0'8) in length, less than 25cm(1') in width, and less than 1.5cm(0'06) in thickness.
 - ii. Shin protectors
Competitors may wear shin protectors. The surface shall be leather and the inner materials shall be neoprene or hard sponge. The thickness shall be less than 1.5cm(0'06).
 - iii. Shoes
Competitors may wear wrestling shoes that PANCRASE approved. In that case, cover the knots or piece of Velcro on shoes by tapes and bandages. Wrestling shoes with plastic, hard rubbers or zippers, are not allowed.
 - iv. Bandages, tapes, supporters.
Competitors shall use only bandages and tapes that PANCRASE approves. Competitors shall not put any hard stuff or strings in between bandages, tapes or knuckles. The thickness of the bandage and the tape shall be thin enough to recognise the fist and knuckles from the top of it.
7. Bandages, tapes and "THE ITEMS" will be physically examined by the official referees or the official doctors during the "Referee's Check" handled by PANCRASE, prior to the match. In case a competitor does not have this check or violate regulation, PANCRASE may impose penalties on the fouled competitor.
8. If the competitor is wearing any other outfits (except "THE ITEMS", open-finger gloves, knee protectors, shin protectors, and shoes), or if any equipment do not meet the specifications, this will require obtaining both PANCRASE's and the opponents consent in advance.
9. Vaseline, grease, hair oil / cream, resin, any objectionable drugs and medical materials or similar shall not be applied to any part of the body.
10. Competitor's upper half of the body shall be naked.

Article 4. The referee's action under damaged Item's and outfits.

1. In case a competitor's outfit requires readjustment, the referee may take a recuperative interval.
2. Weather it was intentionally or not, if the items such as "THE ITEMS" are considerably damaged / torn, that the referee determines the match cannot be continued, the competitor with damaged items will be disqualified.

* We recommend the competitors to prepare spares and extras to avoid being disqualified by the damaged "THE ITEMS".

Part 4. JUDGEMENT

Article 5. Qualification and duties of Judges.

1. Judges (main referee, subreferee and judge) shall have practical experience of two years and over or equivalent qualifications which shall be approved by PANCRASE. They shall have thorough comprehension of PANCRASE Official Regulation and their applications to the match. They shall have a neutral and fair position, free from any influence. Also, they shall acquire a license as PANCRASE official judges and shall always carry the license with them.
2. PANCRASE commissioner and King Of PANCRASE Committee has delegated their authority to the head of judges (main referee, subreferee and judge). The head of judges (main referee, subreferee and judge) shall make decision, direction, and advisement with respect to the regulation of usage, application, interpretation, and match-consequence.
3. Matches shall be conducted by either "Three judges system" of one main referee and two subreferees, or "Four judges system" of one main referee, two subreferees, and one judge.
4. Judges who does not participate the match shall make some comments if the match-participated judges demand.
5. In case the judges (main referee, subreferee and judge) commits errors in the application of the regulation or make a serious mistake in judgement, he shall either be removed or withheld from holding a licence and position, or receive equivalent punishment.
6. Judges (main referee, subreferee and judge) shall participate in the meetings of PANCRASE by request from King Of PANCRASE Committee or the head of judges (main referee, subreferee and judge). Through these meetings, they shall improve the judging skills. They shall engage in the study and research the interpretation of the regulation as well as various problems not specified in the regulation and treatment for such cases. Also, as the result of such study, in case any part of the regulation is revised, judges (main referee, subreferee and judge) shall inform the competitors of the new regulation immediately, with the permission of PANCRASE.
7. Judges (main referee, subreferee and judge) who believe some unclear incidents have occurred in relation to their judgment can answer questions and express their views on the incident to reporters fo newspapers, magazines, and broadcasting stations with permission from PANCRASE.

Article 6. Duties of Main referee

1. Main referee shall have the right to supervise and command the match inside the ring. With regard to regulation that are not specified in these articles, all judgment shall be left to the discretion of the main referee in matches while in progress.
2. The main referee shall determine score for each round under "Three judges system".
3. Main referee shall wear clothing permitted by PANCRASE and shall not wear such articles as eyeglasses (contact lens are acceptable), rings, a buckle, or any other metals which may be considered dangerous to competitors.

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4. Main referee shall make every effort to ensure that the regulation are strictly observed. They shall give necessary directions and warnings, ensuring a smooth, serious, and well-conditioned match.
5. In case the main referee is involved in an accident during the match, the match shall be interrupted and resumed only after a replaced referee enters the ring.
6. In case the match is conducted less than three referees because of any unexpected accidents, the case shall be resolved separately.
7. The main referee shall confirm that all equipments and illuminations are correctly arranged. That all the officials are in the correct positions and that there are no violation in their clothing or equipments.
8. At the beginning of the match, the main referee shall invite both competitors of the match to the center of the ring to check their bodies and outfits. Also he shall warn them about violations of critical regulation in a clear and concise manner. After that he shall signal for the beginning of the match.

Article 7. Duties of Subreferee and judge

1. Subreferees shall observe the regulation to ensure that they are properly followed as assistances to the main referee out side the ring and record a score for each round.
2. Judge shall observe the rules to ensure that they are properly followed as assistances to the main referee at the official's desk and and record a score for each round.
3. Subreferee and a judge shall carry a whistle to assist the main referee.
4. Subreferee shall confirm that there are no violation in competitors clothing or equipments.
5. Subreferee shall not obstacle the spectators while judging out side the ring.
6. Subreferee is able to enter the ring to support the main referee when necessary.
7. In case subreferee and / or judge is involved in an accident during the match, the main referee shall interrupt and restart the match after other referees replaced without delaying the progress of the match.

Article 8. Words of command and / or direction.

1. Main referee shall use five words of command and / or direction.
 - i. "Fight" : When starting, continuing the match.
 - ii. "Stop" : When terminating, interrupting the match in case of Referee Stop or Doctor Stop.
 - iii. "Action" : When urging competitors to fight aggressively.
 - iv. "Break" : The main referee shall interrupt, resume the match from the Start Position in case of the following four cases.
 - a. For dissolving a deadlocked fight at any place in the ring after the main referee calls "Action" two times. In that case the main referee shall have both competitors return to the Start Position.
 - b. In case competitor's loosen outfit may cause any injuries or obstruct progress of the match. Any outfits that threatens the competitor's safety will cause the action to be stopped for proper repair before the match can be resumed.
 - c. In case the main referee anticipated that competitors may commit fouls of any kind regardless deliberately or accidentally, he calls "Break" and the match shall be resumed from the Start Position.

- d. In case the main referee judges one or both competitors fell or may fall outside the ring.
 - v. "Stop. Don't move" : The main referee shall interrupt a match in case of i) and ii), then restart the match from the same position.
 - a. In case it is necessary to prevent competitors from falling outside the ring, or in case ring ropes or corner posts hold up the progress of the match, the main referee shall call "Stop. Don't move" tapping both competitors and direct them to cease the fight temporarily. The referees shall move both competitors to the place where they will not fall outside the ring maintaining the same position before they are told to cease. In that case competitors shall follow the referee's instruction and shall not switch to an advantageous position. In case the main referee judges one or both competitor is striking, attempting a joint lock, or choking, he does not call "Stop. Don't move" and directs subreferee to hold both competitors not to fall outside the ring from the same position. In case a competitor finishes the match by strikes, a joint lock, or a choke at the position, the match shall be over. In case the opponent escaped from these attacks, the main referee calls "Stop. Don't move" and the match shall be restarted in the ring. In case one or both competitors fell outside the ring, the main referee calls "Break" and resume the match from the Start Position.
 - b. In case competitor's loosen outfit may cause any injuries or obstruct progress of the match, the main referee shall call "Stop. Don't move."
 - c. Official fight time shall be stopped while the main referee calls "Stop. Don't move." And both competitors are removed.
 - vi. In case win clearly occurs, the referee shall raise one arm of the winner to indicate the result of the match. In case of a Draw, he shall raise the arms of both competitors.
2. Subreferee and judge shall use hand signal to encourage main referee's above mentioned commands and / or directions.
 3. Subreferee and judge shall use whistle to interrupt, resume or end the match when necessary.
 4. Subreferee and judge shall warn verbally to the competitors directly when light fouls occur in main referee's blind spot.

Article 9. Authority of Judges.

1. In case a competitor cannot continue the match or is in a condition in which continuation of the match will be dangerous, the judges (main referee, subreferee and judge) shall decide the outcome of the match at their own discretion.
2. In case a competitor is injured during a match, the judges (main referee, subreferee and judge) shall consult the ring doctor to decide if the match should be resumed.
3. In case on or both competitors fell outside the ring, the main referee shall take the following actions.
 - i. Pull up competitors into the ring immediately and restart the match.
 - ii. Stop the official fight time and wait until a fallen competitor recovers from his suffered damage.
 - iii. Declares No Contest.
4. In case a competitor is injured during a match, the judges (main referee, subreferee and judge) shall disqualify the competitor.

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5. The judges (main referee, subreferee and judge) shall disqualify the competitor who has committed excessive violation of the regulation.
6. In case of accidental minor fouls or injuries, the judges (main referee, subreferee and judge) shall resume the match at their own discretion.
7. In case a situation occurs which are not specified in these articles, judges (main referee, subreferee and judge) shall make decision with respect to the regulation of usage, application, interpretation, and match-consequence.

Article 10. Referee's action regarding fouls.

1. The main referee shall caution the competitor for involuntary fouls by either ways of Verbal Advice or Caution or Warning or Defeat by a foul. Using proper signs or actions, the referee shall show which competitor committed a foul and they shall make their judgment clearly.
2. The main referee shows a foul using two kinds of cards.
 - i. Yellow Card means "CAUTION" ; Red Card means "WARNING".
 - ii. In case the main referee shows a Yellow Card to a competitor in each round, one point shall be subtracted from each round.
 - iii. In case the main referee shows a Red Card to a competitor in each round, two points shall be subtracted from each round.
 - iv. In case of a flagrant foul, defeat by a foul will be declared at once without the main referee showing any cards.
 - v. In case the main referee judges that a fouled competitor was dominant or even during the match, he shall call "Stop" to caution the fouled competitor and resume the match from the Start Position. In case the main referee judges that the fouled competitor was not dominant, he shall call "Stop don't move" to caution the fouled competitor and resume the match either maintaining the same position or deciding any position at his own discretion. In case of a flagrant foul, disqualification will be declared toward the fouled competitor.
 - vi. All fouls during the match depend on the judgement of the referees.

Part 5. RING DOCTOR

Article 11. Duties of Ring Doctor

The ring doctor shall possess a positive personality in addition to a deep knowledge of sports medicine. He shall oversee the medical conditions of the competitors and officials of the match. Also, they shall acquire a license as PANCRASE official ring doctor and shall always carry the license with them. The diagnosis of a doctor other than the ring doctor shall not be regarded as official.

1. The ring doctor shall sit at the official's desk, and in case requested by the referee, he shall report the results of his diagnosis of the injured competitor. If necessary, he shall take immediate action.
2. The ring doctor shall be allowed to suspend the math as a result of his discretion.
3. The ring doctor is allowed to advise the suspension of a competitor to engage in a match if he believes there is a reason that the competitor cannot compete by immediately reporting it to PANCRASE headquarters.

Part 6. TIMEKEEPER

Article 12. Duties of Timekeeper

1. Timekeeper shall sit at the official's desk with an accurate stop watch to keep the time.
2. In case of unavoidable interruption of the match due to accident or other reasons, the timekeeper shall ring the gong to interrupt the match without the referee's instruction. And the lost time shall be added to the match.
3. A gong size shall be 25cm(9'8) and over in diameter. It shall be horizontally placed on the official's desk beside the ring.

Part 7. RING ANNOUNCER

Article 13. Duties of Ring announcer

1. The ring announcer shall preside at the match and only make official announcements from PANCRASE.
2. Before the beginning of the match, the ring announcer shall announce names of the competitors, height, weight, gym name, corner posts of either red or blue, rankings, titles, PANCRASE match records, and names of the referee. After the match, he shall announce the outcome and the fight time of the match.
3. The ring announcer shall not make any announcement except those approved by PANCRASE.

Part 8. WRITTEN COMPLAINTS

Article 14. Complaints

1. Competitors, managers, or cornermen may appeal to PANCRASE as set out below.
 - i. Misapplication of the regulation.
 - ii. Objections to judgments of a match (but not for an unanimous decision under "Three judges system")
 - iii. Significant factual error that will affect the match result.
2. All appeals shall be in the form of written statements, and oral pleading is invalid. Written complaints shall be sent addressed to PANCRASE within tow weeks as from the event date. As to appeals, PANCRASE shall notify the competitor or manager of the result of the judgment.
3. Appeals agains the judgment of a match shall not be made to the referees, judges, or other officials but shall be made to PANCRASE.

Part 9. MATCH

Article 15. Time limits

PANCRASE categorises two different time limits of official matches as follows;

1. Title matches shall always be three rounds of five minutes each.
2. Other matches shall be either two rounds of five minutes each or three rounds of five minutes each.
3. Round break shall be one minute each.
4. This will not apply to special matches which are arranged by PANCRASE for specific reasons.

Article 16. Fighting Area

The match shall be performed in the ring only.

Article 17. The referee

The referee has absolute authority and competitors and cornermen shall not be allowed to protest to the referee under any circumstance.

Article 18. Attack and Defence Positions

1. Start Position
At the beginning of the match or after the main referee calls "Break", with a distance of at least 150cm(4'11) between the competitors, in standing fighting pose, the main referee shall have the competitors start or resume the match by gesture and remark.
2. Stand Position
Throwing techniques, clinching techniques, striking techniques, and any other attacks outlined in this regulation may be performed.
3. Ground Position
Any attack is possible in case the competitor does not violate the foul regulation.
 - i. When three and over limbs, either knees or hands, touch the mat.
 - ii. When any of the back, abdomen, and hips touch the mat.
 - iii. When a Stand Position competitor is holding a Ground Position competitor as stated above i) and ii), or touching his torso with the Ground Position competitor, the Stand Position competitor is regarded as being in Ground Position.

Article 19. Cornerman

1. Up to two cornermen per corner are permitted and they shall stay kneeling within 1.5m(4'11) of both ring apron from each corner during a match not to obstacle the spectators.
2. Cornerman is allowed to give a competitor verbal advices during the match. But every Cornerman is prohibited to come into direct physical contact with a competitor nor to give any directive actions to a competitor such as pounding the mat or grabbing the ring ropes.
3. Cornerman can give a competitor only water during each round break, but pouring too much water in the ring is not encouraged as it holds up the progress of the match.
4. Cornerman shall not manipulate competitor's outfits nor apply Vaseline, grease, hair oil, resin, or other objectionable drugs and medical materials to the competitor during each round break. It shall result in Cornerman's withdrawal from the match or it may result in competitor's defeat by a foul.
5. The referee shall caution each team of cornermen of the first violation of the regulation and with the second caution Cornerman shall be thrown out of a match. And also it may result in competitor's foul.
6. Cornerman shall not place anything inside the ring ropes and on the mat during the match.
7. Cornerman shall not insult, use abusive words, use violence, any unsportsmanlike conduct or language against the referee.

Part 10. FOULS

Article 20. Acts constituting fouls.

The following acts constitute fouls during the match or exhibition.

1. Elbow Strike.
2. Striking to the back of the head or spine.

3. Butting with the head.
4. Groin attack of any kind (low blow).
5. Kneeing the neck or the head when both competitors are in a Ground Position.
6. Attacking three or less fingers.
7. Holding the opponent's outfits.
8. Deliberately going out of the ring or throwing an opponent out of the ring.
9. Deliberately holding and utilising the ring ropes or the corner posts during the match.
10. Attacking an opponent on or during the main referee calls "Break" or "Stop" or "Stop. Don't move."
11. Deliberately eye-gouging, thrusting or clutching the windpipe by fingers, biting, pulling the opponent's hair, use of offensive or abusive language toward the opponent and other malicious actions which are against the spirit of a fair play.
12. Clawing, pinching, twisting the flesh, grabbing ear(s) or any direct actions to lacerate opponents skin.
13. Timidly, including limitation, avoiding contact with the opponent, intentionally or consistently dropping the mouthpiece or faking an injury. ("Negative Fight").
14. Switching position without having any instruction from the referees after the main referee calls "Don't move."
15. Putting a finger into any orifice, such as eyeballs, mouth, nose, ears, anus, etc.
16. Using bandages, tapes and outfits that is not physically examined and approved by the referee prior to the match.
17. Use of Vaseline, grease, hair oil / cream, resin, any other objectionable drugs, medical materials and liniments (stated in Article 3. (9)).
18. Objections, denounces, and / or violence to the referee.
19. False report, misleading or faking gesture to the referee.
20. Intentionally or consistently damaging "THE ITEMS" and suspending the match.

Article 21. Fouls before or after the match

1. When a foul occur before the match, the referee may penalise by deducting points from the fouled competitor's score prior to the match, or disqualify the fouled competitor.
2. In case the referee finds out that the competitor went foul, after the match, the result shall be corrected by penalising the fouled competitor.

Article 22. Treatment against liniments

1. Wearing of any bandages, taping, and outfits, or using any and all Vaseline, grease, hair oil, resin, other objectionable drugs and medical materials as stated in Article 3.(9) which failed in the referee check prior to the match shall result in a point subtraction showing either Yellow or Red Card to the fouled competitor before the match starts.
2. If the referee determines that there is a possibility that any liniments or similar are rubbed to the body, the referee will wash it away or wipe it off immediately. The referee will, at his / her responsibility, take these cationes weather the liniments are applied or not.

Article 23. Flagrant fouls

Flagrant fouls of any kind during the match shall result in suspension and fines. King Of PANCRASE Committee shall determine the offender's suspension term and the fine amount at its discretion.

Part 11. TYPES OF CONTEST RESULTS

Article 24. Knockout

In case the referee judges a competitor is unable to return the match or the competitor loses consciousness due to the opponent's attack, a Knockout shall be declared.

Article 25. Give Up

1. In case a competitor subjected to the opponent's submission techniques or striking gives up using their voice as a signal, Give Up shall be declared.
2. In case a competitor subjected to the opponent's submission techniques or striking gives up by tapping the mat or the opponent two time and over as a signal, Give Up shall be declared.
3. In case a competitor takes unclear movements similarly to Give Up, the main referee shall declare "Give up."

Article 26. TKO (Technical Knockout)

1. In case the main referee judges it is impossible for a competitor to continue the match, a TKO shall be declared.
2. In case the ring doctor judges it is impossible for a competitor to continue the match depending on his damage, a TKO shall be declared.
3. In case the Cornerman throws a towel into the ring.

Article 27. Disqualification by Fouls

A loss due to a foul shall depend on the decision of the main referee.

Article 28. Decision

1. Decision
 - i. In case a match of Three Judges System has gone to a full time limit, one main referee and two subreferees shall decide a victory or a defeat judging which competitor was dominant by making a subtraction in ten marks which each competitor has.
 - ii. In case a match of Four Judges System has gone to a full time limit, one main referee and two subreferees and one judge shall decide a victory or a defeat which competitor was dominant by making a subtraction in ten marks which each competitor has.
 - iii. According to a total marks, the competitor who has obtained two and over votes shall be the winner by Decision.
 - iv. In case it is impossible to continue a match due to accident of any kind, match outcome shall be as follows;
 - a. In case the first round ended or the second and third round started, the referees shall make total judges decision up to the time when the main referee stopped the match.

- b. In case of injury with accident or foul, if a match continues and becomes impossible to continue the match with a turn for the serious injury, at this time the above “Article 28. 1. iv. a” shall be applicable.
2. Judging Criteria
All judgment shall be made by all of judges and following attacks shall be effective for judges decision. The priority shall be as follows;
 - i. Damage
 - a. Downs, or striking which gave effective damage equivalent to Downs
 - b. Effective submission techniques or choking or similar attacks
 - c. Effective throwing
 - d. Effective attacks which give clear damage to the opponent
 - ii. Dominance
 - a. Effective striking
 - b. Effective takedowns
 - c. Effective attacks which is clearly dominant over the opponent
 - iii. Aggressiveness
 - a. Striking in Stand Position
 - b. Take down in Stand Position
 - c. Submission techniques or choking in Stand Position
 - d. Striking in Ground Position
 - e. Maintaining dominant position in Ground Position
 - f. Submission techniques or choking in Ground Position
 - g. Any other aggressive attacks
3. Tournament match shall be based upon the 10 Point Must System.

Article 29. Draws

1. In case a match has gone to a full time limit and also in case neither competitor has obtained two and over votes, a Draw shall be declared.
2. In case the referees judge both sides are simultaneously knocked out, a Draw shall be declared.

Article 30. No Contest

In case PANCRASE and the referees decide after due consultation that a match ends up in failure, No Contest shall be declared.

Part 12. KING OF PANCRASE COMMITTEE

Article 31. King of PANCRASE Committee

1. King of PANCRASE Committee (hereunder called THE COMMITTEE) has the final decisive power concerning how to rank competitors who complete in PANCRASE events, such as operating title match.
2. THE COMMITTEE convenes within ten days after every PANCRASE event.
3. The Commissioner approves THE COMMITTEE's decision and authorises the King of PANCRASE title.

Article 32. Weight Divisions

1. The following thirteen weight divisions are established by THE COMMITTEE with rankings and the King Of PANCRASE title.
 - i. Heavy weight 205.0lb (93.0kg) Less than 265.0lb (120.2kg)
 - ii. Light Heavy weight 185.0lb (83.9kg) Less than 205.0lb (93.0kg)
 - iii. Middle weight 175.0lb (77.1kg) Less than 185.0lb (83.9kg)
 - iv. Welter weight 155.0lb (70.3kg) Less than 170.0lb (77.1kg)
 - v. Light weight 145.0lb (65.8kg) Less than 155.0lb (70.3kg)
 - vi. Feather weight 135.0lb (61.2kg) Less than 145.0lb (65.8kg)
 - vii. Bantam weight 125.0lb (56.7kg) Less than 135.0lb (61.2kg)
 - viii. Super Fly weight 120.0lb (54.4kg) Less than 125.0lb (56.7kg)
 - ix. Fly weight 115.0lb (52.2kg) Less than 120.0lb (54.4kg)
 - x. Light Fly weight 110.0lb (49.9kg) Less than 115.0lb (52.2kg)
 - xi. Super Straw weight 105.0lb (47.6kg) Less than 110.0lb (49.9kg)
 - xii. Straw weight 100.0lb (45.4kg) Less than 105.0lb (47.6kg)
 - xiii. Minimum weight Less than 100.0lb (45.4kg)
2. As an exception to the above thirteen weight divisions, THE COMMITTEE shall set an Open-weight division.
3. Competitors shall notify THE COMMITTEE of one of the above weight divisions prior to a match.
4. THE COMMITTEE will, by its own rights, set an Open-weight division that does not limit the competitor's weight with a Open-weight King Of PANCRASE title.

Article 33. Weigh-ins Procedure

1. Competitors and the referees shall attend at weigh-in ceremony on the date, time, and place which PANCRASE designates.

In case a competitor overweights at the designated weigh-in, the competitor shall re-weigh within one hour from the time of the designated weigh-in.

In case the competitor still overweights at the re-weigh-in, the final weigh-in shall be held within four hours from the time of the designated weigh-in, and when the final weigh-in is on the day of the event it shall be held at two hours prior to the start time of the first pro-match on the event day.
2. Competitor's upper half of the body shall be naked, and lower half of the body with minimum clothing.

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3. In case a competitor overweighs at the designated weigh-in, re-weigh-in, and still the final weigh-in, the competitor shall be penalised and loses a match by default. In case a competitor is deliberately absent from the designated weigh-in, or flagrant disregard such as unreasonably too much overweighs, it shall result in disqualification, suspension, loss of purse, and expulsion.
4. In case the opponent accepts a match with an overweight competitor, the match shall be held as an open-weight match. The result will be recorded as follows.
 - i. In case the overweighted competitor wins the result shall not be recorded as official.
 - ii. In case the qualified competitor wins the result shall be recorded as official.
 - iii. In case the qualified competitor is defeated or draws the result shall be recorded as No Contest.
5. An overweight competitor shall not obtain the King Of PANCRASE title even if the competitor wins in a title match.
 - i. In case the King Of PANCRASE overweighs in a title match, the title shall be vacated.
 - ii. In case the King Of PANCRASE overweighs and defeats a qualified challenger except a defeat by default, the challenger shall obtain the title.
 - iii. In case the King Of PANCRASE overweighs and wins a qualified challenger, the title shall be vacated.
 - iv. In case a challenger overweighs, the title shall remain to the King Of PANCRASE even if the challenger wins or defeats.

Article 34. Ranking System

Every competitor who belongs to PANCRASE is classified by the following ranking system.

1. The King of Pancrasists (Champion)
 - i. They display their full ability at PANCRASE events. Their skills and personality shall be an example of the spirit of PANCRASE and earn wide recognition.
 - ii. The King of Pancrasist shall take necessary measures to maintain its skills and personality as an example of the spirit of PANCRASE.
 - iii. If The King of Pancrasists participate another fighting event and has less ability performance as The King of Pancrasists, The King of Pancrasists shall need to participate a defending match within four months which is designated by THE COMMITTEE or return this title.
2. Ranker
THE COMMITTEE establishes rankings from the 1st to the 10th place. The first place ranker shall be given top priority to have a title match within one year.
3. Update of the Official Rankings
THE COMMITTEE convenes after every PANCRASE events and may update rankings after due considering competitor's results such as attendances, fight records, achievements in PANCRASE match and fighting records in other fighting events. THE COMMITTEE shall announce the latest official ranking ten days after every PANCRASE events. Ranker shall be removed from the ranking system automatically when he has not participated PANCRASE match over 365 days.

Article 35. Title Match

1. THE COMMITTEE nominates a ranker as the challenger. However this shall not apply to open-weight match.

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2. Title matches shall be held under PANCRASE Official Rules.
3. In case of a Draw, The King of Pancrasists retains the title.
4. The time limit of a title match shall always be three rounds of five minutes each.
5. The King of Pancrasists or provisional King of Pancrasists shall make at least one mandatory defence per year.
6. In case of a following circumstances all matches shall be based upon the 10 Point Must System.
 - i. Provisional King of Pancrasist challenging The King of Pancrasist.
 - ii. The King of Pancrasist title is vacant and ranker is competing for the title.
 - iii. Ranker is challenging the provisional King of Pancrasist.
 - iv. Match competing to become a challenger for the title match.
 - v. Match competing to become the provisional King of Pancrasist.
7. In case it is impossible to have title matches due to the following reasons.
 - i. The responsibility rests with the King of Pancrasists to have the title match. The King of Pancrasists forfeits the title in case he is unable to compete in a title match due to any reason (such as personal preference, injury, illness, etc.) and shall vacate the title to THE COMMITTEE immediately. A ranker nominated by THE COMMITTEE shall have a match to crown the new King of Pancrasists.
 - ii. The responsibility does not rest with the King of Pancrasists. In case a title match cannot be held not due to the following reasons; inevitable injury during the match, calamity of transportation means in case commuting for a PANCRASE event, and in case the King of Pancrasists is unable to compete in a title match due to the above mentioned reasons, the King of Pancrasists shall compete in a defending match within a year from the originally scheduled date of title match. In case the the King of Pancrasists shall vacate the title.
 - iii. In case problems not covered by the PANCRASE Official Regulation arise, THE COMMITTEE shall discuss to resolve the problems immediately.

Part 13. SUPPLEMENTARY PROVISIONS

Article 36. CATCH WRESTLING Rules

1. Match time limit shall be either one or two rounds of five minutes and there shall be no extra rounds.
2. There shall be no weight classes.
3. Competitors do not wear open finger gloves and shin pads.
4. Competitors may wear mouthpieces, knee pads, and shoes which PANCRASE approves.
5. Strikes of any kind are prohibited.
6. Other provision shall apply to the PANCRASE Official Regulation.

Article 37. PANCRASE GATE Rules

1. Match time limit shall be two rounds of five minutes only.
2. There shall be no judge decision. In case the match has gone to a full time limit, a Draw shall be declared.
3. Competitors shall wear shin pads and knee pads which PANCRASE approves.

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4. In case a competitor touches his body on the mat except feet, he is in Ground Position.
5. In case one or both competitors are in Ground Position, strikes of any kind to the face and the head are prohibited except all contacting with gloves such as only punching, palm striking, hummer fist and so on.
6. Heel hooks are prohibited.
7. Only one Cornerman per corner is allowed.
8. Other provision shall apply to the PANCRASE Official Regulation.

Article 38. NEO BLOOD TOURNAMENT Rules

1. Match time limit shall be one round of five minutes with extension match which shall be one more round of three minutes.
2. In case the match has gone to a full time limit, an extension of one more round shall be held. There shall be judge decision after the extension round.
3. If the winner cannot participate for the next match with any reason, the opponent shall win without fighting.
4. In case a competitor touches his body on the mat except feet, he is in Ground Position.
5. In case one or both competitors are in Ground Position, strikes of any kind to the face and the head are prohibited except all contacting with gloves such as punching, palm striking, hammer fist and so on.
6. Only one Cornerman per corner is allowed
7. Other provision shall apply to the PANCRASE Official Regulation.