

ILLEGAL TECHNIQUES IN PANKRATION

	Submissions	Striking Weapons	Takedowns
1	Straight Guillotine	Headbutt	Body Slam
2	Mounted Guillotine w/Arch	Up Kick from Bottom	Pile Driver
3	Ezekiel w/Bent Neck	Foot Stomp	Spiking to Head
4	Peruvian Neck Tie w/o Arm	Haymaker Punch	Head Lock w/o Arm In
5	Twister	Open Hand Slap	Bull Dogging
6	Can Opener	Spear Hand	Wrist Lock Throw
7	Crucifix	Ridge Hand	Elbow Lock Throw
8	Bicep Slicer	Knife Hand	Football Tackle
9	Calf Slicer	Palm Heel	Shot to the Knee
10	Hard Reaping of the Knee	Finger Poke	Flying Scissors w/o Connect
11	Heel Hook		
12	Toe Hold Inside and Outside		

AGE-BASED TECHNIQUE LIMITATIONS CHART

Group	Ages		Technique Limitations
Junior	16-17 yrs		<i>(No age-based technique limitations)</i>
Cadet	14-15 yrs	No	Knee Strikes or Leg Submissions
Schoolboy	12-13 yrs	Plus No	Standing or Jumping Submissions
Novice	10-11 yrs	Plus No	Arm in Guillotine, Anaconda, or D'Arce Choke
Rookie	8-9 yrs	Plus No	Ground Strikes

AGE-BASED TECHNIQUE LIMITATIONS GRAPH

Group	Ages	Knee Strikes or Leg Submissions	Standing or Jumping Submissions	Arm in Guillotine, Anaconda, or D'Arce Choke	Ground Strikes
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Schoolboy	12-13 yrs				
Novice	10-11 yrs				
Rookie	8-9 yrs				

■ Additional Illegal Techniques Per Age Group

NOTE: Novice and Rookie Groups can be CO-ED