



UNITED WORLD  
**WRESTLING**

# INTERNATIONAL PANKRATION RULES

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# PANKRATION ATHLIMA

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## GENERAL RULES

### Art. 1 – Objectives

Based on the UWW Constitution and the regulations, the international rules set forth in the present document constitute the frame work within which the sport of Pankration is conducted and promoted and have as their specific objectives to:

- Define and specify the practical and technical conditions under which a match is to take place;
- Determine the value to be assigned to actions and holds;
- List the situations and prohibitions;
- Determine the technical duties of the *hellanodekes* body;
- Determine the competition system, methods of victory, defeat, classification, penalty, elimination of competitors, etc..

### Art. 2 – Application of the Rules and UWW Licence

The rules defined in the present document shall be in effect for all UWW sanctioned events in order to ensure optimal safety of the athletes and a healthy growth of the discipline.

The UWW licence is mandatory for every international Pankration competition with more than two participating countries. Every international competition must be reported to UWW and added to its official calendar. The UWW insurance will only apply to competitions that appear in the UWW calendar.

### Art. 3 - Doping

Pursuant to the provisions of the Constitution, and in order to fight against doping, which is formally prohibited, UWW reserves the right to require that wrestlers undergo examinations or tests in all competitions in the official calendar. This provision must be applied at Continental and World Championships, according to UWW Regulations, and at the Continental Games, according to IOC Rules.

In no case competitors or officers may oppose this verification without incurring sanctions provided in UWW's Anti-doping Rules. The UWW Medical Commission will decide the time, the number or frequency of these examinations, which will be carried out by any means it deems useful. Suitable samples will be taken by a doctor certified by UWW, in the presence of an officer for the wrestler to be tested.

The setting up and financial implications of the anti-doping controls are paid for by the host country and the National Federations.

In case of a positive result, the sanction provided in the UWW Anti-doping Regulations will be applied. The UWW, being subject to the convention fighting drug use signed with the IOC and applied by the World AntiDoping Agency (WADA), all its Regulations, procedures and sanctions are applicable by the UWW.

The appeal body in the event of a doping sanction made by UWW against a wrestler is the Court of Arbitration for Sport (CAS) in Lausanne (Switzerland) after all appeal provisions provided by UWW's Anti-doping rules have been exhausted if applicable.

### Art. 4 – Weight Loss

As far as weight reduction on the competition site is concerned, UWW has adopted the following rules: the practice of dehydration or excessive caloric restriction, the use of diuretics, emetics, laxatives, and self-induced vomiting are prohibited by UWW. *Pankratiasts* under 18 are prohibited from the on-site use of saunas/steam rooms or vapour-impermeable suits.

## COMPETITION PROCEDURE

### Art. 5 – Competition System

The competition system follows the system adopted by UWW for the Olympic competitions based on direct elimination (without repechage). Pairing is made in order of the numbers drawn. If the number of *pankratiasts* is not

ideal (i.e. 4, 8, 16, 32, 64, etc.), some qualification matches will take place from the bottom of the brackets. The *pankratiasts* winning matches continue in the brackets until two undefeated *pankratiasts* remain. They will dispute the final for the gold and silver medals. The losers in the semi-finals take part in the match for the 3rd and 4th places (one bronze for the single 3rd place).

In case a category counts less than 6 competitors, the competition will follow the "Nordic system" (each athlete will compete against the other). Also in this case there is also only one bronze for the single 3rd place. In the "Nordic system" the ranking will be made according to the number of victories. In case of a tie, the classification points will part the *pankratiasts* and if they are still equal, the winner of their direct fight will be ranked before the other one.

It is the responsibility of the members of the Committee (at last two of them) and the Technical Director (further TD) to decide whether to adopt the Nordic System or Single Elimination. Will be applied in the same day of the event, based on the number of participants.

#### **Art. 6 – Medical Examination and Uniform Check**

Separate male and female rooms or times shall be provided for medical examination. Athletes shall wear shorts or underwear. The medical staff shall examine them for skin infections and medical conditions such as cuts or contagious diseases. Medical staff has full authority to decide whether athletes are suitable for competition or not.

#### **Art. 7 – Weigh-In**

Weigh-in shall be conducted the day before the competition. Its access shall be limited to competitors, *proponetes* (coaches), *hellanodekes* (referees) and official weigh-in staff. No competitor shall be accepted at the weigh-in if he/she has not undergone the medical examination within the time period stipulated in the programme of the competition concerned. The athlete or the *proponetes* (coach) before the weight in must show a) UWW license; b) passport; c) international medical certificate.

For Pankration events the official weigh-in is organised one day before the competition. If for any reason (e.g. Opening Ceremony) a different time is proposed, it shall be agreed by the WPAC. The weigh-in and the medical control lasts 30 minutes. Access shall be limited to competitors, *proponetes* (coaches), *hellanodekes* (referees) and official weigh-in staff. No competitor shall be accepted at the weigh-in if he/she has not undergone the medical examination within the time period stipulated in the programme of the competition concerned. The athlete or the *proponetes* (coach) before the weight in must show a) UWW license; b) passport; c) international medical certificate.

#### **Art. 8 – Drawing of Lots**

Participants shall be paired off for each round according to the numerical order determined by the drawing of lots made the day before the competition day of the concerned weight category, at the latest. The drawing of lots must be open to the medias. The UWW competition management system shall be used for the draw and management of all international competitions entered in the UWW calendar.

If the UWW competition management system cannot be used, numbered tokens must be enclosed in an urn, a bag or any other similar object. If a different system is used, it must be clear.

If the team leader (or his substitute) can't attend the draw because of exceptional reason, he must inform the organizer otherwise his athlete(s) won't be part of the draw. The organizer will have the responsibility to communicate it to the UWW results' team.

**Important:** When the person responsible for the weigh-in and drawing of lots observes an error in the regulation procedure as outlined above, the drawing of lots for the category in question is to be cancelled. Drawing of lots for this category will then be repeated with the agreement of the technical delegate.

The referees are responsible for writing down the figures drawn by the wrestlers and sign and date the weigh- in form which will rule in case of any protest.

## **MATERIAL STRUCTURE**

#### **Art. 9 – Age and Weight Divisions**

All athletes must provide an official document proving their age and identity. Any athlete found competing in an age category lower than his/her UWW designated age category shall be automatically disqualified from the immediate competition. Athletes in all categories can participate in the exact upper kilo and age category. Each athlete is allowed to compete in only one age and weight category.

#### **Schoolboys/girls: 14-15 years old**

- Boys: 45, 50, 55, 60, 65, 70, +70kg.

➤ Girls: 40, 45, 50, 55, 60, 65, +65kg.

**Cadets: 16-17 years old (from 15 with medical and parental certificate)**

➤ Men: 50, 55, 60, 65, 70, 75, +75kg.

➤ Women: 45, 50, 55, 60, 65, 70, +70kg.

**Juniors: 18-19 years old (from 17 with medical and parental certificate)**

➤ Men: 60, 66, 71, 77, 84, 92, 100, +100 kg.

➤ Women: 50, 53, 57, 61, 65, 70, 75, +75kg:

**Seniors: 20 years and older 20-35 years old (from 19 with medical and parental certificate)**

➤ Men: 60, 66, 71, 77, 84, 92, 100, +100 kg.

➤ Women: 50, 53, 57, 61, 65, 70, 75, +75kg

**Veterans: older than 35 years 36-45 years old**

➤ Men: 60, 66, 71, 77, 84, 92, 100, +100 kg.

➤ Women: 50, 53, 57, 61, 65, 70, 75, +75kg.

\*Pankratiasts in the Veterans age category A 36-40 can compete in the exact lower age category of Seniors 20-35 upon presentation of a medical consent. Pankratiasts in the Veterans age category B 41-45 can compete in the exact lower age category of Veterans A 36-40 but not in seniors age category. This category can be divided into two categories Veterans A 36 - 40 and Veterans B 41-45 years, only when at least 3 athletes are in each weight category. In situations of unification of both Veterans categories (A+B) no further changing in lower age category is accepted.

All Kilo Categories can be unified upon decision of the Committee members (at least two of them) and the T.D. according to the number of participants.

**Art. 10 – Athletes' Endyma (Uniform) and Appearance**

*Pankratiasts* appear on the edge of the *palaestra* wearing the *Endyma* and the approved by WPAC protection gear.

**Endyma:**

The *endyma* is composed of a Rush guards (white and blue) and pants (white and blue) extending to the ankles with the meandros stripe on the sides. The first *pankratiast* called shall wear a white *endyma* and the second *pankratiast* called shall wear a blue *endyma*.

**Protection gear:**

*Pankratiasts* (Athlima) can use WPAC approved gloves of 7 ounces and shin protectors, a groin guard and an optional mouth guard. Female *pankratiasts* are also allowed to wear a chest protector. Athletes with blue *endyma* will use blue colour gloves and white gloves the athletes with the white *endyma*. The 7 ounces gloves of *Pankration Athlima* are used only in *Pankration Athlima*. Athletes may decide to use protection gear in *Polydamas* and *Palaesmata*.

**Country's abbreviation:**

For all Continental and World Championships, the *pankratiasts* shall wear the official abbreviation of their country's name on the back of their competition rush guard.

**Advertising on clothing:**

*Pankratiasts* may wear sponsors' names or symbols on their competition uniforms as long as they don't interfere with the identification of the uniforms' colour and country's abbreviation. The possible places are: 1) on the back max 30 X 25 cm; that includes a) the sponsor; b) the athlete name; c) the country code 2) on the right shoulders is reserved for UWW logo max 12 X 12 cm; 3) on the left shoulders is reserved for national federation logo max 12 X 12 cm; 4) on the right chest max 12 X 12 cm for sponsor; 5) on the left chest is reserved for the national flag max 10 X 7 cm;

**Appearance and hygiene:**

*Endyma* shall be clean, generally dry and free from any unpleasant odour. *Pankratiasts* are prohibited from wearing bandages on the wrists, arms or ankles except in the case of injury or on doctor's orders.

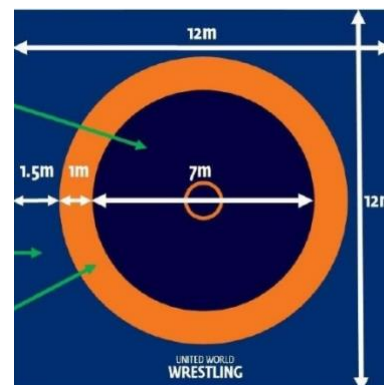
*Pankratiasts* are prohibited from wearing any object that might cause injury to an opponent such as necklaces, bracelets, anklets, toe rings, finger rings, piercing of any kind, prosthesis, etc. *Pankratiasts'* fingers and toe nails shall be neatly trimmed with no sharp edges. If an athlete's hair is longer than shoulder length, the athlete shall wear an athletic hair cover. *Pankratiasts* shall be well groomed and their hair and skin shall be free of any greasy, oily or sticky

substance. In the interest of health, hygiene and a sanitary environment for the athletes, these rules shall be strictly enforced.

At medical examination, an UWW *hellanodekes* (referee) shall check that all competitors satisfy the requirements of this sport/art. The athletes must be warned that if their appearance or uniform are not correct, they will not be allowed to enter the competition. If a *pankratiast* enters the *palaestra* with an appearance that does not conform to the present regulations, he/she will be given 2 minutes to change it otherwise he/she will lose the match by forfeit.

#### Art. 11 – Competition Area

The competition area in *Pankration* is called **PALAESTRA**. For all UWW sanctioned events, UWW approved 12x12 meter mats containing a 10 meter circle shall be used. The centre of the *palaestra* shall contain a 1 to 3-meter circle that will serve as a starting point for the *pankratiasts*. The mat covers can be either white or blue or in the official Olympic wrestling colours.



#### Art. 12 – Medical Service

The organizer of a UWW event is responsible for providing medical service. The medical staff will be responsible for conducting all medical examinations as well as giving medical surveillance during the entire event. During the competition, the doctor intervenes only if called by the central *hellanodekes* (referee), the medical staff shall be ready to intervene in the event of an accident or injury and decide whether a *pankratiast* is fit to continue the *agon* (match).

A *pankratiast* shall not leave the *palaestra* in the event of a serious injury. In such case, the *hellanodekes* (referee) shall immediately stop the match and ask the Head medical officer to examine the *pankratiast* on the *palaestra*.

### HELLANODEKEA (REFEREEING) BODY

#### Art. 13 – Composition

The *Hellanodikia* (refereeing) body for each *agon* (match) will consist of: 1 *palaestra* (mat) chairman, 1 central referee (*hellanodekes*) and 2 side referees (*hellanodekes*).

The central *hellanodekes* shall stand on the centre circle of the *palaestra* facing the table staff, while the two side *hellanodekes* stand facing each other on each side of the *palaestra*. At major competitions, the members of the *hellanodekes* body shall in no case be of the same nationality or officiate in matches involving compatriot *pankratiasts*.

If it's necessary, the *Hellanodikia* body may be changed. It can be decided with the consent of the committee members present at the championship (at least two members) and in consultation with the Head Referee (Referee Delegate).

#### Art. 14 – Endyma (Uniform)

The *hellanodekea* body shall wear a *Endyma* composed of a black polo shirt, black pants and black athletic shoes. The *hellanodekea* body shall wear a blue band on their left wrist and a white band on their right wrist. The side *hellanodekes* shall hold a white small flag right hand and a blue small flag in their left hand. In addition, the central *hellanodekes* shall wear surgical gloves.

#### Art. 15 – General Duties

The *hellanodekea* body shall perform all the duties set forth in the regulations governing *Pankration* competitions and in any special provision that might be established for the organization of a particular competition. The central *hellanodekes* and side *hellanodekes* are required to use the basic UWW terminology and signals appropriate to their respective roles when conducting the matches. Besides, they are forbidden to speak to anyone during the match, except amongst themselves when they must consult so as to perform their tasks properly.

The *hellanodekea* body is responsible for checking the good condition of the *palaestra* and the area around it (notably the proper positioning the side *hellanodekes* and corners' chairs). It is also expected to know the sound of the gongs used at each *palaestra* and check that the table staff is properly performing its duty. The *hellanodekes* body shall have a strong understanding and experience of the fighting sports/arts and be able to immediately assess the impact of any type of strikes and stop action if necessary, to further ensure the athletes' protection.

### Art. 16 – The Central *Hellanodekes*

The *Hellanodekes* will be with his face towards the Secretariate Table, and give the points and infringements carried out by athletes. Therefore, the blue athlete will be to the left of the central *hellenodekes*, and the white athlete will be to his right. The central *hellenodekes* will have two colored wrist bands indicating the athlete's color, to assign the score. The central *hellenodekes* shall consider the report of the side *hellenodekes*, if both are in disagreement with his opinion.

The central *hellenodekes* is responsible for the orderly conduct of the *agones* (matches) that he/she shall direct according to the official UWW rules. He/she shall command the respect of the contestants and exercise full authority over them so that they immediately obey his/her orders and instructions. Similarly, the central *hellenodekes* shall conduct the matches without tolerating any irregular and outside interventions. The central *hellenodekes* main duty consists in starting and interrupting the matches, imposing the penalties, awarding all points and declaring the legitimate winners. The *Hellanodekes* can use a whistle for their activity in the *palaestra*.

The verbal commands used by the central *hellenodekes* during the match shall be made in accordance with the International Rules. Any time the action has to be interrupted; the central *hellenodekes* shall commend “**Pafsasthae**” (Stop) and separate the *pankratiasts* by touching them. Central *hellenodekes* specific duties:

- Shake the *pankratiasts*' hand when they enter the *palaestra* and before they leave it.
- Inspect the *pankratiasts*' competition uniform and protection gear and require them to change them within 2 minutes in case they are not compliant with the present Regulations.
- Not get too close to the *pankratiasts* at the standing position but stay close if they are on ground position.
- Not obstruct the side *hellenodekes* view by standing so close to the *pankratiasts* (particularly if a submission appears imminent).
- Not turn their back to the *pankratiasts* at any point and risk to lose control over the situation.
- Verbally stimulate a passive *pankratiast* without interrupting the *agon*.
- Ensure that the *pankratiasts* do not rest during the match on the pretence of wiping their bodies, blowing their nose, feigning injury, etc.
- Break action and uphold penalties for violations of the rules or brutality.
- Break action and make the athletes change uniform in case it is torn (the *pankratiasts* will have maximum 1 minute each time they are requested to change *endyma*).
- Be ready to stop the *pankratiasts* who approach the edge of the *palaestra*.
- Break action and bring the *pankratiasts* back into starting position when the action goes out of bounds (i.e., when no body part of either *pankratiast* is touching the competition area or when any body part of either *pankratiast* is out of the protection area).
- Stop the match in case of injury and make the medical staff intervene.
- Stop the match after a *pankratiast* has signalled submission either physically (by a tap) or verbally. The *hellenodekes* shall also put a hand on each competitor to further ensure the *pankratiasts*' safety.
- Stop the match at exactly the right time when necessary.
- Ensure that the *pankratiasts* remain on the mat until the result of the *agon* is announced.
- Proclaim the winner (by raising the winner's hand) after agreement with the *palaestra* president.

### Art. 17 – The Side *Hellanodekes*

The two side *hellenodekess*, will be standing along side their assigned. They will have two flags in hand, and will report their views only when they disagree with the central *hellenodekes*. If the central *hellenodekes* does not see the reporting of side *hellenodekess* they can get noticed waving flags, or whistling. The central *hellenodekes* shall stop the fight and listen to the views of the side *hellenodekess*.

#### Also must:

- Control and supervise the *palaestra* and the area around it (notably to make sure that there are not unauthorized persons except the *proponetes* near the *palaestra*).
- Move along their side of the *palaestra* to constantly maximize the visibility of the *pankratiasts* in action.

**Note:** The Chief Secretariate, will only consider the reports made by the central *hellenodekes*. The side *hellenodekess* wave the flag when they disagree with the central *hellenodekes*, so that the central *hellenodekes* be in aware of the difference of opinion and forced to reconsider the result.

### Art. 18 – The *Palaestra* (Mat) Chairman

The *Palaestra* Chairman sits at the scoring table and supervises the work of the central *hellenodekes*, of the side *hellenodekes*, and the table staff appointed to each *agon*.



The Palaestra Chairman will consider the points and the reported actions, given only by the central *Hellanodekes*. Palaestra chairman's duties during the match:

- Control and supervise the *palaestra* and the area around it.
- Confirm the points and penalties to the scorekeeper.
- Interrupt the *agon* by throwing a sponge onto the *palaestra* to call the central *hellanodekes* and the side *hellanodekes* to the table in case a consultation is needed.
- In the event of any disagreement between the referee and judge, his task is to settle the issue in order to determine the result, the value of points and submissions.
- Confirm the winner (*at the end of the match*) to the central *hellanodekes* so that he can raise the winner's hand.
- Confirm the classification points to the scorekeeper according to the scoring chart.
- Sign the score sheet at the end of the match.
- Reset the electronic scoring board before the next match.

#### **Art. 19 - Head Referee (*Referee Delegate*)**

1. The Head Referee directs the work of the refereeing team during the competition and is responsible for the refereeing body and for all refereeing-related issues. The Head Referee must seat at a special table, monitoring the mats and the work of the refereeing body.

#### **2. The Head Referee is obliged:**

- to appoint referees for the weigh-in;
- to hold a consultation or meeting with the participating referees to discuss the Pankration Rules;
- to organize clinic or a referee-course (with exams) for the participating referees;
- to assign the mat chairmen and the referees to each mat;
- to make a timely decision during the video-challenge;
- to provide to the presidents of WPAC with an evaluation-report of the referee's work;
- to make decision on disqualifying an athlete;

#### **3. The Head Referee has the right**

- to make a break or to stop the competitions in case of circumstances preventing normal conduction of the competition.
- to amend the Program and schedule of the competitions in case of an utmost necessity, in consultation with Technical Delegate;
- to change the referees' functions in the course of the competitions;
- to withdraw referees for blatant mistakes or those who fail to fulfill their duties, noting this in a report and informing the TD;
- to change the sequence or the order of bouts if it is necessary;
- to approve the final pairings and appoint the referees to conduct them;
- to issue a warning to (or eject) athletes, referees, coaches and team representatives who display rudeness and argue with the referees and who violate the present rules;

#### **4. The Head Referee has no right**

- a) withdraw or replace referees during a bout;
- b) to cancel the decision of the referees;
- c) to make the referee change his own decision or to impose his decision on the referees.

#### **5. The Head Referee Valuation**

- The work of the head referee (referee delegate) for the conduct of the championship will be evaluated by the President of ASO and WPAC.

#### **Art. 20 – Technical Delegate (*Technical Director*)**

1. The Technical Director is appointed by the President of UWW to conduct international championships. He must ascertain the safety of the athletes and the sports safety where the championship takes place.

#### **2. He is obliged to check:**

- Beautiful and large sport hall to host an international UWW championship;
- The hotel for athletes (minimum 3 stars) and the hotel for the staff of WPAF/ASO/UWW (minimum 4 stars);
- Restaurant for all members of the championship;
- The reception at the airport with on permanent duty;
- The transport from the airport to the hotels for the UWW ASO/WPAC members, the referees and the teams;

- The quality and trademark of the mats which must be new and United World Wrestling approved;
- The podium for awards;
- The reserved spaces for the referees, WPAC/UWW members, doctors, speakers, wrestlers and team leaders;
- The equipment and personnel of the technical secretariat;
- The equipment and personnel for the medical control;
- The weigh-in room for man and women and the methods used for the draw and scoreboards;
- Make sure of the internet speed (minimum 4G) for the streaming of the matches;
- The distribution of the information, programmes, results, and biographies to the press;
- The meeting rooms for the referees, and VIPs;
- The office for the members of the WPAC/ASO/UWW and the President;
- The warm-up hall;
- The changing rooms for the teams;
- First aid station or room;
- The installation of video cameras and screens for Challenges;
- The security of emergency doors;
- Check the type of system adopted for the pairings of the athletes;
- Security staff;
- Constant cleaning of bathrooms, changing rooms and mats for any blood;
- Make sure of the internet speed (minimum 4G) for the streaming transmission of the matches;
- Provide the presidents of ASO and WPAC with a report on the progress of the championship.

### **3. The Technical Director has no right to decide**

- On the choice of referees;
- On arbitration decisions.

### **4. The Technical Director Valuation**

- The work of the Technical Director for the conduct of the championship will be evaluated by the President of ASO and WPAC.

## **THE AGON (MATCH)**

### **Art. 21 – Duration of the Agones (matches)**

- Schoolboys/girls last 2 minutes.
- Cadet Junior and Veteran last 3 minutes.
- Senior last 4 minutes.
- *Polydamas* and *Palaesmata* demos last 2 minutes maximum.

### **Art. 22 – Call and Start of the Agones (Matches)**

Both *pankratiasts*' names shall be called in a loud clear voice to the *palaestra*. *Pankratiasts* shall be called 3 times with at least a 30 second time interval between each call. If after the third call a *pankratiast* has not checked in at the *palaestra*, he/she shall lose the match by forfeit.

When their name has been called, the *pankratiasts* shall stand in the side corresponding to their assigned colour and wait for the central *hellanodekes* to call them to his/her side. The central *hellanodekes* shall inspect their *endyma* and protection gear and give them 2 minutes to change them in case they are not compliant with the present regulations. In case an athlete does not come back to the *palaestra* with a satisfactory *endyma* or protection gear after 2 minutes, he/she shall lose the match by forfeit. After completing the inspection of the athletes, the central *hellanodekes* orders "**AETEME**" (Ready), the athletes are standing one in front of the other, with the tense arms and with punches closed, and the athletes brings their right fist, to their right temple, pronounced "**ERROSO**" (the same greeting will run also at the end of the fight). The *agon* starts when the *hellanodekes* announces "**ARXASTHAE**" (Action) while, to stop fighting the central *hellanodekes* announces "**PAFSASTHAE**" (Stop).

### **Art. 23 – Standing Neutral Position**

The standing neutral position is ordered at the beginning of the *agones* (matches) and after every interruption. Both *pankratiasts* stand opposite one another, fists down, with the central circle between them and wait for the *hellanodekes*' to order "**AETEME**" (Ready) to take fighting stance.

### **Art. 24 – Level of Contact and Targets**

Punches and kicks to the body are allowed only with semi-contact. Direct punches to the face are prohibited in the standing or in the ground position. Attacks on the following areas of the body are prohibited.

➤ Neck	➤ Kidneys
➤ Throat	➤ Along the spine
➤ Knees	➤ Groin
➤ Joints	

## Art. 25 – Scoring for Actions

### 1-point techniques

- Valid punch to the body (standing or on the ground), the circular punches to the head, should have a total control;
- Valid inside or outside kick to the thigh;
- Valid elbow to the body or head (only with the side part of the elbow when standing. It's forbidden the use the bone of the elbow);

### 2-point techniques

- Valid kick to the body (standing);
- Valid knees to the body (only in standing position)
- *Rassen* (Throws) standing at the pelvis and at the ground (with the torso erect) with the adversary that rotate over the shoulder.

### 3-point technique

- Valid circular kick in the head with control (from standing position);
- *Rassen* (Throw) from standing position (with the opponent passing over the thrower's body and falling onto the back or sides). When this happen from a knee position, valid 2 points.

### Notes: decision for the evaluation of techniques

- The score, can be assigned only by the central *hellanodekes* with his/her decision, or if is indicated by 2 side *hellanodekes*.
- Simultaneous strikes or *rassen*, score no points.
- Any technique initiated inside the limits of the *palaestra*, but landing out of it will be considered valid and be awarded with the corresponding points. In contrast, any attack initiated once both athletes are out of *palaestra* will result in a penalty for the attacker.
- Any technique initiated at the gong will be considered valid and awarded with the corresponding points.
- Any attack initiated after the gong has rung will result in a penalty for the attacker.
- A *rassen* is worthy evaluation, when the athlete is being thrown on its back or side, touching the *palaestra* with the entire body. In the absence of the necessary impact, between the athlete and the *palaestra*, is to be considered as rollings (standing or on the ground), and are not worthy of scoring.
- The strangulations can be made with the forearms, with the help of the collar of jacket, or with the assist of legs.
- A technique that begins in the limits of the competition area, but ends outside the *palaestra* area, is considered valid. Contrary, any techniques started outside the *palaestra* result a penalty.

### The characteristics that render a valid *rassen* (throw) technique:

- Imbalance (break or deform the natural –standing- position).
- Preparation for implementation (“opening” the opponent's position).
- *Rassen* (conclusive act of the throw after the imbalance and the entry).

### The characteristics that make a valid striking technique:

- Ballance; (controlled positions)
- Distance (exact distance from the target);
- Speed (fast execution);
- Control (eliminate any injury);
- Return-reeset, (leg or arm, after the attack);

## Art. 26 Kato Pankration (down –ground- Pankration)

For other categories of athletes **Schoolboys, Cadets, Junior and Senior** no score is appointed when holding-controlling is applied to the opponent. On the ground can strike punches to the opponent with scrutiny. If the central *hellanodekes*, sees a static situation shall stop the match and will order the athletes to move in the initial position. We allow time limit 20” seconds in any submssion, except the cases of “*apagorefsis*” (taping-forbitten).

### **Art. 27 – Injury and Blood Time**

In the event of a Pankratiast injured or bleeding, the medical staff shall immediately intervene. Proper cleaning utensils and disinfectant solutions must be readily available to them at the palaestra table. It is the Head medical officer's duty to determine whether the bleeding has been effectively stopped and whether the athlete may resume fighting or not. In any case, a maximum of 3 min will be allowed for each Pankratiast for the entire duration of the bout to be treated for a bleeding injury.

If the central hellanodekes deems that pankratiast is pretending injury to avoid submission and/or action, he/she may disqualify the athlete at fault. Similarly, if an injury occurs as a result of an illegal move, the central *hellanodekes* shall sanction or can disqualify the *pankratiast* at fault.

In the event of the two *pankratiasts* being simultaneously injured and incapable to continue the match, the victory is granted to the one who scored the highest number of points. If the score is tied, the *hellanodekes* body shall consult and vote to determine the more active athlete.

### **Art. 28 – Interruptions of the Agon**

a) If an athlete finds himself forced to interrupt the period because of an injury or because of any other acceptable incident beyond his control, the referee may stop the bout. During such an interruption, the *pankratiasts* must stand in their starting position facing the centre of the palaestra. They are not allowed to receive liquids and talk to anyone. They can receive advice from their coach.

b) If the *agon* cannot be resumed for medical reasons, the decision is made by the competition doctor in charge, who informs both the coach of an athlete involved and the palaestra chairman; the latter then orders that the bout be stopped. The decision rendered by the competition's doctor may not be reversed.

c) Under no circumstances may an athlete take the initiative to interrupt the action himself.

d) If an action must be stopped due to one athlete deliberately injuring his opponent, an athlete at fault will be disqualified.

f) In case of bleeding of one of the athletes, the referee shall interrupt the *agon* to stop the bleeding. A chronometer will start as soon as the doctor steps on the mat. In case the accumulated time of interruptions to treat the bleeding exceeds 4 minutes over the entire duration of the *agon*, the *palaestra* chairman shall order the end of the *agon*. In that case, the concerned athlete loses the *agon* and the opponent wins the *agon* on injury. If the *agon* is finished, the chronometer will be reset for the next round.

### **Art. 29 – Decision Criteria**

a) The central *hellanodekes* have full authority to stop the match if they deem that an athlete is in imminent danger of serious injury or can no longer withstand a strike, kick, submission lock or choke, even if the said athlete did not declare "*apagorefsis*" (submit or tap). The athletes' security shall prevail at all times. When a *pankratiast* abandons the fight, either verbally or by *apagorefsis* –tapping- on the *palaestra* or on the opponent's body with a hand or foot, the opponent is automatically declared winner, no matter the amount of points accumulated or the time of the *agon*. If, at the end of time neither of the situations described above occurred, the *pankratiast* who acquired the highest number of points shall be the winner.

b) **Technical Superiority.** If an athlete scored a 10 - point advantage over his/her opponent, the central *hellanodekes* shall stop the match and declare victory by "technical superiority"

c) In cases of tie by points, the winner will be declared considering the followings:

- The technique with the highest valued points;
- The lowest points/cautions of penalties;
- The *hellanodekes* decision on fighting superiority;

### **Art. 30 – Protest and Challenge**

A video review can be called for during the *agon* (match) if the Head Hellanodekes (referee) sees that a blatant refereeing mistake has been made, but the result of a match may under no circumstances be modified after victory has been declared on the *Palaestra*. The organizers must be prepared to a video recording of the competitions to give the possibility to *hellanodekes* the control of any complaints. Such dispute may be made only during fighting. The *proponetes* (coaches) who intend to his dispute must immediately after the *Hellanodekes* has awarded the points, throw a sponge and remain seated. Therefore, Secretariat Chief and the *Hellanodekes* interrupts the *agon*

(match) as soon ends the current action. If the athlete does not agree with the decision of his coach, the *agon* continues. If the athlete accepts the coach's claims, the *hellanodekes* body observe to the video recordings. If the body accepts the dispute then the *hellanodekes* will re-evaluated the score, but if the dispute is not confirmed the arbitration decision, the athlete loses the claims and are opponent is awarded with 3 points. However, the result of an *agon*, in no case can be changed after the victory is appointed. The final decision of the head *hellanodekes* is acceptable by all and in all cases.

**Note: The dispute can only be requested in action (fighting) and for technical issues. It cannot be by the coaches or Athletes judgment on the appeals, liabilities, or illegal actions.**

#### **Art. 31 – Match Classification Points**

The classification points that athletes receive for fighting (for each weight category), will be used to determine the final ranking of their federation.

- 1<sup>st</sup> place = 10 points
- 2<sup>nd</sup> place = 08 points
- 3<sup>rd</sup> place = 06 points

### **TECHNICAL INFRACTIONS**

#### **Art. 32 – Passivity**

It is the *pankratiasts* duty to maintain action by being continuously active with punching and kicking, wrestling and/or improving position to submit the opponent, while making honest attempts to keep actions under control.

When the central *hellanodekes* notices that *pankratiasts* are exhibiting passivity or stalling, he/she shall attempt to stimulate them by verbal commands (“Blue/White Open” or “Blue/White Action”) without interrupting the *agon*. If an athlete continues to remain passive after the verbal commands have been issued, the central *hellanodekes* shall indicate the passive *pankratiast* by raising the correct hand with the colour band and give him/her a caution. Every caution must be written on the score sheet.

The first warning for passivity is verbal and results no consequences, the following cautions award 1 point to the opponent up to the third caution which results in the disqualification of the passive fighter: 1<sup>st</sup>Warning→**ANTATHLETIC**= 1 Point; 2<sup>nd</sup> Warning→**ANTATHLETIC**= 1 Point; 3<sup>rd</sup> Warning→ **ANTATHLETIC**= Disqualification.

#### **Passivity includes:**

- Delaying action by communicating with *proponetes*-corner
- Exiting the *palaestra* without permission
- Taking too much time to come back to the centre of the *palaestra* for restart
- Misusing timeouts
- Fleeing the *palaestra*. Out of bounds is considered when no body part of either *Pankratiast* is touching the competition area or when any body part of either *Pankratiast* is out of the protection area.
- Fleeing the position to avoid stand up or ground fighting.
- Turning one's back to the opponent in order to avoid a strike
- False start (i.e., start fighting before the *hellanodekes* command)

#### **Art. 33 – Illegal Actions and Holds**

All offenses fall under the central *hellanodekes* authority. If a *Pankratiast* violates the UWW Code of Ethics in a blatant and unsportsmanlike manner, the central *hellanodekes* shall disqualify him/her from the *agon* or from the competition. Every violation will stopped the compaction for shall be reported and for imposing the sanction. Each offense results in 1 point awarded to the opponent, up to the third offense which leads to disqualification. 1<sup>st</sup> **ANTATHLETIC**→ 1 Point; 2<sup>nd</sup> **ANTATHLETIC**→ 1 Point; 3<sup>rd</sup> **ANTATHLETIC**→ Disqualification

If a *pankratiast* is injured by an illegal action and cannot continue the *agon*, the athlete who caused the injury shall be disqualified and cannot fight for the whole championship. The athlete who has undergone the illegal technique wins the match, but does not continue the championship and stops at that point in the ranking.

#### **Illegal actions include:**

- Strikes to the head, neck, throat, spine, kidneys, neck, joints, groin, and knees and below.
- Uncontrolled Kicks to an opponent on the ground;
- Making levers to the spine, pressure to the genitals;
- Intentional efforts for breaking bones or joints (i.e. not giving the opponent's enough time to tap in submission situations);

- Head butts, malicious cross faces
- Biting, Scratching, Spiting
- Put your fingers in sensitive parts of the body (eyes, ears, nose, genitals)
- Pulling of hair, nose, ears, or attacking the groin
- Uncontrolled *rassen* (i.e., standing throws onto the head or neck and landing onto the thrower's knee)
- Uncontrolled punches and kicks
- Beat the opponent on the ground (or fall on the opponent) to avoid a lock or strangulation or if the opponent is enfolding the body with legs.
- Combination of joint locks and *rassen*
- Use of the fingers for throat/trachea choking techniques
- Twist or Stomp the head or neck, knees and elbows.
- We do not use the neck of our opponent to throw on the ground or fall yourself to avoid holds and/or controls, or overturning.
- Twisting fingers.
- Crucifix, Full-Nelson, Can opener.
- Holding less than 4 toes or fingers.
- Coating the skin with any kind of substance or using gauzes or any kind of protective materials without the authorization of the Head medical officer and in agreement with the *hellanodekes*.
- Argument/insults towards anybody present in the competition hall.
- Indifference of one's safety by not protecting oneself.
- Put your hands in the face during the fight on the ground or standing.
- Pushing or pulling the head from the opponent's backwards in standing or on the ground position.
- The axe kicks (top-down kick, hitting with the heel).

**Note: Any illegal action or exit from the competition area performed to prevent the opponent from completing a submission by leverage or strangulation will result in an immediate sanction until disqualification after consultation with the *side hellanodekes*.**

#### **Art. 34 – Ejection Procedures (ethical code)**

The UWW Code of Ethics is strongly condemns any form of brutality, violence or harassment on the competition site. If an athlete, *proponetes* (coach) or spectator goes beyond acceptable behaviour in his/her words, gestures, or actions, it is the central *hellanodekes* responsibility to judge if that behaviour is deemed as a conduct violation. Once the central *hellanodekes* have declared the behaviour to be a violation, they shall issue the first warning to the individual at fault as a warning prior to being ejected. The first warning will deduct 1 classification point to the team the individual is representing. If the violation continues, the responsible for the violation will be ejected from the competition. The expulsion will cause 2 classification points to the team. If the central *hellanodekes* feel that the behaviour goes well beyond the normal violation, they may skip the first warning and can directly eject the responsible for the action.

### **POLYDAMAS**

*Polydamas* is a demo team event in memory of the ancient Olympic winner *Polydamas* from Skotoussa in Thessaly Greece who naked and unarmed annihilated three-armed soldiers called the immortals, of the Persian King Dario's. That exploit was achieved at the end of the 6<sup>th</sup> century B.C. in his palace courtyard in Sousa.

#### **Art. 35 – Participation**

All the athletes of ages 18 years old and above can participate in *Polydamas*. The teams are composed of three attackers and one defender and can be male or female (depend of the central athlete-*Polydamas*-). The number of participating teams will be evaluated each time by the proclamation.

#### **Art. 36 – Program**

The *Polydamas* presentation cannot exceed 2 minutes time limit. The athletes can present wrestling and striking techniques of their choice, but each program shall at least include 6 combinations. During *Polydamas* event you can perform techniques prohibited in the fighting.

The following types of attacks shall be included in each program:

- An attack from above with a vertical blow coming down to the head.
- An attack starting from the right side of the attacker with a parallel direction to the left side of the defender, independent of the height of the attack.
- An attack starting from the left side of the attacker with a parallel direction to the right side of the defender, independent of the height of the attack.
- Frontal attack, independent of the height of the attack.
- The weapons that shall be used by the attackers are as follows:
- A bat made of wood about 2cm thick and 50-60cm long.
- A dagger made of wood or elastic material about 1-2cm thick and 20cm long.
- A lance made of wood 2cm thick and 185cm long.

#### **Art. 37 – Evaluation**

The *hellanodekes* body is composed of a central *hellanodekes* as President sitting in front of the Secretariat Table and one *hellanodekes* sitting in the middle of each side of the *palaestra*. It evaluates the performance of each team according to the following criteria:

- Dynamic application of the combinations.
- Correct timing of defence and attack moves.
- Appropriate distance of influence.
- Continuous tension, attention, dynamic stance and fighting position, concentration before and after the application of the combinations.
- Neutralization of each attacker at the last combination.
- Variety of application in techniques and combinations.

### **PALAESMATA**

The event of *Palaesmata* (wrestling with striking) highlights the historical side of *Pankration* reflecting the training procedures that was carried out in all ancient Hellenic gymnasiums. The *Palaesmata* competitions show the quality and knowledge of technical level of the athlete's, it represents, the training which has been subjected during workouts.

#### **Art. 38 – Participation**

Any athlete above 6 years old can participate in the *Palaesmata*. The teams are composed of two *pankratiasts*, either of the same gender. During the *Palaesmata* you can perform techniques prohibited in the fighting. The number of participating teams will be evaluated each time by the proclamation.

#### **Art. 39 – Program**

The *Palaesmata* program cannot exceed 2 minutes. The athletes can present the techniques of their choice, but each presentation shall include combinations of standing and -down- *Kato Pankration*.

The attacking program must show realistic forms of attacks which could occur outside of the limits of the rules (outside the *palaestra* and in a situation of panic). Under such circumstances, the athletes' defence mechanisms function so as they can reach the level to be characterized as "**Pammahos**" (total-ultimate-complete fighter). The end of the *Palaesmata* will always be executed either with a final strike or with the abandon of one *pankratiast*. Under no circumstances may cause any injuries, visible or not. *Palaesmata* must show a clear and definite picture of *Pankration*. Therefore, theatrical moves of no substance are not graded, because this event should not sacrifice the quality for to promote the spectacle.

#### **Art. 40 – Evaluation**

The *hellanodekes* body is composed of one central *hellanodekes* sitting ahead at the secretariat table and three *hellanodekes* sitting in the middle of each side of the *palaestra*. It evaluates the performance of each team according to the following criteria:

- Dynamic application of the combinations.
- Correct timing of defence and attacking moves.
- Appropriate distance of influence.
- Continuous tension, attention, dynamic stance and fighting position, concentration before and after the application of the combinations.
- Neutralization of attacker at the last combination.

- Variety of application in techniques and combinations.

## SCORING SYSTEM FOR POLYDAMAS & PALAESMATA

In *Polydamas* and *Palaesmata* events, the scores are displayed with square cards that are, at the central hellanodekes first whistle, simultaneously lifted by the *hellanodekes* and turned towards the central hellanodekes. The scores shall then be announced and turned towards the spectators. At the *hellanodekes*' second whistle, all cards will be lowered.

The scoring ranges from 0 to 9 points. In case a program exceeds the regulatory 2 minutes or if a *pankratias*t goes out of the *palaestra* area, the team will lose 0.2 points every time this happens. Going out of bounds to recover a weapon is not considered a penalty.

After registration, of the points assigned by the *hellanodekes*, the President central hellanodekes cycling the highest and the lowest score, and adds the sum of two remaining scores.

The teams will then be ranked in descending order according to their average scores. In the event of a tied score between teams, the ranking shall be determined as follows:

- in case of parity is added the lowest score eliminated,
- in case of parity is added the highest score eliminated.

If a score is still tied after the above criteria have been examined, the two equal teams shall compete again for a new demonstration with a new team of *hellanodekes* on the *palaestra*.

The score obtained in *Palaesmata* and *Polydamas* is used to determine a final classification.

- 1<sup>st</sup> place = 10 points
- 2<sup>nd</sup> place = 8 points
- 3<sup>rd</sup> place = 6 points

Score obtained in the final classification of *Palaesmata* and *Polydamas*, will be added to the score of the final classification of the fights, to form a single final classification

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# PANKRATION

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## Art. 42–The General Normes

*Pankration* is defined by a fight among two athletes aged 18+years old, which aim to win against the opponent through the points awarded, from the techniques of punches and kicks obtaining the knockout in accordance with the present Regulation. In *Pankration* applied the same norms and rules of *Pankration Athlima*, with the exception of the following articles.

## Art. 43 – Appearance

During the fight of *Pankration* competitors must wear black shorts and blue or white T-shirt, without writings or sponsors. The only permitted written is that of *Pankration*. The *Hellanodekes* must wear pants and black T-shirt.

## Art. 44 – Protection Gear

Athletes may use the same protection of *Pankration Athlima* including 7 oz gloves with open fingers. It's compulsory to wear the black helmet with plastic grille to protect the face. The distance between the grill and the nose should not be less than 3 cm. Athletes with blue dressing will use blue colour gloves and white gloves the athletes with the white dressing.

## Art. 45 – Scores

The scores areas in which are carried out the technical and restricted areas, are equal to the Regulation of *Pankration Athlima* Art. 24,25 and 34. In the *Pankration* sector, direct punches to the face are permitted.

If during the *agones* –matches- one of the athletes falls to the ground after a strike (kick or punch), he/she will be counted up to 8, the other athlete will be awarded 4 points. If it happens a second time, the athlete will automatically lose the agon.

## Art. 46 – Locks

In *kato Pankration* (ground fighting) are inforce the same rules of *Pankration Athlima*. No points shall be granted for blockages. All punches, levers and strangulations must be carried out in a maximum of 20 seconds.



## GLOSSARY

### ΠΑΓΚΡΑΤΙΟΝ - *PANKRATIION*

From the Hellenic words Pan and Kratos meaning, the one who has the whole authority, which controls everything, the governor! Metaphorically means the strongest one.

### ΑΝΩ ΠΑΓΚΡΑΤΙΟΝ (ΟΡΘΟΣΤΑΔΗΝ) - *ANO PANKRATIION (ORTHOSTADEN)*

Standing Pankration

### ΚΑΤΩ ΠΑΓΚΡΑΤΙΟΝ (ΚΥΛΙΣΙΣ) – *KATO PANKRATIION (KELESES)*

Down Pankration (rolling) – ground Pankration

### ΠΟΛΥΔΑΜΑΣ - *POLYDAMAS*

Demo event between 3 armed *Pankratiasts* against 1 unarmed *Pankratiast*.

### ΠΑΛΛΙΣΜΑΤΑ – *PALAESMATA*

Demo event between two *Pankratiasts*

### ΠΑΛΛΙΣΤΡΑ – *PALAEISTRA*

Agonistic area of *Pankration*

### ΕΝΔΥΜΑ- *AENDEMA*

*Pankration* uniform

### ΕΡΡΩΣΟ - *ERROSO*

Salute to the opponent's good health when the match starts or when the separation occurs.

### ΕΡΡΩΣΘΕ – *ERROSTHE*

Same salute as above for two or more people

### ΑΝΤΙΑΘΛΗΤΙΚΟΝ - *ANTATHLETIC*

Infringement–incorrectness during fighting

### ΕΤΟΙΜΗ – *AETEME*

Ready

### ΑΡΞΑΣΘΕ – *ARXASTHAE*

Start the match

### ΠΑΥΣΑΣΘΕ – *PAFSASTHAE*

Stopping, interrupting the match.

### ΕΛΛΑΝΟΔΙΚΗΣ-*HELLANODEKES.*

*Hellanodekes*

### ΕΛΛΑΝΟΔΙΚΙΑ-*HELLANODEKEA*

Refereing

### ΣΩΜΑ ΕΛΛΑΝΟΔΙΚΩΝ-*HELLANODEKEA BODY*

Refereing Body

### ΑΓΩΝ-*AGON*

Match-fight

### ΑΓΩΝΕΣ-*AGONES*

Matches-fights

### ΡΑΣΣΕΙΝ-*RASSEN*

Throws - Throwing

## FINAL PROVISIONS

The present Rules were approved by UWW and can be modified at any time if slight improvements are deemed necessary. In case of a dispute regarding their interpretation and application, it is specified that the English version prevails.

# ATHLETES PROTECTION FOR PANKRATION AND ATHLIMA IN WHITE AND BLUE COLORS

**GLOVES IN GEL**  
7 OZ (ounce)



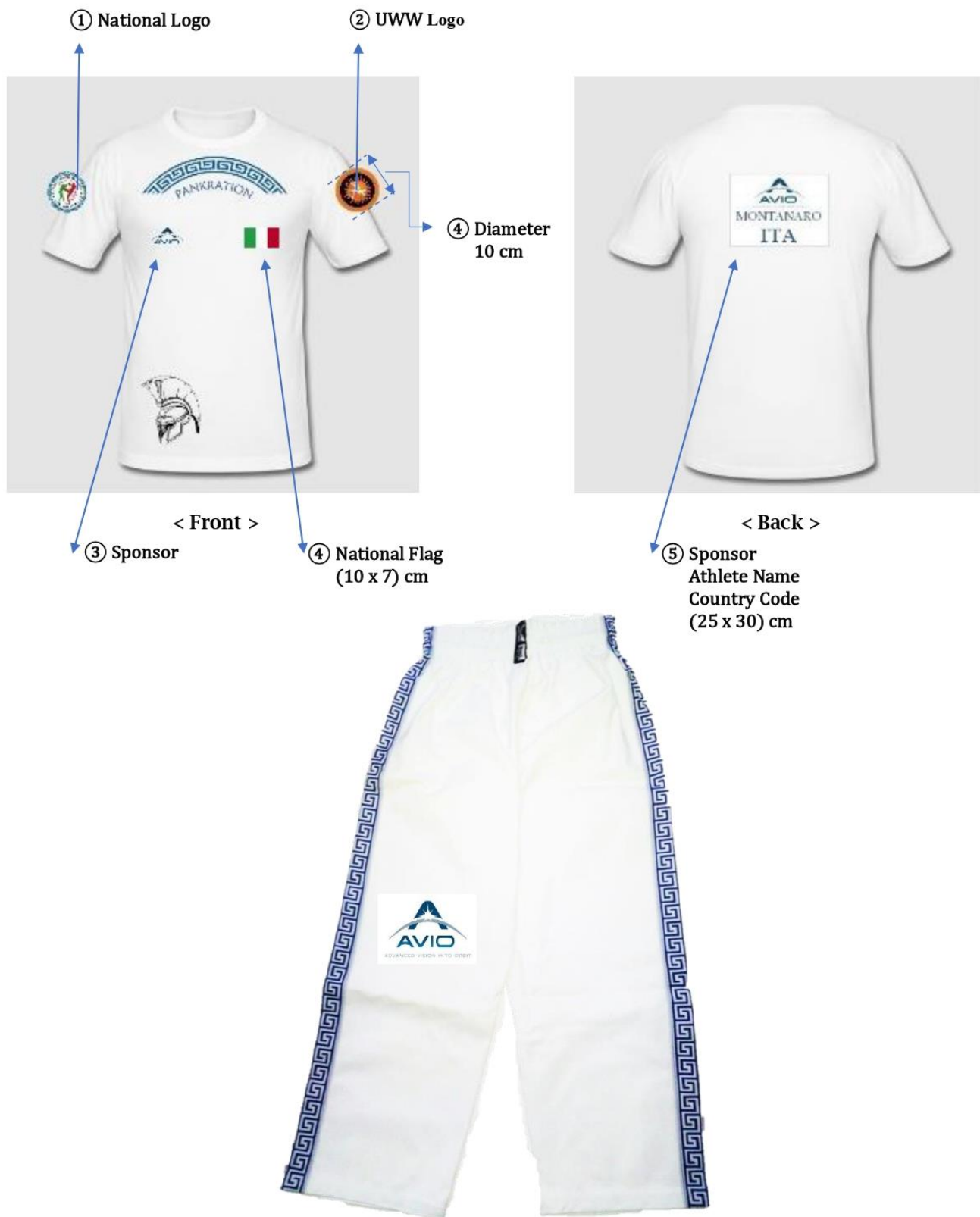
**SHIN GUARDS**  
(elasticated material)



**ONLY FOR PANKRATION**



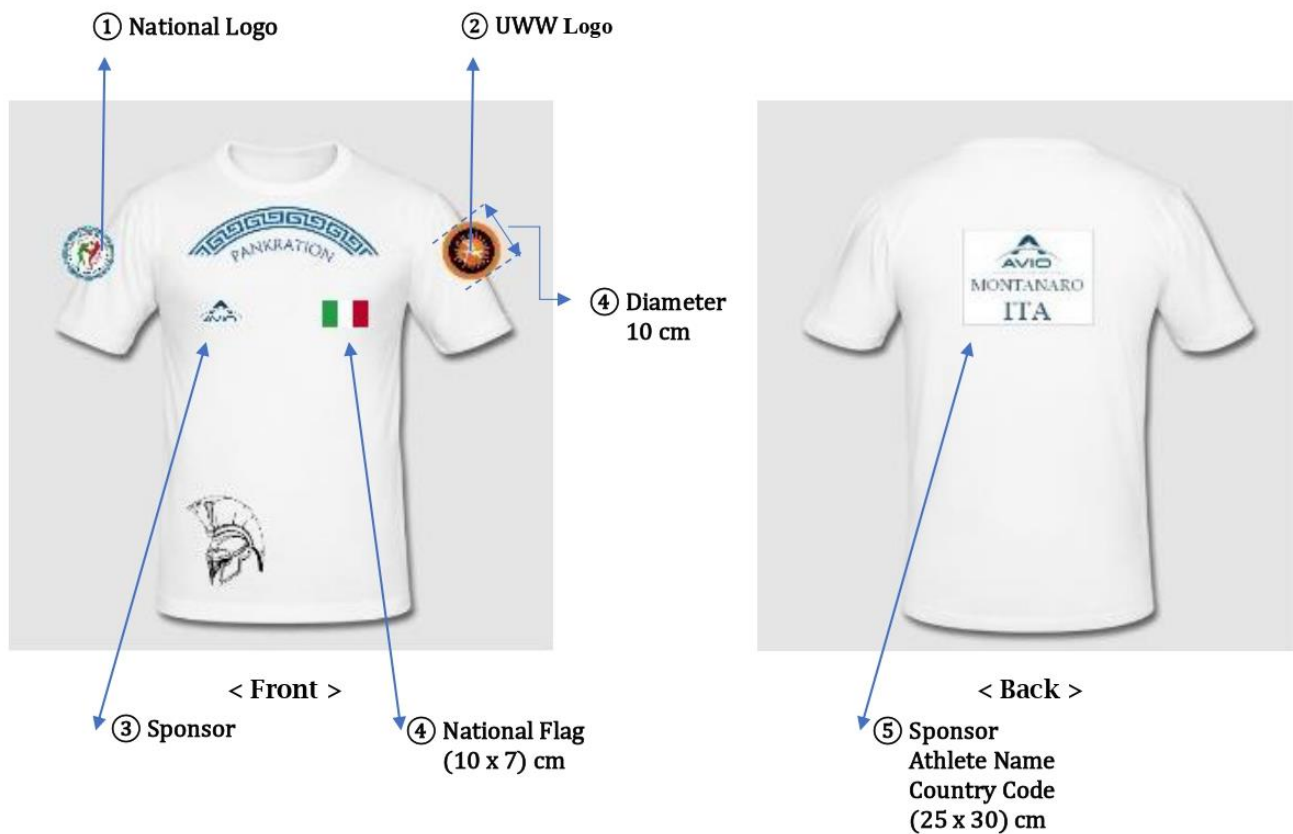
## WHITE ENDYMA-UNIFORM FOR PANKRATION ATHLIMA



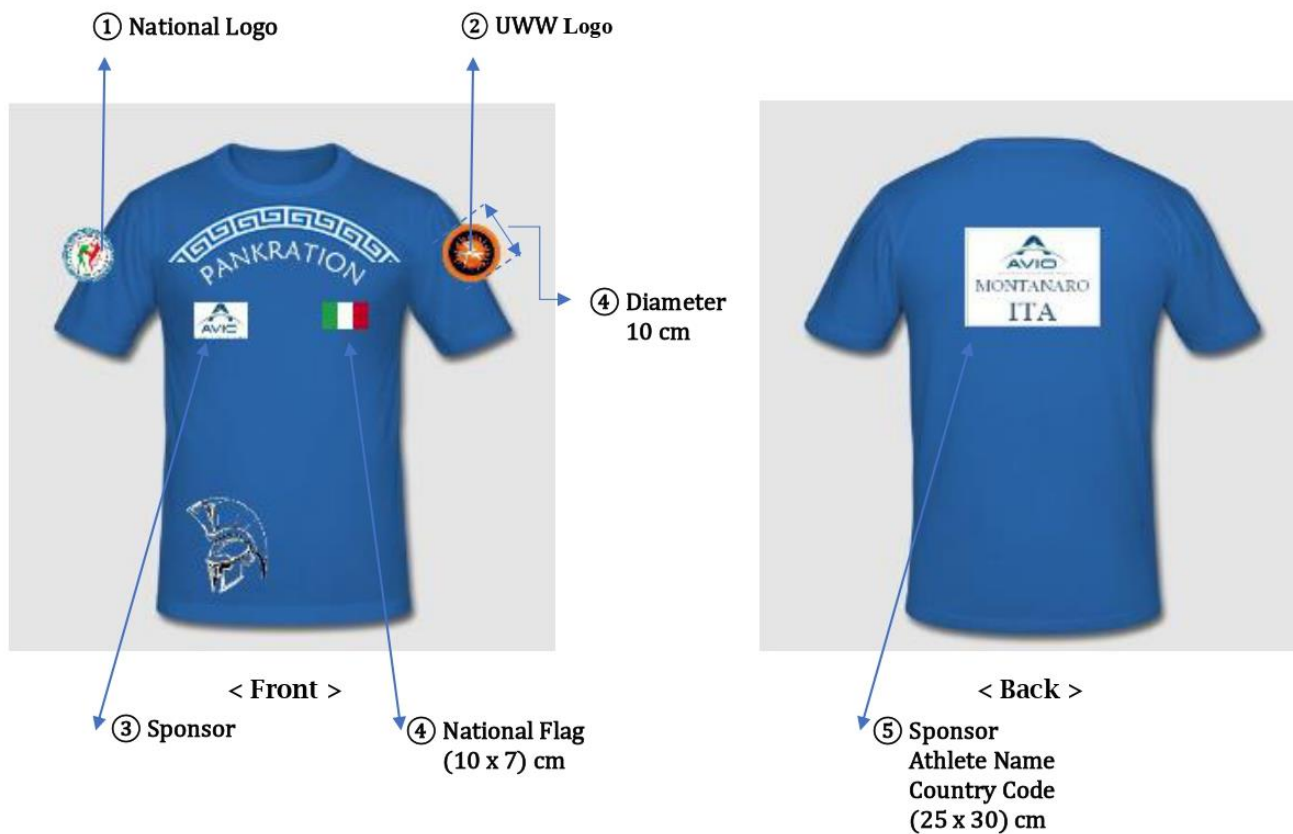
## BLUE ENDYMA-UNIFORM FOR PANKRATION ATHLIMA



## WHITE ENDYMA-UNIFORM FOR PANKRATION



## BLUE ENDYMA-UNIFORM FOR PANKRATION



## Hellanodekes (Referee) uniform





UNITED WORLD  
**WRESTLING**