



UNITED WORLD  
**WRESTLING**

# **INTERNATIONAL RULES FOR AGONISTIC EVENTS OF PANKRATION**

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# PANKRATION ATHLIMA

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## GENERAL RULES

### Art. 1 – Mission Statement

Pankration is a world heritage martial art, with a unique distinction of being the only martial sport in existence today that can legitimately trace its roots to the ancient Olympic Games from 648 BC to 393 AD.

The World Pankration Athlima and Pankration Committee (WPAC) was created under the authority of UWW to foster the physical and mental wellbeing of individuals engaging in the discipline of pankration. The World Pankration Committee's goal is to make pankration an exciting and spectator friendly sport and to rule its practice on a worldwide level in order to ultimately gain Olympic status. In accordance with the general philosophy of sport, the pankratiasts are required to honour the values of sportsmanship and fair play and they shall never intentionally injure a fellow sportsman in competition.

The Pankration was founded for war needs, and the soldiers trained with Pankration, were invincible with weapons and without. Nowadays, the lovers of the full contact are confronted with Pankration, while the athletes who want to fight with the intensity of the semi-contact was born on Pankration Athlima (Athlima = Discipline). The Palesmata and Polydamas, are demonstrative fights and are part of Pankration Athlima. All the federations of Pankration, under the UWW control, have a responsibility to transmit the Pankration to the future generations, without changing its structure. The greatest hope, is to see again Pankration at the Olympic Games.

### Art. 2 – Objectives

Based on the UWW Constitution and various regulations, the international rules set forth in the present document constitute the framework 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 refereeing body

Establish the competition system, classification, technical points, penalties, eliminations, etc.

### Art. 3 – 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. 4 – Anti-Doping and Sanitary Conditions

All athletes participating in UWW sanctioned events agree to submit themselves to the UWW Anti-Doping Regulations and to the World Anti-Doping Code.

Besides, athletes knowingly infected with the HIV/HBV virus are prohibited from participating in pankration competitions. Medical staff knowingly infected with the same virus is prohibited from administering healthcare to bleeding pankratiasts.

### Art. 5 – 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. 6 – Competition System

The competition system follows the system adopted by UWW for the Olympic competitions based on direct elimination with repechage. The 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 who win their matches continue in the brackets until two undefeated pankratiasts remain. They will dispute the final for the gold and silver medal. The pankratiasts who lost against the two finalists will have repechage matches in two different groups: the first group with the pankratiasts who lost against the 1st finalist and the second group with the pankratiasts who lost against the second finalist.

In case a category counts less than 6 competitors, the competition will follow the “Nordic system” with each competitor fighting each competitor. 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.

### Art. 7 – Medical Examination and Uniform Check

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

### Art. 8 – Weigh-In

Weigh-in shall be conducted the day before the competition in a restricted area near the competition site. Its access shall be limited to competitors, coaches, 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.

### Art. 9 – Drawing of Lots

The pair of athletes will be made by computer

## MATERIAL STRUCTURE

### Art. 10 – Age and Weight Divisions

All athletes shall be able to provide an official document proving their age and identity. Any athlete found competing in an age group lower than his/her UWW designated age category shall be automatically disqualified from the immediate competition.

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

- Boys: 45, 50, 55, 60, 65, 70, +70 kg.
- Girls: 40, 45, 50, 55, 60, +60 kg.

#### **Cadets: 16-17 years old**

- Men: 50, 55, 60, 65, 70, 75, +75 kg.
- Women: 45, 50, 55, 65, 70, +70 kg.

#### **Juniors: 18-19 years old**

- Men: 60, 66, 71, 77, 84, 92, 100, +100 kg.
- Women: 53, 58, 64, 71, +71 kg.

#### **Seniors: 20–35 year old**

- Men: 60, 66, 71, 77, 84, 92, 100, +100 kg.
- Women: 53, 58, 64, 71, +71 kg.

*Pankratiasts aged 18-19 may compete in senior competitions upon presentation of a medical consent.*

#### **Veterans: 36-56 years old**

- Men: 60, 66, 71, 77, 84, 92, 100, +100 kg.
- Women: 53, 58, 64, 71, +71 kg.

### Art. 11 – Athletes’ Uniform and Appearance

Pankratiasts shall appear on the edge of the palestra wearing an Endyma and approved to UWW and protection gear.

**Endyma:**

The endyma is composed of a large shirt with sleeves to the elbow, and pants extending to the ankles. A meander stripe shall appear around the shirt's neckline and on the outer side of the pants. The first pankratiast called shall wear a white endyma and the second pankratiast called shall wear a blue endyma. Female pankratiasts are also allowed to wear a white t-shirt under their shirt.

On the back is located a piece of white cloth, L.30 cm x H.25 cm. In the upper part it says the athlete's name, in the lower part there are three letters that indicate their nation.

**Protection gear:**

Pankratiasts shall wear WPC approved gloves and shin protectors, a groin guard, and an optional mouth guard. Female pankratiasts are also allowed to wear a chest protector.

For Polydamas and Palesmata, athletes may wear groin guards, mouth guards, or chest protectors for women.

**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 shirt.

**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.

**Appearance and hygiene:**

Endymas 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 toenails 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, a UWW referee shall check that all competitors satisfy the requirements of this 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 palestra 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. 12 – Competition Area**

The competition area in pankration is called **palestra**. For all UWW sanctioned events, UWW approved 10x10 or 12x12 mats containing a 8 to 10 meter circle shall be used. The centre of the palestra 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 and blue or in the official Olympic wrestling colours.

**Art. 13 – Medical Service**

The organizer of a UWW event is responsible for providing medical service. The medical staff will be under the authority of the UWW doctor in charge and 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 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 match.

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

**REFEREEING BODY****Art. 14 – Composition**

The refereeing body for each match will consist of one mat President, one central referee and two side referees. The central referee shall stand on the center circle of the palestra facing the table staff, while the two side referees stand facing each other on each side of the palestra. At major competitions, the members of the refereeing body shall in no case be of the same nationality or officiate in matches involving compatriot pankratiasts.

## Art. 15 – Uniform

The refereeing body shall wear a red Endyma and white sports shoes. The refereeing body shall wear a blue band on their left wrist and a white band on their right wrist. The side referees shall hold a white small flag right hand and a blue small flag in their left hand. In addition, the central referees shall wear surgical gloves.

## Art. 16 – General Duties

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

## Art. 17 – The Central Referee

The referee will be with his face towards the Control Desk (Jury), and give the points and infringements carried out by athletes. Therefore, the blue athlete will be to the left of the central referee, and the white athlete will be to his right. The central referee will have two colored wristbands indicating the athlete's color, to assign the score. The central referee shall consider the report of the side judges, if both are in disagreement with his opinion.

The central referee is responsible for the orderly conduct of the 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 referee shall conduct the matches without tolerating any irregular and outside interventions. The central referee's main duty consists in starting and interrupting the matches, imposing the penalties, and declaring the legitimate winners.

The verbal commands used by the central referee during the match shall be made in accordance with the International Refereeing Rules. Any time the action has to be interrupted, the central referee shall commend "Stop" and part the pankratiasts by touching them. Central referees' specific duties:

- Shake the pankratiasts' hand when they enter the palestra 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 when they are in standing position, but stay close if they are in ground position.
- Not obstruct the side referees' 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 match.
- Ensure that the pankratiasts do not rest during the match on the pretense 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 uniform).
- Be ready to stop the pankratiasts who approach the edge of the palestra.
- 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 signaled submission either physically (by a tap) or verbally. The referee 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 match is announced.
- Proclaim the winner (by raising the winner's hand) after agreement with the mat president.

## Art. 18 – The Side Referees

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

### Also must:

- Control and supervise the palestra and the area around it (notably to make sure that there are no unauthorized persons except the coaches near the palestra).
- Move along their side of the palestra to constantly maximize the visibility of the pankratiasts in action.

**Note:** When there are too many signals, it brings confusion and consequential mistakes by the personnel involved to write the points to the Jury table. For this reason the President of the Jury, will only consider the reports made by the central referee. The side referees wave the flag when they disagree with the central referee, so that the central referee, being aware of the difference of opinion and will be forced to reconsider the score.

## Art. 19 – The Mat President

The mat president sits at the scoring table and supervises the work of the central referee, the side referees, and table staff appointed to each match. The mat jury will consider the points and the reported sanctions, only by the Referee Central.

Mat president's duties:

- Control and supervise the palestra and the area around it.
- Confirm the penalties to the scorekeeper.
- Interrupt the match by throwing a sponge onto the mat to call the central referee and the side referees to the table in case a consultation is needed.
- Give the final scoring in case a video review is requested.
- Confirm the winner to the central referee so that he can raise the winner's hand.
- Declare overtime in case of a tie in points.
- Report the points onto the score sheet and sign it.

## THE MATCH

### Art. 20 – Duration of the matches

- Schoolboys/girls matches last 3 minutes.
- Cadet Junior and Veteran matches last 4 minutes.
- Senior matches last 5 minutes.
- Polydamas and Palesmata demonstrations last 2 minutes maximum.

### Art. 21 – Call and Start of the Matches

Both pankratiasts' names shall be called in a loud clear voice to the palestra. 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 palestra, 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 color and wait for the central referee to call them to his/her side. The central referee shall inspect their competition uniform 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 palestra with a satisfactory uniform or protection gear after 2 minutes, he/she shall lose the match by forfeit. After completing the inspection of the athletes, the central referee orders the greeting "**ETIMI**" (**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 match starts when the referee announces "**ARXASTHE**" or "**Action**" while, to stop fighting the central referee pronounce "**PAFSASTHE**" or "**Stop**".

### Art. 22 – Standing Neutral Position

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



## Art. 23 – Level of Contact and Targets

Punches and kicks to the body are allowed only with semi-contact.

Attacks on the following areas of the body are prohibited:

- Head
- Neck
- Throat
- Knees and below
- Joints
- Kidneys
- Along the spine
- Groin

## Art. 24 – Scoring for Actions

### 1-point techniques

- Valid punch to the body (standing or on the ground), the punches to the head, should have a total control;
- Valid inside or outside kick to the thigh;
- Valid knee to the body (on the ground);
- Valid elbow to the body or head (standing);

### 2-point techniques

- Valid kick to the body (standing);
- Valid knees to the body (standing or on the ground)
- Projections standing at the pelvis, and the projections at the ground (with the torso erect) with the adversary that rotate over the shoulder.

### 3-point technique

- Valid kick in the head with control (in standing position);
- Projection from standing position (with the opponent passing over the thrower's body and falling onto the back or sides).

### Notes: decision for the evaluation of techniques

- The score of a technique, can only be assigned if it is indicated by 2 of 3 referees.
- Simultaneous strikes (clashes) or projection, do not score points.
- Any technique initiated inside the limits of the palestra, but landing out of bounds will be considered valid and be awarded with the corresponding points. In contrast, any attack initiated once both athletes are out of bounds will result in a penalty for the attacker.
- 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 projection is worthy of evaluation, when the athlete is being projected on its back or side, touching the palestra with the entire body. In the absence of the impact necessary, between the athlete and the palestra (the mat), are to be considered 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 his jacket, or with the aid of the legs.
- A technique that begins in the limits of the competition area, but ends outside the competition area gym, is considered valid. The contrary, any attack started outside the competition area (gym) result in a penalty for the attacker athlete.

### The characteristics that render valid a projection technique:

- Imbalance (break or deform the natural position).
- Preparation for technical (entered the opponent's position).
- Projection (conclusive act of the projection after the imbalance and the entry).

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

- Good location (to be in balance with the fighting spirit, before and after the attack);
- The correct distance (even if the technique is controlled, should be in the possibility of sinking);
- Execution speed (fast execution by fighter);
- Control (Block the technique, in the required distance);
- Withdrawal, of the limb of the attack performer (the leg or the arm, after the attack has to go back);

### Art. 25 – Ground fighting

For other categories of athletes **Schoolboys, Cadets, Junior and Senior**, the blockages do not produce score. At ground can throw punches and knee strikes to the opponent with scrutiny. If the central referee, sees a static situation shall stop the combat and will order the athletes to move in the initial position. If the fight tends to be conclusive, with strangulation or levers can continue for up to 15 seconds.

### Art. 26 – 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 mat table. It is the Head medical officer's duty to determine whether the bleeding and spread of blood have been effectively stopped and whether the athlete may resume fighting or not.

If the central referee deems that a pankratiast is feigning injury to avoid submission and/or action, he may disqualify the athlete at fault. Similarly, if an injury occurs as a result of an illegal move, the central referee 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 refereeing body shall consult and vote to determine the legitimate winner.

### Art. 27 – Interruptions of the Match

If for any reason the match must be interrupted (i.e., injury/blood time, referees' consultation, etc.), the two pankratiasts shall stand in their respective side facing the centre of the palestra, without talking to anyone or taking liquids, and wait for the central referee to call them back to the centre of the palestra and resume the match.

### Art. 28 – Decision Criteria

The central referees 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 submit or tap. The athletes' security shall prevail at all times.

When a pankratiast abandons the fight, either verbally or by tapping on the palestra 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 match.

If, at the end of the regulation time, neither of the situations described above occurred, the pankratiast who acquired the highest number of points will win the match.

### Art. 29 – Overtime

Overtime begins at the end of regulation time ended in a draw. All liabilities and penalties accumulated during regulation time are not reset and can be found in extra time, and the score returns to 0. For beginners categories is forbidden any kind of extension, for other categories Overtime lasts 1 minute and victory is determined by the highest score at the end of the same. If no points scored, the winner will be decided by arbitration and will be taken into account the dynamism, aggression and the entire agonistic attitude of the athletes. The Referee will move to the outer edge of the gym and in command of the mat judge referees designate the winning athlete raising his flag corresponding arm or the color of which the athlete. The victory will be assigned by a majority.

### Art. 30 – Protest and Challenge

The organizers must be prepared to a video recording of the competitions to give the possibility to charge the referees to do audits of any complaints.

Such dispute may be made only during battles.

The coach who intend to take their dispute to a dispute situation, must immediately after the Referee has awarded the points, throw a sponge and remain seated. Therefore, the judge of the mat and the Referee interrupts the meeting as soon ends the current action. If the athlete does not agree with the decision of his coach, the match continues. If the athlete accepts the coach's claims, the referees body, takes the video record vision, if it accepts the complaint will be re-evaluated the score, but if it is confirmed the arbitration decision, the athlete loses the claims and are awarded 3 points to opponent.

However, the result of a match, in no case can be changed after the assignment of the victory.

The decision of the head of the referees, must be accepted and considered final in all cases of controversy.

**Note: The contestation can only be requested for action and technical situations. It cannot be contested 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 continuously working on their punching and kicking and/or improving their position to submit their opponent, while making an honest attempt to keep the actions in bounds.

When the central referee feels 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 match. If an athlete continues to remain passive after the verbal commands have been issued, the central referees shall indicate the passive pankratiast by raising the fist bearing the right color band and give him/her a caution. Every caution must be reported on the score sheet.

The first warning for passivity is verbal and bears 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 → **ANT ATHLETIC** = 1 Point; 2<sup>nd</sup> Warning → **ANT ATHLETIC** = 1 Point; 3<sup>rd</sup> Warning → **ANT ATHLETIC** = Disqualification.

#### **Passivity includes:**

- Delaying action by communicating with coach/corner
- Leaving the palestra without permission
- Taking too much time to go back to the centre of the palestra for restarts
- Misusing timeouts
- Fleeing the palestra. 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 referee’s command)

### Art. 33 – Illegal Actions and Holds

All offenses fall under the central referee’s authority. If a pankratiast violates the UWW Code of Ethics in a blatant and unsportsmanlike manner, the central referee shall disqualify him/her from the match or from the competition. Every violator shall be reported for membership review.

Each offense results in 1 point awarded to the opponent, up to the third offense which leads to disqualification.

1<sup>st</sup> **ANT ATHLETIC** → 1 Point; 2<sup>nd</sup> **ANT ATHLETIC** → 1 Point; 3<sup>rd</sup> **ANT ATHLETIC** → Disqualification.

If a pankratiast is injured by an illegal action and cannot continue the match, the athlete who caused the injury shall be disqualified.

#### **Illegal actions includes:**

- Strikes to the head, neck, throat, spine, kidneys, neck, joints, groin, knees and below.
- Kicks to an opponent on the ground
- Making levers to the spine, pressure to the genitals
- Intentional breaking of bones or joints (i.e. not giving the opponent’s enough time to tap in submission situations)
- Head butts, malicious cross faces
- Biting, Scratch, Spit
- Put your fingers in sensitive parts of the body (eyes, ears. Nose
- Pulling of hair, nose, ears, or attacking the groin

- uncontrolled projections (i.e., standing throws onto the head or neck and landing onto the thrower's knee)
- Beat the opponent to the ground to defend against a lever or strangulation or if the opponent is latched with his legs to the life.
- Combination of joint locks and projection
- Use of the fingers for throat/trachea choking techniques
- Twisted or Stomp on the head or neck.
- Dropping the adversary or let yourself fall for blockages, or overturning, only with the taking of the neck of the opponent.
- Twist the fingers of the hands or of the foot.
- 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 referee.
- 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 ax kick (pull a top-down kick, hitting with the heel).

#### Art. 34 – Ejection Procedures

The refers to the UWW Code of Ethics and strongly condemns any form of brutality, violence or harassment on the competition site. If an athlete, coach, or spectator goes beyond the acceptable in his/her words, gestures, or actions, it is the central referees' responsibility to judge if that behavior is deemed as a conduct violation. Once the central referees have declared the behavior 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 referees feel that the behavior goes well beyond the normal violation, they may skip the first warning and can directly eject the responsible for the action.

#### **Examples of conduct violations:**

- Cursing during the match
- Being aggressive towards the referees
- Threatening the referees
- Physical contact with the referees
- Gestures and shouts of the coach
- Throwing objects
- Arguing and interrupting the match
- Refusing to stay on the palestra for the winner's declaration

## POLYDAMAS

Polydamas is a choreographic team event in memory of the ancient Olympic winner Polydamas from Skotoussa in Thessaly who, naked and unarmed, annihilated three armed security guards of the Persian King Darius Ochus called the "Immortals". That exploit was achieved at the end of the 5<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 (depending centrally by the athlete).

#### Art. 36 – Program

The Polydamas presentation cannot exceed 2 minutes. The athletes can present the techniques of their choice, but each program shall at least include 6 combinations. During the Polydamas 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 on 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 2 cm thick and 50-60 cm long.
- A dagger made of wood or elastic material, about 1-2 cm thick and 20 cm long.
- A lance made of wood, 2 cm thick and 185 cm long.

#### Art. 37 – Evaluation

The refereeing body is composed of one mat president sitting ahead at the scoring table and three referees sitting in the middle of each side of the palestra. 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 each attacker at the last combination.
- Variety of application in techniques and combinations.

## PALESMATA

The event of Palesmata (defense) highlights the historical side of Pankration reflecting the competition between Atlas and Plato, and the training that was carried out in Crete, Sparta, Argos and the rest of the ancient Hellenic cities. The Palesmata 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 Palesmata. The teams are composed of two pankratiasts, either of the same gender. For Continental and World Championships, countries may only present one male and one female team. During the Palesmata you can perform techniques prohibited in the fighting.

#### Art. 39 – Program

The Palesmata program cannot exceed 2 minutes.

The athletes can present the techniques of their choice, but each presentation shall include combinations of standing and ground pankration.

The attacking program must show realistic forms of attacks which could occur outside of the limits of the rules (outside the gymnasium 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 "**Pammachos**" (ultimate fighter). The end of the Palesmata will always be executed either with a final strike or with the abandon of one pankratiast. Under no circumstances may injuries, visible or not, be caused.

Palesmata 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 refereeing body is composed of one mat president sitting ahead at the scoring table and three referees sitting in the middle of each side of the palestra. It evaluates the performance of each team according to the following criteria:

- Dynamic application of the combinations.
- Correct timing of defense 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 & PALESMATA**

In Polydamas and Palesmata events, the scores are displayed with square cards that are, at the mat president's first whistle, simultaneously lifted by the referees and turned towards the mat president. The scores shall then be announced and turned towards the spectators. At the referee's 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 pankratiast goes out of bounds, the team will lose 0,3 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 referees, the President of the Jury removes 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 referees on the palestra.

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# PANKRATION

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## Art. 41 – The General Normes

The encounter, Pankration is defined by two athletes aged 18 to 35 years old, which aim to victory against the opponent through the points awarded, the techniques of punches and kicks, can be sunk until obtaining the Knockout in accordance with the present Regulation.

For Pankration, the same norms and rules of Pankration Athlima except the exception of the following articles.

## Art. 42 – Uniform

During the fighting of Pankration competitors must wear shorts and T-shirt approved by UWW, without writings or sponsors. The only permitted written is that of Pankration. The referees must wear the red Endyma.

## Art. 43 – Protection Gear

During the combats, the athletes wear the same protection used in Pankration Athlima with the change of gloves that need to be 10 ounces, with closed thumb. It is compulsory to wear the helmet (white or blue) to protect the head.

## Art. 44 – Scores

The scores, areas in which are carried out the technical and restricted areas, are equal to the Regulation of Pankration Athlima Art. 25,26 and 35.

If during the combat one of the two athletes falls to the ground for a shot immediately, will be counted up to 8, the other athlete will be awarded 4 points. If it happens a second time, will still counted once again up to 8, the other athlete will be awarded 4 points. If it happens a third time, the athlete automatically loses the match.

If the athlete within the count does not prove to be able to fight, the referee continues to count up to 10 and automatically declares the athlete loser counted.

## Art. 45 – Locks

In the work to the ground, they are considered the same rules of Pankration Athlima. No points shall be granted for blockages, are considered punches, knees, levers and strangulation, to be carried out in a maximum of 15 seconds.

## 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.

## GLOSSARY

### ΠΑΓΚΡΑΤΙΟΝ - PANKRATON

From the Hellenic words Pan and Kratos meaning "the one who has the whole authority, who holds everything".

### ΠΟΛΥ\_ΑΜΑΣ - POLYDAMAS

Choreographic event between 1 armed pankratiasts and 3 unarmed pankratiasts.

### ΠΑΛΛΙΣΜΑΤΑ – PALAISMATA (PALESMATA)

Choreographic event between two pankratiasts.

### ΠΑΛΛΙΣΤΡΑ – PALAISTRA (PALESTRA)

Agonistic area of pankration

### ΕΝΔΥΜΑ - ENDYMA

Pankration uniform

### ΕΡΡΟΣΟ - ERROSO

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

### ΕΡΡΟΣΘΕ – ERROSTHE

Same salute as above for two or more people

### ΑΝΤ ΑΘΛΗΤΙΚ - ANT ATHLETIC

Infringement - incorrectness during the combat

### ΕΤΟΙΜΗ – ΕΤΟΙΜΙ (ETIMI)

Ready

### ΑΡΧΑΣΤΗ – ΑΡΧΑΣΤΗ

Command, to begin the combat

### ΠΑΦΣΑΣΤΗ – ΠΑΦΣΑΣΤΗ

Command, to interrupt the combat.