



UNITED WORLD  
**WRESTLING**

# **INTERNATIONAL PANKRATION RULES & REGULATIONS**

Ver. 22.06

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## FOREWORD

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.

Competition events include:

- Pankration Traditional: Bout without punches to the head
- Pankration Elite: Bout with limited punches to the head
- Palaesmata: Team demonstration event with each team comprising of two athletes
- Polydamas: Team demonstration event with each team comprising of four athletes

In accordance with the general philosophy of sport, the athletes are required to honor the values of sportsmanship and fair play and they shall never intentionally injure a fellow sportsperson in competition.

Frequently modified and always subject to further modification, the Rules set forth herein must be known and accepted by all athletes, coaches, referees and leaders. They call upon those who practice the sport to fight totally and universally, with complete honesty and fair play for the pleasure of the spectators.

## GENERAL RULES

### Object

Drawn up in compliance with the UWW Constitution, the Financial Regulations, the Disciplinary Regulations, the general rules governing the organization of international competitions, and all the specific Regulations, the International Pankration Rules have as their specific objectives to:

- Define and specify the practical and technical conditions under which bouts are to take place;
- Determine the competition system, methods of victory, defeat, classification, penalty, elimination of competitors, etc.;
- Determine the values to be assigned to pankration actions and holds;
- List situations and prohibitions;
- Determine the technical functions of the officials.

Being subject to modification in light of practical observations as to their application and research into their effectiveness, the international rules set forth in the following document constitute the framework within which the sport of pankration is conducted in all its styles.

### Interpretation

In the event of disagreement as to the interpretation of the provisions of any article in the following Rules, the World Pankration Committee of UWW is solely empowered to determine the exact meaning of the article(s) in question. The English text shall prevail.

### Application of the Rules

Application of these rules to all international competitions under the control of UWW is compulsory (All the events registered on the United World Wrestling Calendar).

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 license 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.

During the international tournaments, a competition procedure that differs from that set out in the Rules may exceptionally be used, provided that permission has been granted by UWW and all participating countries.

## CHAPTER 1 - MATERIAL STRUCTURE

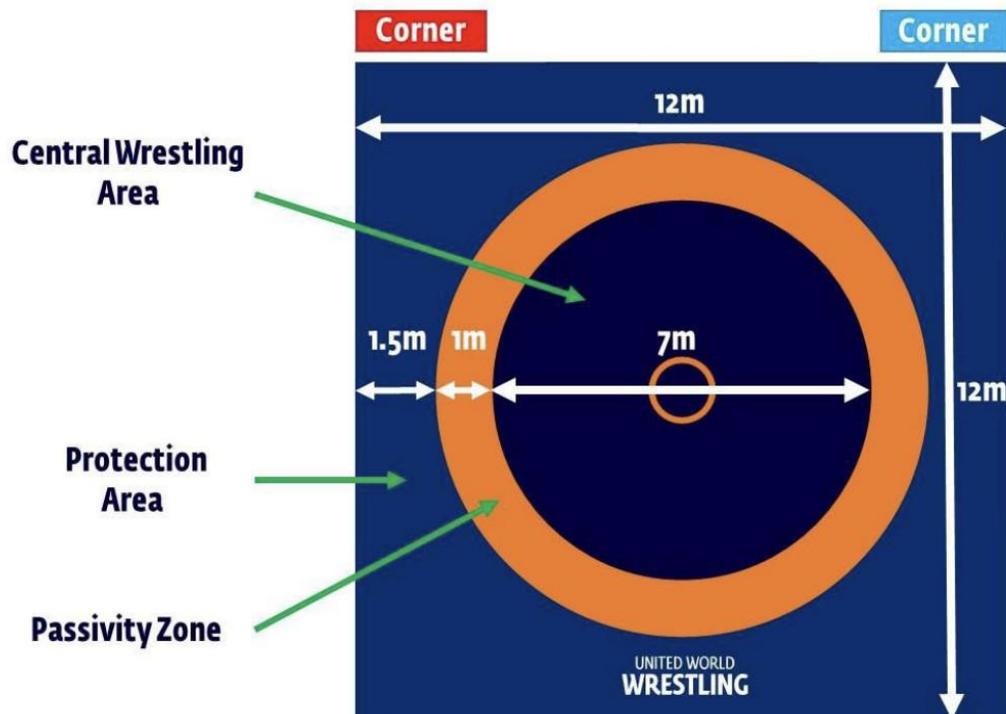
### Article 1.1 - The Mat

An UWW approved mat, with a 9m diameter and surrounded by a 1.50m border of the same thickness is obligatory for Championships. For all other international competitions, mats must be homologated, but not necessarily new.

For the International Games and World & Continental Championships, warm up and training mats must also be approved by UWW and be of the same quality as the competition mats.

An orange band of 1m wide and forming an integral part of the wrestling area is drawn along the circumference on the inside of the circle of 9m in diameter.

The following terms will be used to designate the various parts of the mat:



The central circle indicates the middle of the mat (1m of diameter). The inside part of the mat which is inside the orange circle is the central surface of wrestling (7m of diameter). The passivity zone (orange strip) is 1m wide. The protection area is 1m50 wide.

For all World and Continental Championships, the mat may be installed on a platform not higher than 1m10 or lower than 0m80. The platform around each side of the mat must reach 2 meters. If more than one mat is used, 2 meters should separate each mat. In all cases, the color of the protection area will have to be different from the one of the mats. The wooden floor near the mat will have to be covered with a strongly well-fixed soft cover. For safety reasons, the scoreboards should be placed on a separate platform, close to the mat(s).

To prevent contamination, the mat must be cleaned and disinfected before every session. When mats that have a smooth, uniform and non-abrasive surface are used (canvas included), the same hygienic measures must also be applied.

A circle must be traced in the middle of the mat with an inside diameter of one meter and a surrounding band 10 cm wide.

The coach of each athlete will be located in the same side of the mat. The white athlete will be placed on the left and the blue athlete on the right.

The mat should be installed so that it is surrounded by a wide-open space in order to ensure that the competition proceeds normally.

All the details regarding the UWW logo and the mat manufacturer logo, should be addressed to United World Wrestling headquarters and be followed by the guidelines sent to the Mat Producers.

## **Article 1.2 - The Uniform**

To participate in United World Wrestling events, athletes of all age categories must comply with the Pankration uniform guidelines. These guidelines are intended to allow innovative design features in conformity with the rules and regulations for Pankration.

### **Responsibility of compliance**

At all events organized by United World Wrestling, the National Federations are responsible for ensuring that the items worn or used by the members of their delegation comply with the terms of these rules.

For all UWW sanctioned events, competition uniforms must be approved by World Pankration Committee. The first athlete called shall appear on the edge of the mat wearing a white rash guard and the second athlete called shall appear in a blue rash guard. The rash guards shall be tight-fitting, with short sleeves, and contain at least 70% of the assigned color. Mixture of white and blue on rash guards is forbidden.

The board shorts shall be black color with the meanderer strip design. They shall not be excessively baggy or tight fitting (compression shorts are not allowed) and the length must be enough to cover at minimum 2/3 of the thigh, but not get below the knee. The meander stripe should be placed on the any part of the shorts. They shall not be excessively baggy or have pockets or button/snaps that may be unsafe during competition. The compression shorts or pants worn under the board shorts are forbidden.

### **Protection Gear**

#### **Pankration Traditional:**

- a) Gloves either in white or blue color for not less than 4 ounces
- b) Groin Protectors.
- c) Shin Guards (shape of a sock) either in white or blue color
- d) Mouth guard.
- e) Chest protector for women is optional.

#### **Pankration Elite:**

- a) Gloves either in white or blue color for not less than 7 ounces.
- b) Groin Protectors.

- c) Shin Guards (shape of a sock) either in white or blue color
- d) Head protector.
- e) Mouth guard.
- f) Chest protectors for women are optional.

### Gloves

The gloves shall contain an open palm with finger loops, a padded thumb protector, and a Velcro closing system. The top part of the gloves shall be either white or blue, the total ratio of white and blue representing minimum 60% of the gloves. Mixture of white and blue on gloves is forbidden.

The leather portion of the gloves shall be made of high-quality leather, such as cowhide or Grade-A leather, and the padding portion shall be made of a single-piece injected foam.

### Shin-instep guards

The shin-instep guards shall be made of neoprene with a foam padding of 1-centimeter thickness. They may contain an additional leather panel to cover and reinforce the padding. Muay Thai or kick boxing shin-instep guards are not allowed at UWW sanctioned events. The shin-instep guards shall be either full white or blue, or with black neoprene and white or blue leather panels. Mixture of white and blue on shin-instep guards is forbidden.

### Head guards

The head guards shall be made of high-quality leather, such as cowhide or Grade-A leather, and contain a single-piece injected foam padding of 1 centimeter thickness. It shall feature cheek protectors and an adjustable back and chin Velcro closure. The head guard shall be either white or blue, the total ratio of white and blue representing minimum 60% of the total outer surface. Mixture of white and blue on head guards is forbidden.

### Polydamas & Palaesmata

Athletes may wear groin guards, mouth guards, or chest protectors for women. The protection gear shall be in a generally clean and serviceable condition and the padding shall not be displaced, broken or imperfect in any way. They may use variety uniforms displaying theatrical performance.

### Country's abbreviation

For all Continental and World Championships, the athletes shall wear the abbreviation of their countries name on the back of their rushguards. The abbreviation shall measure approximately 20x15 cm and not exceed the size of an A5 sheet.

The competitor's last name may be added above or below the country code in a half circle and shall be written in Latin letters measuring 4 to 7 cm. The country's emblem may also be worn on both rushguards and shorts and shall not exceed 4x8 cm.

### Advertising on clothing

Athletes may wear sponsors' names or symbols on their competition uniforms as long as they don't interfere with the identification of the uniforms' color and country's abbreviation.

### Appearance and hygiene

Uniform shall be clean, generally dry and free from any unpleasant odor. Athletes are prohibited from wearing bandages on the wrists, arms or ankles except in the case of injury or on doctor's orders. Athletes 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. Athletes' fingers and toenails shall be neatly trimmed

with no sharp edges. If a pankratiast's hair is longer than shoulder length, the pankratiast shall wear an athletic hair cover.

Athletes 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 referee shall check that all competitors satisfy the requirements of this article. 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 mat 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.

### **Article 1.3 - Competitor's License**

Any male or female U13, U15, U17, U20, U23, Senior and Veteran pankratiast who competes in the World Championships, Continental Championships, Cups and Games, Regional Games and the World and Continental League, international tournaments registered in the UWW calendar must hold an international competitor's license, as defined by special Regulations.

The license is also used as insurance for medical and hospital expenses in case of an accident taking place abroad during the international competition the athlete is participating in.

The license is only valid for the current year and must be renewed each year.

The license request must be sent at least 1 month before the competition that the concerned pankratiast will take part. This timeline is fixed to let enough time to conclude the procedure and validate the license.

### **Article 1.4 - Age, Weight and Competition Categories**

#### Age categories

The age categories are as follows:

|             |  |
|-------------|--|
| U13         | 12-13 years  |
| U15         | 14-15 years (from 13 with medical and parental authorization*) |
| U17         | 16-17 years (from 15 with medical and parental authorization*) |
| U20         | 18-20 years (from 17 with medical and parental authorization*) |
| Seniors U23 | 19-23 years (from 18 with medical and parental authorization*) |
| Seniors     | 20 years and older   |
| Veterans    | older than 35 years  |

\* The medical and parental authorization is submitted in Athena via the Annual Medical Certificate & Wrestler's Declaration when purchasing the UWW License.

U13, U15, U20, Seniors and Veterans are allowed to compete in the divisions:

- **Palaesmata, Polydamas, Traditional Pankration:** U13, U15, U17, U20, Seniors U23, Seniors, Veterans
- **Elite Pankration:** U17, U20, Seniors U23, Seniors, Veterans.

U20 athletes are allowed to participate in the competitions for seniors, except for those who are 17 years old in the concerned year. U17 are required to present a parental consent confirming they are allowed to compete in Elite Pankration.

An honor certificate for each participant will be issued by the President of the National Federation attesting to the age of the athlete; this certificate must be drawn up in accordance with the model supplied by UWW, on the National Federation's letterhead.

An athlete may participate in a competition only under the nationality appearing on his license. If, at any time, it is determined by UWW that the statement was false and that fraud occurred, the disciplinary measures provided for to this end will be immediately applied against the National Federation, the athlete and the person whose signature appears on the fraudulent certificate.

Athletes who wish to change their nationality must refer to the procedure described in the International Regulations for the change of nationality. Athletes can change their nationality only once. Once the procedure for the change of nationality is completed, they are not entitled to compete for their former country anymore or for any other country in an official competition organized under the aegis of United World Wrestling.

Each licensed athlete who participates in a competition automatically agrees to UWW to use his filmed or photographed image for the promotion of the competition or of competitions to come. If an athlete refuses to agree to these conditions, he will have to make this clear at the entry stage and, may therefore be excluded from the competition.

### Weight Categories

The weight categories for Pankration Traditional and Pankration Elite are as follows (in kilograms):

#### U13

- Boys/Girls: 27, 30, 34, 38, 42, 46, 50, 55, 60, 66, 72, 82, 90kg

#### U15

- Boys: 32, 35, 38, 42, 47, 53, 59, 66, 73, 78, 85, 100kg

- Girls: 30, 32, 34, 37, 40, 44, 48, 52, 62, 80kg

#### U17

- Boys: 42, 46, 50, 54, 58, 63, 69, 76, 85, 92, 110kg

- Girls: 38, 40, 43, 46, 49, 52, 56, 60, 65, 90kg

#### U20

- Men: 57, 62, 66, 71, 77, 84, 92, 100, +100kg

- Women: 50, 53, 57, 61, 65, 70, 75, 80, +80kg

#### U23

- Men: 57, 62, 66, 71, 77, 84, 92, 100, +100kg

- Women: 50, 53, 57, 61, 65, 70, 75, 80, +80kg

#### Seniors

- Men: 57, 62, 66, 71, 77, 84, 92, 100, +100kg

- Women: 50, 53, 57, 61, 65, 70, 75, 80, +80kg

#### Veterans

- Men: 62, 66, 71, 77, 84, 92, 100, +100kg

- Women: 53, 57, 61, 65, 70, 75, +75kg

Each contestant deemed to be taking part of his/her own free will, and responsible for himself/herself, shall be allowed to compete in only one weight category: the one corresponding to his weight at the time of the

official weigh-in. For categories in the senior age group, competitors may opt for the next higher category than their body weight, except for the heavy weight category.

### Competitions

International competitions for the various age categories are as follows:

|                          |  |  |
|--------------------------|--|--|
| U13<br>12-13 years       | International competitions<br>Continental Championships<br>World Championships               | (upon request)<br>(upon request)             |
| U15<br>14-15 years       | International competitions<br>Continental Championships<br>World Championships               | (upon request)<br>(upon request)             |
| U17<br>16-17 years       | International competitions<br>Continental Championships<br>World Championships               | (upon request)<br>(each year)                |
| U20<br>18-20 years       | International competitions<br>Continental Championships<br>World Championships               | (upon request)<br>(each year)                |
| Seniors<br>20 and older  | International competitions<br>Continental Championships<br>World Championships<br>World Cups | (each year)<br>(each year)<br>(upon request) |
| Veterans<br>35 and older | World Championships<br><i>Categories and specific regulations</i>                            | (upon request)                               |

Other type of competitions might be organized after United World Wrestling approval.

## CHAPTER 2 - COMPETITIONS AND PROGRAMMES

### Article 2.1 - Competition System

The competitions take place by direct elimination system with an ideal number of athletes, i.e. 4, 8, 16, 32, 64, etc. If there is no ideal number of athletes in a category, qualification matches will be organized.

Pairing is made in the order of the numbers drawn at random. All athletes who lost against both finalists will have repechage matches. There are two separated groups of repechage: one group of athletes who lost against the finalist of the upper part of the bracket, and another group of athletes who lost against the finalist from the bottom part of the bracket. The repechage matches begin with athletes who lost in the first round including in qualification matches to obtain the ideal number against one of the two finalists up to the losers in the semi-finals by direct elimination. The winners of the two repechage groups will receive each the bronze medal.

Each weight category is organized in one day. The draw takes place the day before the beginning of the category concerned at the latest. The medical control and weigh-in will be held the morning of the concerned weight category.

The competition takes place in the following manner:

Morning:

- Qualification rounds
- Elimination rounds

Afternoon:

- Repechage rounds
- Finals

Classification criteria

From the 7th place, athletes of each category will be ranked depending on their classification points.

In case of a ranking tie, they will be ranked by analyzing the following criteria successively, across all competition:

- The most victories by knockouts
- The most victories by technical knockouts
- The most victories by submission
- The most matches won by technical superiority
- The most technical points scored
- The fewest technical points given
- The lowest draw number

Competition with less than 8 athletes (Nordic Tournament)

If less than 6 athletes are registered in one weight category, one group will be established and all athletes will compete against each other. In a two-day competition format, the last round will be organized the second day.

**For Continental and World Championships, a weight category that counts only 1 athlete will be cancelled and no title or medal will be awarded!**

If there are 6 or 7 athletes in one weight category, the competition starts with a pool phase with two groups. As mentioned above, all athletes from each group will compete against all the other athletes of their group (the Nordic tournament system is used as the ranking criterion within each group). Ranking within the groups is used to determine the pairings for the semi-finals.

The semi-final matches will consist with:

- the first ranked in the group A against the second ranked in the group B
- the second ranked in the group A against the first ranked in the group B

The gold medal match will be between the winners of the semi-finals and the bronze medal match will be between the losers of the semi-finals. Only one bronze medal will be awarded for this scenario.

### Ranking criteria for the Nordic tournament

In the Nordic tournament, the athlete with the highest number of victories will be ranked first. In a same group, if two athletes have an equal number of victories, their direct match will determine the ranking. For all the cases with a tie between athletes in the same group, the ranking will be determined following these criteria, across all the competition:

- The highest classification points
- The direct match (if applicable)
- The highest victories by knockouts
- The highest victories by technical knockouts
- The highest victories by “submission”
- The highest match victories by technical superiority
- The highest technical points scored
- The fewest technical points given
- The lowest draw number

### Article 2.2 - Competition Program

The competition programs of all championships and tournaments are published on United World Wrestling Calendar.

### Article 2.3 - Award Ceremonies

The first four athletes in each weight category shall take part in the awards ceremony, and shall receive a medal and a diploma, according to their ranking.

|             |                  |
|-------------|------------------|
| 1st         | Gold + diploma   |
| 2nd         | Silver + diploma |
| The two 3rd | Bronze + diploma |

Only one bronze medal will be awarded in the weight categories where the Nordic System is used.

Note: Athletes cannot bring their National Flag to the podium.

## CHAPTER 3 - COMPETITION PROCEDURE

### Article 3.1 - Weigh-In

For all competitions, the weigh-in is organized each morning of the concerned weight-category. The weigh-in and the medical control lasts 60 minutes. Athletes must appear at the medical examination and the weigh-in with their license and accreditation.

The athletes shall weigh-in wearing Rashguard and Shorts. After having been examined by qualified physicians who are obliged to eliminate any athlete who presents any danger of contagious disease, the athletes can be weighed in.

Contestants must be in perfect physical condition, with their fingernails cut very short.

Throughout the entire weigh-in period, athletes have the right, each in turn, to get on the scale as many times as they wish.

The referees responsible for the weigh-in must check that all athletes are of the weight corresponding to the category in which they are entered for the competition, that they fulfil all the requirements and to inform any athlete of the risk he runs if he presents himself on the mat in incorrect dress. Referees will refuse to weigh an athlete who is not dressed correctly.

The referees responsible for the weigh-in will receive the results of the draw and will be allowed to control only the athletes who are on this list.

If an athlete does not attend or fail the weigh-in, he will be eliminated of the competition and ranked last, without rank (Exception: cf. Article 45 - Medical Service Intervention).

### **Article 3.2 - Draw and Pairing**

Participants shall be paired off 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 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 has to be clearly announced. If the team leader (or his substitute) cannot attend the draw because of exceptional reason, he must inform the organizer and United World Wrestling 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 has to be cancelled. Drawing of lots for this category will then be repeated with the agreement of the technical delegate.

The technical delegate or the IT person is responsible of the smooth running of the draw and must ensure that these rules were complied with. He will also have to confirm the weigh-in list. After the end of the draw, no protest can be submitted.

### **Position of the athletes in the bracket**

For a competition with 6 or 7 athletes, the athlete who gets the lowest draw number will be in group A, then the second lowest draw number will be in group B, then the third lowest draw number will be in group A and so on.

For a competition with more than 7 athletes - If the number of athletes participating in a weight category different from (more than) 8, 16, 32, etc, qualification rounds must be organized. To provide a balance between the upper and lower part of the bracket, qualification rounds' position follows the top-bottom-bottom-top approach. The same approach is used to determine the Seeded athlete's position on the bracket.

### Seeded athlete into the Bracket

The aim of such drawing of lots is to place consequently the seeded athletes as far as possible from each other in order to preserve them until the latest possible stage. The remaining positions (non-seeded athletes) are filled up from top to bottom based on their draw number (a small draw number doesn't preserve the athletes to compete in the qualification round).

If the qualifications matches must include the seeded athletes, the pairing starts with the lowest seeded athlete.

Seeded athletes into a weight category with 6 or 7 athletes will be placed like that:

|                            |            |
|----------------------------|------------|
| Group A                    | Group B    |
| Seeds n° 1                 | Seeds n° 2 |
| Seeds n° 4                 | Seeds n° 3 |
| Seeds n° 5                 | Seeds n° 6 |
| Seeds n° 7 (if applicable) |            |

As soon as the seeded athlete is placed, the non-seeded athletes will be placed in the ABA approach.

All the different brackets - with no seed, 4 seeds and 8 seeds are available  
<https://www.org/governance/regulations-olympic-wrestling>

If one or several top seeds athlete(s) is not entered (replaced or not registered), the next top seed or the next best athlete(s) in the Ranking will take his (their) place.

### Article 3.3 - Starting List

If one or more athletes do not attend or fail the weigh-in, their opponent(s) will win the bout by forfeit. These athletes will be eliminated of the competition and will be ranked last, without rank. NO pairing will be made again the day of the competition.

### Article 3.4 - Elimination from the Competition

The loser is eliminated and ranked according to the classification points marked, except athletes who lost against one of the finalists as they take part in the repechage for the 3rd or 5th places.

After the weigh-in, in case a athlete, without medical advice signed by the UWW doctor or the competition's doctor and without advising the competition secretariat, does not present himself to his opponent when his name is called, he will lose his bout by forfeit, will be eliminated and ranked without rank. His opponent will win the match.

If the UWW doctors can prove that an athlete simulates an injury for whatever reasons to avoid competing against his opponent, he will be disqualified, placed last in the ranking, without any rank and the note "Dsq" near to his name.

If an athlete commits an obvious offence against fair play within the spirit and concept of total and universal wrestling enunciated by UWW, and openly cheats, commits a serious error or engages in brutality, he will be disqualified immediately from the competition and eliminated by a unanimous decision of the officiating team. In this situation, he will be placed last in the ranking, without any rank and the note "Dsq" near to his name.

If two athletes are disqualified for brutality during the same match, they will be eliminated as above. The pairing for the following round will not be modified. The athlete supposed to meet one of the disqualified athletes wins the match by forfeit.

If two semi-finalists are disqualified for brutality during same match, they will be eliminated and their losers in quarterfinal will compete in semi-final and repechage group will be modified regarding result of this semi-final match. If the Semi-Finals are organized during the evening session, this bout will be organized at the end of the session in order to allow enough time for the concerned athletes to be prepared. If it happens on day 1, one hour (since this double disqualification happens) will be given to these athletes to be prepared.

If a double injury (2VIN) happens during one match, the opponent of the next round will win the match by injury. If it happens in a semi-final match and in order to determine which athletes have to go in the repechage, we will use the classification criteria (Article 8) to determine the winner of this double injury match.

If a forfeit(s) or disqualification(s) happen during a medal match (1-2 or 3-5), the following athletes (from the part of the bracket of the disqualified/forfeited athlete(s)) will move up the table to establish the final classification. If the two finalists are disqualified, then it will be necessary to make the bout between the two bronze medalists to determine the 1st and the 2nd place. All other participants will go up in the ranking, the two in 5th position will become 3rd. If the two finalists are forfeits despite their successful second weigh-in, the same process will apply (an additional match between the two bronze medalists).

For all type of forfeit, the concerned athlete will be ranked last, without rank.

#### Ranking in the event of doping violations

In case of positive doping control, the athlete will be disqualified, and he will automatically be placed last in the ranking, without any rank and the note “DSQ” near to his name. The following athletes will move up in the ranking. If it concerns an athlete ranked in the 3rd place, the athlete from the part of the bracket of the doped athlete will move up. In that case, only one athlete will be ranked in the 5th place.

In the case where the 2 first ranked athletes have a positive doping control and are disqualified; the two bronze medalists will get a gold medal. In that particular case, no silver medal will be awarded and both 5th places will move in the 3rd rank.

In case of positive doping control during a team event, the team from the athlete in fault will be disqualified and be placed last in the ranking, without any rank and the note “DSQ” near to his flag.

## CHAPTER 4 - REFEREEING (HELLANODEKEA) BODY

### Article 4.1 - Composition

In all competitions, the refereeing body for each bout shall consist of the following:

- 1 mat chairman
- 1 central referee
- 2 side referees

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. Replacement of an official during a bout is strictly prohibited, except in the case of a serious illness that is medically confirmed. In no case may the refereeing body be composed of two officials of the same nationality. Furthermore, it is strictly forbidden for an official to officiate in bouts involving compatriot athletes.

#### **Article 4.2 - 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 Pankration 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 to perform their tasks properly.

The refereeing body is responsible for checking the good condition of the mat 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 mat 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 of strike and stop action if necessary to further ensure the athletes' protection.

#### **Article 4.3 - Referee's Dress**

The refereeing body must wear black pants, black UWW polo, and black soft sports shoes. The refereeing body must wear a blue band on their right wrist and a white band on their left wrist. The side referees shall hold a blue flag in their right hand and a white flag in their left hand.

#### **Article 4.4 - The Central Referee**

The central referee is responsible for the orderly conduct of the matches that he/she shall direct according to the official WPC 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, awarding points and declaring the legitimate winners. The central referee uses his/her hand to show the points (awarding the points) by the fingers.

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 blow the whistle or shall command "Pafsasthae" (Stop) and stop the competitors by touching them.

#### **Central Referees' specific duties:**

- Shake the athletes' hand when they enter to the palaestra and before they leave it.
- Not get too close to the athletes when they are in standing position but stay close if they are in ground position.
- Be able to change position from one moment to the next, on the palaestra or around it, and in particular move onto their knees or stomach to obtain a better view of an impending submission.

- Not obstruct the side referees' view by standing so close to the athletes (particularly if a submission appears imminent).
- Award the points for the actions by raising the hand corresponding to the color of the athletes who scored and by clearly indicating the number of points with the fingers.
- Not turn their back to the athletes at any point and risk to lose control over the situation.
- Verbally stimulate a passive pankratiast without interrupting the match.
- Ensure that the athletes 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 athletes will have maximum 1 minute each time they are requested to change uniform).
- Be ready to stop the athletes who approach the edge of the mat.
- Break action and bring the athletes back into starting position when the action goes out of bounds (i.e., when nobody part of either pankratiast is touching the competition area or when all body of either athlete is out of the protection area).
- Stop the bout (agon) in case of injury and make the medical staff intervene.
- Stop the bout (agon) 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 athletes' safety.
- Upon intervention by the palaestra chairman, interrupt the bout (agon) and proclaim victory by technical superiority when the competitors' scores are 12 points apart.
- Stop the bout (agon) at exactly the right time when necessary.
- Ensure that the athletes remain on the palaestra until the result of the bout (agon) is announced.
- Proclaim the winner (by raising the winner's hand) after agreement with the palaestra chairman.

#### **Article 4.5 - The Side Referees**

The side referees are required to stand facing each other on the side of the mat and hold flags their hands.

##### Side Referees' duties:

- Inspect the athletes' competition uniform and protection gear and require them to change them within 2 minutes in case they are not compliant with the present Regulations.
- Control and supervise the palaestra and the area around it (notably to make sure that there are no unauthorized persons except the coaches near the palaestra).
- Observe the athletes at all times during the bouts (agones).
- Move along their side of the palaestra to constantly maximize the visibility of the athletes in action.
- Show the points with flags.

##### Signs for the awarding of points are as follows:

- 1 point: the Side Referee extends the flag towards the floor in front of his knee.
- 2 points: the Side Referee extends the flag horizontally at shoulder height.
- 3 points: the Side Referee extends the flag up vertically.
- 4 points: the Side Referee extends the flag up vertically, positioning arm (shoulder) parallel to the mat.

#### **Article 4.6 - The Mat Chairman**

The Mat Chairman sits at the scoring table and supervises the work of the central referee, the side referees and table staff appointed to each bout (agon).

### Mat Chairman's duties:

#### During the bout (agon):

- Control and supervise the mat and the area around it.
- Confirm the points and penalties to the scorekeeper.
- Interrupt the bout (agon) by throwing a "special" sponge onto the mat to call the central referee and the side referees to the table in case a consultation is needed.
- In a case of a challenge, stop the bout (agon) and call Referee Delegate (or his substitute) for a video review.

#### At the end of the match:

- 1) Confirm the winner to the central referee so that he can raise the winner's hand.
- 2) Confirm the classification points to the scorekeeper according to the scoring chart.
- 3) Sign the score sheet at the end of the match.
- 4) Reset the electronic scoring board before the next match.

### Article 4.7 - Penalties against the Refereeing Body

The UWW World Pankration Committee, which constitutes the supreme jury, shall collectively have the right to take the following disciplinary measures against the member(s) of the refereeing body technically at fault, upon report by the competitions' delegates:

- Give the official(s) concerned a warning.
- Suspension from competition for one or more session
- Withdraw the official(s) from the competition.

Other sanctions as decided by the UWW Disciplinary Chamber may apply depending on the seriousness of the fault.

## CHAPTER 5 - THE BOUT

### Article 5.1 - Duration of the Bout

- For U13 and U15: the duration of a bout will be one period of 2 minutes.
- For U17, U20 and Veterans: the duration of a bout will be one period of 3 minutes.
- For U23 and Seniors: the duration of a bout will be one period of 4 minutes.
- Polydamas and Palaesmata demonstrations last 1 minute minimum and 2 minutes maximum.
- The winner is declared by the sum of points scored at the end of the regular time.
- Technical superiority is reached when there is a difference of 12 points.
- The knockout automatically stops the match.

### Article 5.2 - Call to the Mat

Prior to being called to the mat, the competitors are escorted to the uniform and equipment checkpoint where a designated official will make sure their protection gear and competition uniforms are of the proper color and in full compliance with the present regulations. Once cleared by the official, the competitors are escorted to their designated mat.

Both athletes' names must be called in a loud clear voice to the mat. Athletes must 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 mat, he/she shall lose the agon by forfeit.

A contestant cannot be called to compete in a new bout until he has had a rest period of twenty (20) minutes from the time his preceding bout ended.

### **Article 5.3 - Presentation of Athletes**

The following ceremony takes place for each weight category in the finals for first and second places: The finalists are presented and their achievements may be announced when they are coming on the mat.

### **Article 5.4 - Start and Restart of the Match**

When their name has been called, the athletes must stand in the corner corresponding to their assigned color and wait for the central hellanodekes to call them to his/her side. The side hellanodekes 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 a pankratiast does not come back to the palaestra with a satisfactory uniform or protection gear after 2 minutes, he/she shall lose the agon 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 bring their fight 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 the agon the hellanodekes announces "Pafsasthae" (Stop).

The neutral standing position is ordered at the beginning of the agon and after any interruption (i.e., out of bounds or hellanodekes's stoppage due to specific circumstances). Both athletes (with the fists down) stand opposite one another in the center of the palaestra with one foot touching the inner circle and wait for the hellanodekes's whistle or to order "Aeteme" (Ready) to start fighting.

### **Article 5.5 - Interrupting and Continuing the Bout**

- a) If for any reason the agon must be interrupted (i.e., injury/blood time, referees' consultation, etc.), the two athletes shall stand in their respective corner facing the center of the palaestra, without talking to anyone or taking liquids, and wait for the central hellanodekes to call them back to the center of the palaestra and resume the match.
- b) In the event of an equipment or uniform malfunction, the central hellanodekes shall give a "Don't Move" call, touch both athletes and order them to stop. Both athletes shall stop moving immediately and stay as they are until the hellanodekes orders them to resume fighting.
- c) If a bout cannot be resumed for medical reasons, the decision is made by the competition doctor in charge, who informs both the coach of the athlete involved and the mat chairman; the latter then orders that the bout be stopped. The decision rendered by the competition's doctor may not be reversed.
- d) Under no circumstances may a contestant take the initiative to interrupt the action himself.
- e) If an action must be stopped due to one athlete deliberately injuring his opponent, the athlete at fault will be disqualified.
- f) In case of bleeding of one of the athletes, the referee shall interrupt the bout 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 bout, the mat chairman shall order

the end of the bout. In that case, the concerned athlete loses the match and the opponent wins the match on injury. If the bout is continued until the end, the chronometer will be reset for the next round.

- g) After the medical treatment, the bout resumes with the default restart positions.
- h) If a bout is interrupted because of any incident beyond the athletes' control, the referee may stop the bout and the remaining time of the bout will be competed as soon as the interruption ends. If a session can't be concluded in the expected schedule, it may be postponed until the next day. If it is the last competition day and for extraordinary reasons, the end of the competition may be postponed until a later date and take place in another location.
- i) In case of a serious mistake which is not seen by officiating team (examples; timekeeper mistakes, wrong points or caution published on the scoreboard, declaration of incorrect winner etc.), the referee delegate/s may interfere and ask to correct it by consultation, or by video review.

### Out of Bounds

Out of bounds from a standing position is considered when a pankratiast goes out by two feet (outside of the passivity/orange zone). When the athletes are fighting on the ground, out of bounds is intended when any part of the competitor's body reaches out of the protection area. When either situation occurs, the referees shall break the action and bring the athletes back to neutral standing position. If during the fight on the ground two bodies of the athletes are outside of the passivity/orange zone, then the central referee breaks the agon and restarts it in the standing position.

- If, from a standing or ground position, a pankratiast is forced out of bounds during technical action, then the central referee shall break the agon and bring the athletes back to center of the mat.

- If a pankratiast intentionally flees the mat - from either standing or ground position - a caution shall immediately be issued and 1 point shall be awarded to the attacking pankratiast,

- If a pankratiast goes out of bounds in an attempt to escape a submission, he/she will be disqualified from the agon.

### Standing Neutral Position

The standing neutral position is ordered at the beginning of the agones and after every interruption. Both athletes stand opposite one another, fists down, with the central circle between them and wait for the hellanodekes to order "Ready" to take combat stance. They can only start fighting once "Action" (hellanodekes's whistle) has been pronounced by the hellanodekes.

### Article 5.6 - End of the Bout

The match ends either when a knockout, technical superiority, a disqualification by injury of one of the opponents are declared, or at the end of the regular time.

When an athlete scores 12 points more than his opponent he wins the match by technical superiority. In any case, the referee must wait for the end of the action.

If the referee has not heard the gong, the mat chairman must intervene and stop the bout by throwing a soft object on the mat, in order to attract the referee's attention. Any action begun at the time when the gong sounds is not validated and no action performed between the sounds of the gong and the referee's whistle is valid.

When the bout has ended, the referee stands in the center of the mat facing the mat chairman's table. The athletes shake hands, stand on either side of the referee and await the decision. They are forbidden to remove any part of the uniform before leaving the competition hall. Immediately after the decision is announced, the athletes shake hands with the referee.

Each athlete must then shake hands with his opponent's coach. If the above provisions are not observed, the athlete at fault will be penalized in accordance with the Disciplinary Regulations.

### **Article 5.7 - Types of Victories**

A bout may be won:

- by knockout,
- by technical knockout (Pankration Elite)
- by 2 knockdowns (1 Knockdown for u13 / u15)
- by submission,
- by injury,
- by 3 cautions given to the opponent during a bout.
- by technical superiority
- following a forfeit
- by a disqualification
- by points

The central hellanodekes have full authority to stop the agon if he/she deems that a pankratiast is in imminent danger of serious injury or can no longer withstand a strike, kick, submission lock, or choke, even if he/she said that he/she did not submit or tap (apagorefsis). The pankratiast's security shall prevail at all times.

When a pankratiast abandons the fight, either verbally or by tapping (apagorefsis) on the palaestra or on the opponent's body with a hand or foot, the opponent is automatically declared winner, no matter the number of points accumulated or the time of the agon.

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 agon.

**Note:** If a pankratiast below 18 years old (U17, U15 or U13) loses consciousness during a agon further to a legal choke, he/she shall be suspended from the rest of the competition as a safety precaution.

If a pankratiast has scored a 12 - point advantage over his/her opponent, the central hellanodekes shall stop the agon and declare victory by technical superiority.

In case of tie by points, the winner will be determined according to the following criteria:

- a) the highest value of actions/techniques,
- b) the least amounts of cautions,
- c) the hellanodekes decision on fighting superiority (considering the whole match).

### **Article 5.8 - The Coach**

The coach may remain at the foot of the platform or at least two meters from the edge of the mat during the bout. If the UWW doctor (or the competition doctor) allows him, he is authorized to assist the injury treatment of his/her athlete. Except during this situation and during the break, it is strictly forbidden to the coach to step on the mat. In that case he can be sanctioned by the referee.

The coach is strictly forbidden to influence decisions or to insult the refereeing body. He may only speak to the athlete. The coach has the right to give water to his athlete only during the break. No other substance may be given during the pause or during the match.

If these restrictions are not observed, the referee is obliged to ask the mat chairman to present the coach with a 'Yellow' card (caution); if he persists, the mat chairman will present him with a 'Red' card (elimination). The mat chairman may also present the YELLOW or RED card on his own initiative.

As soon as the red card is given, the mat chairman reports to the competition director and the coach shall be eliminated from the competition and may no longer continue his duties. These facts also need to be report on the scoresheet of the concerned bout. However, the team involved shall have the right to obtain the services of another coach. The National Federation of the eliminated coach will be penalized following the dispositions of the Disciplinary and Financial Regulations.

Moreover, if a coach gets two yellow cards during one competition (not necessarily during the same bout), he will be also eliminated from the competition and may no longer continue his duties. As for the red card, his accreditation will be removed.

### **Article 5.9 - The Challenge**

The challenge is the action through which the coach is allowed, on behalf of the pankratiast, to stop the action and request the hellanodekea body to watch the video evidence and reconsider its judgement. It is specified that this possibility is only offered during competitions in which the video control is formally established by UWW and the organizing committee.

No protest may be lodged at the end of a match. A video review can be called for during the match if the Head 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 mat. The decision of the Head Referee shall be accepted and considered final in all dispute cases.

The coach who wishes to request a challenge shall throw a sponge or raise his/her arm and remain seated, within 10 seconds after the hellanodekea body has awarded points or failed to award points to the contested situation. The palaestra chairman shall then interrupt the match as soon as the on-going action is completed. If the pankratiast disagrees with the coach's decision, he must reject the challenge directly and the agon continues.

The hellanodekea body is then invited to watch the video evidence and render its final decision along with the Head Referee in charge of the competition who will have the final say in case of disagreement.

Each pankratiast is entitled to 1 challenge per match. If after reviewing the video evidence, the hellanodekea body modifies its decision, then the challenge can be used again during the match. If the hellanodekea body confirms its initial decision, the pankratiast loses the challenge and 3 points are awarded to his/her opponent.

No challenge can be requested in a case of passivity or in the event of a submission (or during the submission).

### Article 5.10 - Team Ranking during Individual Competitions

The team ranking is determined by the first 10 athletes who are classified at the competition.

| Ranking in the weight category | Points |
|--------------------------------|--------|
| 1                              | 10     |
| 2                              | 9      |
| 3 - 3                          | 8      |
| 5 - 5                          | 7      |
| 7                              | 6      |
| 8                              | 5      |
| 9                              | 4      |
| 10                             | 2      |

Nordic System (7 athletes or less) :

| Ranking in the weight category | Points |
|--------------------------------|--------|
| 1                              | 10     |
| 2                              | 9      |
| 3                              | 8      |
| 4                              | 7      |
| 5                              | 6      |
| 6                              | 5      |
| 7                              | 4      |

During a competition where a country can enter more than one athlete per weight category, the team points are given only to the highest ranked athlete of a country in the category. The team ranking points allocation will remain the same.

1st place      TUR    10 points.  
~~2nd place      TUR    9 points.~~  
 3rd place      UKR    8 points.  
 3rd place      GER    8 points.

## CHAPTER 6 - POINTS FOR ACTIONS AND HOLDS

### Article 6.1 - Level of Contact and Targets

Pankration Traditional: Punches and kicks to the body, controlled round house kicks to the head are allowed by protected part of the foot. Punches on the ground position are allowed but scored only one effective and authorized punch to the body in on the ground position.

Pankration Elite: Punches and kicks in the stand position to the body and to the head are allowed according to the present rules. Punches are allowed on the ground position.

Athletes are not allowed to target the:

- Back of the head
- Neck
- Throat

- Knees and below
- Joints
- Kidneys
- Along the spine
- Groin

### **Article 6.2 - The criteria of awarding points**

Points will be awarded only if all the following criteria are met.

- a. Dynamic application
- b. Proper torque
- c. Proper distance
- d. Continued vigilance
- e. Stable position
- f. Amplitude (for throws)
- g. On the ground position Elite division punches scored with the amplitude of the forearm length.

### **Article 6.3 - Scoring for actions and holds**

#### **Pankration Traditional**

##### **1-point techniques**

- Effective and authorized punch to the body
- Effective and authorized outside kick to the thigh
- Takedown (the foot of the opponent touches the palaestra/ground)

##### **2-point techniques**

- Effective and authorized kick or knee to the body (standing)
- Half or low amplitude throw from standing or ground position (with the opponent not passing over the thrower's body, the feet of the opponent lose contact with the palaestra/ground)
- Side Mount

##### **3-point technique**

- Effective and authorized kick to the head
- Complete or high amplitude throw from standing position (with the opponent passing over the thrower's body, the opponent's body must be lifted above the waistline)
- Full Mount

##### **4-point technique**

- Knockdown
- Back Mount

**Notes: (punches to the body whilst on the ground):** the point will be awarded only for the first effective strike/punch on the opponent and only for the first effective strike/punch after changing position. It means that an upper (dominating) athlete must change his/her position after his/her first strike/punch in order to get the points (more points), there are 4 possible positions on the ground. The punches after first strike/punch are allowed, but no points will be awarded after first strike/point.

## Pankration Elite

### 1-point techniques

- Effective and authorized punch to the head (standing/ground)
- Effective and authorized punch to the body (standing/ground)
- Effective and authorized outside kick to the thigh
- Takedown (the foot of the opponent touches the palaestra)

### 2-point techniques

- Effective and authorized kick or knee to the body (standing)
- Half or low amplitude throw from standing or ground position (with the opponent not passing over the thrower's body, the feet of the opponent lose contact with the palaestra)

### 3-point technique

- Complete or high amplitude throw from standing position (with the opponent passing over the thrower's body)
- Effective and authorized roundhouse kick to the head (standing)

### 4-point technique

- Knockdown
- Passive protection: if a pankratiast on the ground position receives three consecutive punches to the blocked head

### Notes:

- Side Mount: When a pankratiast gains control by passing the opponent's leg defenses while keeping the opponent's back to the palaestra the count of 3 seconds (including north-south and knee on stomach).
- Full Mount: When a pankratiast controls the opponent who is lying on the back, from the top with both of his/her knees touching the ground on either side of the opponent for the count of 3 seconds (including north or south).
- Back Mount: When a pankratiast controls the opponent from the back, with his/her chest to the opponent's back and his/her legs hooked inside both of the opponent's legs for the count of 3 seconds.

### Clarification:

- Strikes to the shin are only permitted in an attempt to execute a sweep or a throw.
- Strikes executed while being thrown do not score points.
- Simultaneous strikes (clashes) or takedowns do not score points.
- To have a valid throws/takedown, the opponent must fall on his/her back, side or two shoulders, touching the palaestra/ground with entire body.
- Strikes executed while there is a grapple by two hands do not score points. Strikes executed while there is a grapple of the leg/foot after effective and authorized kicking do not score points.
- Any technique initiated inside the limits of the palaestra but landing out of bounds will be considered valid and be awarded with the corresponding points. In contrast, any attack initiated once one of the athletes is out of bounds (with two feet outside of the passivity/orange zone) will result in a penalty for the attacker (caution + 1 point to the opponent).

- 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 (caution + 1 point to the opponent).
- In case ground fighting reaches a stalemate point, the hellanodekes has full authority to interrupt the agon and bring the athletes back up to neutral position.
- If a pankratiast forces the action out of bounds in an attempt to escape a submission or try to use illegal technique for it, he/she will be called for a “catch” and lose the agon.

#### **Article 6.4 - Knockdown**

When a pankratiast is knocked down or rendered temporarily incapable to compete due to the execution of an authorized punch, kick, or (correct and controlled) throw from the opponent, the central hellanodekes shall immediately stop the agon by announcing “Stop” and command the opponent to reach his/her corner and wait for further instructions.

The central hellanodekes shall then check the condition of the knocked down pankratiast and carefully determine if medical assistance is required or not. If no medical assistance is required, the central hellanodekes shall proceed with the 10-second countdown in order for the knocked down pankratiast to regain his senses and resume fighting. It is specified that in all knockdown cases, a minimum of 8 counts is mandatory before restarting the agon.

If the knocked down pankratiast is not in condition to resume fighting after the 10-second count, or if the Head Medical Officer declares him/her as medically unfit to continue, the central hellanodekes shall then end the agon and declare the opponent winner by knockout.

If a pankratiast is knocked down twice during the agon the central hellanodekes shall stop the agon and declare the opponent winner by 2 knockdowns.

#### **Article 6.5 - Injury and Blood Time**

The central hellanodekes must stop the agon and call for injury time if a pankratiast is temporarily injured due to an incidental blow (i.e., eye poke, head collision, etc). When injury time is called, the timekeeper is responsible for starting a stopwatch and making sure that the total injury time per pankratiast does not exceed 4 minutes for the entire agon, otherwise the injured pankratiast will lose the agon by default.

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 pankratiast may resume fighting or not.

The agon shall only resume once all materials used in blood cleanup are properly disposed of. In the event of a bloodied or torn garment that must be replaced, all athletes must have a backup uniform available by their coaches.

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

## CHAPTER 7 - CLASSIFICATION POINTS AWARDED AFTER A BOUT

### Article 7.1 - Classification Points

The classification points that athletes receive for their agonies will be used to determine their final ranking.

#### 1) Victory by Knockout (5 points to the winner - 0 point to the loser) - VKO

A victory by knockout is declared when a pankratiast temporarily loses consciousness out as a result of an authorized punch, kick, or (correct/controlled) throws from the opponent.

#### 2) Victory by two Knockdowns (5 points to the winner - 0 point to the loser) - VKD

A victory by 2 knockdowns (by 1 KD for the U13/U15) is declared when a pankratiast endured two consecutive knockdowns as a result of an authorized punch, kick or throw from the opponent.

#### 3) Victory by Technical Knockout (Pankration Elite) (5 points to the winner - 0 points to the loser) - VTO

A victory by technical knockout is declared when a pankratiast in ground position receives three consecutive fully unprotected punches to the head from the opponent.

#### 4) Victory by Submission (5 points to the winner - 0 point the loser) - VBS

A victory by submission is declared when a pankratiast admits his/her defeat either verbally or physically (by tapping the mat or the opponent with a hand or foot). A victory by submission can also be declared by the central hellanodekes if upon observing a submission attempt, he deems that the pankratiast caught in the submission hold will not be able to escape without harm.

#### 5) Victory by Disqualification (5 points to the winner - 0 point to the loser) - DSQ

A victory by disqualification is declared when a pankratiast is banned from the match or competition in case of unfair behavior (brutality).

#### 6) Double Disqualification (0 point for white pankratiast and 0 point for blue pankratiast) - 2DSQ

- a) In case both athletes have been disqualified due to infraction to the rules (2DSQ 0:0);
- b) In case both athletes are injured (2VIN 0:0);
- c) In case both athletes have been eliminated due to forfeits (2VFO 0:0).

#### 7) Victory by Forfeit (5 points to the winner - 0 point to the loser) - VFO

A victory by forfeit is declared when a pankratiast fails to appear on the mat for the agon or does not comply with the present rules as far as competition uniform and protection gear or if a pankratiast doesn't attend or fail the weigh-in.

#### 8) Victory by Technical Superiority (4 points to the winner - 0 point to the loser) - VSU

A victory by technical superiority occurs when a pankratiast has scored a 12 - point advantage over his/her opponent.

#### 9) Victory by Technical Superiority (4 points to the winner - 1 point to the loser) - VSU1

A victory by technical superiority occurs when a pankratiast has scored a 12 - point advantage over his/her opponent and the loser had some points before the 12-points difference occurred.

#### 10) Victory by Points (3 points to the winner - 0 point to the loser) - VPO

A victory by points occurs when the margin of victory at the end of the regular time is less than 12 point and the loser without points.

**11) Victory by Points (3 points to the winner - 1 point to the loser) - VPO1**

A victory by points occurs when the margin of victory at the end of the regular time is less than 12 point and the loser with one or several points.

**12) Victory by Injury (5 to the winner - 0 point to the loser) - VIN**

If a pankratiast is injured before or during a bout and the injury is certified by the UWW Doctor.

**13) Victory by 3 Cautions (5 to the winner - 0 point to the loser) - VCA**

If a pankratiast receives three cautions during a bout.

Note: Athletes who forfeits a match without proper medical certificate will not be allowed to proceed throughout the competition and be withdrawn from the final ranking.

**CHAPTER 8 - PASSIVITY****Article 8.1 - Passivity**

It is the athletes' 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.

If the athletes are fighting on the ground passively, the central hellanodekes shall indicate the passive athletes by raising the fist bearing the right color band, to stimulate them by verbal commands ("Blue/White Action") without interrupting the match and have to proceed with the 5-second countdown.

If an athlete continues to remain passive after the verbal commands have been issued, the central hellanodekes shall stop the match and start from the standing position.

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 athlete:

Warning > 1st Caution = 1 Point > 2nd Caution = 1 Point > 3rd Caution = Disqualification.

**Passivity includes:**

- Delaying action by communicating with coach/corner
- Leaving the mat without permission
- Taking too much time to go back to the center of the mat for restarts
- Misusing timeouts
- Fleeing the position to avoid fighting in the standing or on the ground position.
- Turning one's back to the opponent in order to avoid a strike
- False start (i.e., start fighting before the referee's command)

## CHAPTER 9 - PROHIBITIONS AND ILLEGAL HOLDS

### Article 9.1 - Illegal Actions and Holds

All offenses fall under the central hellanodekes's 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.

Each offense results in 1 point awarded to the opponent, up to the third offense which leads to disqualification.  
1st Caution = 1 Point > 2nd Caution = 1 Point > 3rd Caution = Disqualification.

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

#### Illegal actions for Pankration divisions include:

- Strikes to the back of the head, neck, throat, spine, kidneys, neck, joints, groin, and knees and below.
- Punches to the head (for Pankration only)
- Uncontrolled kicks to the head
- Kicks or stomps to the head or the body if one pankratiast is on the ground the other is standing (from either pankratiast)
- Knees to the head
- Any kicks or knee on the ground
- Fleeing the agon.
- Upright kicks to the face
- Hammer fists
- Elbow to the head
- Elbow from above
- Kicks or Stomps to an opponent on the ground
- 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
- Eye, ear, or nose gouging, fish hooking
- Pulling of hair, nose, ears, or attacking the groin
- Spikes (i.e., standing throws onto the head or neck and landing onto the thrower's knee)
- Slams (in defense of submission attempts and if opponent's body is above waist level)
- Slams at any level from standing position
- Back splashes from standing position
- Combination of joint locks and throws
- Use of the fingers for throat/trachea choking techniques
- Twisted head, neck, and leg locks
- Inside or outside heel hooks
- Chin ripping
- Crucifix, Full-Nelson, Can opener / Neck crank
- Small joint manipulation
- 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

- Pretense of injury
- Indifference of one's safety by not protecting oneself

**U13 (12-13 years old)**

- guillotine
- choke on the diaphragm
- any foot locks
- chocking by two legs to the head
- kicks to the head
- any strikes on the ground position

**U15 (14-15 years old)**

- guillotine without grip the competitor's arm
- any strikes on the ground position

**U17 (16-17 years old)**

- guillotine without grip the competitor's arm
- any strikes on the ground position (Elite division).

**Article 9.2 - Ejection Procedures**

The UWW refers to the IOC Code of Ethics and strongly condemns any form of brutality, violence or harassment on the competition site. If an pankratiast, coach, or spectator goes beyond the acceptable in his/her words, gestures, or actions, it is the central hellanodekes' responsibility to judge if that behavior is deemed as a conduct violation. Once the central hellanodekes have declared the behavior to be a violation, they shall issue a yellow card to the individual at fault as a warning prior to being ejected. A yellow card will deduct 1 classification point to the team the individual is representing. If the violation continues, a red card will be issued and the individual at fault will be ejected from the competition. A red card will cause 2 classification points to the team. If the central hellanodekes feels that the behavior goes well beyond the normal violation, they may skip the yellow card and directly issue a red card.

**Examples of conduct violations:**

- Cursing during the agon
- Being aggressive towards the hellanodekes
- Threatening the referees (hellanodekes)
- Physical contact with the hellanodekes
- Throwing unauthorized objects
- Arguing and interrupting the agon
- Refusing to stay on the palaestra for the winner's declaration

## **CHAPTER 10 - THE PROTEST**

### **Article 10.1 - The Protest**

No protest after the end of a match or any appeal before CAS or any other jurisdiction against a decision made by the refereeing body may be lodged. Under no circumstances may the result of a match be modified after victory has been declared on the mat.

If the UWW representative or the responsible person for refereeing notes that the refereeing body have abused their power to modify a match result, they can examine the video and, with the agreement of the UWW Bureau, sanction those responsible as laid down in the provisions of the Regulations for International Refereeing Body.

## **CHAPTER 11 - MEDICAL**

### **Article 11.1 - Medical Service**

The organizer of the competition in question is obliged to provide a medical service responsible for conducting medical examinations prior to the weigh-in and give medical control during the bouts. The medical service, which is required to operate throughout the competition, is under the authority of the UWW doctor in charge. The medical requirements are described in ad hoc rules.

Before the competitors weigh in, the doctors shall examine the athletes and evaluate their state of health. If a competitor is considered to be in poor health or in a condition that is dangerous to himself or to his opponent, he shall be excluded from participating in the competition.

Throughout the competitions, and at any time, the medical service must be prepared to intervene in case of an accident and to decide whether an athlete is fit to continue the contest. Doctors from the participating teams are fully authorized to treat their injured athletes, but only the coach or a team officer may be present while treatment is being administered by the doctor. In no case may UWW be held responsible for an injury, disability or death of an athlete.

### **Article 11.2 - Medical Service Interventions**

a) The UWW doctor in charge has the right and duty to stop a bout at any time through the mat chairman, whenever he considers that either competitor is in danger. At first the injury treatment shall be provided by the UWW doctor only. In case he needs support, he can allow the doctor of the athletes' team or the athlete's coach to come.

b) He may also stop a bout immediately by declaring one of the athletes unfit to continue. The athlete must never leave the mat, except in the event of a serious injury requiring his immediate removal. In case of an athlete being injured, the referee must immediately ask the doctor to intervene; in case no injury is reported by the competition doctor, the referee must request a sanction to the mat chairman.

c) If an athlete has a visible injury, the doctor will have the time necessary to treat the injury and will decide if the athlete can carry on the match or not.

d) A maximum of 4 (four) minutes will be allocated for each athlete for the entire duration of the bout to be treated for a bleeding injury.

e) In the case of any medical dispute, the doctor for the team of the athlete in question has the right to intervene in any treatment required, or to give his advice on an intervention or decision made by the medical service. Only the UWW Medical Commission delegate may propose to the officials that the bout be stopped. In international competitions where the UWW Medical Commission is not represented, the decision to interrupt the bout will be taken by the competition doctor in consultation with the UWW delegate or the UWW nominated referee and the injured athlete's team doctor.

f) In all cases, the doctor making the decision to prohibit the athlete from continuing the bout shall be of a nationality other than that of the athlete in question or the opponent, and the doctor must not be involved in the weight class concerned. In case this situation occurs, the decision will be delegated to another doctor as designated by the delegate referee.

g) All the first aid injuries (not requiring hospitalization) occurring in UWW international competitions are at the organizer's costs. The injuries requiring hospitalization are covered by the UWW license, provided the case has been announced to the insurance company (at the number appearing at the back of the card) the same day.

h) If an athlete is injured and cannot continue the bout, he will lose the match by injury. The concerned athlete will be ranked based on the points that he earned until his injury. If the injured athlete is ready to compete for his next match, he has to receive the approval of the UWW Doctor.

For all the other type of injuries or diseases that happen after the first day of competition and out of competition, the concerned athlete will have to attend the second weigh-in otherwise he will be eliminated of the competition and ranked last, without rank.

### **Article 11.3 - 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. Athletes under 18 are prohibited from the on-site use of saunas/steam rooms or vapor impermeable suits.

### **Article 11.4 - Medical Suspension**

If a pankratiast has suffered any damage to the head due to a knockout - may it be at training or during a match - he/she shall be suspended from participation in competitions and/or sparring for 60 days (45 days at minimum and 90 days at maximum depending on the damage). If, in the medical practitioners' opinion, a knockdown brought damage to the athlete's head, the same rule shall apply. If serious damage to the head is diagnosed, the pankratiast may be suspended indefinitely or until UWW approves his/her return to fighting.

The National Federations shall see to it that every medical suspension is duly reported in the athlete's license book and sent to the UWW office for registration in the international athlete database.

The medical practitioners assigned to international pankration competitions have the obligation to submit a complete report of injuries and knockout cases to UWW as well as their recommendations and/or decisions on athletes' suspensions.

### **Article 11.5 - Anti-doping**

Pursuant to the provisions written in the Constitution, and in order to fight against doping, which is formally

prohibited, UWW reserves the right to require that athletes 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 Olympic and Continental Games, according to IOC Rules.

In no case competitors or officers may oppose this verification without incurring sanctions provided in UWW's Antidoping 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 athlete to be tested.

The setting up and financial implications of the anti-doping controls during the competition 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 Anti-Doping 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 athlete 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.

## **CHAPTER 12 - POLYDAMAS AND PALAESMATA**

### **Article 12.1 - 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 5th century B.C. in his palace courtyard in Sousa.

#### **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.

#### **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:
  - o A bat made of wood about 2 cm thick and 50-60 cm long.
  - o A dagger made of wood or elastic material about 1-2 cm thick and 20 cm long.
  - o A lance made of wood 2 cm thick and 185 cm long.

### Evaluation

The hellanodekea body is composed of one central hellanodekes as chairman sitting at the scoring 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 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.

### Article 12.2 - 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 athletes, it represents, the training which has been subjected during workouts.

### Participation

Any pankratiast above 6 years old can participate in the Palaesmata. The teams are composed of two athletes, 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.

### 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.

### Evaluation

The hellanodekes body is composed of a central hellanodekes as chairman sitting in front of the scoring 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.

### **Article 12.3 - Scoring System for Polydamas and Palaesmata**

In Polydamas and Palaesmata events, the scores are displayed with square cards that are, at the palaestra chairman's first whistle, simultaneously lifted by the hellanodekes and turned towards the palaestra chairman. 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 10 points. In case a program lasts less than 1 minute, exceeds the regulatory 2 minutes or if a pankratiast goes out of bounds, the team will lose 3 points every time this happens. Going out of bounds to recover a weapon is not considered a penalty.

After having recorded the points awarded by hellanodekea body, the palaestra chairman circles out the smallest and the largest scores and calculates the average of the 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:

- 1) The team with the highest score from the scores outside a circle.
- 2) The team with the highest score from the lowest scores outside a circle.
- 3) The team with the highest score from the scores inside a circle.
- 4) The team with the highest score from the lowest scores inside a circle.

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 Polydamas and Palaesmata is used to determine a final classification:

- 1st place: 10 points
- 2nd place: 9 points
- 3rd place: 8 points.

The score obtained in the final classification of Palaesmata and Polydamas, will be added to the score of the final classification of the bouts, to form a single final classification.

### **CHAPTER 13 - APPLICATION OF THE PANKRATION RULES**

The UWW World Pankration Committee is the sole decision-making authority concerning any modifications to the above provisions that are deemed desirable with a view to improving the technical rules of pankration.

In case of a dispute regarding their interpretation and application, it is specified that the English version prevails. Every disagreement will be settled by the Technical Commission and the Referee Commission, the organs of UWW World Pankration Committee.

The National Federations must translate this document into their official language.

Every referee at a competition must have copy of these Rules in his language and in one of the UWW's official language (English).

## GLOSSARY

- Πανκράτιον - Pankration: 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.
- Πολυδαμασ - Polydamas: Demo event between 3 armed athletes against 1 unarmed pankratiast.
- Παλαισματα - Palaesmata: Demo event between two athletes.
- Παλαιστρα - Palaestra: Agonistic area of Pankration
- Ερρωσοο - Erroso: Salute to the opponent when the bout starts or when the separation occurs.
- Ερρωσθε - Errothe: Same salute as above for two or more people.
- Ετοιμη - Aeteme: Ready.
- Αρξασθε- Arxasthae: Start the bout (agon).
- Παυσασθε - Pafsasthae: Stop, interrupting the match.
- Ελλανοδικησ - Hellanodekes: Referees
- Ελλανοδικηα - Hellanodekea: Refereeing
- Σωμα Ελλανοδικων - Hellanodekea Body: Refereeing Body
- Αγων - Agon: Bout / Fight
- Αγωνεσ - Agones: Bouts / Fights
- Ρασσειη- Rassen: Throws - Throwing
- Κατω Παγκρατιον (Κυλισισ) - Kato Pankration (Keleses): Down Pankration (rolling) / Round Pankration

