



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

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INTERNATIONAL

PANKRATION REGULATIONS

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FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES
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SECTION ONE – GENERAL RULES

Article 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 Committee (WPAC) was created under the authority of FILA to foster the physical and mental well being 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 honor the values of sportsmanship and fair play and they shall never intentionally injure a fellow sportsman in competition.

Article 2 – Objectives

Based on the FILA 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.

Article 3 – Application of the Rules and FILA Licence

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

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

Article 4 – Anti-Doping and Sanitary Conditions

All athletes participating in FILA sanctioned events agree to submit themselves to the FILA 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.



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Article 5 – Weight Loss

As far as weight reduction on the competition site is concerned, FILA 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 FILA. Pankratiasts under 18 are prohibited from the on-site use of saunas/steam rooms or vapor-impermeable suits.

Enforcement of these rules is the responsibility of the tournament committee and its decisions shall be final. A first violation of these rules shall cause the individual(s) in question to be suspended from the competition for which use of the prohibited methods were intended. A second violation shall result in the suspension of the individual(s) from any FILA sanctioned event for one calendar year from time of suspension. The FILA Executive Committee will hear all second violation cases and apply the sanctions defined in the FILA regulations. Any individual assisting a pankratiast in prohibited weight reduction practices shall be held to the same rules and penalties as the athlete in violation.

SECTION TWO – COMPETITION PROCEDURE

Article 6 – Competition System

The competition system follows the system adopted by FILA 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. The winners of the two repechage groups will both receive a bronze medal. From the 7th place, the pankratiasts are ranked according to the following criteria:

- Most victories by 2 knockdowns
- Most victories by submission
- Most victories by major decision
- Most victories by overtime
- Most victories by decision

Note: If the place of the pankratiasts cannot be determined with the above criteria, they will be ranked ex aequo.

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.



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Article 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. Once the medical staff has cleared the athletes, they shall proceed to the uniform check table and have their competition uniforms and protection gear controlled by the designated referees. In case their uniforms and protection gear are not compliant with the FILA regulations, the athletes will be given the opportunity to purchase FILA approved gear on the spot.

Article 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.

Athletes shall present their FILA licence and accreditation to the appointed referees in charge of the weigh-in.

Athletes shall wear shorts or underwear and be allowed to check their weight on the scales as many times as they wish within the official weigh-in time frame. No weight tolerance shall be granted at the FILA sanctioned events.

Article 9 – Drawing of Lots

After the athletes have made weight and the weigh-in official has marked their weight on the weigh-in list, they shall draw a lot number which will be used to determine their position in the bracket. The weigh-in officials shall also enter the lot number onto the weigh-in list. The drawing of lots shall be conducted at the weigh-in table next to the scales, either manually or by computer with the official FILA competition software.



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SECTION THREE – MATERIAL STRUCTURE

Article 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 FILA designated age category shall be automatically disqualified from the immediate competition. Those athletes found violating this policy repeatedly may be subject to FILA membership disqualification.

Novice: 12-13 years old

- Boys: 40, 45, 50, 55, 60, 65, 75, +75kg
- Girls: 35, 40, 45, 50, 55, +55kg

Schoolboys/girls: 14-15 years old

- Boys: 45, 50, 55, 60, 65, 70, 80, +80kg
- Girls: 40, 45, 50, 55, 60, +60kg

Cadets: 16-17 years old

- Men: 50, 55, 60, 65, 70, 75, 85, +85kg
- Women: 45, 50, 55, 65, 70, +70kg

Juniors: 18-19 years old

- Men: 60, 65, 70, 75, 80, 90, 110 kg, Absolute
- Women: 50, 55, 60, 65, 75 kg, Absolute

Seniors: 20 and older*

- Men: 60, 65, 70, 75, 80, 90, 110 kg, Absolute
- Women: 50, 55, 60, 65, 75 kg, Absolute

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

Veterans: 35-56 years old

- Men: 65, 70, 75, 80, 90, 110 kg, Absolute
- Women: 55, 60, 65, 75 kg, Absolute

Article 11 – Athletes' Uniform and Appearance

Pankratiasts shall appear on the edge of the palaistra wearing an endyma or Gi (kimono) and FILA approved protection gear.

Endyma

The endyma is composed of a large long-sleeve shirt reaching down to the hips and pants reaching down 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.



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Gi (kimono)

The Gi must be made of cotton or similar material and in good condition. It may not be unusually thick or stiff to the point of obstructing the opponent. The jacket must be longer than the hips, but no longer than the thighs. When extending the arms forward, the distance between the sleeves and the wrists must not exceed 5 cm. The pants must be of proper size and reach to the ankles in upright position. The pants may not be unusually tight or loose to the point of affecting the opponent's ability to make holds or move. The Gi can contain a meander stripe on the outer side of the sleeves and pants. The first pankratiast called shall wear a white Gi and the second grappler called shall wear a blue Gi. The belt shall be tied tight around the waist to secure the jacket.

Protection gear

Pankratiasts shall wear FILA 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 Palaismata, 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' color and country's abbreviation.

Appearance and hygiene

Endymas shall be clean, generally dry and free from any unpleasant odor. 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 FILA 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 palaistra 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 12 – Competition Area

The competition area in pankration is called **palaistra**. For all FILA sanctioned events, FILA approved 10x10 or 12x12 mats containing a 8 to 10-meter circle shall be used. The centre of the palaistra 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 colors.



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Article 13 – Medical Service

The organizer of a FILA event is responsible for providing medical service. The medical staff will be under the authority of the FILA 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 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.

The Head medical officer has full authority to stop a match at any time if he deems either pankratiast to be in danger. He may also stop a match if he feels a pankratiast is medically unfit to continue. A pankratiast shall not leave the palaistra 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 palaistra.

SECTION FOUR – REFEREEING BODY

Article 14 – Composition

The refereeing body for each match will consist of one mat chairman, one central referee and two side referees. The central referee shall stand on the center circle of the palaistra facing the table staff, while the two side referees stand facing each other on each side of the palaistra.

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.

Article 15 – Uniform

The refereeing body shall wear black pants, black polo/T-shirts, and black sports shoes. The refereeing body shall wear a blue band on their right wrist and a white band on their left wrist. The side referees shall hold a blue scoring device in their right hand and a white scoring in their left hand. In addition, the central referees shall wear surgical gloves.

Article 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 FILA 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 palaistra 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 palaistra 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.



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Article 17 – The Central Referee

The central referee is responsible for the orderly conduct of the matches that he/she shall direct according to the official FILA 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 palaistra 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.
- Be able to change position from one moment to the next, on the palaistra 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 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 palaistra.
- 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 chairman.



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Article 18 – The Side Referees

The side judges are required to stand facing each other on the side of the palaistra and hold the scoring devices in their hands.

Side referees' duties:

- Control and supervise the palaistra and the area around it (notably to make sure that there are no unauthorized persons except the coaches near the palaistra).
- Observe the pankratiasts at all times during the matches.
- Move along their side of the palaistra to constantly maximize the visibility of the pankratiasts in action.
- Record the points by aid of the scoring devices.
- Bring the scoring devices to the scoring table at the end of the match so that the winner can be determined.
- Reset the scoring devices only once the final match result has been approved by the mat chairman.

Article 19 – 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 match.

Mat chairman's duties:

- Control and supervise the palaistra 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.
- Add up the points recorded by the two side judges and divide them by 2 to announce the final score of the match.
- 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.
- Confirm the classification points to the scorekeeper according to the scoring chart.



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SECTION FIVE – THE MATCH

Article 20 – Duration of the matches

- Novice and schoolboys/girl matches last 2 minutes.
- Cadet and veteran matches last 3 minutes.
- Junior matches last 4 minutes.
- Senior matches last 5 minutes.
- Polydamas and Palaismata demonstrations last 2 minutes maximum.

Article 21 – Call and Start of the Matches

Both pankratiasts' names shall be called in a loud clear voice to the palaistra. 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 palaistra, he/she shall lose the match by forfeit.

When their name has been called, the pankratiasts shall stand in the corner 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 palaistra with a satisfactory uniform or protection gear after 2 minutes, he/she shall lose the match by forfeit. Once the inspection completed, the referee orders the salute and the two pankratiasts shall bring their right fist to the right side of their face and then both fists in front of them announcing "Erroso". The referee then says "Ready" to command the athletes into combat stance. The match starts when the referee announces "Action".

Article 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 "Ready" to take combat stance. They can only start fighting once "Action" has been pronounced by the referee.

Article 23 – Level of Contact and Targets

Punches and kicks to the body are allowed with full contact. Combat grapplers are not allowed to target the:

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



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Article 24 – Scoring for Actions and Holds

1-point techniques

- Effective and authorized punch to the body (standing or on the ground)
- Effective and authorized inside or outside kick to the thigh
- Effective and authorized knee to the body (on the 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 and falling onto the abdomen, back, or sides)

3-point technique

- Complete or high amplitude throw from standing or ground position (with the opponent passing over the thrower's body and falling onto the back or sides)

4-point technique

- Knockdown

Notes:

Strikes to the shin are permitted in an attempt to execute a sweep.

Strikes executed while being thrown do not score points.

Simultaneous strikes (clashes) or takedowns do not score points.

Any technique initiated inside the limits of the palaistra, 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.

In case ground fighting reaches a stalemate point, the referee has full authority to interrupt the match and bring the athletes back up to neutral position.



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Article 25 – Knockdown

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

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

If the knocked down athlete 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 referee shall then end the match and declare the opponent winner by default.

If an athlete is knocked down twice during the match, the central referee shall stop the match and declare the opponent winner by 2 knockdowns.

Article 26 – Injury and Blood Time

The central referee must stop the match 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 time keeper is responsible for starting a stop watch and making sure that the total injury time per athlete does not exceed 2 minutes, otherwise the injured athlete will lose the match 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 athlete may resume fighting or not.

The match 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 back up uniform available by their coaches.

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 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.

Article 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 corner facing the centre of the palaistra, without talking to anyone or taking liquids, and wait for the central referee to call them back to the centre of the palaistra and resume the match.



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Article 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 palaistra 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.

Article 29 – Overtime

Overtime begins at the end of regulation time when the score is tied, meaning with a margin of victory of 5 points or less. Victory will be determined by the "first touch" criterion. The athletes will be given three consecutive attempts to score an effective and authorized action (punch, kick, knee, or throw). As soon as an action has been properly executed, the two pankratiasts shall be parted by the central referee and wait for him/her to command the next attempts. The athlete who wins two attempts out of three wins the match.

Article 30 – Protest and Challenge

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 feels that a refereeing mistake has been made, but the result of a match may under no circumstances be modified after victory has been declared on the palaistra. The decision of the Head Referee shall be accepted and considered final in all dispute cases.

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

The coach who wishes to request a challenge shall throw a sponge and remain seated, immediately after the central referee has awarded or not a caution to the contested situation. The mat chairman shall then interrupt the match as soon as the ongoing action is completed. If the pankratiast disagrees with his/her coach's decision, then the match continues.

The refereeing body is then invited to watch the video evidence and render its final decision along with the Head Referee in charge of the tournament 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 refereeing body modifies its decision, then the challenge can be used again during the match. If the refereeing body confirms its initial decision, the pankratiast loses the challenge and 5 points are awarded to his/her opponent.



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Article 31 – Match Classification Points

The classification points that pankratiasts receive for their matches will be used to determine their final ranking.

Victory by 2 Knockdowns (5 points to the winner – 0 point to the loser)

A victory by 2 knockdowns is declared when a pankratiast endured two consecutive knockdowns as a result of an authorized punch or kick from the opponent.

Victory by Submission (5 points to the winner – 0 point the loser)

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

Victory by Disqualification (5 points to the winner – 0 point to the loser)

A victory by disqualification is declared when a pankratiast is banned from the match or competition for any reason.

Victory by Forfeit (5 points to the winner – 0 point to the loser)

A victory by forfeit is declared when a pankratiast fails to appear on the palaistra for the match or does not comply with the present rules as far as competition uniform and protection gear.

Victory by Default (5 points to the winner – 0 point to the loser)

A victory by abandon is declared when a pankratiast cannot continue the match for any reason or is forced to abandon the match by the central referee. A coach may also declare abandon for the pankratiast by throwing a white or blue towel.

Victory by Major Decision (4 points to the winner – 0 point to the loser)

A victory by major decision is declared when the margin of victory is 10 points or more.

Victory by Overtime (4 points to the winner – 3 point to the loser)

A victory by overtime is declared when a pankratiasts managed to win two “first touch” attempts out of three.

Victory by Decision (4 points to the winner – 2 point to the loser)

A victory by decision is declared when the margin of victory is between 10 and 5 points.



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SECTION SIX – TECHNICAL INFRACTIONS

Article 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 combat grappler: Warning > 1st Caution = 1 Point > 2nd Caution = 1 Point > 3rd Caution = Disqualification.

Passivity includes:

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

Article 33 – Illegal Actions and Holds

All offenses fall under the central referee's authority. If a pankratiast violates the FILA 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. 1st Caution = 1 Point > 2nd Caution = 1 Point > 3rd Caution = Disqualification.

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



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Illegal actions include:

- Strikes to the head, neck, throat, spine, kidneys, neck, joints, groin, knees and below.
- Kicks to an opponent on the ground
- Upward kicks to the opponent from the ground
- Stomps on the head or neck
- 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)
- 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
- 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 referee.
- Argument/insults towards anybody present in the competition hall
- Pretense of injury
- Indifference of one's safety by not protecting oneself

Article 34 – Ejection Procedures

The World Pankration Athlima Committee (WPAC) refers to the FILA 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 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 referees feel that the behavior goes well beyond the normal violation, they may skip the yellow card and directly issue a red card.



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Examples of conduct violations:

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

SECTION SEVEN – 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.

Article 35 – Participation

Any athlete aged 14 and above can participate in Polydamas. The teams are composed of three attackers and one defender. It is specified that mixed teams can include both men and women as defender. For Continental and World Championships, countries may only present one male team, one female team, and one mixed team.

Article 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.

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 2cm thick and 50-60cm long.
- A dagger made of wood or elastic material, about 1-2cm thick and 20cm long.
- A lance made of wood, 2cm thick and 185cm long.



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Article 37 – Evaluation

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

SECTION EIGHT – PALAISMATA

Palaismata is a choreographic event between two athletes aiming at assessing the level of knowledge of each pankratiast as well as the quality of the coaches' work in the gymnasium.

Article 38 – Participation

Any athlete aged 14 and above can participate in Palaismata. The teams are composed of two pankratiasts, either of the same gender or mixed. For Continental and World Championships, countries may only present one male team, one female team, and one mixed team.

Article 39 – Program

The palaismata 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' defense mechanisms function so as they can reach the level to be characterized as "**Pammachos**" (ultimate fighter). The end of the palaismata 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.

Palaismata 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 of pankration for spectacle.



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Article 40 – Evaluation

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

SECTION NINE – SCORING SYSTEM FOR POLYDAMAS & PALAISMATA

In Polydamas and Palaismata events, the scores are displayed with square cards that are, at the mat chairman's first whistle, simultaneously lifted by the referees and turned towards the mat chairman. 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 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 himself and the referees, the mat 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:

- The team with the highest score from the scores outside a circle.
- The team with the highest score from the lowest scores outside a circle.
- The team with the highest score from the scores inside a circle.
- 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 referees on the palaistra.



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SECTION TEN – FINAL PROVISIONS

The present Rules were approved by FILA 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.

The contestants in pankration events agree not to bring a dispute to civil court. Every disagreement will be settled by the World Pankration Athlima Committee (WPAC), the organ of appeal being the FILA Executive Committee. If no settlement is established, the parties can bring the case, at their own expense, to the Court of Arbitration for Sport (CAS), located in Lausanne, Switzerland.

SECTION ELEVEN – GLOSSARY

ΠΑΓΚΡΑΤΙΟΝ PANKRATION	From the Hellenic words Pan and Kratos meaning “the one who has the whole authority, who holds everything”.
ΠΟΛΥΔΑΜΑΣ POLYDAMAS	Choreographic event between 1 armed pankratiasts and 3 unarmed pankratiasts.
ΠΑΛΛΙΣΜΑΤΑ PALAISMATA	Choreographic event between two pankratiasts.
ΠΑΛΛΙΣΤΡΑ PALAISTRA	Agonistic area of pankration
ΕΝΔΥΜΑ ENDYMA	Pankration uniform
ΕΡΡΩΣΟ ERROSO	Salute to the opponent’s good health when the match starts or when the separation occurs.
ΕΡΡΩΣΘΕ ERROSTHE	Same salute as above for two or more people.