



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
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

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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 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.

Competition events include:

- Pankration submission – non-striking bout;
- Pankration traditional – bout without punches to the head;
- Pankration full – full contact bout;
- Polydamas – team demonstration event with each team comprising of four athletes;

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.

Article 6 – Medical Suspension

If an athlete 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 athlete may be suspended indefinitely or until FILA approves his/her return to fighting.

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

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

SECTION TWO – COMPETITION PROCEDURE

Article 7 – 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 knockouts
- Most victories by technical knockouts
- 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.



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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.

Article 8 – Scoring System

“Open scoring” shall be enforced at all international pankration competitions, as FILA does not allow the use of “closed scoring” (10-point must system). Scoring shall be shown to the audience, athletes and coaches during the match via electronic scoreboard display. The electronic scoring system developed by FILA shall be used at all sanctioned competitions. It prevents any bias in scoring since the decisions are made collectively by all referees as opposed to any one of them. All three side referees or a simple majority must register a score simultaneously for it to be validated. The reaction time to register a score is commonly set to 1 second.

Article 9 – Weigh-In and Drawing of Lots

Weigh-in shall be conducted the day before the competition in a restricted area near the competition site. It shall last 1 hour and be concluded 1 hour prior the scheduled start of the first bout of the designated weigh categories. 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.

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.

Except for veterans, athletes are allowed to compete in the age division directly above their legal age group, provided that they present a medical certificate at registration. Novice, schoolboys, and cadets are also required to present a parental consent confirming they are allowed to compete in an older age group.

Kids are allowed to compete in the follow divisions and must provide a medical certificate and parental authorisation: Polydamas and Submission.

Novice, schoolboys, cadets, juniors, seniors and veterans are allowed to compete in the follow divisions: Polydamas, Submission and Traditional. Full-contact division is allowed to compete for juniors, seniors and veterans, cadets are required to present a parental consent confirming they are allowed to compete in full-contact.

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.

Note: If several age divisions are on the program of a FILA sanctioned event, athletes may only compete in one age group.



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Kids: 10-11 years old

- Boys and girls: 24-27, 30, 34, 38, 42, 46, 50, 55, 60, 60-67 kg

Novice: 12-13 years old

- Boys: 24-27, 30, 34, 38, 42, 46, 50, 55, 60, 66, 72, +72 kg
- Girls : 24-27, 30, 33, 36, 39, 42, 46, 50, 55, 60, 66, +66 kg

Schoolboys/girls: (14-15 years old)

- Boys: 29-32, 35, 38, 42, 47, 53, 59, 66, 73, 73-85 kg
- Girls: 28-30, 32, 34, 37, 40, 44, 48, 52, 57, 57-62 kg

Cadets: 16-17 years old

- Boys: 39-42, 46, 50, 54, 58, 63, 69, 76, 85, 85-100 kg
- Girls: 36-38, 40, 43, 46, 49, 52, 56, 60, 65, 65-70 kg

Juniors: 18-19 years old

- Men: 57, 62, 66, 71, 77, 84, 92, + 92 kg
- Women: 49, 53, 58, 64, 71, + 71 kg

Seniors: 20 and older*

- Men: 57, 62, 66, 71, 77, 84, 92, 100, +100 kg
- Women: 53, 58, 64, 71, + 71 kg

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

Veterans: 35-40, 41-45, 46-50, 51-56 years old

- Men: 62, 66, 71, 77, 84, 92, 100, + 100 kg
- Women: 53, 58, 64, 71, + 71 kg

Article 11 – Athletes' Uniform and Appearance

For all FILA sanctioned events, competition uniforms shall be **FILA approved**.

The first pankratiast called shall appear on the edge of the mat wearing an overall red uniform and the second pankratiast called an overall blue uniform. The rushguard shall be tight-fitting, with short or long sleeves, and contain at least 60% of the assigned colour. Mixture of red and blue on rashguards is forbidden.

The board shorts shall be either of the matching assigned red and blue colour or of a neutral colour, such as black, white or grey. The meander stripe on the bottom edge width of the 4 cm is option. They shall not be excessively baggy or have pockets or button/snaps that may be unsafe during competition. Black compression shorts or pants worn under the board shorts are also permitted.



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Protection gear

Pankration - Submission

The use of light kneepads containing no metal parts is allowed. Pankratiasts may also wear FILA approved ear protectors that do not contain any metal or hard cover shells. Referees may require a pankratiast whose hair is too long to wear ear protectors or an athletic hair cover.

Pankration - Traditional

- a) Gloves either in red and blue colour for, not less than 4 ounces
- b) Groin Protectors.
- c) Shin Guards (shape of a sock) either in red and blue colour
- d) Mouth guard.
- e) Chest protectors for the woman is option.

Pankration - Full

- a) Gloves either in red and blue colour for, not less than 6 ounces.
- b) Groin Protectors.
- c) Shin Guards (shape of a sock) either in red and blue colour
- d) Head protector.
- e) Mouth guard.
- f) Chest protectors for the woman is option.

Polydamas

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.

- 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 red or blue, the total ratio of red and blue representing minimum 60% of the gloves. Mixture of red 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 FILA sanctioned events. The shin-instep guards shall be either full red or blue, or with black neoprene and red or blue leather panels. Mixture of red 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 centimetre thickness. It shall feature cheek protectors and an adjustable back and chin Velcro closure. The head guard shall be either red or blue, the total ratio of red and blue representing minimum 60% of the total outer surface. Mixture of red and blue on head guards is forbidden.



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Country's abbreviation

For all Continental and World Championships, the athletes shall wear the abbreviation of their countries name on the back of their rushguard. 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

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

Appearance and hygiene

Uniform 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 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 12 – Competition Area

For all FILA sanctioned events, FILA approved 10x10 or 12x12 mats containing an 8 to 10-meter circle shall be used. The centre of the mat shall contain a 1-meter circle that will serve as a starting point for the pankratiasts. From the edge of the outer circle, a minimum of a 2-meter safety zone shall be provided.

Article 13 – Medical Service

As specified in the Regulations defining the international competitor's licence, each wrestler must undergo a medical examination in his own country three days before leaving for Championships, Cups and Games.

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 palaestra 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 mat.



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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 (using flags) and three side referees (using electronic score system). Category-III referees are eligible for international tournaments. Category-II and I referees are eligible for Continental and World Championships.

Submission - all matches shall be refereed by a central referee and a mat chairman.

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 suit pants, black polo, and black soft sports shoes. The refereeing body shall wear a blue band on their right wrist and a red band on their left wrist. The side referees shall hold a blue scoring device (flag) in their right hand and a red scoring device (flag) in their left hand.

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 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 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, awarding points 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 blow the whistle and part the competitors by touching them.



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Central referees' specific duties:

- Shake the pankratiasts' hand when they enter to the mat 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 mat 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).
- Award the points for the actions by raising the hand corresponding to the color of the athletes who scored and by clearly indicating the amount of points with the fingers.
- 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 mat.
- 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.
- Upon intervention by the mat chairman, interrupt the match and proclaim victory by technical superiority when the competitors' scores are 12 points apart.
- 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.

Article 18 – The Side Referees

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

Side referees' duties:

- Check the athletes uniform before the match
- Control and supervise the mat and the area around it (notably to make sure that there are no unauthorized persons except the coaches near the mat).
- Observe the pankratiasts at all times during the matches.



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- Move along their side of the mat to constantly maximize the visibility of the pankratiasts in action.
- Record the points by aid of the electronic scoring devices or show them with flags.

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:

- During the match :
- Control and supervise the mat and the area around it.
- Confirm the points and penalties to the scorekeeper.
- Interrupt the match 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.
- Give the final scoring in case a video review is requested.
- Declare overtime in case of a tie in points.
- 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.

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 demonstrations last 1 minute minimum and 2 minutes maximum.

Article 21 – Uniform and Checkpoint

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

Article 22 – Call and Start of the Matches

Both pankratiasts' names shall be called in a loud clear voice to the mat. 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.



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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 mat with a satisfactory uniform or protection gear after 2 minutes, he/she shall lose the match by forfeit.

After the central referee has completed his/her inspection, the two competitors touch gloves (shake a hands). The referee then says "Ready" to command the athletes into combat stance and the match starts at the referee's whistle.

Article 23 – Start and Restart Position

Neutral standing position is ordered at the beginning of the match and after any interruption (i.e., out of bounds or referee's stoppage due to specific circumstances). Both competitors stand opposite one another in the centre of the mat with one foot touching the inner circle and wait for the referee's whistle to start fighting.

Article 24 – Out of Bounds

Out of bounds from a standing position is considerate when a competitor is forced out by two foot. When the competitors are fighting on the ground, out of bounds is intended when one of the competitor's body reaches out of the protection area. When either situation occurs, the referee shall break the action and bring the competitors back to neutral standing position.

If, from a standing or ground position, a competitor is forced out of bounds during technical action, then the central referee shall break the match and bring the competitors back to centre of the mat.

Note:

- If a competitor flees the mat – from either standing or ground position – a caution shall immediately be issued and 1 point shall be awarded to the attacking athlete
- If a competitor forces the action out of bounds in an attempt to escape a submission, he/she will be disqualified from the match

Article 25 – 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 26 – Level of Contact and Targets

Traditional: Punches and kicks to the body, kicks to the head are allowed with full contact.

Full-contact: Punches and kicks to the body and head are allowed with full contact.

Pankratiasts are not allowed to target the:

- Back of the head
- Neck
- Throat
- Knees and below
- Joints
- Kidneys
- Along the spine
- Groin



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Article 27 – The criteria of awarding points

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

- a. Dynamic application
- b. Proper torque
- c. Proper distance
- d. Continued vigilance
- e. Stable position
- f. Amplitude (for throws)

Article 28 – Scoring for Actions and Holds

Pankration - Submission

1-point techniques

- Takedown
- Reversals – reversals from disadvantage position or any bottom position if control maintained for 3 seconds.

2-point techniques

- Side Mount
- Half or low amplitude throw from standing or ground position (with the opponent not passing over the thrower's body)

3-point technique

- Full Mount
- Complete or high amplitude throw from standing or ground position (with the opponent passing over the thrower's body)

4-point technique

- Back Mount

Note: To ensure a higher level of submission, points for dominant control position (i.e. side mount, full mount and back mount) will follow a system of progression, meaning that positions have to be improved to be awarded points. The dominant control position progression will reset if the top athlete loses dominant control and the bottom athlete re-establishes ground or standing neutral position for at least 3 seconds.

Pankration - Traditional

1-point techniques

- Effective and authorized punch to the body (standing or on the ground)
- Effective and authorized outside kick to the thigh



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- Takedown
- Strikes (punch and knee) whilst on the ground, but points will be awarded only for the FIRST effective strike on the opponent and no further points will be awarded for any subsequent strikes whilst in the same pinning locking or submission position

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)

3-point technique

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

4-point technique

- Knockdown

Pankration - Full

1-point techniques

- Effective and authorized punch to the head (standing or on the ground)
- Effective and authorized punch to the body (standing or on the ground)
- Effective and authorized outside kick to the thigh
- Takedown
- Strikes (punch and knee) whilst on the ground, but points will be awarded only for the FIRST effective strike on the opponent and no further points will be awarded for any subsequent strikes whilst in the same pinning locking or submission position

2-point techniques

- Side Mount
- 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)

3-point technique

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



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4-point technique

- Back Mount
- Knockdown

Notes:

Side Mount: When a competitor gains control by passing the opponent's leg defenses while keeping the opponent's back to the mat for the count of 3 seconds (including north-south and knee on stomach).

Full Mount: When a competitor 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 competitor 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.

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.

Strikes executed while there is a grapple by two hands do not score points.

Any technique initiated inside the limits of the mat, 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.

If an athlete 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 match.

Article 29 – 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 counts 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 knockout.

If an athlete is knocked down twice during the match (for the kids, novice and schoolboys/girls – ones) the central referee shall stop the match and declare the opponent winner by 2 knockdowns.



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Article 30 – 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 for the entire match, 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 31 – 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.

In the event of an equipment or uniform malfunction, the central referee shall give a "Don't Move" call, touch both athletes and order them to stop. Both competitors shall stop moving immediately and stay as they are until the referee orders them to resume fighting.

Article 32 – 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 mat 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.

Note: If a competitor below 18 years old (cadet, schoolboy or novice) loses consciousness during a match further to a legal choke, he/she shall be suspended from the rest of the competition as a safety precaution.

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



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Article 33 – Overtime

Overtime begins at the end of regulation time when the score is tied. Overtime is the continuation of the match, for one minute. The points and penalties are still running from regular time. In case the score is tied again, the last athlete who scored during the overtime will win the match. If no points were scored, the central and side referees decide for the winner by raising their wrist band or flags at the order of the mat chairman.

Article 34 – 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 mat. 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 competitor, to stop the action and request the refereeing 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 FILA and the organizing committee. The coach who wishes to request a

challenge shall throw a sponge and remain seated, within 10 seconds after the refereeing body has awarded points or failed to award points to the contested situation. The mat chairman shall then interrupt the match as soon as the on-going action is completed. If the competitor disagrees with his/her coach's decision, then the match continues.

The coach who wishes to request a challenge shall throw a raise his arm 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 3 points are awarded to his/her opponent.

Article 35 – Match Classification Points

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

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

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

Victory by Technical Knockout (full-contact) (5 points to the winner – 0 points to the loser)

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.

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



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A victory by 2 knockdowns (by 1 for the kids, novice and schoolboys/girls) 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 default 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 Technical Superiority (4 points to the winner – 1 point to the loser)

A victory by technical superiority occurs when a competitor has scored a 1 2 - point advantage over his/her opponent.

Victory by Decision (3 points to the winner – 2 point to the loser)

A victory by decision occurs when the margin of victory at the end of regulation time is less than 12

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

A victory by overtime is declared when a pankratiast obtained victory at the end of it.

SECTION SIX – TECHNICAL INFRACTIONS

Article 36 – 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/Red 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 colour band and give him/her a caution. Every caution must be reported on the score sheet.

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



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If an athlete continues to remain passive after the verbal commands have been issued, the central referee 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 combat pankratiast: 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 centre of the mat for restarts
- Misusing timeouts
- Fleeing the mat. 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 37 – 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.

Illegal actions for Traditional and Full-contact include:

- Strikes to the back of the head, neck, throat, spine, kidneys, neck, joints, groin, and knees and below.
- Punches to the head (for traditional division only)
- Kicks to the head in ground position (from either athletes)
- knees to the head
- 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



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- 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
- 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 referee.
- Argument/insults towards anybody present in the competition hall
- Pretense of injury
- Indifference of one's safety by not protecting oneself

For the age till 14 years old

- guillotine;
- choke on the diaphragm;
- any foot locks;
- chocking by two legs to the head

For the age till 16 years old

- knee strike on the ground

For the age till 18 years old

- guillotine without grip the competitor's hands;
- kicks to the head (except roundhouse kick executed by protected put of the foot)

Illegal actions for Submission include:

- Intentional breaking of bones or joints (i.e. not giving the opponent's enough time to tap in submission situations)
- Punching, , kicking, knees, forearms, elbows, head butts, malicious cross faces
- Biting, pulling of hair, nose, ears, or attacking the groin
- Eye, ear, or nose gouging, fish hooking
- Spikes (i.e., standing throws onto the head or neck)
- Slams in defense of submission attempts and if opponent's body is above waist level
- Back splashes from standing position



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- Combination of joint locks and throws
- Use of the fingers for throat/trachea choking techniques
- Inside or outside heel hooks
- Chin ripping
- Neck cranks (crucifix, full-nelson, can opener, etc.)
- Small joint manipulation
- Holding less than 4 fingers or toes
- Intentional grabbing of competition uniform (in No-Gi grappling)
- 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

For the age till 14 years old

- guillotine;
- choke on the diaphragm;
- any foot locks;
- chocking by two legs to the head

For the age till 18 years old

- guillotine without grip the competitor's hands;

Article 38 – Ejection Procedures

The World Pankration 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 referee feels that the behaviour 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 match
- Being aggressive towards the referees
- Threatening the referees
- Physical contact with the referees
- Throwing unauthorized objects
- Arguing and interrupting the match
- Refusing to stay on the palaestra for the winner's declaration



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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 Ochos called the “Immortals”. That exploit was achieved at the end of the 5th century B.C. in his palace courtyard in Sousa.

Article 39 – Participation

Any athlete aged 10 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.

Article 40 – Program

The Polydamas presentation must last between 1 and 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

Any weapons that used by martial arts demonstration can be used by the attackers.

Article 41 – 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 mat. 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.



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SECTION EIGHT – SCORING SYSTEM FOR POLYDAMAS

In Polydamas 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 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 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:

- 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 referees on the palaistra.

SECTION NINE – 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 Committee (WPAC), the organ of appeal being the FILA Executive 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 FILA's official languages (French or English).