



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

INTERNATIONAL PANKRATON REGULATIONS



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SECTION ONE – GENERAL RULES

Article 1 – Philosophy

Pankration, from the Greek words “pan” and “kratos” meaning “the one who controls everything”, is a world heritage martial art with the unique distinction of being the only martial sport in existence that can legitimately trace its roots to the ancient Olympic Games from 648 BC to 393 AD. Today, pankration is developed by FILA as a mild form of Mixed Martial Arts (MMA), which forbids striking to the head.

Pankration is also intended as a realistic form of self-defense that is ideal for military, police, and security training.

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:

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

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.

Athletes knowingly infected with the **HIV and Hepatitis B & C viruses** are prohibited from participating in pankration competitions. Medical staff knowingly infected with the same viruses is also 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.



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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 competitors is not ideal (i.e. 4, 8, 16, 32, 64, etc.), some qualification matches will take place from the bottom of the brackets. The competitors who win their matches continue in the brackets until two undefeated athletes remain. They will dispute the final for the gold and silver medal. The competitors who lost against the two finalists will have repechage matches in two different groups: the first group with the competitors who lost against the 1st finalist and the second group with the competitors who lost against the second finalist. The winners of the two repechage groups will both receive a bronze medal. From the 7th place, the competitors are ranked according to the following criteria:

- Most victories by 2 knockdowns
- Most victories by submission
- Most victories by technical superiority
- Most victories by decision
- Most victories in overtime

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 (as described in Article 29) 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 – Medical Examination and Uniform Check

Medical examination shall be conducted the day of the competition in a restricted area near the competition site. It shall last 1 hour and be immediately followed by the weigh-in for the designated weight categories. 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, eyes, 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.



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Article 10 – Weigh-In and Drawing of Lots

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

Access to the weigh-in room 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 competition program. Athletes shall present their FILA licence and accreditation card 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 FILA sanctioned events.

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.

SECTION THREE – MATERIAL STRUCTURE

Article 11 – Eligibility

All international pankration competitions are open to athletes with a semi-professional or professional MMA record, provided that they are entered by their National Federation and conform to the present regulations in terms of safety precautions.

All competitors shall be able to prove medical clearance at the time of accreditation and weigh-in (i.e., negative blood tests and no record of concussion in their licence book for the past 2 months) or they will be denied access to the competitions.

Article 12 – Age and Weight Divisions

All competitors 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.

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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Novice (12-13 years old)

- Boys and girls: 27, 30, 34, 38, 42, 46, 50, 55, 60, 66, 72, +72kg

Schoolboys/girls (14-15 years old)

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

Cadets (16-17 years old)

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

Juniors (18-19 years old)

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

Seniors (20 and older)

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

Veterans (35-60 years old)

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

Article 13 – Athletes' Uniform and Appearance

For all FILA sanctioned events, competition uniforms and protection gear shall be **FILA Approved**.

The first competitor called shall appear on the edge of the mat wearing a white Gi (kimono) and the second competitor called a blue Gi.

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 belt shall be tied tight around the waist to secure the jacket. **Women may wear a rashguard of the assigned white and blue colour, or of any other neutral colour, underneath their Gi.**

Protection gear

Competitors shall wear FILA Approved gloves and shin-instep guards of their assigned white or blue colour. They shall also wear personal groin and mouth guards. Female competitors may wear a chest protector. Protection gear may not contain any metal part whatsoever.

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.



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- Bandages

Bandages must be worn to ensure an utmost protection of the competitors' hands. The bandages shall be soft surgical or stretchy type and measure between 2.5 to 4-5 meters in length and 5.7 centimetres in width. Hard linen or kick boxing bandages are not allowed at FILA sanctioned events. A single strip of adhesive tape may be used at the upper wrist to secure the bandages.

- Gloves

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

The gloves shall weigh 115 grams (approximately 4 ounces) with a tolerance of 5% upwards and downwards. 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.

The gloves shall be placed on the competitors' hands only after bandaging has been checked by the FILA official designated to the uniform checkpoint. If necessary, competitors are allowed to use self-adhesive tape of the same colour as their assigned corner (white or blue) to secure the Velcro closure.

- 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 white or blue, or with black neoprene and white or blue leather panels. Mixture of white and blue on shin-instep guards is forbidden.

Country's abbreviation

For all Continental and World Championships, the athletes shall wear the abbreviation of their country's name on the back of their jacket. 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 jackets and pants and shall not exceed 4x8 cm.

Advertising on clothing

Competitors 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

Competition uniforms shall be clean, generally dry and free from any unpleasant odor. The competitors are prohibited from wearing bandages on the arms or ankles except in the case of injury or on doctor's orders. The competitors 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. Their finger and toenails shall be neatly trimmed with no sharp edges. If a competitor's hair is longer than shoulder length, an athletic hair cover shall be worn. The competitors shall be well groomed and their hair and skin shall be free of any greasy, oily or sticky substance. The referees may require a competitor to towel off at any time during the match if he/she perspires in excess. In the interest of health, hygiene and a sanitary environment for the athletes, these rules shall be strictly enforced.



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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. The athletes who enter the competition area with an appearance that does not conform to the present regulations will be given 2 minutes to change it; otherwise they will lose the match by default.

Article 14 – Competition Area

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 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 15 – Medical Service

A medical practitioner approved by FILA and the host National Federation shall be assigned to every FILA sanctioned event. He/she shall be an expert in sports medicine and be fully conversant with Pankration/Mixed Martial Arts techniques and rules. He/she shall have full authority to stop a match at any time if either competitor is deemed to be in danger.

Head Medical Officer's duties:

- To supervise the medical staff working during the event.
- To conduct all medical examinations prior to the competition and determine whether athletes are medically fit to engage in pankration matches or not.
- To record the prescribed particulars in the athletes' licence book. If an athlete is denied access to the competition in the interest of health and safety, the decision and rationale shall be recorded in his/her licence book.
- To give medical surveillance during the entire competition and be ready to intervene in the event of an accident or injury or on the central referee's request.
- To determine if an athlete is fit to continue the match and/or competition or not.
- To issue medical certificates and appropriate suspensions to the athletes who must withdraw from the competition.
- To prepare and forward to FILA a complete report of the injuries which occurred during the event for statistical purposes, as well as all recommendations and/or decisions made regarding fighters' suspension.



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SECTION FOUR – THE MATCH

Article 16 – Duration of the matches

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

Article 17 – Uniform and Equipment 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 bandages, 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 18 – Call and Start of the Matches

Both competitors' names shall be called in a loud clear voice to the mat. Competitors shall be called 3 times with at least a 30-second time interval between each call. If after the third call a competitor has not checked in at the mat, he/she shall lose the match by forfeit and be disqualified from the competition.

When their name has been called, the competitors 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 **again** 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 default.

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

Article 19 – 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.



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Article 20 – Out of Bounds

If, from a standing position, a competitor is forced out of bounds and touches the protection area with any portion of a foot, then his/her opponent shall receive 1 point. The central referee shall break the action and bring the competitors back to centre of the mat.

When the action starts standing and finishes on the ground (i.e., when any body part other than either or both competitors' feet touches the mat), then the competitor who touches the protection area first loses a point. The central referee shall break the action and bring the competitors back to neutral standing position.

When the competitors are fighting on the ground, out of bounds is intended when no body part of either competitor is touching the circle or when any body part of either competitor 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.

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.

Note: 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 21 – Legal Strikes and Targets

Striking is allowed with full contact for all age divisions.

Standing position

- Punch to the body
- Elbow to the body (but they do not score)
- Knee to the body
- Kick to the thighs and body
- Round house kick to the head

Ground position

- Punch to the body
- Knee to the body
- Kick to the body

Article 22 – Illegal Strikes and Targets

Competitors are forbidden to strike the following targets:

- Along the spine
- Kidneys
- Head (except for round house kicks)
- Neck
- Throat
- Groin
- Knees and below

Note: Strikes to the shin are only permitted in an attempt to execute a throw or a sweep.



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Article 23 – Scoring for Actions

Takedowns

1 point is awarded to the competitor who manages to off-balance his/her opponent and bring him/her to the ground while landing on top.

Throws

2 points are awarded to the competitor who manages to off-balance or lift his/her opponent and toss him/her to the ground while landing on top.

Strikes

All effective and authorized strikes score 1 point.

For a striking action to score, it must hit a legal target powerfully, accurately, unprotected, and have a visible effect on the opponent. Only strikes with the knuckle part of the closed glove of either hand or the padded area of the shin-instep or knee of either leg are permitted.

If a strike is blocked by the opponent's arm or shin, it generally does not score. However, if a blocked strike is so powerful that it causes the opponent to physically move or lose balance, it shall score. Simultaneous strikes (clashes) and strikes executed while being thrown or taken down do not score.

Note: 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 caution for the attacker.

Knockdowns

All knockdowns score 4 points.

When a competitor is knocked down due to the execution of an authorized punch, kick or throw, the central referee shall immediately stop the match and command the opponent to sit 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 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.



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Article 24 – Injury and Blood Time

The central referee shall stop the match and call for injury time if a competitor 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 the 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 competitor being 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 clean-up are properly disposed of. In the event of a bloodied or torn garment that must be replaced, all competitors must have a backup uniform available by their corner.

If the central referee deems that a competitor 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 referee shall disqualify the athlete at fault.

In the event of the two competitors being simultaneously injured and incapacitated, 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 25 – Interruptions of the Match

If for any reason the match must be interrupted (i.e., challenge, referees' consultation, etc.), the two competitors shall stand or sit in the centre of the mat facing the referees' table, without talking to anyone or taking liquids, and wait for the central referee to call them back 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.

If the electronic scoring system becomes defective during a match, the mat chairman shall announce a one-minute break and see if the system can be repaired.

If the system cannot be repaired during the break time, but the scores could be retained, the side referees shall use hand flags to score the remainder of the match.

If the system cannot be repaired during the break time and the scores could not be retained, then the match shall be abandoned and rescheduled no sooner than 15min after the time of the stoppage.

Article 26 – Decision Criteria

The central referee has full authority to stop the match and announce a victory by default if he/she deems that a competitor is in imminent danger of serious injury or can no longer withstand a strike, submission lock or choke, even if the said athlete did not submit or tap. The athletes' security shall prevail at all times.

If a competitor abandons the fight, either verbally or by tapping on the mat or on the opponent's body with a hand or foot, the central referee shall automatically declare the opponent winner by submission, no matter the amount of points accumulated or the time of the match.



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If a competitor loses consciousness due to a legal choking technique applied by the opponent or due to an accident not stemming from an illegal manoeuvre, the central referee shall stop the match, help the unconscious athlete regain his/her sense and declare the opponent winner by submission.

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 15-point advantage over his/her opponent, the central referee shall stop the match and declare victory by technical superiority.

If, at the end of the regulation time, neither of the situations described above occurred, the competitor who scored the highest number of points shall be declared winner.

If the score is tied at the end of regulation time, the winner will be determined by the following criteria:

- The athlete with the fewest number of cautions
- The athlete with the highest value of points
- The athlete who scored last

Article 27 – Overtime

If the score is 0-0 at the end of regulation time, the central referee shall call for one minute overtime. Overtime starts in neutral standing position and the highest score obtained at the end of the period wins the match. If the score is tied again, the last athlete who scored a point wins the match. If no points were scored, the central and side referees designate the winner by raising the corresponding wrist band at the order of the mat chairman.

Article 28 – Protest and Challenge

No protest may be lodged at the end of a match. A challenge can be called for during the match if the Head Referee or a competitor's coach deems 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 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 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 competitor 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 competitor loses the challenge and **3 points** are awarded to his/her opponent.

In case of technical failure or if the video evidence does not allow seeing the contested action properly (wrong camera angle, etc.), the challenge is considered void and the sponge is given back to the coach.

Note: Only technical calls or situations can be challenged. Judgement calls, such as cautions, passivity, or brutality cannot be challenged.



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Article 29 – 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 competitor endured two consecutive knockdowns as a result of an authorized punch, kick, or throw from the opponent.

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

A victory by submission is declared when a competitor admits his/her defeat either verbally or physically (by tapping the mat or the opponent with a hand or foot). The central referee is entitled to declare a victory by submission if, upon observing a submission attempt, he deems that the athlete 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 competitor is banned from the match or entire competition for any reason.

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

A victory by default is declared when a competitor cannot continue the match for any reason, is declared unfit to continue by the Head Medical Officer, or does not comply with the present rules as far as competition uniform and protection gear. A coach may also default the competitor by throwing a white or a blue towel onto the mat.

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

A victory by forfeit is declared when a competitor fails to appear on the mat for the match.

Note: Competitors who forfeit a match without proper medical certificate will not be allowed to proceed throughout the tournament (even in other styles) and be withdrawn from the final ranking.

Victory by Technical Superiority (4 points to the winner – 0 point to the loser)

A victory by technical superiority occurs when a competitor has scored a **15-point advantage** over his/her opponent.

Victory by Decision (3 points to the winner – 0 point to the loser)

A victory by decision occurs when the margin of victory at the end of regulation time **is less than 15 points**.

Victory in Overtime (2 points to the winner – 0 point to the loser)

A victory in overtime is granted to the competitor who scored the highest amount of technical points at the end of the period or upon decision of the refereeing body.

Note: For Technical superiority and Decision victories, 1 match classification point will be awarded to the loser if he managed to score 1 or more technical points during the match.



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SECTION FIVE – TECHNICAL INFRACTIONS

Article 30 – Passivity

It is the competitors' duty to maintain action by continuously working on their striking and/or improving their position to submit their opponent, while making an honest attempt to keep the actions in bounds.

When the referees feel that a competitor is exhibiting passivity or stalling, they shall attempt to stimulate him/her by verbal commands ("White/Blue Action") without interrupting the match. If the athlete continues to remain passive after the verbal commands have been issued, the referees shall indicate the passive competitor by raising the fist bearing the right colour 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 athlete:

Verbal warning > 1st caution = 1 point > 2nd caution = 1 point > 3^d caution = disqualification

Note: If ground fighting reaches a stalemate point, the central referee has full authority to interrupt the match and bring the athletes back up to neutral standing position.

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
- Fleeing the position to avoid stand up or ground fighting
- Turning one's back to the opponent in order to avoid a strike
- Bending over in order to avoid a knee
- False start (i.e., start fighting before the referee's command)

Article 31 – Illegal Actions and Holds

If a competitor 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. The referee shall report every violator for membership review. If a competitor is injured by an illegal action and cannot continue the match, the athlete who caused the injury shall be disqualified. 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

Note: Any illegal action executed to prevent the opponent from completing a submission will result in immediate disqualification.



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Illegal actions include:

- Strikes to the head (except round house kicks from standing position), neck, throat, spine, kidneys, neck, joints, groin, knees and below.
- Hammer fists
- Stomp kicks
- 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, or ears
- 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
- Neck cranks (crucifix, full-nelson, can opener, etc.)
- 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 Head Referee.
- **Initiating an attack once both competitors are out of bounds**
- Argument/insults towards anybody present in the competition hall
- Pretense of injury

Article 32 – Ejection Procedures

The World Grappling & Pankration Committee (WGPC) 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 behaviour is deemed as a conduct violation. Once the central referees have declared the behaviour 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.



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Examples of conduct violations:

- Agreeing on the match result
- Cursing during the match
- Being aggressive towards the referees
- Threatening the referees
- Entering into physical contact with the referees
- Throwing unauthorized objects
- Arguing and interrupting the match
- Refusing to stay on the mat for the winner's declaration

SECTION FOUR – REFEREEING BODY

Article 33 – Composition

The refereeing body for each match will consist of a mat chairman, a central referee and three side referees. Category-III referees are eligible for international tournaments and Category-II and I referees are eligible for Continental and World Championships.

At major competitions, the members of the refereeing body shall in no case be of the same nationality or officiate in matches involving compatriot competitors.

Article 34 – Uniform

The refereeing body shall wear a black FILA Approved polo, black flat front trousers with a black belt, black plimsolls or sports shoes, and black socks.

In addition, the central referees shall wear a whistle around their neck, a white band on their left wrist and a blue band on their right wrist, as well as black disposable gloves for hygiene purposes.

When the bout is completed or at regular intervals, the gloves shall be placed into disposable containers at the mat table. They are not to be left lying around as they present a health risk.

Coaches are also encouraged to wear disposable gloves for the same reason.

Article 35 – 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.



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The refereeing body is responsible for checking the good condition of the mat and the area around it. It is also expected from them 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 in order to be able to immediately assess the impact of a strike and stop the action if necessary to further ensure the athletes' protection.

Article 36 – 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, scoring points, imposing 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 **blow the whistle** and part the competitors by touching them.

Central referees' specific duties:

- Shake the competitors' hand when they enter the mat and before they leave it.
- Inspect the competitors' skin, 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 competitors 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 competitors (particularly if a submission appears imminent).
- Not turn his/her back to the competitors at any point and risk to lose control over the situation.
- Award the points for all actions by raising the hand corresponding to the color of the competitor who scored and by clearly indicating the amount of points with the fingers.
- Verbally stimulate a passive competitor without interrupting the match.
- Ensure that the competitors 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.
- Issue a "Don't Move" call and make the athletes re-adjust their protection gear if they slipped off.
- Be ready to stop the competitors who approach the edge of the mat.
- Indicate whether a hold executed at the edge of the mat is valid.
- Break action and order the correct restart position when the action goes out of bounds.
- Break action if the competitors' safety is deemed to be in danger.



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- Stop the match in case of injury and make the medical staff intervene.
- Stop the match after a competitor has signaled submission either physically (by a tap) or verbally. The referee shall also put a hand on each competitor to further ensure their safety.
- Upon intervention by the mat chairman, interrupt the match and proclaim victory by technical superiority when the competitors' scores are **15 points apart**. In this situation, the central referee shall wait for the action, either an attack or counter attack, to be complete.
- Stop the match at exactly the right time when necessary.
- Ensure that the competitors remain on the mat until the result of the match is announced.
- Proclaim the winner by raising his/her hand after agreement with the mat chairman.

Article 37 – The Side Referees

The side referees stand on each side of the mat and hold a white scoring device in their left hand and a blue scoring device in their right hand.

Side referees' duties:

- Control and supervise the mat and the area around it (notably by making sure that there are no unauthorized persons except the coaches near the mat).
- Observe the competitors at all times during the matches and breaks.
- Move along their side of the mat to constantly maximize the visibility of the competitors in action.
- Record the striking points by aid of the scoring devices or show them with flags.

Article 38 – 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:

- Keep the official record of the match scoring on score sheet.
- Control the timing and scorekeeping.
- Interrupt the match by throwing a soft object onto the mat to call the central referee and the side referees to the table in case a consultation is needed.
- **Declare overtime in case of 0-0.**
- Confirm the winner to the central referee so that he can raise the winner's hand.
- Confirm the classification points to the scorekeeper.
- Sign the score sheet at the end of the match.



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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 Grappling & Pankration Committee (WGPC), 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.