



## **RUSSIAN FEDERATION OF PANKRATION ATHLIMA**

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### **WORLD PANKRATION ATHLIMA FEDERATION**

***RUSSIAN FEDERATION PANKRATION, RUSSIAN SPORTS CENTRE "PANKRATION"  
MINISTRY OF YOUTH PHYSICAL CULTURE AND SPORTS OMSK REGION***



### **P R O C L A M A T I O N**

**ABOUT HOLDING THE INTERNATIONAL TOURNAMENT (WPAF WORLD CUP) IN PANKRATION "GOLDEN HELMET CUP" - MEMORIAL OF THE HONORED COACH, MASTER OF SPORTS OF THE USSR VLADIMIR ZBOROVSKY. 2 - 3 DECEMBER 2023 - RUSSIA, OMSK.**

#### ***1. GENERAL SITUATION OF THE INTERNATIONAL TOURNAMENT PANKRATION***



International Club in pankration tournament is held under the operating calendar of sports events and the World Federation of Pankration Russian Sports Center "Pankration" in 2023. The tournament is held in accordance with the rules of the sport - Pankration at the International Pankration rules approved at the Congress of the World Federation of Pankration in 2015

## ***2. AIMS AND OBJECTIVES OF THE INTERNATIONAL TOURNAMENT IN PANKRATION.***

- Promotion and development of a mass movement in the field of martial arts.
- Promotion and development of the ancient martial art of the Olympic Pankration.
- Formation of a healthy way of life, education of patriotism and spirituality.
- Prevention of crime and drug abuse, by bringing children, adolescents and young people to systematic physical culture and sports.
- Increase of sports skill of participants and the professionalism of judges and coaches.
- Development and strengthening of international sports relations with sports federations and clubs of Russia and the World.
- Selection of the best athletes and the formation of national, national teams to participate in the World Championship in 2024.



## ***3. TIME, PLACE AND DATE OF THE INTERNATIONAL TOURNAMENT IN PANKRATION.***

**COMPETITION WILL BE HELD 2 - 3 DECEMBER AT THE SPORTS COMPLEX "OMSK CYCLING TRACK" OMSK, RUSSIA.**

## ***4. COMPETITION PROGRAM***

### **December 1**

Arrival day - arrival and registration of participants December 1, 2023 Hotel "Tourist" - address st. Broz Tito 2 tel. +7 3812 31 65 14, Manager of the accommodation department Natalya Pozdyaeva tel. +7 968 101 05 17.  
10:00 - Registration of international delegations, Judges and honorary guests of the tournament.  
16:00 - 19:00 - Credentials committee, weighing of participants.  
19:30 - meeting of trainers of representatives, meeting of the panel of judges at 20.00.

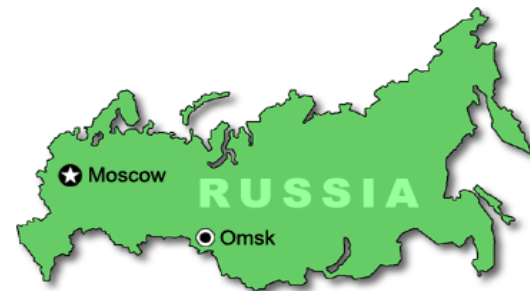
### **December 2**

9:00 - preliminary fights age categories 12-13, 14-15.  
14:00 - preliminary fights age categories 16-17, 18+.  
18:00 – general meeting of representatives, coaches and judges of the tournament.



### **December 3**

9:00 - semi-final matches for all age categories.  
12:00 - final matches, age categories 12-13, 14-15.  
14:00 - grand opening of the competition.  
15:00 - final matches 16-17, 18+.  
17:00 - professional fights.  
19:00 - closing ceremony of the competition, awarding the winners.



### **December 4**

Departure of competition participants.

## **5. GUIDELINES FOR THE INTERNATIONAL TOURNAMENT PANKRATION.**

ORGANIZERS OF THE INTERNATIONAL TOURNAMENT PANKRATION:



WORLD FEDERATION OF PANKRATION MINISTRY OF YOUTH PHYSICAL CULTURE AND SPORTS OMSK REGION, RUSSIAN FEDERATION OF PANKRATION, DYUSK "SATURN PROS NAMED VLADIMIR ZBOROWSKI, RUSSIAN SPORTS CENTER" PANKRATION "OROO 'FEDERATION MIXED MARTIAL EDINABORSTVA (MMA)."

The general management of the organization and conduct of the tournament in pankration lies with the organizing committee consisting of:

Chairman of the Organizing Committee - Stepkin Vladimir - President of the Russian Federation of Pankration, international referee.

Deputy Chairman of the Organizing Committee - Valdai Alexander - Chairman of the Jury WPAF, international referee.

Chief referee - Sergei Amelin , international referee.

Chief secretary - Anatoly Tkachuk - international referee.

Inspector Tournament - International Judge - Terentyev Andrey Viktorovich.

Technical Director, Administrator - Radionov Igor.

Supervisor - Evgeny Yakovlev.

## **6. PARTICIPANTS IN THE INTERNATIONAL TOURNAMENT PANKRATION**

Athletes representing sports clubs from countries that are members of the World Pankration Federation /WPAF/ are allowed to compete. And countries of candidates for membership in WPAF.

Participants are young boys - 12 - 13 years old, middle-aged boys - 14 - 15 years old, older boys - 16 - 17 years old, men over 18 years old. Athletes must have a degree of skill not lower than the first category in types of martial arts that involve striking and wrestling techniques, painful and choking techniques.

### **Age and weight categories:**

**PLERIS AGON - / full contact /:**

<b>WEIGHT CATEGORIES</b>	<b>Young boys 12-13 years old</b>	<b>The young men of middle age 14-15 years</b>	<b>Boys older 16-17 years</b>	<b>Men 18 years and older</b>
<b>1. The easiest</b>	до 33 кг	до 45 кг	до 55 к	до 57 кг
<b>2. Featherweight</b>	до 36 кг	до 50 кг	до 60 кг	до 64 кг
<b>3. Easy</b>	до 39 кг	до 55 кг	до 65 кг	до 70 кг
<b>4. Welterweight</b>	до 42 кг	до 60 кг	до 70 кг	до 77 кг
<b>5. Average</b>	до 45 кг	до 66 кг	до 75 кг	до 85 кг
<b>6. light</b>	до 50 кг	до 72 кг	до 80 кг	до 95 кг
<b>7. Weight</b>	+ 50 кг	+ 72 кг	+ 80 кг	+ 95 кг

Athletes must have a passport, a birth certificate, a certificate from the educational institution with photos, medical certificate sports clinic, an insurance policy. Without these documents, without exception, the athlete is not allowed to compete!!!

## ***7. EQUIPMENT OF PARTICIPANTS OF THE INTERNATIONAL TOURNAMENT***

Competitors must have the following equipment:

**PLERIS AGON** - Helmet boxing, cap, gloves with open fingers / no less than six ounces / bandage, shorts competition in mixed types of martial arts, each participant must have two sets of shorts - one white and one blue with no pockets, locks and other metal inserts.

## ***8. PROCEDURE AND ORDER OF FIGHTS TO DETERMINE THE WINNER OF THE TOURNAMENT.***

The tournament is held on three mats on the Olympic system with consolatory fights for the third place, according to the rules of the International Pankration 2015 edition. Formula fights one round of 3 minutes of pure time - up to 18 years of age and 5 minutes - over 18 years.

team championship winner is determined by the amount of points each team member - 1st place - 7 points, 2nd place - 5 points, 3rd place - 3 points.

## ***9. AWARDS THE WINNER OF INTERNATIONAL TOURNAMENTS IN PANKRATION.***

The winners in each weight category will be awarded - medals, diplomas and valuable prizes. Teams - ranked 1, 2, and 3 rd place will be awarded with cups, medals, diplomas and valuable prizes. The winners - men and women in the age group of 18 + receive **BELT CHAMPIONS WPAF**. Just set up the prizes: "Will to Win", "For the best technique", "Best Athlete of the championship", "Audience Award", "Shortest fight" - only 5 nominations.



## ***10. UNDERTAKE PROFESSIONAL FIGHTS.***



In the tournament held professional fights for athletes over 18 years, taking their first steps in professional sports. At the end of the tournament the athlete is awarded a certificate of holding of the first professional fight, the fight result is entered on the official website of the All-Russian Federation of Pankration, World Federation of Pankration and leading rating sites in mixed types of martial arts.

Fights take place in the Octagon / ring /, according to international rules of professional pankration. Formula fights two rounds of 5 minutes of pure time + 3 minutes extra round.

### **Competitors must have the following equipment and documents:**

Helmet boxing, cap, gloves with open fingers / no less than six ounces / bandage, shorts in mixed martial arts competitions species, no pockets, locks and other metal inserts. Passport, medical certificate - medical and sports clinic, an insurance policy, proof of the existence of sports category "Candidate Master of Sports" for any kind of martial arts.

**Without the appropriate equipment and documents, entrants to the competition is not allowed.**

**Bouts conducted in weight categories - 57, 64, 70, 77, 85, 95, + 95 kg.**

Each participant has one fight in his own weight category and receives a certificate of participation and a champion belt.

***11. PROCEDURE FOR LIGHTING INTERNATIONAL TOURNAMENT IN VEHICLES MEDIA.***



All-Russian Federation of Pankration and sports center "Pankration". exclusive rights to coverage of the international tournament "Cup of the Golden Helmet" in pankration through broadcasting images, sound Pankration tournament by any means any kind of technology, as well as through the implementation of the said broadcast recording and photography of the international tournament in pankration. Rights Lighting tournament in pankration may be used by third parties only on the basis of the All-Russian Federation and the Russian Pankration permits Athletic Center "Pankration", or agreements in writing of the acquisition of these rights by third parties organizers in pankration competitions.

***12. PROCEDURE AND FINANCING OF INTERNATIONAL DIMENSIONS TOURNAMENT PANKRATION.***

All expenses associated with the tournament venue, transfer from the airport, train station to the hotel and competition venue are borne by the tournament organizers. Travel and meals for all tournament participants at the expense of sending organizations. The entry fee for each participant in the competition for foreign teams is 30 euros. For teams arriving from regions of the Russian Federation, the entry fee for each competition participant is 1,500 rubles. The estimated cost of food and hotel accommodation is 1500 rubles / 15 - 20 euros / day. Meals and number of places to stay according to submitted applications.

***13. PROCEDURE AND FORM OF APPLICATIONS TO PARTICIPATE IN INTERNATIONAL TOURNAMENT IN PANKRATION.***

Applications are accepted no later than November 25, 2023 at the address 644024 Omsk, Marshal Zhukov Street and 70/1, e-mail vladstep.pankration@gmail.com m/fax +7 913 676 00 03 - Stepkin Vladimir, e-mail rfpa2@mail. ru. Tel. +7 3812 28 79 49, Terentiev Andrey Viktorovich. Meeting of teams from other cities - Igor Radionov - tel. +7 913 670 74 17.


***THIS PROVISION IS AN OFFICIAL CALL ON COMPETITION***





## **ATHLETES' CLOTHING UNIFORM**

### **COMPETITION SECTION – KATO PANKRATION AGON, PLERIS AGON.**

	<p><b>THE ATHLETE MUST WEAR SHORTS FOR MIXED MARTIAL ARTS OF THE ESTABLISHED TYPE. SHORTS MUST BE WHITE OR BLUE WITH A BLUE AND WHITE STRIPE ALONG THE THIGH. ON THE LEFT THIGH OF ATHLETES' SHORTS IT IS ALLOWED:</b></p> <ul style="list-style-type: none"><li>- HAVE THE EMBLEM OF THE NATIONAL FEDERATION AT INTERNATIONAL COMPETITIONS.</li><li>- THE EMBLEM OF A CLUB, SPORTS ORGANIZATION, AT NATIONAL COMPETITIONS</li></ul>
	<p><b>HELMET</b></p> <p><b>THE HELMET IS WHITE OR BLUE, WITHOUT METAL, PLASTIC OR OTHER HARD INSERTS.</b></p>
	<p><b>PROTECTIVE PADS FOR THE SHIN AND FOOT.</b></p> <p><b>TIGHT-FITTING SHIN AND FOOT GUARDS, WHITE OR BLUE.</b></p>
	<p><b>GLOVES.</b></p> <p><b>GLOVES (WHITE OR BLUE) WITH AT LEAST SIX OUNCES OF OPEN FINGERS.</b></p>
	<p><b>MOUTHGUARD – PROTECTION FOR TEETH.</b></p>



*THE BANDAGE IS A PROTECTIVE SHELL FOR THE GROIN AREA.*



*RASHGUARD FOR WOMEN IN THE "AGON" AND "PLERIS AGON" SECTIONS*

