



PROCLAMATION 11th WORLD PANGRATION ATHLIMA CHAMPIONSHIPS, PATRA GREECE, 13 – 15/11/2026



11th WORLD PANGRATION ATHLIMA CHAMPIONSHIPS

Athens 30 July 2026
Ref. Numb. 1416_2026

PROCLAMATION

The Hellenic Pangration Athlima Federation under the auspicious of World Pangration Athlima Federation proclaims the **11th World Pangration Athlima Championships** in the following Disciplines and Age Categories:

The National Federations-Associations may enter two (2) athletes per kilos category and two teams in each Palaismata category and two teams in each Polydamas category

PALAIISMATA – women, men, mix: (12 – 14), (15 – 17), (18 – 20) και (21+).

POLYDAMAS – women, men, mix: (18 – 20) και (21+).

AGON IMIEPAFIS (semi contact) – women, men: (12 – 14), (15 – 17), (18 – 20) και (21+). Veterans – men: 38+.

AGON PANGRATION (full contact) – women, men: (15 – 17), (18 – 19) και (21+).

KATO PANGRATION – women, men: (12 – 14), (15 – 17), (18 – 20) και (21+). Veterans – men: 38+.

PLERIS AGON (full contact)– women, men: (18 – 20) και (21+).

PYX LAX women, men: (12 – 14), (15 – 17), (18 – 20) και (21+).

AGES & KILOS

- **Cadets 12 – 14 Years: (born 1/1/ to 31/12 the years 2014-2013 – 2012)**
Boys: –34, 37, 41, 45, 50, 55, 60, 66, +66
Girls: –32, 36, 40, 44, 48, 52, 57, 63, +63
- **Juniors 15 – 17 Years: (born from 1/1/ to 31/12 the years 2011-2010 – 2009)**
Girls: – 44, – 48, – 52, – 57, – 63, – 70, 70+
Boys: – 46, – 50, – 55, – 60, – 66, – 73, – 81, 81+
- **Men-Women 18–20 Years:(born from 1/1 to 31/12 the years 2008 - 2007 – 2006)**
Women: – 48, – 52, – 57, – 63, – 70, – 78, 78+
Men: – 56, – 62, – 69, – 77, – 85, – 95, 95+



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- Men-Women +21 Years (born from 31.12.2005 and before), 38+ veterans born from 31.12.1988 and before:

Women: – 48, – 52, – 57, – 63, – 70, – 78, 78+

Men: – 56, – 62, – 69, – 77, – 85, – 95, – 105, 105+

Age: Participating athletes must be born in 2014 and before.

PROGRAM

TIME	DATE	VENUE
12/11/2026 THIRSDAY		
ALL DAY	DELEGATIONS' ARRIVAL	ATHENS NATIONAL AIRPORT ELEFThERIOS VENIZELOS - PATRA
13/11/2026 FRIDAY		
9.00 – 11.00	MEETING HELLANODIKON-COACHES	Municipal Indoor Gymnasium of Panagia Alexiotissa-Patra
11.00 – 12.00	WEIGHING-IN	
11.30 – 18.00	COMPETITIONS	
18.00 – 19.00	OPENING CEREMONY	
19.00 – 20.00	AWARDING CEREMONY	
14/11/2026 SATURDAY		
9.00 – 11.00	WEIGHING-IN	Municipal Indoor Gymnasium of Panagia Alexiotissa-Patra
9.00 – 11.00	GENERAL ASSEMBLY	
11.00 – 19.00	COMPETITIONS	
19.00 – 20.00	AWARDING CEREMONY	
15/11/2026 SUNDAY		
09.00 – 10.00	WEIGHING-IN	Municipal Indoor Gymnasium of Panagia Alexiotissa-Patra
10.00 – 18.00	COMPETITIONS	
18.00 – 19.00	AWARDING CEREMONY	
19.00	CLOSING CERAMONY	
16/11/2026 MONDAY		
ALL DAY	DELEGATIONS' DEPARTURE	

Notes:

- All the Delegations must arrive on 12th November 2026
- The time and the disciplines that will be held each day will be announced after the registration of the athletes by each National Federation and drawing.
- The registration of the officials, athletes, coaches and referees will be done via internet in the competition platform of WPAF thus, you will received directions about the way to enter in the platform your participants.
- Afterwards the draw and the announce of the categories no one allowed to add or to remove athletes



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- Delegations missing the registration deadline will not be allowed to participate.
- **The deadline for entry participants is 30 OCTOBER 2026**

PARTICIPATION FEES

Participation 100,00€ for each athlete, for 2 disciplines, there is extra charge 20,00€ for each additional discipline (2 disciplines plus 1 = 120,00€, 2 disciplines plus 2= 140,00€), also 50,00 for each palaismata team and 100,00 for each polydamas team.

Payment of entries must be made on **2nd November 2026** (the National federation must add in their deposit the name of their organization also the title “**WORLDS2026**”) at Bank account of **HPAF**:

Piraeus Bank

IBAN: GR07 0171 8320 0068 3213 0575 061

SWIFT – BIC NUMBER: PIRBGRAA

ACCOUNT NUMBER: 6832130575061

ACCOMONDATION- INTERNAL TRASPORTATION NATIONAL DELEGATIONS

Each National Federation must arrange the accommodation of its members (athletes, coaches, officials, judges, etc.) on its own, in the hotels or the apartments (AIRBNB) in the city of Patra. If requested, the HPAF can suggest hotels in the area without the obligation to make reservations.

The HPAF will cover the accommodation with full board and internal transportation for one official from each National Federation. It will also cover the accommodation, board and internal transportation (airport-hotel-stadium) for one hellanodiki/referee if the National Federation participates with 10 to 15 athletes, two hellanodikes/referees if the National Federation participates with 16 to 22 athletes and 3 hellanodikes/referees if the National Federation participates with 23 or more athletes. **The amount that the HPAF will cover for each country official will be €400, as well as €400 for each Hellanodiki, according to the aforementioned. The National Federation must submit to the HPAF secretariat, corresponding supporting documents for the collection of the amount of €400 per official or Hellanodiki (accommodation invoices, receipts for meals and internal transportation – taxi, buses, etc.). In case that the aforementioned corresponding supporting documents do not submitted by the leader of the National Federation the amount of 400euros will not be paid.**



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HOW TO REACH THE CITY OF PATRA

The "Eleftherios Venizelos" Athens international airport is situated 200Km to the west of Patras. Visitors arriving at Athens airport can reach Patras by bus, by train or by car.

BY BUS:

From El. Venizelos airport, take the express bus X93 (outside door 5). It runs every 35 minutes (every 60 minutes at night). The ticket price is 5.00 € and you can buy it from a small sidewalk kiosk near door 5 (unfortunately, it may only open just before the bus departs). When you get on the bus, you have to validate your ticket using the validation machine next to the bus driver. The express bus takes you to the intercity coach station called "KTEL Peloponissou" (last stop of the route) after about 50 minutes, at 100 Kifissou Str., telephone: +30 210 5124910.

As soon as you arrive there, you can get from the info-ticket desk a ticket to Patras ("IATPA"). One way ticket costs 18.90 €. The first morning bus departs at 06:30 a.m. and the last night bus at 22:30 p.m. The frequency of departures is about every half hour Mon-Sat and less frequent on Sundays. Keep in mind that bus routes marked EXPRESS go to Patras directly from Athens, without making intermediate stops, so it worth's waiting half an hour to board on express bus.

In Patras, the coach station is located in the centre of the city, at 2 Zaimi Str. and Othonos Amalias Str., telephone: +30 2610623886-8. There are also daily coach services to all major cities of Greece, the Ionian Islands and the well-known archaeological sites (Olympia, Delphi, Kalavryta).

For travelling back to Athens, from Patras' bus station the first bus departs at 5:00 a.m. and the last at 21:45 p.m. Departures are again about every half hour.

BY CAR

From Athens, via the national road Athens-Patras you must follow the right junction right after the toll posts. There is a certain notice leading to the University Hospital of Rion, which you follow. After some distance the road is separated in two and you follow the left way that passes underneath the bridge. Just then you see the University Hospital where the Campus begins.

[View the map from the airport to Patras](#)
[View route details](#)

AIRPORT-PATRAS (via Kiato)						
AIRPORT (SUBURBAN RAIL)	05:44	07:44	10:44	13:44	15:44	17:44
KIATO (CORRESPONDING BUS)	07:20	09:40	12:40	15:40	17:40	19:40
PATRAS	08:45	12:10	15:10	18:10	20:10	21:10



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CENTRAL TRAIN STATION						
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BY TRAIN (UPDATED!)

From the El. Venizelos airport take the suburban rail to Kiato. From Kiato corresponding bus to Patras. The Patras' trainstation is at the center of the city. See the timetables below:

PATRAS-AIRPORT (via Kiato)						
PATRAS CENTRAL TRAIN STATION	06:50	08:50	11:50	13:50	15:50	18:50
KIATO (CORRESPONDING BUS)	09:20	10:20	14:20	16:20	18:20	20:20
AIRPORT (SUBURBAN RAIL)	11:03	12:03	16:03	18:03	20:03	22:03

Useful links

[Athens "Eleftherios Venizelos" international airport](#)

[Athens urban transport organisation](#)

[TRAINOSE](#)

[ΚΤΕΛ Αττικής \(Athens bus station. Greek only\).](#)

[ΚΤΕΛ Αχαΐας \(Achaïas bus station. Greek only\).](#)

VENUE OF THE COMPETITIONS

The Municipal Indoor Gymnasium of Panagia Alexiotissa is located in Patras, at the intersection of Lohagou Menounou and Papagou 62 streets (P.C. 26335).

Facility Details • City: Patras • Address: Lohagou Menounou & Papagou 62 • P.C.: 26335



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INSURANCE AND LIABILITY

Each National Federation is responsible for its competitors (the control of non-pregnancy, as well as the gender control are placed under the responsibility of the National Federations) as well as for its member of the delegation and must assume all responsibility for accidents and health insurance, as well as the civil liabilities for their



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competitors and officials, during the **11th World Pangratiion Athlima Championships 2026**. The organizer of the World Championships, HPAF and WPAF will not be held responsible for any insurance related to the abovementioned matters.

The organizer of the World Championships HPAF as well as W.P.A.F. has no liability for any claims of injury, accident, illnesses or death arising within or outside the competition, and travelling or other activities in connection with the event.

The National Federations with the acceptance of this proclamation undertake the responsibility of their participants.

COMPETITION RULES

The competition will be conducted in accordance with the latest W.P.A.F. Competition Rules and W.P.A.F. Referees Rules.

WEIGHING-IN

The official weigh-in will be done at the stadium according to the program. It will be possible to do an unofficial weigh-in. Multiple weighing scales will be provided for the athletes to test their weight within the training / warm-up area at the stadium.

Control of weigh-in shall be the responsibility of the WPAF. Technical Committee in collaboration with local organizers. Athletes must present their official passport or ID card at the official weigh-in. Competitors who do not meet these criteria will not be allowed to participate.

COMPETITION UNIFORMS CONTROL

Approved **COMPETITION UNIFORMS**: Competitors have to wear an W.P.A.F. approved **COMPETITION UNIFORMS** white and blue color, without labels or patches (see the rules for each discipline uniform on the website of WPAF <https://worldpangration.net/>).

The control shall be the responsibility of the W.P.A.F. Technical Committee in collaboration with local organizers. Competitors who do not meet these criteria will not be allowed to participate.

PARTICULAR RULES FOR WOMEN

Female contestants shall wear under the Chiton either a round necked plain white or off-white tee shirt, with short sleeves, made of non-rigid material, long enough to be worn inside the trousers, or a plain white or off-white leotard with short sleeves. No marking should be visible when the Chiton is done up. All other regulations must be adhered to.

HELLANODIKES

Each country should provide minimum 1 Hellanodikes for 10 to 15 participants, 2 for up to 16 to 22 participants and 3 for more than 23 participants. A penalty fee of 100 € per referee will be requested for not having the correct number of referees, as stated above, and collected by the organizer on the spot (this is a mandatory condition in order to participate in the draw).

All referees must attend the referee meetings before start of competition.



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Attention: only the referees selected and qualified by W.P.A.F. Referee Committee may participate as referees at these championships.

Neither the organizing committee nor the WPAF will be held responsible for not respecting this obligation! However, if there won't be enough referees for the competition to take place in proper conditions, W.P.A.F. may decide to complement the pool of referees with national referees of the organizing federation (decided by W.P.A.F. Referee Committee).

COACHING

- Only one coach, who stays at the limit of the contest area during the match seated on a designated coach chair, may assist contestants.
- If the coach exhibits misbehavior towards the athletes, the referee, the audience or anyone else, the head referee may decide to make him leave the area reserved to the officials for the duration of the match.
- If the misbehavior continues, the head referee of the match may decide to make him leave the official area for the whole tournament. Coaches must behave in accordance with the WPAF Organization Rules.

ANTI-DOPING CONTROL

There will be anti-doping control, conducted by the official anti-doping authority. The WADA has published the Prohibited list that is **in forced**.

VISA

The organizer will help any country with obtaining visa for athletes and officials. For nations who need visa to enter Greece, please send to the **organizer as soon as possible (latest date 10th SEPTEMBER 2026)** a list of participants with full names, passport numbers, date of birth, and functions (athlete, coach, official, doctor etc.) **using the visa application form. Complete visa applications should be sent in time and only by email to info@pangration.org, the invitation letters will be sent only by email.**

FUNDAMENTAL PRINCIPLE

All National Federations, officials, coaches and athletes participating in the World championships have to respect and accept the authority of the WPAF and local officials, the statutes, the sports and organization rules, the refereeing rules of the international federation, as well as the WADA (World Anti-Doping Agency) rules.

AWARDING CEREMONY

The medal ceremonies will consist of the following:

- flags (first to third) and national anthem of the athlete's/team's nation that took the 1st place
- Photo opportunity for the accredited media

During the medal presentations, accreditations must be temporarily removed and handed over to the coordinator of the awarding ceremony. There will be one WPAF official and one official of the local organizers to coordinate the awarding ceremony.



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The athletes will be escorted to the awarding ceremony podium and will stand behind the podium according to the following order: **2nd place, 1st place,** and the **two 3rd place** athletes.

Participants in the awarding ceremony may not have any flags, mascots, shoes, flip-flops, socks, caps, head cover or any unnecessary clothing or other items on them during the ceremony.

No kind of demonstration or political, religious, commercial or racial propaganda is permitted during the awarding ceremony.

Athletes must present themselves in Uniform of their discipline according to the rules. Please note that no athletes, other than those who are part of the ceremony, may participate in the awarding ceremony.

BEST ATHLETE

WPAF and the organizer will reward the most technical athlete with a Most Technical Athlete Trophy to a participant of the World Championships (athlete) for recognized outstanding technical prowess and a flawless display of sportsmanlike behavior and etiquette, beyond expectation and demands of the rules.

FAIR PLAY

WPAF will award a Fair Play Trophy to a participant of the **World Championships** (athlete, coach, referee, technical crew, team official etc.) for recognized outstanding ethical or sportsmanlike behavior, beyond expectation and demands of the rules.

