

# **TERMINOLOGY AND USAGE OF THE RAVDOS FOR THE HELLANODIKES (REFEREES)**

## **1. BEFORE STARTING THE AGON**

**(LAVETE THESIS)**



**First Position (A)**



### Position

**(B)**

**Position (C)**

Move the hands toward the center of the circle from position (B) to position (C), with the ravdos (stick) in the right hand as an extension of the pointer finger and simultaneously shout "LAVETE THESIS" (ON YOUR MARK). After the athletes take their positions, check their condition and get ready for the agona (mach).

## **2. STARTING THE AGONA (ARXASTHE)**



**First position (A)**

**Position (B)**

**Position (C)**

While in position (B) shout “ETIMI” (READY) and in position (C) shout “ARXASTHE” (START).

### **3. STOPPING THE AGON (PAFSASTHE)**



**FORWARD LEFT**



**LEFT SIDE**

**Extend and strike the right foot on the palaistra (mat) and simultaneously move downward the hand which holds the ravados and shout "PAFSASTHE"(STOP). In case the athletes do not comply execute the "kentrizein" (use the stick by prodding).**

#### **4. PENALTY GESTURES**

##### **FOR THE KYANOUS**



**Position (A)**

**Position (B)**

**FOR THE LEFKOS**



**Position (A)**



**Position (B)**

**Point with the ravidos, as an extension of your finger, towards the athlete who made the offence and shout the color “KYANOUS” (BLUE) or “LEFKOS” (WHITE). Never point to the winner or non offensive athlete this way**

## **ANTIATHLETICOS**



**Position (A)**



**Position (B)**

Punch and drag one hand on the ravidos and simultaneously shout  
“ANTIATHLETIKOS” (ANTIATHLETIC).

## EXODOS



## **Position (A)**

## **Position (B)**

The ravidos is retracted diagonally to the shoulder and ends downward next to our body while simultaneously we shout "EXODOS" (OUT OF THE PALAISTRA).

**EPISFALIS**





**Position (A)  
(C)**

**Position (B)**

**Position**

Holding the ravelos vertically in the middle turn wrist right and left a few times and simultaneously shout "EPISFALIS" (INDEFFERENCE OF ONE'S SAFETY).

## **6. GESTURES OF POINTS GRANTED FROM PENALTIES**

**ENA SIMIO**



**Position (A)**



**Position (B)**

Hold the ravello horizontally at shoulder height in front of the chest, move the ravello diagonally ending towards the direction of the athlete's feet, simultaneously shout "ENA SIMIO" (ONE POINT GRANTED).

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### **DIO SIMIA**



**Position (A)**



**Position (B)**

Hold the ravello horizontally at shoulder height in front of the chest and turn the ravello towards the direction of the athlete's shoulder and shout simultaneously "DIO SIMIA" (TWO POINTS GRANTED).

## 7. GESTURES DURING THE AGON

### AGONISTHITE



**Position (A)**

**Position (B)**

**LEFT SIDE**

Hold the ravidos vertically with the right hand, move right hand and foot forward and shout "AGONISTHITE" (FIGHT).

### SYNGRATISIS



**KYANOUS**

**LEFKOS**

**Hold the ravdos horizontally fully extended with the equivalent hand, for color, having also the equivalent foot forward, simultaneously shout “KYANOUS SYNGRATISIS” (BLUE HOLD) or “LEFKOS SYNGRATISIS” (WHITE HOLD).**

**LIXIS SYNGRATISIS**



**Position (A)**



**Position (B)**

Holding the ravidos with the equivalent hand of the athlete's color, cross hands in front of the chest and while opening the hands shout "LIXIS" (END OF HOLD)

## **8. GESTURES AFTER THE END OR INTERRUPTION OF THE AGON**

### **ENGATALEIPSIS**



**First Position (A)**

**Position (B)**

**Position (C)**

**Hold the ravidos in front of the chest, retracted, with one hand while the other is just touching it with the palm. Push the ravidos in the fully extended position and shout “ENGATALEIPSIS” (ABANDONMENT)**

**APAGOREFSIS**



**First Position (A)**



**Position (B)**



**Position**

**(C)**

**Hold the ravello vertically, having it touching the forearm. Lift the ravello completely and shout simultaneously "APAGOREFSIS" (VOLUNTEER TO QUIT).**

### **APOKLEISMOS**



### **Position (A)**

Holding the ravidos horizontally move it to your side at the height of your shoulder and simultaneously shout "APOKLEISMOS" (DISQUALIFICATION).

### **Position (B)**

## **APOPOMBI**



### **Position (A)**

Holding the ravidos horizontally move it to the back of your side at the height of your shoulder and simultaneously shout "APOPOMBI" (DISMISSAL).

### **Position (B)**

## **ISOPALIA**





**First Position (A)**

**Position (B)**

**Position (C)**

Hold the ravidos horizontally in front of the face with one hand looking in and the other looking out. While turning the ravidos, horizontally, until hands cross shout "ISOPALIA" (EQUAL SCORE).

**NIKI AKONITI**



**Position (A)**

**Position (B)**

**(WIN WITHOUT A FIGHT) Show the empty space in the athlete's position and shout "KYANOUS or LEFKOS APON" (BLUE or WHITE NOT PRESENT), and after indicate the other athlete as winner (look underneath).**

**NIKITIS**



**First Position (A)**

**Position (B)**

**Position (C)**

**Hold the ravidos diagonally, in front of the chest and move it as an extension of the forearm to the vertical position as in figure (c), simultaneously shout "KYANOUS or LEFKOS NIKITIS" (BLUE or WHITE WINNER).**

**CALESMA KRITON**



**First Position (A)**

**Position (B)**



**Position (C)  
(E)**

**Position (D)**

**Position**

**(CALLING OF THE PERIPHERY HALLANODIKES) Hold the ravidos vertically with the hand horizontally extended at the height of the shoulder and execute a circular movement, indicating the Periphery Hellanodikes, starting from the right side to the left. End the movement vertically in front of the chest.**

## APREPIS SIMBERIFORA PROPONITI



**First Position (A)**



**Position (B)**

**(INDECENT BEHAVIOUR OF A PROPONITI) The Hellanodiki Palaistras stops the agon and warns the proponiti by showing him with the ravdos as in figure (B). In case the proponiti does not comply with the warning, his athlete can be penalized.**

## **9. PERIPHERY HELLANODIKES**

### **TYPICAL STANCE OF A PERIPHERY HELLANODIKI**



#### **First Position (A)**

**The Periphery Hellanodiki must be seated with dignity, upright, with legs open as much as the legs of the chair he/she is sitting on and with the flags on the thighs. He/she is also in alert to be able to quickly remove him/herself with the chair if an exodos of a pagratiast occurs in the area.**

### **GESTURE OF ONE POINT GRANTED**



### **TO THE KYANOUS**

### **TO THE LEFKOS**

The equivalent hand (flag) is quickly extended forward in front and next to the knee.

### **GESTURE OF TWO POINTS GRANTED**





**TO THE KYANOUS**

**TO THE LEFKOS**

The equivalent hand (flag) is quickly extended horizontally at the side and at the height a little higher than the shoulder.

**GESTURE OF THREE POINTS GRANTED**



**TO THE KYANOUS  
LEFKOS**

**TO THE**

**The equivalent hand (flag) is quickly extended vertically**

**GESTURE OF SIMULTANEOUS KTYPIMA**



**First Position (A)**

**Position (B)**

The flags are crossed in front of the chest.

### **GESTURE OF LACK OF VIEW**



**First Position (A)**

**Position (B)**

Both flags are positioned vertically in front of the face.

### **GESTURE OF CANCELLING A POINT GRANTED TO THE KYANOUS**



**First Position (A)**



**Position (B)**

Lift equivalent flag and wave from the wrist.

**GESTURE OF CANCELLING A POINT GRANTED TO THE LEFKOS**



**First Position (A)**



**Position (B)**

Lift equivalent flag and wave from the wrist.