

Let's Promote Gatka

National Gatka Association of India®

(Apex National Gatka Sports Organisation)

Official Statute



Gatka Rules & Regulations[©]

(2nd edition January, 2017)

For

Single Stick & Farri-Stick Combat

(Approved by the Governing body of NGAI)



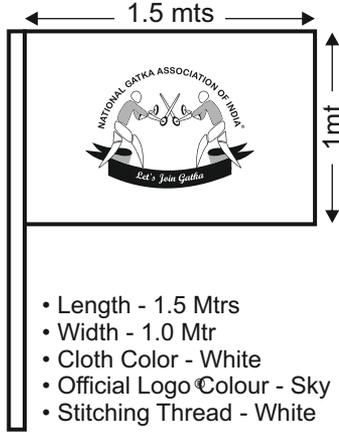
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National Gatka Association of India®

(Apex National Gatka Sports Organisation)

Official Flag of NGAI



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Official Statute



Gatka Rules & Regulations®

(Edition January, 2017)

(Single Stick & Farri-Stick Combat)

(Approved by the Governing body of NGAI)

Common Gatka Rules For

All types of official Competitions including

National Gatka Championships, All India Inter University/National University
Gatka Championships, Zonal Competitions (North /East/ West/South)

and

Inter-School/Inter-State/National School Gatka Games Tournaments
besides tournaments to be organized by various services sports boards/
organizations.

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PREFACE

Combat sports, both armed and unarmed, grew out of the realities of scuffle/battle and in vogue since time immemorial. Nowadays these sports are based on tests of skills and strict rules govern them besides safety of players. In many combat sports, the competitor is striking out with a weapon – whether a stick, sword, a punching fist or a kicking foot. In all of them, it is his opponent's body that he/she must strike at or act against – a greater or lesser part of it.

Gatka is one of them and the oldest and most primitive martial activities known to man. Gatka is an art of stick-fighting between two or more practitioners called 'Gatkebaaz', with wooden sticks (called Soti) intended to simulate swords.

Gatka is the perfect relaxation because it not only gives strenuous exercise for every part of the body but also requires a high degree of mental concentration to the exclusion of everything else. Gatka can be described as the spilled use of the stick (Gatka) for offence or defence.

Being an apex national body, National Gatka Association of India (NGAI) have drafted these rules and regulations for all types of official tournaments including National Gatka Championships/Competitions, All India Inter University/National University Gatka Championships, Zonal Competitions (North/East/West/South), Inter-School/Inter-District/Inter-State School Gatka Games/Competitions besides tournaments to be organized by various services sports boards/organizations.

Additionally NGAI is the first and oldest registered national Gatka organization and proactive for about two decades in taking major initiatives and drafting of Gatka rules to revive, standardize, promote and popularize this ancient martial art as a competitive sport. The appropriate recognition, due status and advancement of Gatka as a game at national and international level, are few of the major objectives of NGAI. Any suggestions are welcomed and appreciated.

Good Gatka !

Sd/-
(Harjeet Singh Grewal)
President
National Gatka Association of India



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SECTION-I

1. ADMINISTRATION AND CONTROL OF COMPETITION

The National Gatka Association of India has drafted these Gatka Rules and Regulations and shall be complied with in entirety to conduct all types of official tournaments that includes all types of:

- a) District/State/National Gatka Championship Competitions;
- b) Inter-College/Inter-Varsity/All India Inter-varsity/National University Gatka Championships ;
- c) Zonal Competitions (North/East/West/South/Central) and
- d) Inter-School, Inter-District/Zonal and Inter-State (National) School Gatka Games Tournaments.
- e) Tournaments by various services sports boards/organizations.

1.2 The organization of Gatka competitions is an important for its promotion and development programs. Each organization shall conduct at least one official Gatka competition at district/state/national level in a financial year which is mandatory as per the national sports code and Olympic charter. In addition, each State sports department and education department including all types of educational institutions such as schools, colleges, universities, ITIs, polytechnics and various service sports boards/organizations shall conduct their own official sports events. Hosting of a tournament is an important task and organizers should have very consciously and minutely planned arrangements for its grand success.

1.3 PRE-PREPARATIONS OR ARRANGEMENTS :

Pre-preparation or arrangements for any tournament involves tangible and holistic planning to successfully host an event. The planning should be in consonant with season or time, academic calendars/schedules, weather, indoor/outdoor, day or night time etc. But foremost job is to send team entry proforma and collection of team entries well in advance besides getting sponsors, booking of grounds/stadium, PA system, tentage, refreshments, printing of material/banners/hoardings, invitations, certificates, medals, score sheets, purchase of equipment to make all type of arrangements.

1.4 Each member Federation/Association/Akhara/Unit or body organizing a championship/tournament or a cup, must form an organizing committee that shall be responsible for the administration, control and conduct of the championship on the basis of rules and regulations of National Gatka Federation of India.

1.5 PREPARATIONS FOR THE COMPETITION:

The take off point for preparation of any Gatka competition/tournament starts with the setting up of an organizing committee and various sub-committees for help in arrangements. This is followed by detailing out technical requirements including officials and other administrative infrastructure for the conduct of the competition.

1.6 Organizing Committee:

Organizing committee acts as the working body to host a competition/tournament of any size/type and lays down policies and guidelines for the successful conduct of the event. It has a President/Chairperson, several members and an Organizing Secretary. Invariably the Organizing Secretary may subsequently also function as the Director Competition. President/Chairperson and Organizing Secretary may be a person who is the Head of the institution or district/state Gatka body responsible for the conduct of the competition. Several members to be nominated on the committee may be those who shall be dedicated, responsible and useful by virtue of their authority and responsible position for providing complete back-up like publicity, inaugural and concluding ceremonies, entries of teams, transportation, civil amenities, boarding and lodging arrangements and technical arrangements etc. Organizing Secretary shall also sign the tournament certificates along with its President/Chairperson and President/General Secretary of District/State/National Gatka Federation/Association.

1.7 Types of Committees :

There may be various sub-committees suggested below :

- i. Event Committee
- ii. Stage/Reception Committee
- iii. Hospitality Committee
- iv. Finance Committee
- v. Program/Publicity Committee
- vi. Transportation Committee
- vii. Technical Committee
- viii. Ground Committee
- ix. Officials' Committee
- x. Equipment Committee
- xi. Result/Awards Committee
- xii. Events/Team Entry Committee
- xiii. First-aid/Medical Committee

1.8 Finance Committee:

The extent to which funds are available will finally decide the stature and structure of any competition. Budget planning, therefore, should be rationally done by systematically listing down essential requirements and desirable requirements and perfect balance be struck within the available resources. The committee must explore every area from where funds can be extracted including sponsorships, tickets, entry fees etc. Finance committee is important because all final decisions on purchases and preparation rest with the budget.

1.9 Technical Committee

This committee is responsible for making all arrangements connected with the technical matters like procurement of equipment, deciding the events, calling for entries in advance and setting up of Gatka grounds including its markings.

1.10 Equipment committee :

A big task for any successful competition is selection and purchase of equipments. This committee should follow its job through into the competition till the equipments are actually handed over to the technical manager. This committee has arduous talks of making final decisions and its function relates to:

- a) Prepare a list of all equipments systematically, keeping in mind a comprehensive list of all equipments/shashtars.
- b) Look for genuine suppliers and consider the quality of equipments in accordance with official rules and specifications.
- c) Account for quantity of equipments required to be provided during practice to the participating teams.
- d) Make provisions for additional equipments to competition due to damages or unforeseen losses.

1.11 Events Committee :

This committee should decide the deadline dates for sending and receiving entry forms, types of entry forms, printing of special stationary including brochure, souvenir, entry forms and various scores sheets etc. Another important function of this committee is to work out detailed schedule of events.

1.12 Field Preparation Committee :

Success of any competition depends much on timely preparation and making of Gatka grounds. Functions of this committee needs special emphasis where competitions are conducted on clay, turf, stage, or cinder area. All the markings and placements of equipments must be completed at least one day in advance. This committee should closely work with the head ground-man, and even if the ground established earlier, it should be checked and rechecked for proper measurements.

1.13 Official Committee :

The punctuality of competition schedule vests mainly on the attitude of officials of the competition. Hence, Gatka officials must have sense of punctuality, experience and willingness to hard work.

1.13 Awards Committee:

This committee is responsible for finalizing the awards, mementoes, medals, certificates, badges etc besides bouquets to be presented/handed over to the winners, participants, officials and other distinguished guests. Awards committee should ensure that awards, certificates, medals, mementoes are in hand at least two weeks before the start of the competition.

1.15 Publicity and Program Committee :

Any Gatka competition/tournament needs adequate publicity before, after and during the event. It also serves another important purpose of attracting sponsorships to support the tournament budget. The committee should adequately plan the program and develop a personal rapport with media. Efforts should be made to feed the media with announcements, pictures, stories, literature and other facts related to participants and

arrangements for the competition. A Small brochure or power point presentation (PPT) may be printed or prepared to furnish most of the questions which coaches and participants may ask. It may also include details of preparation and can be uploaded on websites. Following information may be worth including in the brochure/PPT.

- a) Dignitaries/office bearers of the competition
- b) Salient rules of the event
- c) Competition's ground rules
- d) List of participants/teams/players and their contacts
- e) Order of events and time schedule
- f) Method of deciding the championship etc.
- g) Transportation arrangements
- h) Layout of Gatka courts/grounds and facilities
- i) General announcements

1.16 Invitation Committee:

This committee should work in close co-operation with the official's committee and events committee. This committee have to decide on the list of dignitaries and office bearers to be invited either as officials or honorary guests to award medals and certificates. This must be done carefully as proper protocol is to be observed. Invitations to the VIPs and media should be sent well in advance. Besides this, the committee should also get blessing messages with photographs from VIPs for printing it in the tournament souvenir/brochure.

1.17 Boarding and Lodging Committee:

This committee has to work in close association with the invitation and technical committee. Cleanliness and proximity to venue of competition should be the main criteria for selection of accommodation sites. Place of accommodation must have notice boards on which time schedules, messing menus, transportation timings, place of events and details about preliminary rounds and subsequent qualifiers must be displayed along with contact numbers of various committee members. Quality and quantity of food must be ensured and variety be provided within permissible resources.

1.18 Transportation Committee:

It is essential to make transportation arrangements to receive the participants. This committee should co-ordinate with events committee and boarding and lodging committee. Timings at the venue of competition as well as at the place of accommodation must be shown to participating teams. Whether transportation shall be provided free of cost or on actual charge basis should also be made clear to the teams well in advance.

1.19 Reception Committee:

This committee must function in close association with transportation committee and boarding and lodging committee. This committee is responsible for working out details regarding the guests who are likely to be received and to work our detailed plan for the protocol of dignitaries, guests of honour and special invitees, so that they are provided

transportation, food and boarding and lodging as per their status. This committee must chalk out detailed scheme for receiving and departure of the guests on the days of the competition including their seating arrangements.

1.20 Medical Committee:

Arrangements should be worked out to provide round the clock first-aid and medical facilities to the participants headed by a qualified doctor and a mobile medical unit at the field with ambulance facilities.

1.21 Hoisting of flags :

On each official tournament/championship there shall be hoisting of official flags outside the grounds area during the competition. During all types of college/university/school level or inter-district/state level Gatka competitions, flags of concerned educational institution or NGAI and State Gatka Association besides state Olympic Association should be hoisted. All district/zonal/state or college/university/school Gatka teams shall participate in their sports costumes during march-past ceremony by holding their respective flags/banners. Similarly at inter-state/national level event, flags of World Gatka Federation, NGAI and Indian Olympic Association shall be hoisted and participating teams of various states/zones/organizations shall take part in march past in their state specific costumes by displaying their respective flags. During hoisting ceremony signature tune of NGAI shall be played.

2.11 Post event obligations :

After successful conduct of any event/tournament, the sub-committees shall submit their compiled detailed reports/records to the Organizing Committee. The Organizing Committee shall send Xerox/copies of all awards/results of players/tournament to the concerned state/national Association/Federation including the sports department and concerned Olympic Association. The committee shall also prepare statement of expenditure and clear all dues/loans of payees incurred on an event.

SECTION-2

SAFETY & ELIGIBILITY

2.1 SAFETY : In Gatka sports competitions/tournaments, safety and security of participants is of supreme significance.

2.2 NGAI Rules fully establishes specific safety requirements that must be applied in all types competitions/championships. NGAI Jury and competitions/ championships Organizing Committees are responsible for ensuring safety of all at the venue. In competitions/championships, necessary and special safety regulations for Gatka teams differ from state to state or nation to nation therefore supplementary safety rules and regulations may be drafted by the concerned Organizing Committee.

- 2.3. The NGAI/State Association/organizers may refuse to accept the entry of any player or may expel the participant in any competition/ championship if they have considerable information from competent establishment/organization that such a player represents a grave danger to the safety of players/others.
- 2.4. **ELIGIBILITY:**
Gatka tournaments/competitions are open to all Gatkabaaz/ competitors belonging to any State Associations/Units affiliated to the NGAI. In case where no State Association/Unit exists, the players belonging to any Akhara/club/ center affiliated with NGAI, will be allowed to participate in the tournament. However, if there is no such Association/ Club/ Center functioning in a State, they can take part as members of NGAI provided they have paid all their dues towards NGAI.
- 2.5. The eligible Gatka teams can take part in State/National Gatka Championships/Competitions, Inter-College, Inter-Varsity, All India Inter-varsity/National University Gatka Championship, Zonal Competitions (North/East/West/South/Central) and Inter-School, Inter-District/Zonal, Inter-State/National School Gatka Games Championship, as per NGAI Rules. The NGAI rules may be modified by the governing body of NGAI, wherever necessary, to suit the local conditions of any State/Nation.
- 2.6. The governing body of NGAI may grant permission/recognize any competition to be conducted under these prescribed rules.





ਕਰੋ ਅੰਗਦਾਨ, ਦਿਓ ਜੀਵਨ ਦਾਨ ।

ਬਣੋ ਮਹਾਨ ਇਨਸਾਨ ॥

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ਜਨਹਿੱਤ 'ਚ ਜਾਰੀ : ਮਾਸਿਕ ਪੰਜਾਬੀ ਮੈਗਜ਼ੀਨ 'ਖੇਡ ਤੇ ਖਿਡਾਰੀ'

SECTION-3

GATKABAAZ

A Gatka player, also called '**Gatkabaaaz**' or '**Gatkai**', is the one who competes voluntarily in Gatka competitions at his/her own risk solely for self-defence, sports and for drawing physical, mental and social gains/pleasure he derives from the game.

3A Characteristics of an upright Gatka player :

A Gatka player (Gatkabaaaz), registered with or certified by National Gatka Association of India (NGAI), should :

- 3.1 Stand out calm, composed and confident even when he/she confronts an attacker in front.
- 3.2 Not carry out spurious moves/swings of his/her weapon on the pretext of self-defence.
- 3.3 Become an agile and physically fit to face any stiff situation.
- 3.4 Know a wide spectrum of attacks/defensive moves (Vaar).
- 3.5 Become proactive and understand the psychology of the opponent.
- 3.6 Defend tactfully and attack clearly and swiftly.
- 3.7 Study/ note down the strengths and weaknesses of opponent before charging.
- 3.8 Be aware of the power of martial art and realizes it truthfully.

3B Conditions for Gatka players :

The NGAI have laid down certain conditions for all Gatka players. A Gatkabaaaz affiliated/registered with this organization;

- 3.1 Shall not participate in any unauthorized function(s) or competition(s) as declared by the NGAI or by its affiliated State unit.
- 3.2 Can allow his name, game and or records to be used for publicity only if permitted by affiliated State units of NGAI.
- 3.3 Cannot refuse being photographed, telecasted etc. for media/ multimedia or sports publicity/ sponsorship as arranged by the NGAI.
- 3.4 Shall be under the authority of the NGAI or its affiliated State units during all official competitions, functions and decisions of the NGAI will be binding on the players and its state units.
- 3.5 Shall strictly adhere to all the rules, terms & conditions prescribed by the NGAI or its affiliated State units.
- 3.6 Shall face de-recognition or other punishments as mentioned in these rules and regulations if he contravenes/ offends/ breaches the stated conditions and prescribed rules of the NGAI or its affiliated State units.
- 3.7 Shall face disciplinary action on account of indiscipline or misconduct for offensive language used against officials/ managers/ office bearers of NGAI and or using contraband (doping).

SECTION-4

TERMS & CONDITIONS FOR AFFILIATED UNITS

- 4.1 All affiliated state units shall maintain suitable facilities for Gatka players and have sufficient number of active members.
- 4.2 Each affiliated and registered unit of NGAI, shall be furnished with a copy of prescribed Rules and Regulations of competition and they shall comply with. The NGAI or its any state unit shall have power to take disciplinary or punitive action against any affiliated unit or person connected with it for not conforming to the prescribes rules.
- 4.3. Each affiliated State unit shall intimate dates of their annual national, state or district calendars/championships in writing to NGAI and forward the results thereof to the NGAI. Each State Unit shall also furnish a copy of their annual report and accounts to the NGAI and district Unit to their State Units.
- 4.4. The players and officials i.e coaches, referees, judges, scorers and other technical assistants of the affiliated Units/ Associations shall not take part in any unauthorized Gatka exhibitions, competitions and contests as declared by the NGAI.
- 4.5. No affiliated State unit of NGAI is empowered to participate or arrange Gatka exhibitions, competitions or send Gatkebaaz outside their territorial jurisdictions or boundaries of their state/country without prior written permission/ sanction of the NGAI or its affiliated State Unit.
- 4.6. No State unit will publish/print/modify/change/ alter the prescribed and promulgated Gatka Rules and Regulations at their own lest will face disciplinary action in this regard. However, the prescribed rules book could be reprinted in entirety without any change but with the prior written approval only from NGAI.
- 4.7. No affiliated Unit shall hold any Gatka competitions/exhibitions of National category without prior written approval/sanction of NGAI. The Officials for the conduct of such competitions shall be duly approved by the NGAI or concerned affiliated State Unit. The State Unit shall depute Observers for each official competition. TA/DA of such Officials shall be borne by the concerned State unit.
- 4.8. State Unit or Regional Unit shall be affiliated only with the NGAI. Initially temporary affiliation may be granted till such approval.
- 4.9. Only one Regional/State Unit from a particular Region/State shall be affiliated to the NGAI as the case may be. Any other Unit (may be men/women) from the same State, shall not be affiliated to the NGAI.
- 4.10 Other prescribed terms & conditions are enclosed with the affiliation proforma attached in the rules book and may be changed/altered with or without prior notice but be circulated to the affiliated members and be put on the websites.

Miscellaneous

- 4.11. The NGAI or its State Unit may sue or be sued in the name of the President/Honorary General Secretary and lawsuit if any, shall only be filed at the Headquarters .
- 4.12. No decision taken in the meeting of General Council or Executive Committee of NGAI shall be reopened, modified or cancelled within a period of six months thereof.
- 4.13. NGAI possesses sole privilege of Copyright, Patent, IPR laws imposition on this prescribed Gatka Rules Book and it can only be amended by the expert technical committee constituted by the NGAI including its office bearers as they deem fit at any stage but after a span of one year from its publication, with one month prior written notice served to all the concerned members by the President/General Secretary of NGAI.

SECTION - 5

Definitions (Technical Terms)

- 5.1. **Ground** : The Gatka ground, where Gatka tournaments shall be organized.
- 5.2. **Play Area** : Circular ground with diameter of 30 feet (radius 15 feet) where two Gatkebaaz shall compete with each other.
- 5.3. **Play Domain** : Circular (Peripheral Region) outside the play area. (approx 4 feet)
- 5.4. **Reserved Space** : Square Region (approx. 50 feet) outside the Play Domain for keeping the equipment & seating of the officials.
- 5.5. **Fatehnama/Salutation** (ਫਤਿਹਨਾਮਾ) : The necessary rite (ceremony) to begin and end a combat fight in which both players show mutual respect and commit to play the game with true spirit, sportsmanship and virtuous state of mind.
- 5.6. **Soti (stick)** : A substitute of sword for Combat Gatka tournaments.
- 5.7. **Combat Technique** : Use of Soti in terms of Sword fighting for sharp edge and other features.
- 5.8. **Soti-Farri** : Substitute of Sword and Shield for Combat Gatka tournaments.
- 5.9. **Weapon** : Equipment/weapons used during Gatka demonstration event.
- 5.10. **Officiating Committee** : Official Joint Committee consisting of Referee Council, Technical Table and Judgment Desk.
- 5.11. **Referee Council**: A group of four (4) certified senior Referees to make sure that each fight is clean and flawless according to the prescribed rules.
- 5.12. **Technical Table**: Technical table consists of two senior Technical Advisors.
- 5.13. **Judgement Desk**: Judgement Desk consists of one Judge, one Scorer and one Time Keeper.
- 5.14. **Scoreboard** : A digital scoreboard displaying scores, fouls, stop-watch and tournament/bout related information.

SECTION – 6

Gatka Events (Men & Women)

In a Gatka competition there shall be two types of combat events namely Single Soti and Farri Soti for individual, team and mixed events which are further divided into Freestyle and Fullstrike. The NGAI have also incorporated mixed event (men & women) in the Gatka competition in compliance with the International Olympic Council directives to have mixed tournaments. Keeping in view the NGAI have included Freestyle and Fullstrike events in Single Soti (Mixed) and Farri-Soti (Mixed) contests. The details are as follows :

Sub-Section 1:

- 6.1 **Single Stick/Soti-Farri {Combat} (Individual):** One competitor representing his/her State/District/Unit shall compete in Individual Combat. The time limit for this event/bout is specified as under Section-7, sub-section-9 (7.9.1) and (7.9.2).
- 6.2 **Single Stick/Soti-Farri {Combat} (Team) :** A team of 3+1 (Three Players + One extra) Competitors representing their State/district//Unit shall compete in Team Combat. The time limit for this event/bout is specified as under Section-7, sub-section-9 (7.9.2) and (7.9.2)

Sub-section 2:

Different events of Combat (Men & Women) are as follows

Single Soti - Freestyle	- Individual and Team event
Single Soti - Full Strike	- Individual and Team event
Single Soti - Mixed -Freestyle	- Individual and Team event
Single Soti - Mixed Full Strike	- Individual and Team event
Soti-Farri - Freestyle	- Individual and Team event
Soti-Farri - Full Strike	- Individual and Team event
Soti-Farri - Mixed	- Individual and Team event
Soti-Farri - Mixed Full Strike	- Individual and Team event

Note : *It is clarified here that weapons demonstration events will only be held during traditional (Virsa Sambhal) tournaments and not to be held during Gatka sports competitions in schools, colleges or university games.*

Sub-section 3 : Details of events, medals count and tournaments are specified under Section-13. Various events according to age groups for Men & Women and Veterans are as follow :

Sr. No.	Group	AgeLimit	Events
1.	Bhujang (ਭੁਝੰਗ) (U-14)	10-14 yrs	Combat-(Team & (Individual events)
2.	Tufang (ਤੁਫੰਗ) (U-17)	10-14 yrs	Same as above
3.	Sool (ਸੂਲ) (U-19)	14-17 yrs	Same as above
4.	Saif (ਸੈਫ) (U-22)	17-19 yrs	Same as above
5.	Sipar (ਸਿਪਰ) (U-25)	19-25 yrs	Same as above
6.	Siprar (ਸਿਪਰਾਰ) (U-28)	25-28 yrs	Same as above
7.	Amateur (ਐਮਚਿਓਰ)	28-35, 35-40	Same as above
8.	Veterans (ਵੈਟਰਨ)	45-55, 55-65	Same as above
8.	Bir Group (ਬੀਰ ਗਰੁੱਪ)	65-75	Same as above

Note :

1. The age group of a player shall be determined by his/her actual age as per records as on July 01 of the same year/session in which the competition is to take place.
2. Age of the player shall be determined by prescribed scientific methods if any dispute arises.
3. A player can participate either in one event of Single Soti/Soti-Farri individual/mixed combat event or in any one event of Single Soti/Soti-Farri team event/mixed team event and may be freestyle or full strike technique. It means a player can only participate in TWO events of his/her age group or higher age group i.e one from individual and one from team event either mixed or full strike.
4. The offending player not adhering to age groups, indulging in deceitful means in disclosing factual age or disobeying the governing rules of any event, may be censured or debarred/scratched/expelled from the undergoing tournament/competition and his/her medal/position may be withdrawn as the case may be.

**ਪੰਜਾਬੀ ਬੋਲੋ, ਪੰਜਾਬੀ ਪੜ੍ਹੋ, ਪੰਜਾਬੀ ਲਿਖੋ ।
ਆਓ, ਮਾਂ-ਬੋਲੀ ਨੂੰ ਪ੍ਰਫੁੱਲਤ ਕਰੀਏ ।**



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ਜਨਹਿੱਤ 'ਚ ਜਾਰੀ : ਮਾਸਿਕ ਪੰਜਾਬੀ ਖੇਡ ਮੈਗਜ਼ੀਨ 'ਖੇਡ ਤੇ ਖਿਡਾਰੀ'

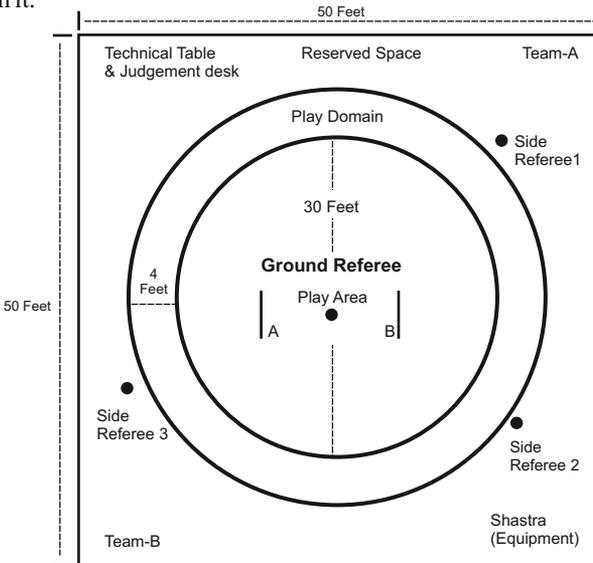
SECTION - 7

General Rules Applicable To Combat competition

(Single Soti & Soti-Farri)

Sub-section 1 : Gatka Ground (Men & Women) - (Team & Individual)

- 7.1 The ground shall consist of the following three parts:
1. **Play Area :** A Circular ground of 30 feet diameter (360 inch, 900 cm), in which the two competitors shall compete. This circumference cannot be increased or decreased in any case.
 2. **Play Domain :** Circular (Peripheral Region) outside the play area. The Play Domain should be of minimum 4 feet wide.
 3. **Reserved Space :** Region outside the Play Domain for keeping the equipment & provision for seating of officials. The reserved space should be a square of 50x50 feet (alterable) in which the play domain and play area are to be drawn.
- 7.2 The ground (consisting the above 3 parts) can be indoor or outdoor. If indoor or under a tent, then roof from the ground should be atleast 15 feet high. The ground can also be built on a stage atleast 2-3 feet above the ground. The ground or mat can be synthetic also having clear demarcations on it.



- 7.3 The surface of the ground can be grassy, clay, wooden, stage, mat, synthetic or concrete. It should be plain and not a slippery or wet area.
- 7.4. The markings of the ground shall be done with white paint/ tape/ coloured tape or chunna/chalk powder. The lines should be 5 cm wide. All the lines should be clearly visible and distinguishable.
- 7.5. Two straight lines on each side of the centre point of the ground shall mark the starting position of the players. These lines can be drawn in red and blue colours or may be white. These lines should be at a distance of 4 feet from the centre point.

- 7.6. The boundary lines of the play area shall always be included in the 30 feet diameter and in case of permanent or readymade ground the boundary line may have indicator sensors for detection of fouls.
- 7.7. The side referees and officials shall sit outside the play domain at appropriate positions.
- 7.8. No one except the official committee and the playing teams shall enter the ground without permission from the organizers.
- 7.9. The usage of reserved space shall depend on the Referee Council but the distance between reserved area and visitor area should be at least 10 feet.

Sub-section 2:

Soti (Stick) - (Single Handed) (Men & Women) (Team & Individual)

7.1. Definition : Stick is used for Combat Gatka like a sword is used in real fight. The stick is used as a substitute of sword and retains usage techniques/characteristics of sword.

7.2. Design :

1. Stick shall be made of Bamboo or Baint (ਬੈਂਤ) or Fibre and may have embedded digital chips for accurate recording of touches/strikes.
2. It shall be rounded and straight of 39 inch (99 cm or 3.25 feet) long for senior age groups (above 18 yrs), 36 inch (91.5 cm) or (3 feet) and 33 inch (84 cm) or (2.75 feet) for sub-junior and junior age groups.
3. Its weight shall not exceed 500 gms.
4. Its thickness shall vary from ¾ inch to 1 inch (or 19mm to 25mm).
5. Its uncovered surface could be covered with a cloth/ tape/ ribbon.
6. For better grip and safety of the hand the stick shall have a fixed cushion at one end to hold it. The cushion may have the inscribed logo of NGAI or State Unit or Sponsor.
7. The stick shall have the Perj (ਪਰਜ) as shown in the figure-2 which is responsible to retain the original characteristics of sword.
8. The 2 feet and 1.75 feet mark from the top of the stick as the case may be shall be distinguished clearly with a coloured tape or paint or marking for senior/Junior and sub-junior age groups.
9. Use of nails on stick should be avoided. Perj should have central hole of 2 cm minimum.

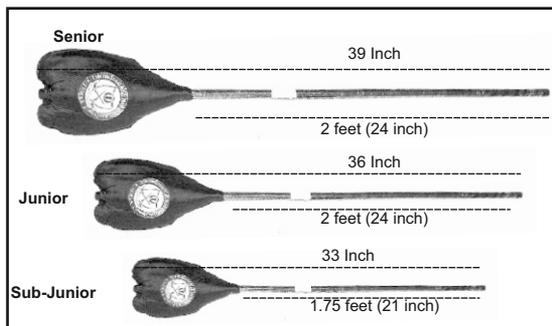


Figure-2 (Soti)

7.3. Usage/Technique

The technique/characteristics of Gatka Stick and Farri are exactly similar to Sword and Shield. As the sword has a sharp edge on one side and the other edge is blunt, similarly the side on which the cushion is fixed on the stick is considered as the sharp edge. The hit with stick is always executed/implemented keeping the cushion on the front side. Hitting by stick in a different manner other than the stated above is wrong and should be considered as a foul specified as under Section 9, sub-section 3.

7.4. Salutation/Fatehnama (Ceremony to begin & end a fight)

Fatehnama (ਫਤਹਿਨਾਮਾ) is an act of respect and sportsmanship. Fatehnama implies that both the players shall play the game with true spirit and sportsmanship with virtuous state of mind and will ensure to follow the laid down rules and regulations properly. Fatehnama is must for every player in the beginning and at the end of each fight. A player, who does not carry out Fatehnama in a fight, shall be automatically disqualified on disciplinary grounds.

7.5 The competitors shall be called by the officials three (3) minutes ahead of a bout to start so as to get ready for their fight/bout and wear the necessary articles in advance. The concerned ground referee shall call both the competitors on the ground by the following commands in sequence ;

1. Come in
2. Stop here
3. Take Fatehnama
4. Get Ready
5. Start/Fight
6. Stop/Hold

7.6. To Carry Out Fatehnama/ Salutation

1. First of all, both the players shall stand in front of each other in stance and carry out a strike at the ear level (by moving their stick from left to right keeping at an angle of 45 degree upward) simultaneously as in figure-3 and shall hit each other's stick. The players shall then move their sticks in the same direction as it was moving before the hit.



Figure-3

2. Then, at the left end, sticks are dipped down at 45 degree angle as in figure-4 and moved from left to right to hit each others' stick at knee level. Then both players again lift up sticks at 45 degree angle simultaneously.



Figure-4

3. After this both the players (continuing the motion of the stick from left to right direction up to their own right shoulder) carry out a strike at the ear level (without moving the stick around the head) simultaneously and hit each other's stick as in figure-5.

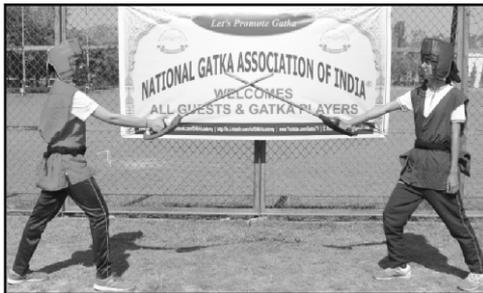


Figure 5

4. Then both players hold their sticks in left hand as shown in the figure 6 and shake hands. This completes the Fatehnama to begin a fight.



Figure 6

5. After finishing the fight, both the players shall carry out (repeat) the same Fatehnama of three steps and then shake hands as shown in figure 6.

**Sub-section 3: Soti-Farri (Double handed) (Stick and Leather Shield)
(Men & Women) - (Team & Individual)**

- 7.3.1. **Definition** - As the stick is a substitute of sword for Gatka combat, similarly Farri (leather shield) is a substitute of shield.
- 7.3.2. Usage of stick is similar as stated earlier in Section-7 sub-section 2. The use of Farri (ढँची) is same as the use of the shield i.e. for defence. The use of both Stick and Farri simultaneously as well as independently during combat shall be essential for a Gatkabaaz. The Referee can intervene during fight and instruct the player to fully use his/her Farri for defence and even issue caution to the players against non-usage of Farri along with Stick..
- 7.3.3. **Design** - The design of the Stick shall be the same as stated earlier in sub-section 2.
1. The Farri shall be made up of Leather or Rexene or Fibre.
 2. It shall be of 8 to 10 inches (20-25 cm) diameter.
 3. Its weight shall be from 350 to 500 gm.
 4. It may have inscribed logo of NGAI or Sponsor only.

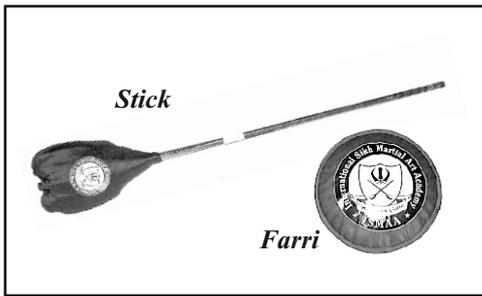


Figure 7

7.3.4. To carry out Fatehnama

1. First of all both the players shall stand in front of each other in stance holding their Sticks & Farri straight as shown in figure 8.

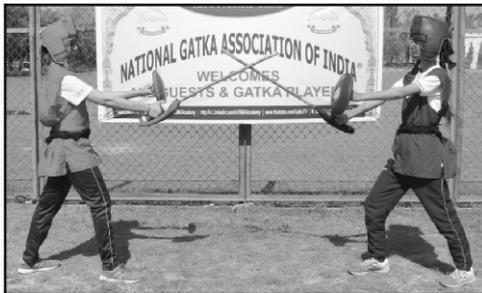


Figure 8

2. Then both the players move their sticks towards their left shoulder and farri towards their right shoulder as shown in figure 9.

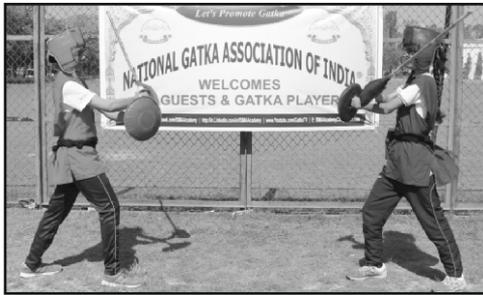


Figure 9

3. Then both the players move their stick from left to right and farri from right to left as directed in figure 10.



Figure 10

4. Then both the players bring their stick and farri to their front simultaneously and touch each others' Farri as shown in figure 11.

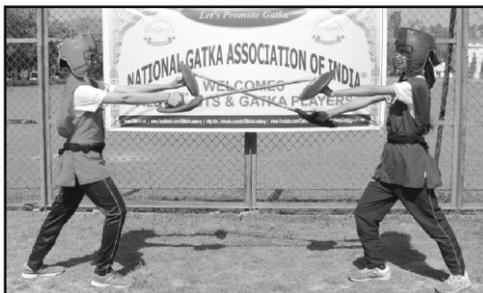


Figure 11

This completes the Fatehnama of the beginning.

After the completion of fight, both the players shall shake hands in the same way as shown earlier in sub-section 2 in figure 6.

NOTE :

1. Only the prescribed/certified Sticks and Farris approved by the NGAI or its State Units shall be used in all type of competitions.
2. The Sticks and Farris for combat Gatka shall be provided by the organisers. Players cannot use their own Sticks/Farris during combat Gatka competitions.
3. In case of damage to Stick/Farri, then it shall be changed immediately e.g. if its cover unwinds, its Perj (ਯਰਜ) breaks or strap of the Farri breaks or cushion of the Stick gets separated or loosened.
4. The Stick/Farri chosen by a player from the available stock shall not be replaced during the fight unless it is damaged.

Sub-section 4: Dress (Men & Women)

The team/competitors shall be dressed in accordance with their prescribed costume for sports competition but during Virda Sambhal/Traditional Gatka competition, the competitors (Sikh) shall adorn conventional clothes (Bana & Dumala). The specific competition rules will be described in separate rules book in this regard.

7.4.1. Clothing :

Competitors shall play in light shoes (without any spikes or heels), socks/ stockings and a Shirt/T-Shirt covering the shoulders, chest and back (full sleeves or half sleeves) and a pair of trousers. The competitors shall wear a Singlet/Jacket (red or blue) and may have inscribed logo/ insignia of NGAI and or sponsors as determined by the tournament officials/ Federation/Association. The singlet shall be provided by the organizers and the players shall wear it over the vest. To clearly indicate the belt line, a Belt (ਕਮਰਕੱਸਾ) can be tied around the waist but it is not mandatory during sports tournaments. It shall be provided by the organizers.

7.4.2. Protection :

1. Faceguard shall be mandatory. If any player wears a Dastar/ Turban/Dumaala, then he shall have to wear the NGAI approved faceguard. The Dastar/Turban/ Dumaala does not need to be removed while wearing faceguard and it shall be provided by the organizers.
2. A player can wear spectacles or contact lenses at the time of fight/weapons demonstration.
3. A player can wear rubber/leather gloves (not to be provided by the organizers).
4. For all the male competitors, a groin supporter or inner guard shall be mandatory (not to be provided by the organizers).
5. A player may wear such a knee guard, elbow guard etc. without spikes/ridges (not to be provided by the organizers) that cannot harm the opponent.

7.4.3. Prohibited Objects :

- i. No other objects (excluding Kara and Kangha) can be worn during the competition (except for the Kirpan/ Sri Sahib of Amritdhari players).
- ii. The Kirpan/Sri Sahib if carried by any player should be at the most 6 inches long. The misuse of that Kirpan/ Sri Sahib during the bout shall result in penal action against the player.
- iii. A player cannot use any kind of product/ object/ ornament likely

to be harmful to the opponent or causes inconvenience to himself/herself. Players will not be allowed to wear any kind of revealing dress/costume. The sports costume/ dress should be proper and strictly according to the prescribed rules.

7.4.4. Dress Infractions :

- i. A referee shall exclude from competing any player who does not wear Faceguard and inner guard (for male participants only) or who is not properly dressed. The women can wear chest guard for safety (not to be provided by the organizers).
- ii. In the event of a player's equipment or dress getting undone during a fight, a referee shall stop the contest to have it attended to and stopwatch shall also be paused during that duration. Wet or damaged dress may be changed with the permission of the referee. It is mandatory that the changed dress/costume should be the same as the old one worn by the team.
- iii. It is mandatory for the team/competitors to wear prescribed/official logos of the NGAI or its affiliated State Units and Gatka event or sponsor on the dress/costume as allowed by the organisers as the case may be. The players cannot wear/display any logo/advertisement other than the specified during the event without prior permission of NGAI/organisers.

NOTE:

1. Each participating player shall carry his/her smart identity card during the competition and get endorsement slips, from computer for entry to events as a competitor. Without such endorsement slip no player can take part in any event.
2. A player who does not follow the above rules shall be disqualified.
3. A player shall have to return articles like Singlet, Jacket, Belt (ਕਮਰਕੱਸਾ), Faceguard, Stick, Farri, inner guard etc. immediately after the bout is over.
4. Any player carrying a Kirpan/Sri Sahib (Amritdhari only) shall have to cover/fit/tie it in such a manner that it does not interrupt during the bout.
5. The player shall tie/fit his/her belt (ਕਮਰਕੱਸਾ), shoes, faceguard and all the other mentioned equipment/articles properly before the fight. Any kind of interruption in the bout owing to malfunctioning of the above objects in the play area, the referee may stop/pause the fight temporarily for its correction and time of bout shall also pause to restart with the commencement of that fight.

Sub-section 5:

A. Gatka Ground Equipment

The following equipment must be available as per the requirement but may be increased in view of level of tournament :

1. Sufficient amount of chalk powder, Lime Kali Chuna (Calcium Hydroxide) or tape to draw the ground markings/lines.
2. A measuring meter tape at least 50 feet long.
3. Four tables and eight chairs for officials, referees etc.
4. Gong (with striker) or bell.
5. Two stop watches.
6. Five (5) whistles.
7. One first-aid kit.
8. Notepads for Judgement/Result sheets conforming to the pattern drawn up by the NGAI.
9. Two (2) cordless microphones connected to PA system.
10. Sticks and Farris (at least ten each).

11. At least six faceguards (three Red and three Blue).
12. Singlets/ Jackets at least six (three red and three blue).
13. Belts (कमरबंदी) at least six (white/yellow/blue or different colour except red).
14. First-Aid Kit, one stretcher and one ambulance (as close to the ground as possible).
15. Plain papers, file covers (20), pens, staplers (2) and carbon papers.
16. Red and Blue flags tied properly on a 1½ foot long stick (at least 3 each).
17. In case of computerization of results through Gatka management system, then there shall be ;
 - (a) Five computers/laptops, two printers with UPSs, five extension boards.
 - (b) One coloured printer.
 - (c) Scoreboard
 - (d) At least two LCDs
 - (e) Three HD video cameras
 - (f) Uninterrupted /backup power supply/Generator (Silent)
 - (g) Fast speed internet connection with wi-fi router

B. Minimum Requirements for a tournament

The following tentative requirements must be available but keeping in view the level of tournament these items may be increased :

1. VIP stage at least 20x15x4 size, Lecture stand, at least 2 seven seater Sofas for VIPs, Carpets, Flower decoration on stage, badges for VIPs
2. At least 25 deluxe chairs on VIP stage & 400 chairs for public with covers
3. Backdrop at VIP stage : size 10x6 or as per size of VIP stage
4. Sound system, 4 cordless mikes, CD/USB player, generator
5. Two Gatka grounds : size 50 ft radius each, may be on stages measuring 50x50x3 ft, 4 judgement tables, 3 tables with covers for placing weapons, Victory stand, 20 Flags with different colours, 3 flag poles for WGA, NGAI and POA/IOA flags, trained person for flag hoisting, band party,
6. Welcome banner, Entry gate and at least 2 hoarding in the grounds,
7. Drinking water for players and public (water tanker), mineral water bottles for VIP, tea/coffee and snacks and dry fruits on stage,
8. 'Langar' for players and public if possible,
9. Lohis and Siropas for honouring VIPs and Referees
10. If more than one day event, then comfortable night stay arrangements,
11. Invitation for press and their seating arrangement, press note preparation and emailing
12. Photographer and Videographer for coverage
13. Medals and certificates of NGAI or State unit
14. Scoreboard, 2 LCD's
15. All arrangements to operate Gatka Management system during the event.
16. 50 Kg Kali Chuna for ground markings.

Sub-section 6: Medical Examination

- 7.6.1. A competitor has to be declared fit by the doctor appointed by the concerned tournament Organizing Committee before the tournament/ selection trails.

- 7.6.2. In case of age dispute, each player shall confirm his/her age by MRI from a certified doctor. A separate age determination/confirmation proforma has been attached in the book or can be downloaded from the website of NGAI. i.e. www.Gatkaa.com or www.ISMAA.net
- 7.6.3. At the time of medical examination, the player shall produce his/her smart card/competition record book, which must be signed by the Secretary of concerned State Unit/Association, where the requisite entries shall be made by the Officials in-charge.
- 7.6.4. A player declared unfit during medical examination, cannot take part in that tournament/selection trials/camp.
- 7.6.5. NADA/WADA may take dope test of players at any time during or before the tournament/ selection trails. A player found positive under the dope test, shall be banned from taking part in any competition for next three (3) years or as per guidelines of NADA/WADA.
- 7.6.6. Medical examination/dope test of the players can be taken before the beginning or during or after the competition/selection trails.
- 7.6.7. Any player who falls ill or gets injured before or during the competition, shall not continue to participate unless declared fit for participation by the doctors appointed by the Organizing Committee.
- 7.6.8. Prohibited conditions for regular combat Gatka competition:
 1. A player having one eyed sight or very low vision,
 2. Deaf and Epileptic players ; and
 3. A player declared unfit by the official doctor, shall be prohibited from taking part in regular Combat Gatka Competitions but children with special needs can take part in demonstrations or special tournaments if declared fit by the doctors.

Sub-section 7: Team Participation in Combat Gatka Competitions (Men & Women)

- 7.7.1. A combat team shall consist of at least four (4) members (3 players and rest spare)
- 7.7.2. Three participants from a team shall participate in the combat Gatka competitions, which shall remain same throughout the competition unless a player falls ill or gets injured and is unable to fight. A player may be replaced in case of illness or injury with the permission of the officiating committee only.
- 7.7.3. The players can participate in their own age groups or higher age groups as mentioned in Section-6 sub-section 3. Different endorsements or entry forms should have to be filled for each event in which the player desires to participate.
- 7.7.4. Only those participants and substitutes can play, whose names have been submitted/enlisted in the endorsements or entry forms submitted before the expiration of entry date as announced. No team or player shall be entertained after the expiry of entry date of that tournament. No player shall be substituted/included in the submitted entry forms, unless a player is unable to fight. This substitution depends solely upon the discretion of officiating committee.
- 7.7.5. A player can participate either in one event of Single Soti/Soti-Farri

An individual/mixed combat event or in any one event of Single Soti/Soti-Farri team event/mixed team event and may be freestyle or full strike technique. It means a player can only participate in TWO events of his/her age group or higher age group i.e one from individual and one from team event either mixed or full strike.

- 7.7.6. There shall be one Captain of the team whose name shall be clearly indicated on the entry form.
- 7.7.7. A Team Manager/In-charge/Coach is mandatory for each team. Without team manager, the team shall not be allowed to enter in the competition. He shall submit team details and eligibility proformas of all players and ensure players participation in the requisite bouts in time.
- 7.7.8. There can be an Assistant Coach/Trainer or Physician with the team who will not be considered as the Team Manager.
- 7.7.9. The Team Manager must produce a duty letter (for authentication) signed by the Secretary of the State/District Association or Institution. If he fails to produce the duty letter, his team shall not be entertained in the tournament.
- 7.7.10. The prescribed dress/costume of the team as mentioned earlier must be clean and proper.
- 7.7.11. The Team Officials (Coach, Manager, Physician etc.) shall not be considered as team members.
- 7.7.12. For smooth conduct of tournaments the team officials shall be appointed by the National/State Association.
- 7.7.13. If the Captain of the team needs to be substituted due to injury or illness, then another Captain chosen by the Team/Coach should be appointed immediately and the same be brought to the notice of the officiating committee.
- 7.7.14. A substitute from the team can play an event only if declared fit for participation by the Doctors appointed by the organizing committee.
- 7.7.15. Players of contesting teams and coaches of that participating teams during a bout can sit inside the reserved space at the determined side of the ground. Rest of the team members and their officials shall sit outside the reserved area. No interference/indication/provocation by the team members/managers shall be allowed and referee can warn upon such provocation. If such interference/provocation escalates, then Chief Referee can take cognizant decision or scratch the team or ask the team officials to leave the ground for half day or exclude from the tournament as the case may be.
- 7.7.16. There shall be only one Manager of all the teams of a State/District.
- 7.7.17. Different entry forms should be filled and submitted for different events before expiry of entry date. No team or player or substitute shall be included or entertained into the competition after the expiry of entry date of that tournament.

Sub-Section 8: Individual Participation in Combat Gatka (Men & Women)

- 7.8.1. Only one player shall participate from a State/ District Unit in an individual event and be a member of the Combat team.
- 7.8.2. As mentioned in Section-6, a player can participate either in one event of Single Soti/Soti-Farri individual/mixed combat event or in any one event

of Single Soti/Soti-Farri team event/mixed team event and may be freestyle or full strike technique. It means a player can only participate in TWO events of his/her age group or higher age group i.e one from individual and one from team event either mixed or full strike.

- 7.8.3. A player can participate in his/her own age group or higher age group. Different endorsements or entry forms should have to be filled for each event in which the player is participating.
- 7.8.4. The Manager appointed by the State Unit/Association shall act as the Manager/Coach of all individuals/teams/participants.
- 7.8.5. No participant/team shall be entered into the tournament without a Manager/Coach.
- 7.8.6. No player can be substituted in any individual combat event. If a player gets injured or is unable to fight then he/she cannot continue to participate in any further bouts and the competition shall be over for that player.
- 7.8.7. A player can fight only after passing the fitness /medical test by medical examiners.
- 7.8.8. During the bout the coach/manager of the player shall not enter the Reserved space unless called in by the Officials.
- 7.8.9. The dress of all the team members/individual players from one State/Unit shall be same and in conformity with the rules. Team cannot wear or display any sign/logo/advertisement during the competition except there of NGAI or sponsor.

Sub-section 9 : Time limit for a Bout (Men & Women)

7.9.1. Team bout: A team bout shall consist of three fights. Each of the three team members shall compete in only one fight. No team member shall compete in more than one fight in a single bout.

1. The players shall be given one minute for warm up. The players shall come to the centre of the play area at the call of the referee and the fight shall start at the referee's commands as mentioned earlier in Section 7, sub-section 2 (7.5) and Section 8 (8.5)
2. The duration of one fight shall be of three minutes divided into two equal rounds.
3. A 30 seconds break shall be given after 1.30 minutes (one and half min.) round during each fight to the players to take rest and may get instructions from their respective coaches outside the play area.
4. The end of first round of 1.30 minutes shall be indicated by the time keeper or stop watch at scoreboard and the same bell//buzzer shall indicate the beginning of the 30 second break.
5. At the end of these 30 seconds break, the time keeper or Gatka Management System (GMS) shall again ring the bell to indicate to the players to resume fight for the 2nd round. The players shall come to the centre of the play area immediately and the fight shall resume at the referee's commands as mentioned earlier.
6. The time keeper or GMS shall start the next remaining 1.30 seconds of the 2nd round at the referee's command.

7. The time keeper or stop watch shall indicate the start & end of the time by striking the gong or ringing the bell/buzzer.
8. The time during a bout shall be paused when the referee signals timeout. After such time-out, when the fight resumes, the time shall be continued there from.
9. The next fight shall start immediately after the first has finished.
10. The time keeper or GMS shall start the time immediately after the referee gives signals to start the fight.
11. Fatehnama/Salutation (at the start and finish) shall not be included in the fight time.
12. If both the teams score equal number of points in the bout, then a tie-breaker of one minute shall take place. One player from each playing team shall compete in this tie-breaker.
13. If the tie-breaker does not produce any result, then the time will be extended till one player scores a Golden Point or commits foul. Sudden death rule can also be implied at that time.
14. Any player can exercise his/her right to surrender through referee during the bout if he/she feels or cannot play due to some inconvenience.
15. If any dispute of points arises during the bout, a replay of bout can decide the score earned by competitor and scoreboard shall display the results.

7.9.2. Individual bout

As only one player shall be the competitor in one individual bout, therefore, the duration of one fight of the team bout shall be the duration of the individual bout.

In the three (3) minutes individual bout, all the time specifications mentioned above for one fight of team bout shall be applicable including the Tie-Breaker, Golden Point and Sudden Death.

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ਜਨਹਿੱਤ 'ਚ ਜਾਰੀ : ਮਾਸਿਕ ਪੰਜਾਬੀ ਖੇਡ ਮੈਗਜ਼ੀਨ 'ਖੇਡ ਤੇ ਖਿਡਾਰੀ'

Sub-section 10:**Table for drawing Bouts and Byes**

No. of Entries	Bouts	Byes	No. of Entries	Bouts	Byes
3	1	1	22	6	10
4	2	-	23	7	9
5	1	3	24	8	8
6	2	2	25	9	7
7	3	1	26	10	6
8	4	-	27	11	5
9	1	7	28	12	4
10	2	6	29	13	3
11	3	5	30	14	2
12	4	4	31	5	1
13	5	3	32	16	-
14	6	2	33	1	31
15	7	1	34	2	30
16	8	-	35	3	29
17	1	15	36	4	28
18	2	14	37	5	27
19	3	13	38	6	26
20	4	12	39	7	25
21	5	11	40	8	24

NOTE:

- Any participant sustaining any kind of injury/hurt/stroke during the bout/tournament, shall be solely responsible for it and the Association or Organizers have no responsibility for any mishap to the participants/competitors.
- Any kind of objection/appeal to be made by a team/Gatkabaaz, shall be given in writing during the bout or within 15 minutes of completion of the bout, at the Technical Table/Committee along with a fee of Rs. 500 (non-refundable). The decision taken by the Officiating Committee on such objections if any, will be final and binding upon the appellants.

SECTION-8

Role of Jury & Referees

8.1. Technical Table:

1. The technical table shall consist of one or two technical advisors and one or two Chief Referees for an event. They shall wear the official dress.
2. It will draw bouts for all the rounds in the competition. If there is Gatka Management system, then the computer program shall decide the draw of bouts.
3. It will maintain the record of each bout, all the teams and individual participants in the competition separately
4. It will be responsible for clearing any kind of confusion of the participant/team regarding the application of rules and regulations.
5. It will declare results of all bouts and final result also of the competition.

8.2. Judgement Desk:

1. It shall consist of one Judge, one Scorer and one Time Keeper. They shall wear the official dress.
2. The Time Keeper shall keep record and regulate the time during the bouts and competition.
3. The Scorer shall mark the points/scores and fouls of the players as signalled by the Referee and told by the Judge.
4. The Scorer cannot add or deduct any point of the player himself.
5. The Scorer shall inform the Time Keeper to ring the bell (to end fight) before time, if the maximum limit of fouls have been crossed by a player or if a condition of one sided fight is met.
6. The Scorer shall be seated right next to the Judge. The Time Keeper shall be seated next to the Scorer.
7. The Judge may also act as Chief Referee and Scorer shall sign the score sheets after completion of each bout.

8.3. Jury/Referee Council

For combat Gatka competitions, the Referee Council may consist of four (4) Referees. They shall wear prescribed official dress that can have inscribed logo of NGAI and or sponsor. Three referees will perform their duties as Side Referees and one as Ground Referee but they shall perform field duties by turns. The General Secretary or President of the NGAI or concerned State/Unit may act as the 5th member of the Jury/Referee Council to decide any dispute arising out of scores, fouls, bouts etc.

8.4. Duties of the Jury/Referee Council

1. The primary concern of the Referee Council is to ensure fully preparedness of ground area, its markings, better judgement, and safety of the Gatkabaaz during the bout.

2. The Referee Council may instruct/advise the ground referee or vice-versa if it deems so.

8.5 The Ground Referee shall :

1. Notice that the rules and regulations are being strictly observed,
2. Maintain proper control and conduct of the contest at all stages,
3. Check the proper dress, precautions and safety guards of players,
4. Use the following words for command :
 - a. **Come in**-To call the players in the playground area.
 - b. **Stop here**-To take positions at the marking points in ground.
 - c. **Take Fatehnama**- To command the players to carry out Fatehnama (at the beginning and end of each bout).
 - d. **Get Ready**-To get ready to fight.
 - e. **Start/Fight**-To start/continue the fight.
 - f. **Stop/Hold**-For ordering the players to stop fight.
5. Inspect the ground before starting a fight
6. Check Faceguard, chest guard, lower guard, Sticks, Farries and other required equipment of contestants before starting the bout.
7. Indicate fouls by showing penalty cards (green, yellow, red) to players,
8. Take care of any external interference/shouting during the fight,
9. Command or instruct the players to enter and leave the play area,
10. Sign the Judgement sheets after the contest is over,
11. Not indicate the winner by raising the stick or otherwise until the final announcement of result has been made. When the winner of a fight is announced, the ground referee shall raise the stick/hand of the winning Gatkabaaz.
12. When the ground referee has disqualified a player, he/she shall show him the red card and inform the Judges about the reason for which he has stopped the fight so as to enable the Judges and scorer to instruct the announcer to make the decision correctly known to the public,
13. If the ground referee is not sure about a point/score or foul committed by a player, then he shall stop the fight, signal a time out, ask the players to go to their respective corners in the playground and call in the side referees for consultation about the foul or awarding the exact score. In this situation Chief Referee/Chief Judge may declare a foul or grant a point if he/she is clear about particular strike/point.

8.6 The Side Referees shall :

1. Be seated at earmarked positions around the ground so that no score or foul committed by a player may be missed,
2. Raise the flags (red or blue) on confirming to which a player has been granted the point by the ground referee,
3. Take care of any outside interference or disturbance,
4. Stop the fight from outside when the ground referee may have missed a point or foul of the player and consult the other ground referees on duty and the Judge (if necessary) about the situation.

8.7 Powers of the Jury/Referee Council :

The Jury/Referee Council is empowered:

1. To terminate/finish a contest at any stage if all the referees consider it one-sided,
2. To terminate/finish the contest at any stage if one of the players has received an injury on account of which the Referee Council decides/concludes that he could not continue,
3. To disqualify or ban a player/team, who declines to comply with the commands/orders of the ground referee or behaves towards him or opponent player in an offensive or aggressive manner during the bout or at any time,
4. To disqualify a contestant for committing a foul with or without previous warning,
5. To interpret the rules as applicable or relevant to the actual contest or to decide and take action in any circumstance during the contest which is not covered by the rule/discipline,
6. The decision of the Referee Council shall be final and binding during a fight,
7. Only the Referee Council has the power to grant points and fouls during a fight,
8. All the decisions during a contest shall be governed by the Referee Council but in accordance with the prescribed rules and circumstantial evidence. The Secretary or the President of the NGAI or concerned State/Unit may take a decision as a member of the Jury/Referee Council if he deems fit.
9. The authority of Chief Referee shall prevail over other Technical Officials during a tournament.

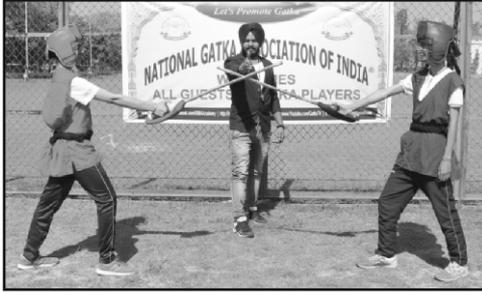
8.8 Punishments for Officials :

1. If technical table, Referees or Judgement officials are found guilty or commits any wrong doing or shows any favours or inclined to any individual player/team, wilfully or knowingly, before or after draw of bouts, or during competition, maintenance of records/ results, entry of scores/points, time keeping etc, they shall be fined/punished accordingly and can be expelled/ banned from the event or tournament and penalty may be imposed or blacklisted from the future tournaments as decided by the NGAI or its State Unit as the case may be.
2. Concerned tournament organisers shall immediately inform/intimate in writing to the NGAI about such corrupt practices of Gatka officials or players and the NGAI shall take disciplinary action and record the action taken against the guilty officials/players. Such information shall be disseminated to the NGAI or its affiliated Federations/Associations and put on their websites.
3. If any aggrieved player/team lodges any complain against the officials or vice-versa during the tournament, the NGAI or organising State Unit may constitute a fact finding committee on the spot and decide the matter accordingly by informing the NGAI and its State Unit.

REFEREE SIGNALS

Start fight

Red
Corner

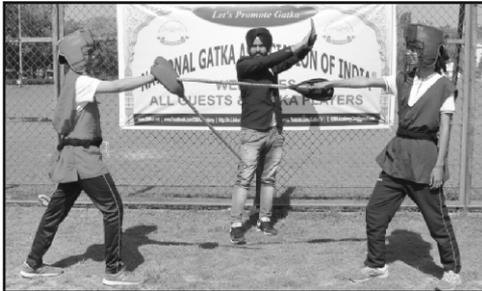


Blue
Corner

Figure 12

Half point (blue)

Red
Corner



Blue
Corner

Figure 13

Half point (Red)

Red
Corner



Blue
Corner

Figure 14

One point (Blue)

**Red
Corner**



**Blue
Corner**

Figure 15

Two points (Blue)

**Red
Corner**



**Blue
Corner**

Figure 16

Three points (Red)

**Red
Corner**

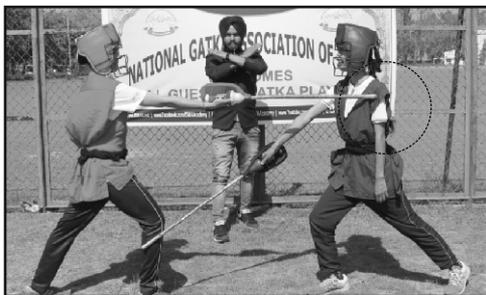


**Blue
Corner**

Figure 17

Simultaneous Attack (ਸਾਂਝਾ ਵਾਰ)

**Red
Corner**

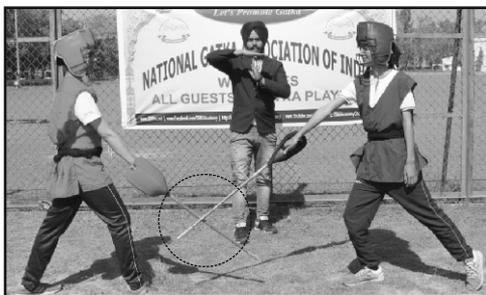


**Blue
Corner**

Figure 18

Time out

**Red
Corner**



**Blue
Corner**

Figure 19

4. Dress for sports competition for officials

1. All the Officials shall be judiciously dressed i.e light grey trousers, white shirt, sports shoes and navy blue turban/cap during Gatka sports competition but they shall wear traditional dress (Bana & Dumala) during Virsa Sambhal/Traditional Gatka tournament. They shall wear official logos of the NGAI including of sponsor also if decided by the organisers.
2. A blazer/coat (navy blue) or Jacket of NGAI or sponsor with tie shall be worn by officials during winter.
3. Female officials can wear white Salwar-Suit, sports shoes with navy blue official blazer or Jacket of NGAI or sponsor.

SECTION - 9

Specific Rules Applicable To Combat

(Single Soti/Soti Farri - Freestyle)

Sub-section 1 : Awarding the points

- 9.1.1. If a player succeeds in hitting or touching above the belt of his/her opponent with Gatka Soti, then two (2) points shall be awarded. For hitting below the belt, one (1) point shall be awarded (only on account of a clean and clear strike). **In any case, hit of a stick shall be very mild and not to injure the opponent.**
- 9.1.2. If a player succeeds in to hit/touch at the back (rear body) or back of legs of the opponent with the Soti, then three (3) points shall be awarded.
- 9.1.3. If a player clearly hits (not a gentle touch) the clothes of the opponent with Soti, then one point may be awarded after discussion by the Officiating Committee/Referee Council.
- 9.1.4. Simultaneous hitting/attacking without blocking the attack of the opponent, shall result in a foul against the player who carries out such an attack again within one second.
- 9.1.5. Points shall be awarded only if a player hits with proper Gatka technique with the foremost two feet part of the stick. However for defence, complete length of the stick (including the cushion) can be used.
- 9.1.6. If a player hits the cushion of the opponent's stick, he/she shall not be awarded any point.
- 9.1.7. A player shall not carry out a double or continuous attack (ਸਾਂਝਾ ਵਾਰ). He/she shall attack only after defending himself/herself after each hit within two seconds. However, if a defender fails to avail attacking opportunity within two seconds, then first attacker has liberty to strike again.
- 9.1.8. If a player, with better skill and footwork succeeds in capturing/holding the stick at cushion or wrist of the opponent, then he/she shall be awarded one point. If a player hits after capturing the stick at cushion or wrist of the opponent, he/she shall be awarded more points as per the rules mentioned above.
- 9.1.9. If a player blocks the stick side wrist/cushion of the opponent's stick with his/her Farri, then he/she shall be awarded point accordingly as mentioned in the above rule no.9.1.8.



Blocking In Stick Fight

- 9.1.10. At the time of Bhidant (ਭਿੜੇਤ) (close fight), when both the players charge each other swiftly, the player who strikes the first clear hit, shall be awarded points as per rules. The player, who strikes the afterward shall not be given any point.
- 9.1.11. A simulated strike (ਝਕਾਨੀ ਵਾਰ) shall not be considered a double attack and the player shall be awarded points for it as per rules mentioned above. A simulated attack is that in which an attacker shows a deceptive attack on upper part of body but strikes lower part or vice-versa without withdrawing but in the same move. Another deception may be by controlled delay. Simulated strike does not mean – swinging weapon in the air. If player does so for two seconds, opponent is free to strike again after blocking first striking attempt.
- 9.1.12. If a player swings his/her weapon up/down or left/right within striking distance on the pretext of simulated strike, it shall be considered double/continuous (ਝਕਾਨੀ) strike. It shall be considered as foul.



Blocking (Sotti Farri)

Sub-section 2: Decisions

9.2.1. Team Event

1. All the points of the three players of each team, shall be added/aggregated at the end of the bout and the team scoring more points shall be declared as the winner.
2. If a player of a team is disqualified during a fight, then his/her scores shall be reduced to zero.
3. If a player leaves the play area by his/her own wish, then he/she shall be disqualified.
4. If a player drops his/her stick during a fight, then he/she shall be disqualified.
5. If a player drops the stick owing to injury (on any part of the body), then he/she shall not be disqualified and the Jury/Referee Council shall decide that the player can continue his/her fight or not. In this situation the points of the player shall be retained.
6. If a player falls down on the ground and afterwards his/her stick touches the ground, then he/she shall be disqualified. In this case, If the stick of the player does not touches the ground as in, but he/she balances himself/herself with the free hand or knees or falling on the back etc., then he/she shall not be disqualified and the fight shall resume after player's nod to continue the fight.
7. Owing to an injury, if a player is unwilling to continue the fight, then

- he/she shall be substituted immediately and the fight shall resume on the advice of Jury/Referee Council from that point and not be restarted. The points of the injured player and the substituted player shall be added/aggregated at the end of the fight.
8. If both the teams score equal number of points at the end of the bout, then the result shall depend upon the tie-breaker. For the tie-breaker one player from each team shall fight for one minute, the player who scores more points in the tie breaker, his/her team shall be declared the winner.
 9. If both the players score equal number of points in the tie-breaker then the one who has committed less number of fouls in the tie-breaker, shall be the winner and hence his/her team shall be the winner of the bout.
 10. A player can be disqualified in a tie-breaker. If a player is disqualified in a tie-breaker, then automatically his/her team shall lose the bout.
 11. If both the players score equal number of points and commit equal number of fouls in the tie-breaker, then the extra time may be extended for one minute more, until a player strikes a Golden Point or commits a foul. In this situation Sudden Death opportunity may be provided and who scores one point first shall be declared as winner.
 12. The Golden Point shall be a clear and proper strike and the player who strikes the Golden Point shall be the winner.
 13. If a player commits even a single foul in the extended time, then he/she shall lose the fight and the other player and hence his/her team shall be the winner of the bout.
 14. **Referrals :** It is necessary to have live cameras/videography of the events/tournaments. Contesting players during a bout can avail only one referral. If any suspicion/disagreement arises on awarding of Score/Point/Foul during a bout Chief Referee may allow/ask for replay of the current fight/demonstration on the request of player/team/coach, and it can be decided accordingly about awarding of Score/Point/Foul. Decisions of the referee shall always be final.
 15. The Medical Officer/Committee during a contest request the organizers to suspend a bout if he thinks so, on medical grounds, then the bout shall not be allowed to continue. The MO/Committee must first inform the Judge/Chief Referee and the latter shall inform the Ground Referee. The time shall be paused and not reset. The suspension shall last for a maximum of one minute to examine the fitness of the player by the Medical Officer. At the time of examination, only the ground-referee and the Medical Officer shall be in the play area or play domain (Medical Officer means the Doctor appointed by the NGAI or organizing Unit/Association).
 16. If the Medical Officer declares the player as fit, then the fight shall continue. If the Medical Officer declares the player as unfit, then the player shall be substituted from the team members and the fight shall continue from the same point of time.
 17. **Win on Walk-over-** Where a Gatkabaaz presents himself in the play area in full attire for the fight after being called in by the ground referee and his/her opponent fails to appear after his/her name has been called out by the public address system, the bell sounded and maximum period of two

(2) minutes has elapsed, the Ground Referee shall declare the first player as winner with the permission of Judge/Chief Referee and the player shall be awarded ten (10) points in this case.

18. If a bout is stopped due to any circumstance which is beyond the control of Referee or players, such as exceptional weather conditions, failure of light, damage to ground etc., then the result shall be declared on the basis of the points scored by the players till that time.

9.2.A. Individual Event:

1. In an individual bout, the player scoring more points shall be the winner.
2. Owing to injury, if a player cannot continue to fight, then the bout shall be stopped and the decision will be taken by the Officiating Committee according to the rules.
3. If a player succeeds in building up a difference of fifteen (15) points at any stage of the first round of the bout, then the bout shall be stopped by the Judge/Chief Referee and the player shall be declared as the winner.
4. If both the players score equal number of points at the end of the bout, then the decision shall depend upon the tie-breaker.
5. If both players score equal number of points in one minute tie-breaker, then the one who has committed less number of fouls in the tie breaker shall be the winner.
6. If both the players score equal number of points and equal number of fouls in the tie-breaker, then the time shall be extended until one player scores a Golden Point or commits a foul.
7. Rule number 2, 3, 4, 5, 6, 9, 10, 11, 12, 13 & 14 of Section 9, Sub Section 2 (9.2.1) shall be applicable to the Individual Events also.
8. Rule number 17 (win by walk over) & 18 of Section 9, sub-section-2 (9.2.1) shall also be applicable to the individual event.

NOTE: Rule number 17 of Section 9, sub-section-2 (9.2.1) shall not apply to the final bout of any team or individual event.

Sub-section 3: Fouls-

- 9.3.1. Hitting or attacking deliberately with any part of the stick other than its foremost two (2) feet part except a scuffle to avoid stick holding by opponent and to harm the opponent. **(Yellow Card)**
- 9.3.2. Holding the Stick or Farri of the opponent. **(Simple warning)**
- 9.3.3. Carry out a simultaneous attack (Sanjha Vaar) deliberately/intentionally. **(First warning)**
- 9.3.4. Attacking without defending or blocking the attack of the opponent. **(Simple warning)**
- 9.3.5. Hitting/attacking on the face (eyes, nose, lips, cheeks), private parts of the opponent or attempting to do so. **(First warning)**
- 9.3.6. Clear use of Hool (ਹੁਲ), Cheer (ਚੀਰ), Gurj (ਗੁਰਜ). **(First warning)**
- 9.3.7. Becoming offensive towards any official, the opponent or audience/Organizers, argumentation with any official or organizers. **(First warning)**
- 9.3.8. Trying to injure or hitting hard (uncontrolled attack) to harm the

opponent intentionally. (**Yellow Card**)

- 9.3.9. Carrying out a double attack or continuous attack without defence. (**First warning**)
- 9.3.10. Moving out of the play area (feet should have completely crossed the ground line). (**Red Card**)
- 9.3.11. Hitting with wrong technique (wrong side of the stick). The technique has been described earlier in section 7 (sub-section 2, Rule 7.3). (**Simple warning**). Continuous usage of wrong technique may get **yellow card**.
- 9.3.12. Pushing the opponent deliberately. (**Caution**)
- 9.3.13. Playing in passive defence and not attacking at all. (**Caution**)
- 9.3.14. Hitting the opponent after the referee gave a command to "Stop" the fight/bout. (**Yellow Card**)

**Red
Corner**



**Blue
Corner**

Green Card to Red (Wrong Stick)

Sub-section 4 : Disqualifications- A player ;

- 9.4.1. Can commit only two (2) fouls and shall be disqualified immediately after committing the third foul from the above mentioned and prescribed fouls.
- 9.4.2. Shall be disqualified if both of his/her feet touches the ground out of the demarcated play area. When one foot of the player is on the ground outside the demarcated play area and the other is in the air, then he/she shall be disqualified. In this case doubt may be cleared by replay of bout.
- 9.4.3. Shall be disqualified if he/she drops the stick or falls down on the ground with stick touching the ground (details in Section 9, sub-section 2, rule 4, 5 & 6).

**Red
Corner**

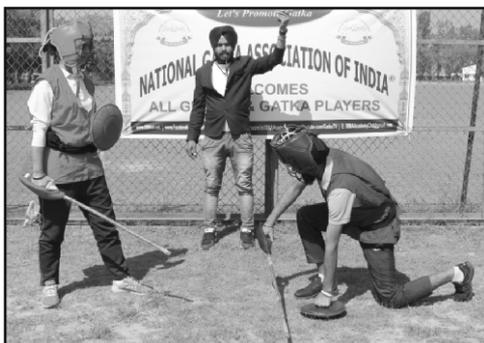


**Blue
Corner**

Wrong Stick by Blue (Foul)

- 9.4.4. Shall be disqualified if he/she attacks the opponent while carrying out the Fatehnama/Salutation (in the beginning and at the end), before the prescribed commands of the referee to Start or Stop.

**Red
Corner**



**Blue
Corner**

Green Card to Red (Wrong Stick)

Sub-section 5 : Serious Warnings

- 9.5.1. Arguing with referees/officials/organizers.
9.5.2. Committing fouls prescribed as under Section 9, sub-section 3 or 4.
9.5.3. Arguing repeatedly with referee/officials is a serious warning.
9.5.4. Acting against the laid down conditions of tournament, Gatka rules and regulations of NGAI. If such behaviour of a player was found by the referees, jury or organisers, then the guilty can be punished accordingly or may be shown the Red Card as the case may be.

Sub-section 6 : Declaration of Winner

- 9.6.1. Team/Player who gets higher marks between the competitors.
9.6.2. If both the players/teams got equal number, the one who gets warnings/fouls will be declared as defeated player/team.
9.6.3. If both the players/teams got equal number, without any foul, then there shall be extra time of one minute. If again it equals, the Sudden Death rule shall follow.

Sub-section 7 : The Penalty Cards

- 9.7.1. **Green Card** : A Green card shown to a player means a **warning**. No marks shall be deducted when a player has been shown green card. This foul shall be counted to his/her scores.
9.7.2. **Yellow Card** : A yellow card shown to a player shall mean a **serious warning**. One (1) mark shall be deducted if a player has been shown a yellow card and the foul shall be counted to his/her score.
9.7.3. **Red Card** : Red card means **disqualification**.

The use of the Penalty cards depends solely upon the ground referee. The referee can show any card to a player at any time in accordance with rules and regulations and seriousness of the circumstances. The decisions of the ground referee shall be final and be abided by the contestants and all.

Sub-section 8 : BAN (Applicable to all type of combat & weapons events)

- 9.8.1. NGAI or its State Unit can ban a player/team or official for any length of time on disciplinary grounds on the recommendation of the concerned Disciplinary/Officiating Committee of the tournament.
- 9.8.2. Positive result of dope test shall lead to a three (3) years ban on the player or Referee.
- 9.8.3. A player/team or official when banned cannot take part in any kind of event/tournament relating to Gatka game for a definite time period for which the player/team has been banned. All affiliated State organizations without any delay, shall inform to NGAI about such players/officials who are banned. The NGAI shall circulate the orders to all its members/affiliated Organisations/Units.

Sub-section 9 : Match Fixing

- 9.9.1. During any combat/fight/bout if Jury or Referee Council presumes/believes or finds/resolves or anybody complains or produces evidence regarding an alleged illegal act, that the players fighting in the ground/field are playing or played pre-judiciously, it shall be called or referred to as Match Fixing. In this case both the players may be disqualified after preliminary investigations during or after the bout by Jury/Referee Council.
- 9.9.2. The NGAI or its State Unit may also withdraw/take back Awards/Certificates and cash prizes from such players indulging in such malpractices and may debar such players for at least 5 years or fine up to five thousand or both. The accused players have to approach with clean hands to the NGAI after expiry or revocations of such punishment, with written request.
- 9.9.3. Match fixing may include dropping of stick wilfully or laying down on the ground or un-defending the opponent, un-shielding or de-guarding himself/herself, committing extra fouls wilfully or skipping out of ground wilfully etc.

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SECTION - 10

Specific Rules Applicable To Full Strike Combat (Single Soti/Soti-Farri)

Sub-Section 1:

Definition - Full Strike : When a Gatkabaaz attempts to hit the opponent by moving the stick backward around or over the head, at least to the point parallel to the back of the neck and then bringing it to the front from the same or the other side of the head, and strikes with a straight arm, such strike is called a full strike.

Explanation:

A full strike is completed in the following steps:

- 10.1. First the player stands in the stance with his stick straight and arm stretched above the shoulder.

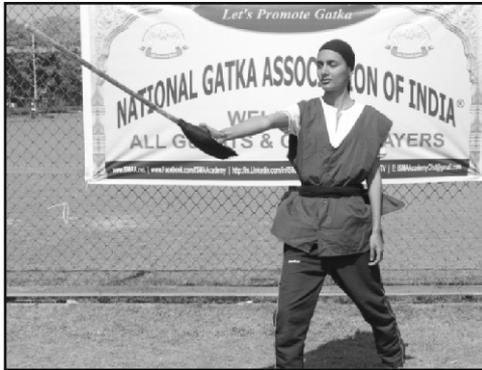


Figure 20

- 10.2. Then the player brings his stick near to his shoulder. (figure 21)



Figure 21

- 10.3. Then the player moves his stick further backwards towards the back of the neck. (figure 22)



Figure 22

- 10.4. Then the player moves the stick towards the other shoulder in the same continuous motion, i.e. from the back side. (Figure 23)

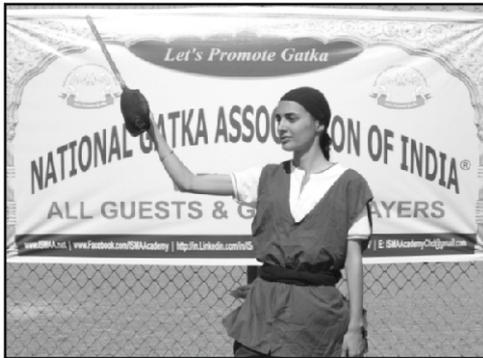


Figure 23

- 10.5. Then the player hits the target area of the opponent's body with stretched arm. (figure 24)



Figure 24

10.6. This completes the full strike in one direction. The same process shall be repeated in the opposite direction to complete a full strike in the other direction.

The following figures illustrate the full strike in the other direction:

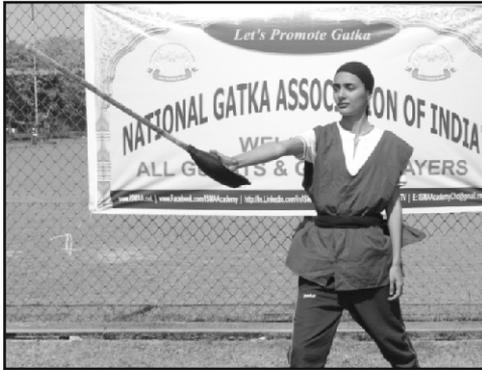


Figure 25



Figure 26



Figure 27

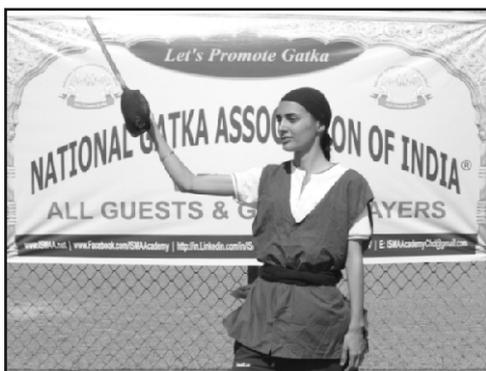


Figure 28



Figure 29

Sub-Section 2 : Awarding the points

- 10.2.1. All rules of Sub-Section-1 of Section-9 shall be applicable.
- 10.2.2. A player shall be awarded points only for a full strike as defined earlier above in Sub-Section-1 of this section.
- 10.2.3. The simulated strike (ਝਕਾਨੀ ਵਾਰ) and the palt (ਪਲਟ) shall be considered as full strikes.

Sub-Section 3: Decisions

All the rules (Team event and Individual event) specified in this Section 9, Sub-Section-2 shall be applicable including the Note.

Sub-Section 4: Fouls, Disqualification & Penalty Cards :

- 10.4.1. All the rules of Section 9, Sub-Sections 3, 4, 5, 6, 7, 8 & 9 shall be applicable.
- 10.4.2. If a player hits the opponent without bringing the stick from over or around the head, then he/she shall be given a foul.
- 10.4.3. If a player carries out a half strike attack, during the full strike combat event, then he/she shall be given a foul.

SECTION 11

GRADING/RANKING

All the players who wish to participate in the official competitions organized by the NGAI must sign up or fill up admission/entry forms manually or electronically as competing members. All competing players shall participate in the competition/event as fixed or determined by the organizing Committee/State/District Unit.

The grading committee of the NGAI may grade a player/referee on the basis of his/her achievements/participation in national level official competitions, qualifications or experience as an amateur Gatkabaaaz/referee with proofs to the satisfaction of the Committee. The grading committee may recommend national rankings/grading for the players/referees after each official National Gatka Cup/Championship/ tournament on the basis of following criterion;

1. Number of official competitions played/conducted successfully
2. Positions in such competitions
3. Conducted/Participated in national/state competitions
4. Experience as an active player or referee
5. Refresher/training courses/clinics attended
6. Contribution towards Gatka game
7. Educational qualifications
8. Character and discipline

The top Gatkabaaaz or referee based on their rankings/grading may be selected or deputed to represent their country or state in the national/state competitions without any selection trials after confirmation of his/her good health. The name and colours of their jackets shall be as per their rankings as:-

Ranking	Designation	Colours
10 th Degree	Grand Master	Blue
9 th Degree	Chief Master	do
8 th & 7 th Degree	Master	Orange
6 th Degree	Chief Instructor	do
5 th Degree	Senior Instructor	do
4 th degree	Instructor	Black
3 rd Degree	Senior Trainee	do
2 nd Degree	Junior Trainee	do
1 st Degree	Trainee	do

And in lieu of or additions to such grading/ranking, a committee shall determine and consider/reconsider grading/ranking to a player or referee if any anomaly/correction is recommended by the NGAI.

Modifications : These Gatka rules may be amended by the expert technical and governing committee/body, including office bearers, constituted by the NGAI, if it deems fit at any stage but after a gap of one year with prior written notice of one month by the NGAI President or secretary, surely served to all the office bearers of the NGAI. The amended rules book or sections/clauses shall be uploaded on the website of NGAI and distributed to the registered Referees, Coaches, technical officials etc. and be regulated in all countries/affiliated national/State Units.

SECTION 12

Awards and Honours

- 12.1. The winner of a final bout shall be Gold Medallist of that Championship.
- 12.2. The loser(runner up) of the final bout shall be Silver Medallist/Runner-up.
- 12.3. The two losers of the semi-final bouts or as decided for third prize shall be the Bronze Medallists.
- 12.4. The team/player scoring highest marks in a tournament shall be the Gold Medallist of that Event/overall Championship.
- 12.5. The team/player scoring second highest marks in the tournament shall be the Silver Medallist//overall Runner-up.
- 12.6. The team/player scoring third highest marks in tournament shall be the Bronze Medallist.

A. Fair Play Award :

1. The purpose of the Fair Play award is to encourage good understanding and friendship and to promote fair play among the participants during the tournaments.
2. The Fair Play Award shall be presented to a player or team showing good understanding, sincere friendship, cooperation and fair play (without any foul/warning) among the teams participating in the championships and not necessarily taking into consideration the results of the competition.

B. Weapons Master Award:

This Award shall be bestowed to a player in the state/national competition on the basis of his/her overall achievements, technique and behaviour.

C. Shastreshar Award:

Shastreshar Award shall be given to a player in national/state competition on the basis of his/her overall best achievements, technique and behaviour. This award shall be presented to the player as "**Pursh Shastreshar**" and "**Mehla Shastreshar**" for woman player.

SECTION 13

GATKA EVENTS IN A TOURNAMENT

There shall be two events in one age group namely Single Soti and Farri-Soti. Each event is played as individually, team event, mixed event and mixed team event in free style and full strike techniques. Hence there shall be sixteen events in one age group.

Sub-section 1 : Age Groups :

In all types of Gatka tournaments, there shall be 6 age groups i.e ;

1. Sub-Junior : U-14,
2. Junior : U-17,
3. Senior : U-19, U-22, U-25, U-28
4. Veteran : Above 28 : 28-35, 35-45, 45-55, 55-65, 65-75, 75-90

Sub-section 2:

Gatka events in one age group shall be as follows -

A. Single Soti – Free Style

1. Individual event - One to one fight
2. Team event - 3 players play & one extra
3. Individual mixed event - One to one fight (Boy & Girl)
4. Mixed team event - 3 players play & one extra (1 or 2 girls)

B. Farri-Soti - Free Style

1. Individual event - One to one fight
2. Team event - 3 players play & one extra
3. Individual mixed event - One to one fight (Boy & Girl)
4. Mixed team event - 3 players play & one extra (1 or 2 girls)

C. Single Soti – Full Strike

1. Individual event - One to one fight
2. Team event - 3 players play & one extra
3. Individual mixed event - One to one fight (Boy & Girl)
4. Mixed team event - 3 players play & one extra (1 or 2 girls)

D. Farri-Soti -Full Strike

1. Individual event - One to one fight
2. Team event - 3 players play & one extra
3. Individual mixed event - One to one fight (Boy & Girl)
4. Mixed team event - 3 players play & one extra (1 or 2 girls)

Sub-section 3 : NUMBER OF MEDALS IN THE TOURNAMENTS

1. Sub-Junior (boys & girls) : (Total *medals* 240 i.e 80 gold, 80 silver & 80 bronze)
2. Junior (boys & girls) : (Total *Medals* 240, i.e 80 gold, 80 silver & 80 bronze)
3. Seniors (men & women) : (Total : 960, i.e 320 gold, 320 silver & 320 bronze)

Sub-section 4 : TYPES OF TOURNAMENTS :

Official Tournaments & suggested competitions to be arranged by NGAI and its state/district units are as follows :

1. Block & District level Gatka tournaments-(Sub-Junior, Junior & Senior level)
2. Inter-District/State Gatka tournaments-(Sub-Junior, Junior & Senior)
3. Inter-State/National Gatka championship-(Sub-Junior, Junior & Senior)
4. Asian Gatka championship-(Junior & Senior level)
5. Commonwealth Gatka championship-(Junior & Senior level)
6. World Gatka championship-(Junior & Senior level)
7. Veteran Gatka championship at State/National level

Official Tournaments & suggested competitions by the SGFI/State School Education Departments

1. Block & District level School games Gatka competition-(Sub-Junior, Junior)
2. Inter-District/State School games Gatka tournaments-(Sub-Junior, Junior level)
3. Inter-State/National School games Gatka championship-(Sub-Junior, Junior level)
4. Asian School games Gatka championship-(Sub-Junior & Junior)
5. Commonwealth School games Gatka Games-(Sub-Junior & Junior)
6. World School games Gatka championship-(Sub-Junior & Junior)

Cultural competitions by Punjab School Education Board & other States

1. Zonal level Gatka demonstration competitions
2. Inter-Zonal (State) Gatka demonstration competitions

Official tournaments/suggested competitions by AIU/Universities/ Colleges

1. University inter-College Gatka tournaments
2. Zonal University Gatka tournaments
3. All India Inter-University Gatka championship
4. Commonwealth University Gatka Games
5. World University Gatka championship

SECTION 14

OATH OF DISCIPLINES

Sub-section 1 : Player's Oath

At the start of each official Gatka Championship, every Gatka player shall take oath and make promise to play fairly, judiciously and obey all of the rules, regulations and conditions of tournament and as prescribed by the NGAI. One participant Gatkebaaz from the host District/State shall take oath at the opening ceremonies on behalf of all Gatka competitors. The chosen Gatka player shall hold a corner of the NGAI Flag while reading the oath.

Oath : "In the name of all Gatka competitors, I promise and swear that we will take part in the -----Gatka tournament, respecting and abiding by all the commands, rules, regulations and conditions which govern this tournament. We commit ourselves to play this sport without doping and without drugs, and desirous of participating in this event in the true spirit of sportsmanship and standards of discipline, for the honour of our Nation and for the glory of Gatka sport".



Sub-section 2 : Referees, Judges and Official's Oath

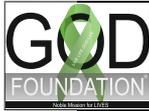
At the start of each official Gatka Championship, Gatka officials shall take oath and make promise to perform refereeship and judgement fairly, judiciously and in a transparent manner by observing and implementing all of the rules, regulations and conditions of tournament and as prescribed by the NGAI. One official from the host District/State shall take the oath at the opening ceremonies on behalf of all Gatka officials. The chosen official shall hold a corner of the NGAI Flag while reading the oath.

Oath : "In the name of all Referees, Judges and officials, I promise and swear that we will conduct, officiate and pronounce judgements in the ---
----- Gatka tournament with total impartiality, respecting and abiding by the prescribed rules which govern this tournament, in the true spirit of sportsmanship and for the glory of Gatka sport".

Sub-section 3 : "SEVEN OATHS" for Gatka trainees/practitioners

1. A Gatka trainee may not abandon his training half-way through.
2. He will use Gatka skills only for self-defence and remain humble as a God fearing Gatka practitioner.
3. He must honour and respect his Ustads, Teachers, seniors, women and elders.
4. He will always remain loyal to NGAI and its affiliated State/Regional Units, obey NGAI Rules Book, its regulations and conditions.
5. He will refrain from consuming intoxicants, alcohol, tobacco, drugs, meat etc.
6. He will teach art of Gatka as per prescribed rules to those with gentle, wilful and compassionate personalities for promotion of Gatka game.
7. The purpose of his Gatka studies and training shall not in any way aim for accumulating wealth or fame in life. His primary aspiration will always be to serve his country, faith and game.

---- E & Os to be rectified----


ਕਰੋ ਅੰਗਦਾਨ, ਦਿਓ ਜੀਵਨ ਦਾਨ । ਬਣੋ ਮਹਾਨ ਇਨਸਾਨ ॥

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ਜਨਹਿੱਤ 'ਚ ਜਾਰੀ : ਮਾਸਿਕ ਪੰਜਾਬੀ ਮੈਗਜ਼ੀਨ 'ਖੇਡ ਤੇ ਖਿਡਾਰੀ'

GATKA CHARTER

Sport is a powerful resource in all communities and contributes hugely in creating a positive environment for everyone to play and enjoy. Besides, sport also contribute to national economy and promote friendly relations. In Gatka Sport (Gatkebaazi), a Gatkebaaz not only focuses on ultimate mission of technical skills or winning competitions, but strives to understand the true ideals of martial art Gatka and cherishes its traditional values.

All Gatka practitioners shall uphold the following charter points in order to benefit from the study of martial art and appreciate the ideals of Gatka. Gatkebaaz shall ;

1. Attain healthy body and pious mind, through devoted training and humble learning in the skilful techniques of Gatka. Endowed with a strong sense of justice, courage and consideration for others, they shall faithfully aspire to become useful and trustworthy to society as well as Gatka sport.
2. Strictly abide by the standard regulations, code of ethics, traditional etiquettes, conventional protocols and lessons of Ustads (teachers) while inheriting trainings in Gatka. They shall practice the fundamental techniques as accurately as possible and strive hard to strengthen body and mind to the best of ability.
3. Make every talented effort to demonstrate the strategic skills acquired in the course of learning and training during Gatka events and demonstrations. They shall play professionally with an earnest and dignified attitude, winning with modesty, accepting defeat gracefully, and constantly exhibiting self-control. Gatkebaaz shall always follow the prescribed rules, keep Gatka training centres and grounds clean, safe, and maintain a solemn and courteous environment.

In the Gatka Charter the Gatka organisations shall ;

1. Make Gatka sport a welcome place for everyone – for those practising Gatka, attending Gatka events and working or volunteering in Gatka at any level.
2. Prevent discrimination (including discrimination based on age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, cast or creed).
3. Support and protect the rights of women by helping women to reach their potential in making sure that women's interests are represented in the organisations,

We are sure that physical activities during martial art Gatka skills plays important role in self-defence, courage and mental health. Gatka sport promotes virtues, fairness and equality, respect and dignity. It teaches individuals how to strive and succeed, how to cope with success and disappointment, and brings people together with a common goal.

We hope that the Gatka Charter for promoting positive mental wellbeing will support sports leaders, parents, coaches, volunteers and Gatkebaaz and help to create a culture of positivity within the sporting community which will encourage and inspire young Gatkebaaz into the future.

VALUES OF GATKABAAZI

The importance of martial art Gatka can hardly be overestimated. A cosmopolitan sport Gatka contributes all-round physical activity during playing or exercise. Every part of the body got involves during Gatka contest and the Gatkebaaz has to move fast, run, squat, lunge, bend and twist his trunk in all directions. Even the eyes and mind have to exert hard to do their allotted tasks. Consequently, it strengthens muscles and nervous tissues, improves structures of joints, helps efficient functioning of all the systems of body and thus imparts speed, agility and endurance.

Playing of Gatka (Gatkabaazi) is also a splendid developer of lung capacity. Besides, Gatkabaazi purifies blood and helps to drive away rheumatic germs that might be moving about trying to lodge in the joints. Lastly, it is enormously useful from sociological point of view. An exponent of this art can live with dignity and move in society peacefully and comfortably. It comforts as an effective self-defence for womenfolk also who could challenge the eve-teasers easily due to this self-defence art.

On the top of it, the Gatka game is comparatively less expensive. Gatka sport also has the significance of an activity pursuing the ultimate limits of human potential which are as follows ;

1. Gatka is like an art in life, it isn't just about fighting. To advance oneself physically, mentally and spiritually through the study of martial art, a combination of diligence, dedication and proper training is the keys for Gatkebaaz. The greatest responsibility of Gatka coach is to instil a sense of discipline and a code of ethics in Gatkebaaz to inspire them to lead exemplary lives as leaders in the community.
2. Gatka promotes physical fitness and positive social interaction in a courteous and fun atmosphere. Gatka has very great



character forming values. It also develops the humane qualities of self-respect, endurance, calmness, self-control, discipline and the ability to take punishment without whining.

3. It bestows the practitioner Gatkebaaz absolute control over body movements, the mind, and confidence in the self. In addition to the blows and guards, that constitute a stock of most useful and important exercises, Gatka provides very inclusive armour of defence against the ordinary dangers of attack.
4. Gatka increases cardio fitness. It really gets you moving, whether it's doing patterns, sparring, or practicing different techniques. Training sessions also usually include a warm-up at the beginning, to get your heart rate going.
5. Gatka improves muscle tone and strength. It requires you to use your entire body, which tones all your muscles, increasing your strength, too. It also tones and stretches your eyes' muscles during constant gazing on the opponent thereby boosts your attentiveness and concentration of mind and vision.
6. Gatka teaches self-defence. It's no secret that most martial arts are based on a form of combat, and defending oneself. It will help you to be prepared if ever you are in a dangerous situation—not necessarily to fight back, but at least to react in the best possible manner.
7. Gatka improves flexibility and coordination of muscles. Different techniques and exercises can greatly help to improve your balance, posture, flexibility and coordination.
8. Gatka puts emphasis on self-confidence and respect. Many types of martial arts, especially the Gatka is great for improving your self-discipline, as well as put the emphasis on being self-confident, and respecting oneself, as well as others.
9. Last not the least. Gatka reduces your weight during fights and training. A healthy mind resides in a healthy body. One can develop and maintain a healthy body by actively participating in Gatka. It keeps body alert, active, youthful and energetic. Gatka enhances boost metabolism, burn calories and improve the respiration and digestive system.
10. Gatka sport is so energizing and amazing that it provides recreation and enjoyment. Thousands of fans excitedly showers praise and enthusiasm to the Gatka players. It relieves their stress and anxieties.

NGAI SIGNATURE TUNE

National Gatka Association of India has resolved to play the signature tune namely "**Deh Shiva Bar Mohe**", during hosting ceremony of NGAJ flag at National or State Gatka Championships or other solemn occasions of Association. It shall be played for 1.40 minutes including recitation of "Boley So Nihal-Sat Sri Akal" at the start and end of this tune.

"Deh Shiva Bar Mohe" signature tune in Punjabi and English

In Gurmukhi:

Boley So Nihal-Sat Sri Akal.

DEH SHIVA BAR MOHE-I-HAI,
SHUBH KARMAN THE KABHU NA TAROO,
NA DAROO AR SIYOO JAB JAHE LARON,
NISCHAI KAR APNI JEET KOROO,
AR SIKH HAO APNE HI MAN KO,
EH LALCH HOU GUN TAU UCHROO,
JAB AAV KI AUDH NIDHANN BANAY,
ATT HE RANN ME TAB JOOJH MAROO.

English Translation

Boley So Nihal-Sat Sri Akal.

Grant me this boon O God
May I never refrain from the righteous acts;
May I fight without fear all foes in life's battles
With confident courage claiming the victory!
May thy glory be grained in my mind,
and my highest ambition be singing thy praises;
When this mortal life comes to end,
May I die fighting with limitless courage.

ਗੱਤਕਾ ਖੇਡੇ, ਸੱਭਿਆਚਾਰ ਅਪਣਾਓ।
ਨਸ਼ਿਆਂ ਤੋਂ ਬਚੋ, ਵਿਰਸਾ ਬਚਾਓ।।
ਕਰੀਏ ਵਿਰਸੇ ਦੀ ਸੰਭਾਲ। ਗੱਤਕਾ ਖੇਡ ਦੇ ਨਾਲ।।

Useful Links

www.Gatkaa.com
www.ISMAA.net
www.KhalsaGames.com
www.YouTube.com/GatkaTV
www.Twitch.tv/GatkaAssociation/videos/all
www.Facebook.com/GatkaFederation
www.Flicker.com/PunjabGatka
www.Twitter.com/GatkaSport
www.GatkaAssociation.Tumblr.com
www.Chardhikala.com
www.PunjabMailOnline.com
www.PunjabiCulturalCouncil.com
www.HarjeetGrewal.com
www.KhedTeKhidari.com
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www.Facebook.com/KhedTeKhidari2017
www.Facebook.com/PunjabiCulturalCouncil
www.Facebook.com/HarjeetGrewal2025
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ਗੱਤਕਾ ਅਪਣਾਓ, ਵਿਰਸਾ ਬਚਾਓ।



Let's Promote Gatka
**National
Gatka Association of India[®]**

**Proforma for X-Ray/MRI Test
For determination of Age**

Paste here
Passport Size
Photograph

Self attested

This is to certify that according to X-Ray/MRI test of the wrist of Mr./ Mrs/Miss _____, his age is below 15 years.

Date of Birth : _____

Father's Name : _____

Mother's Name : _____

Address : _____

Doctor's Name : _____

Diagnostic Facility Name : _____

Address and Tel. No. : _____

Doctor's signature : _____

I hereby identify the player, whose photograph is affixed above.

National/State Secretary of Association

Signature & Seal

Date : _____



Let's Promote Gatka

National Gatka Association of India®

Ring No.

Date

Event

(FORM-I)

Place

COMBAT/SOTTI-FARRI FIGHT (Individual)
JUDGEMENT SHEET

Age Group

Association/State

Association/State

Player's Name

Player's Name

TEAM 'A' RED

ABOVE THE BELT

TEAM 'B' BLUE

2 2 2 2 2 2 2 2

SCORES

2 2 2 2 2 2 2 2

1 1 1 1 1 1 1 1

BELOW THE BELT

SCORES

1 1 1 1 1 1 1 1

½ ½ ½ ½ ½ ½ ½ ½

HIT ON CUSHION

SCORES

½ ½ ½ ½ ½ ½ ½ ½

3 3 3 3 3 3 3 3

THREE POINTER

SCORES

3 3 3 3 3 3 3 3

TOTAL POINTS OBTAINED

FOULS

DOUBLE ATTACK
DAGGER HIT FACE
OUT OF CIRCLE
FELL DOWN
WEAPON FELL DOWN
INTENTION TO HARM
MISCELLINEOUS

GREEN YELLOW RED

TOTAL FOULS

GREEN YELLOW RED

FINAL SCORES

DISQUALIFICATION

COMMITTED 3 FOULS
 MISCONDUCT WITH REFEREE

Winner of the Fight

LEED BY 15 POINTS WON BY DISQUALIFICATION

Signature of Judge



Let's Promote Gatka

National Gatka Association of India[®]

Date **(FORM-'H')** Event

Place **FINAL RESULT SHEET OF COMBAT/SOTTI FARRIE FIGHT (TEAM)** Age Group

JUDGEMENT SHEET

Name of Association/State Name of Association/State

TEAM 'A' RED

TEAM 'B' BLUE

Name	Score	Name	Score
Player-1		Player-1	
Player-2		Player-2	
Player-3		Player-3	

TOTAL POINTS OBTAINED

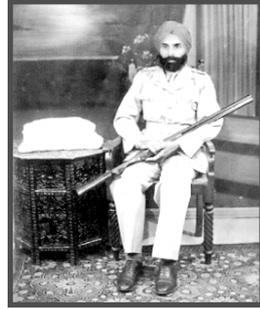
TOTAL FOULS

FINAL SCORES

Name of the Winner Team/Fighter

Signature of Chief Referee _____ Signature of Chief Judge _____

This rule book is presented in the loving memory of Major Kartar Singh Akali, Physical Director, R.S.D. College, Ferozepur, Punjab who was the author of "The Art of Gatka Fighting" book published in June 1936 for University of Panjab, Lahore, Pakistan.



Major Kartar Singh Akali

Scientific Training in Self Defence for Boys and Girls
Or
THE ART OF GATKA-FIGHTING.

CONTAINING :—

Rules and Regulations of the gatka fighting ;
21 Photographs of different gatka-movements
with their exhaustive explanations ;
A Scientific account of the actual fighting
and methods of its improvement ;
A Sure Guide to become an
Expert and Victorious
Fighter
etc.

BY

K. S. AKALI,

PHYSICAL DIRECTOR,

R. S. D. COLLEGE, FEROZEPURE.

FOREWORD

BY

HENRY LALL Esq.,

Director of Physical Training

AND

Secretary, University Sports Tournament Committee

University of the Panjab,

LAHORE,

1st Edition,

1936.

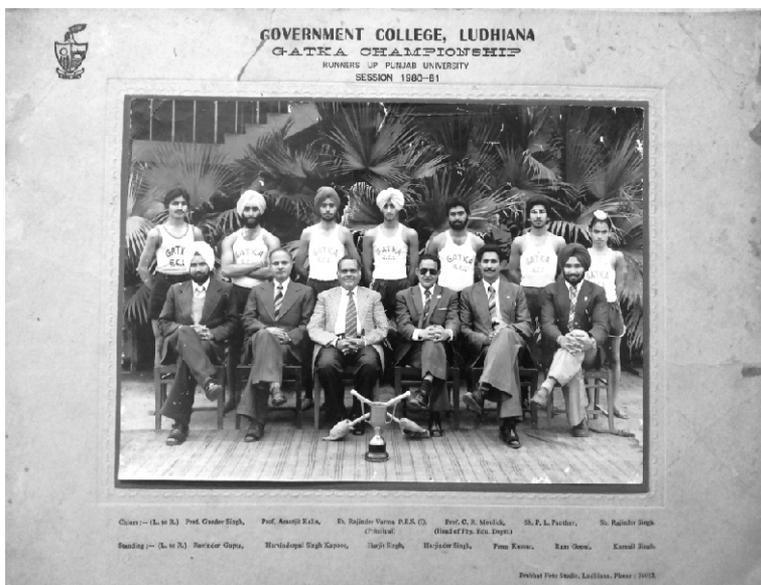
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Khalsa College Amritsar Gatka team winner of College tournament in the year 1968-69 with Principal Mr Bishan Singh Samundari.



Performers showcase 'Gatka' skills in tournament

STATESMAN NEWS SERVICE
CHANDIGARH, 24 MAY

Different teams of traditional martial art 'Gatka' from Punjab and Haryana showcased their mesmerising combative and defensive skills during two days second All India Martial Arts Festival-cum-Tournament held on Wednesday.

The competition was organised by Martial Arts Board International in association with National Gatka Association of India (NGAI) and International Sikh Martial Art Academy (ISMAA).

Disclosing this ISMAA Press Secretary Haseem Kumar said that the tournament



tested self-defensive art which also imbues cultural and traditional values among the youth. He stressed that it is need of the hour to promote this centuries old traditional sport so as to wean away the youth from the menace of habit forming drugs.

Grewal revealed that NGAI and ISMAA have chalked out an exhaustive plan to organise martial art tournaments, training camps, Gatka seminars and workshops in different states to train the bud-

and Bhavnet Kaur Morinda won gold and silver medals respectively whereas Karnpreet Kaur Rajpura and Antra Sen SAS Nagar achieved bronze medals. In men's category Davinder Singh from ISMAA and Sandeep Pal Singh Rajpura got gold and silver medals respectively whereas Karnpreet Singh Morinda and Parmjit Singh Nabha achieved bronze medals.

During Gatka weapons demonstration Gatekbaaz from ISMAA exhibited their best martial art skills thereby got gold medal.

Baba Deep Singh Rajpura team

Gatka teams showcase combat skills

CHANDIGARH, HARYAN 17
Gatka teams today showcased their mesmerising combative and defensive skills at the second All India Martial Arts Festival-cum-Tournament held at the National Stadium, Chandigarh.



Second state level women Gatka competition commences

CHANDIGARH, HARYAN
The two-day second state level women Gatka competition commenced at Shiwal College for physical education in Bahadurgarh today. The 14 teams participated in the competition. The tournament was inaugurated by member of the Punjab Government, Shri. Manjit Singh Grewal, Minister in charge state government sports and recreation. He said the purpose of the competition was to promote the traditional school games and to train the children in self-defensive art and to keep them away from evil influences.

ISMAA TO ORGANISE 'GATKA' COMPETITIONS

HT Correspondent
LUDHIANA: To promote Sikh martial arts, Gatka, International Sikh Martial Arts Academy (ISMAA) will be organising Gatka competitions at state and national level.

Gatkabaaz mesmerise with skills during National Martial Arts Tournament



NGAI president H. Morinda said that the tournament was a great success and that the participants showed excellent skills.

Reference book on gatka in the offing

HT Correspondent
FATEHGARH: International Sikh Martial Art Academy (ISMAA) will publish a reference book soon, said ISMAA President, H. Morinda.

Punjab includes gatka in sports graduation list

CHANDIGARH: With a view to promote the martial art, Punjab Government has accorded recognition to this traditional martial art as game and sport. It has also included it in the graduation list of recognised sports.

Academy to publish info on Gatka centres

LUDHIANA: The International Sikh Martial Arts Academy (ISMAA) will compile an international directory of all Gatka Akharas (GAs) and Gatka training centres (GTCs) across the globe, and affiliate them with the academy.

Gatkabaaz showcase combative, defensive skills at tournament

HT Correspondent
LUDHIANA: The second Vira Sahib GATKA Tournament was held at Gurdwara Singh Sahib, Talian, near the various gatka centres. In the tournament, the participants showcased their combative and defensive skills.

Patiala clinches martial 'ISMAA Gatka Shield'

HT Correspondent
PATIALA: The ISMAA Gatka Shield was clinched by the team from Patiala in the final of the ISMAA Gatka Tournament.

The 'Dangal' effect

PUNJAB
Gatka, a traditional martial art form, is getting a new lease of life with the 'Dangal' effect. The traditional Gatka is getting a new lease of life with the 'Dangal' effect. The traditional Gatka is getting a new lease of life with the 'Dangal' effect.

ISMAA Gatka Shield

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