

Let's Promote Gatka

World Gatka Federation®

(An Apex International Gatka Organisation)

Official Statute



International Gatka Rules & Regulations®

(3rd edition April, 2021)



www.Gatkaa.com

NationalGatkaAssociation@gmail.com

Unite & Concur For Success



NGAI President Harjeet Singh Grewal Flanked With office bearers and Gatha Referess & Coaches during 6th Refresher Course at Chandigarh in April 2021.

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For

Single Stick & Farri-Stick Combat

(Approved by the Governing body of WGF & NGAI)



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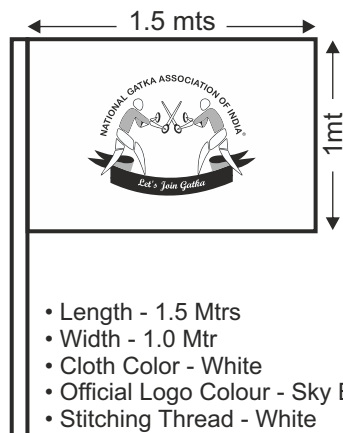


/GatkaAssociation

National Gatka Association of India®

(An Apex Oldest National Gatka Sports Organisation)

Official Flag of NGAI



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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.

Playing of Gatka, called Gatkabazi, 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) in association with World Gatka Federation have drafted these rules and regulations for all types of official tournaments including International/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, Khelo India or State Sports departments besides tournaments to be organized by various services sports boards/ organizations.

Additionally NGAI is the first and oldest registered Gatka organization in the world and proactive for about two decades in taking major initiatives and drafted Gatka Rules to revive, regulate, 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 WGF/NGAI. Any suggestions are welcomed and appreciated.

Good Gatka !

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

Let's Promote Gatka

National Gatka Association of India®

(Affiliated with World Gatka Federation®)

Official Statute



International Gatka Rules & Regulations®

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(For Single Stick & Farrie-Stick Combat)

(Approved by the Governing body of WGF & 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 SAI/Khelo India, State Sports departments
and various services sports boards/ organizations.

Drafted by : WGF/NGAI Regulations Drafting Committee

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SECTION-I

1. ADMINISTRATION AND CONTROL OF COMPETITION

International Gatka sports regulating organizations the World Gatka Federation (WGF) & Asian Gatka Federation (AGF) and the National Gatka Association of India (NGAI), an oldest Gatka sports organization, have been promoting, standardizing and governing the Gatka game globally and in India. These apex organizations have revised the international Gatka Rules and Regulations in the 3rd edition of rules book in April 2021 and shall be complied with in entirety to conduct all types of official sports tournaments that includes all types of:

- a) District/State/National/International Gatka competitions;
- b) Inter-College/Inter-Varsity/All India Inter-varsity/National and International University Gatka Championships ;
- c) Zonal Competitions (North/East/West/South/Central) and
- d) Inter-School, Inter-District/Zonal, Inter-State, International School Gatka Games, Khelo India/SAI and
- 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 in coordination with its national/state/district Gatka Federation/ Association as the case may be 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 Gatka sports events. Hosting of a tournament is an important task and organizers should have very consciously and minutely planned arrangements for its grand success.

2. 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.

- 2.1 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 WGF/NGAI.

3. 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.

3.1 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.

3.2 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

3.3 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.

3.4 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.

3.5 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.

3.6 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.

3.7 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.

3.8 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.

3.9 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.

3.10 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

3.11 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.

3.12 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.

3.13 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.

3.14 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 out 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.

3.15 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.

3.16 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/national level Gatka competitions, flags of concerned educational institution or WGF/NGAI and State Gatka Association besides state Olympic Association should be hoisted. All district/zonal/state/national or college/university/school Gatka teams shall participate in their official sports costumes during march-past ceremony by holding their respective flags/banners. Similarly at inter-state/national level event, flags of WGF, 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 official costumes by displaying their respective flags. During hoisting ceremony Gatka signature tune shall be played.

4. 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 all types of Gatka competitions/tournaments, safety and security of participants is of supreme significance.
- 2.2** The WGF/NGAI Rules fully establishes specific safety requirements that must be applied in all types competitions/championships. The WGF/NGAI Jury including Organizing Committees of competitions/championships 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 WGF/NGAI or its National/State Associations/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 Gatkabaaaz/ competitors belonging to any National/State Associations/Units affiliated to the WGF/NGAI. In case, where no National/State Association/Unit exists, the players belonging to any Akhara/club/center, affiliated with WGF/NGAI, will be allowed to participate in the tournament. However, if there is no such Association/Club/Center functioning in a State or country, they can take part as members of WGF/NGAI provided they have paid all their dues towards WGF/NGAI.
- .5.** The eligible Gatka teams can take part in State/National/International Gatka Championships/Competitions, Inter-College, All India Inter-arsity/international university Gatka Championships, Zonal Competitions (North/East/West/South/Central), Inter-School, Inter-District/Zonal/State/National/International School Gatka Championships, State sports department or Khelo India games as per WGF/NGAI Rules. These rules may be modified only by the governing body of WGF/NGAI, wherever necessary, to suit the local conditions of any State/country.
- 2.6.** The governing body of WGF/NGAI may grant permission/recognize any competition to be conducted under these prescribed rules.

SECTION-3

WHAT IS GATKA

The word Gatka is of Indian origin and refers to a defensive weapon, technique or martial art. The martial art, in which Gatka is used as a weapon for self-defence, is called *Gatkabaaazi* or *Gatkebaazi*. Gatka is an integral part of an array of vast Sikh *Shastar Vidiya*. It is very common to use word Gatka for all sports and traditional martial arts.

'Mahan Kosh' edited by Sikh scholar and encyclopedist Bhai Kahan Singh Nabha, explains; 'Gatka – a three-hand span stick, is used to teach the first part of club fighting. It has a leather covering. In the right hand holding a Gatka and in left hand a '*Phari*', two men play with each other. Persian – *Khutka*. Thus, Bhai Nabha believes that the words 'Khutka' and 'Gatka' are used for same meaning.

'Urdu-Punjabi-Hindi Kosh' published by the Language Department, Punjab illustrates the word '*Khutka*' as '*Kutka*', '*Mota Danda*' (cudgel), '*Thhosa*' (thumb) etc. Therefore, according to this 'Urdu-Punjabi-Hindi Kosh', the word '*Khutka*' is synonymous with '*Kutka*'. The word '*Kutka*' has been translated into 'short cudgel' by 'Punjabi English Dictionary' Published by Singh Brothers, Amritsar. According to 'Mahan Kosh', '*Kutka*' is short thick stick (*Chhota Ate Mota Sota*).

Whereas 'Punjabi English Dictionary' published by Singh Brothers, Amritsar, describes that word 'Gatka' stands for 'a leather covered club used in fencing'. According to 'Standard Illustrated Dictionary of The Hindi Language' compiled and edited by Prof. R. C. Pathak, the word 'Gatka' means 'a leather-covered club used in fencing, a truncheon, a mace, a club. This 'Standard Illustrated Dictionary' illustrates the word '*Gadaa*' as 'a club, an Indian club, a mace'.

Thus, comparatively the terms '*Khutak*', '*Khutka*', '*Kutka*', '*Gatka*', '*Gadka*', and '*Gadaa*' are close to one another, if not completely the same. These words are translated into, '*Chhota ate Mota Sota/Danda*', cudgel, truncheon and club.

This can be compared to '*Kirpan*' and '*Talvaar*'. Both words have been used for sword. At the same time, the word '*Khanda*' is used for a particular kind of double-edged sword also. In the same way, '*Saif*' is a sword, but of a different kind. Well, after this discussion given above, we reach conclusion that the word 'Gatka' stands for cudgel, club or short thick stick.

SECTION-3 A

GATKABAAZ

A Gatka player, also called '**Gatkabaaz**' 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 (Gatkabaaz), registered with WGF/NGAI, should :

- 3.1 Remain calm, composed and confident even when he/she confronted by an attacker.
- 3.2 Not undertake spurious moves/swings with weapon/equipment on the pretext of self- defence or otherwise.
- 3.3 Endeavour to maintain agility and physically fitness in order to be able to face any grave situation with equanimity.
- 3.4 Gain knowledge of a wide spectrum of attacks/defensive moves (Vaar).
- 3.5 Become proactive & attempt to understand the psychology of opponent.
- 3.6 Defend tactfully and attack clearly and swiftly as per rules.
- 3.7 Study the strengths and weaknesses of opponent before charging.
- 3.8 Be aware of the power of martial art and practice it truthfully and with sincerity and no ill will besides abstain from stuntbazi/bazigiri acts.

3B. Conditions for Gatka players :

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

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

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 WGF/NGAI, shall be furnished with a copy of prescribed Rules and Regulations of competition and they shall comply with. The WGF/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 National/State unit shall intimate dates of their annual national, state or district calendars/championships in writing to WGF/NGAI and forward the results thereof to the WGF/NGAI. Each National/State Unit shall also furnish a copy of their annual report and accounts to the WGF/NGAI and district units to the 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 WGF/NGAI.
- 4.5. No affiliated National/State unit of WGF/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 WGF/NGAI or its affiliated National/State Unit.
- 4.6. No National/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 WGF/NGAI.
- 4.7. No affiliated unit shall hold any Gatka competitions/exhibitions of National category without prior written approval/sanction of WGF/NGAI. The Officials for the conduct of such competitions shall be duly approved by the WGF/NGAI or concerned affiliated National/State Unit. The National/State unit shall depute Observers for each official competition. TA/DA of such Officials shall be borne by the concerned National/State unit.
- 4.8. National/State/regional unit shall be affiliated only with WGF/NGAI. Initially temporary affiliation may be granted till such approval.
- 4.9. Only one Regional/State/National Unit from a particular Region/State /National shall be affiliated to the WGF/NGAI as the case may be. Any other Unit (may be men/women) from the same National/State, shall not be affiliated to the WGF/NGAI.

Miscellaneous

- 4.10 All the prescribed terms & conditions are enclosed with the affiliation proforma in the rules book and may be changed/alterd with or without prior notice but be circulated to the affiliated members and be put on the websites.
- 4.11. The WGF/NGAI or its National/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 WGF and NGAI shall be reopened, modified or cancelled within a period of six months thereof.
- 4.13. **Copyright & Amendments :** The WGF and 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 WGF and NGAI as they deem fit at any stage but after a span of one year from its publication. One month prior written notice shall be served to all the concerned members by the President/General Secretary of WGF and NGAI for any amendment in the rules. The amended rules book or sections/clauses shall be uploaded on the website of WGF/NGAI and distributed to the registered referees, coaches, technical officials etc. and be regulated in all countries/affiliated national/state units. Any rejoinder/addendum in the rules can be issued after taking proper decision by the expert committee.

SECTION - 5

Definitions (Technical Terms)

- 5.1. **Ground :** A ground or mat, having prescribed specifications earmarked on it where Gatka competitions shall be organized.
- 5.2. **Play Area:** Circular ground with diameter of 30 feet (radius 15 feet) where two *Gatkebaaz* shall compete with one another.
- 5.3. **Play Domain:** Circular (Peripheral) region outside the play area. (4 feet)
- 5.4. **Reserved Space:** Square region (50 feet) outside the play domain for keeping the equipment and placing the tables/chairs for officials.
- 5.5. **Fatehnama/Salutation (ਫਤਹਿਨਾਮਾ) :** The necessary salutation ceremony that is essential to begin and end a 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. **Farri:** A substitute of shield used for combat Gatka events.
- 5.9. **Weapon:** Equipment/weapons used during Gatka demonstration event.

- 5.13 **Technical Table:** Technical officials on duty to help the referee council during competitions
- 5.14 **Judgement Desk:** A desk setup having Judge, Scorer and Time Keeper during an event.
- 5.15 **Scoreboard:** A digital scoreboard displaying scores, fouls, stop-watch and tournament/bout related information.
- 5.16 **Gatkabaaaz/Gatkai :** A Gatka practitioner 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.
- 5.17 **ISMAA:** International Sikh Martial Art Academy, a registered international sports organization setup for preservation, promotion & regulating Sikh martial art Gatka as a sport at national and international level and supervising the Gatka organizations related to the game.
- 5.18 **Rules Book:** An official rules book of WGF/NGAI published for all players/referees and organizers to play Gatka according to prescribed and standardised rules as a systemic game and organising tournaments according to the laid down rules & regulations.
- 5.19 **Rules & Regulations:** An official statute and set of Gatka rules for structuring the playing of Gatka as a systemic game.
- 5.20 **Affiliated/Associated Organizations:** Registered or unregistered associations which are affiliated or associated with WGF/NGAI.
- 5.21 **Gatka Event:** A set of competitions for men and women belonging to different age categories who compete in such Gatka event/tournament.
- 5.22 **Official Tournament:** A competition/event recognized by the WGF/NGAI that is to be played under prescribed rules and regulations.
- 5.23 **Oath:** At the start of official tournaments Gatka players took oath and promises to play fairly, judiciously and in observation of all the rules, and conditions of tournament as prescribed by the WGF/NGAI.
- 5.24 **Awards and Honours:** Different awards and honours for the teams and players will be awarded according to their winning positions and fair play to be presented at the end of tournament/event.
- 5.25 **Rankings:** Grading/Ranking of players/coaches on the basis of their achievements/participation in national/international tournaments.
- 5.26 **Sponsor:** Any company/agency/firm/individual/PSU/department sponsoring WGF/NGAI endeavours in the form of its event/tournament/team/players.
- 5.27 **Gatka Charter:** Guidelines/suggestions for the players to get benefits from the martial art bodies and to promote the appreciation of the ideals and time honoured values of Gatka.
- 5.28 **Signature Tune:** A *shabad* from holy Gurbani officially adopted for play/recitation as a signature tune at the hoisting of official flag of WGF/NGAI during the opening or closing ceremony of an official

- 5.29 **Gatka Management System (GMS)** : A computerized/digital set of programs to be run on computers for displaying scores, fouls and stop-watch etc. and tournament/bout related information on the scoreboard and to maintain/store data/records of players/tournaments.
- 5.30 **Gatka Technique**: Proper use of *Soti* with its two feet part in the forefront. Handling of the *Soti* in terms of Sword fighting for sharp edge and other features.
- 5.31 **Demonstration Technique**: Perfect and harmonious usage of weapons and equipment with alertness as per prescribed demonstration techniques and principals listed under Gatka rules.
- 5.32 **Martial Moves**: Effective usage, display and twirling of weapons harmoniously integrated with accurate and impeccable martial/combat techniques.
- 5.33 **Paintra**: A coordinated and skilful martial preparation by a *Gatkai* during warm up in which manoeuvred footwork and dives are executed before weapons demonstration.
- 5.34 **Footwork**: Performance of well-ordered movement of steps and leaps in sync with usage of weapons during demonstration.
- 5.35 **Speed**: Showcasing of alertness and swiftness during handling and usage of weapons during demonstration.
- 5.36 **Accuracy**: Seamless and flawless twirling of weapons during demonstration.
- 5.37 **Synchronization**: Simultaneous swinging, whirling and usage of weapons by a team in unison, coordination and perfect accord during demonstration.
- 5.38 **Flexibility**: Showcasing leaping, rebounding and elasticity of bodily movements during weapons usage.
- 5.39 **Palt** : A strike to hit the opponent by stretching the stick over the head.
- 5.40 **Jhakani War** : A simulated strike when player hits the opponent below the belt as deception to finally strike at upper part of body or vice-versa.
- 5.41 **Sanjha var** : When both the players attack each other with sticks simultaneously at the same step is called Sanjha Var.
- 5.42 **Bhidant**: Continuously attacking each other swiftly and ignoring basic rules of combat i.e. stop and touch (SaT) is termed as Bhidant.
- 5.43 **Cheer**: Hitting the opponent with stick by using wrong technique i.e. by reversing the side of stick is called as Cheer.
- 5.44 **Hool**: Attacking the opponent in straight direction (stabbing) by using the other end of stick is a foul and termed as Hool.
- 5.45 **Gurj**: Hitting the opponent in the ear, neck or head by curving the wrist is considered as Gurj which is foul.
- 5.46 **Perj**: A round wooden *lattu* fixed at the prescribed length of a stick to retain the original characteristics of sword and for holding the cover

- 5.47 **Blocking:** A legal act to block the stick side wrist/cushion of the opponent using his/her Stick/*Farri*. During such an act the player shall not undertake any other prohibited move to obstruct/stop the action of opponent so that a player having right to strike may advance or otherwise execute a move to play Gatka.
- 5.48 **Foul:** An unfair or invalid strike or piece of play, especially one involving interference with an opponent or organizers that is contrary to the prescribed rules and regulations.
- 5.49 **Warning/Green Card:** Warning/Green Card : Commonly indicates a caution given to a *Gatkabaaz* by the Referee regarding his/her misconduct, or indicates a temporary suspension.
- 5.50 **Penalty Card:** A penalty card used by the Referees as a means of warning, reprimanding or penalising a player, or team official who has committed an offence or foul.
- 5.51 **Red Card:** Red card indicates a serious offence or violent conduct and results in a player/team manager/coach being disqualified/suspended from the bout, dismissal, expulsion, removal, or sending-off from the tournament. Red card is also shown to a player who accumulates two yellow cards for minor offenses.
- 5.52 **Tie-Breaking:** Tie-break is a method used to determine a winner from among players or teams whose scores are tied at the end of a contest/bout or a set of contests/bouts. It consists of another round of play for an additional period called overtime or extra time.
- 5.53 **Sudden Death:** It is an extension of competition after completion of extra time when players/teams are still tied at the end of any contest/bout. As soon as one competitor attains a lead, he is declared the winner. It may be called "next score wins" or sudden victory.
- 5.54 **Win or Walk Over:** Walk over is the awarding of a victory to a contestant/team because there are no other contestants/team or the other contestants/team have been disqualified or have forfeited.
- 5.55 **Referral :** Decisions referred to the video umpire upon the request of team manager/coach or directly by a field referee are called as Referral.
- 5.56 **Umpire/Video Umpire:** An umpire or video umpire is a person/referee with the authority to make decisions after an appeal in a Gatka ground in accordance with the prescribed rules.
- 5.57 **Knock Out:** Knock Out or single elimination competition is one in which one player/team wins and the loser is knocked out of the competition. In such tournament, the finals will have two, the semi-finals will have four, the quarter finals will have eight etc.
- 5.58 **Time Out:** Timeout is a short halt during a bout and usually called by the referees or players/teams that allows the player/referees to communicate with the player/team.

- 5.59 **Bout:** A fight/contest/match between Gatka competitors/teams for a assigned period of time during a tournament to determine a winner from among two or more contestants.
- 5.60 **Byes:** In knock-out tournaments, a bye is a special privilege given to a team/player in the initial rounds because of which he gets exempted from playing in the first round and directly enters the second round.
- 5.61 **Match:** The aggregate of the bouts fought between the players of two different teams is called a match.
- 5.62 **Competition:** A competition is the aggregate of the bouts (individual competitions) or of the matches (team competitions) required to determine the winner of the event.
- 5.63 **Championship:** A championship is the name given to a competition held under the prescribed rules to determine the best player or the best team by a state/national federation/association for a specific period of time.
- 5.64 **Team Manager:** A responsible person assigned by any state/nation/team to recruit and organize the team to complete the registration and arrangements for training, practice, competitions and determine make-up of team(s) for the competition.
- 5.65 **Chief Referee:** A senior referee nominated to conduct Gatka competitions smoothly and head the Referee Council.
- 5.66 **Medical Officer/Team:** A team of medical doctors and staff nurses deputed for the tournament by the nationa/state/Federation/ Association for providing medical assistance to the players/teams on the spot.
- 5.67 **Ground Referee:** The Referee(s) assigned/deputed by the state/national or international federation/association to refer a bout/match(s) in the Gatka ground with the authority to make decisions in accordance with the prescribed rules of the game.
- 5.68 **Side Referee:** Side referee(s) assigned/deputed by the state/national federation/association around the ground to assist/help the ground referee so that no score or foul committed by a player may be missed and to help in the smooth conduct of tournament.
- 5.69 **Team Officials:** Includes Coach, Manager, Physician etc of any team deputed by the state/national federation/association for the duration of the competition to help/supervise the players.
- 5.70 **Full Strike:** When a *Gatkabaaaz* 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. Simulated strike and *Palt* strike is considered as full strike.
- 5.71 **Free Style:** A technique when a *Gatkabaaaz* attempts to hit the opponent without moving the stick backward and strikes with a straight arm.
- 5.72 **Half Strike:** It is hitting the opponent without bringing the stick from over or around the head is called half strike technique.

- 5.73 **Match Fixing:** 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.
- 5.74 **Doping or Dope Test :** Doping refers to the use of banned substances or performance enhancing drugs by athletes in competitive sports to improve their athletic performance. Dope test is an official test to discover if a player taking part in a competition has been given any drugs to make his performance better or worse.
- 5.75 **Stuntbazi/Bazigiri :** A difficult or unusual or dangerous/risky physical feat(s) or acts usually performed at public places to gain attention of people or publicity or for monetary gains. In martial art Gatka when Stuntbazi/ Bazigiri is performed against the laid down principals of Sikhi and with prohibited weapons/equipments not approved by WGF/NGAI is completely banned for Gatka teams.
- 5.76 **Jury of Appeal :** A body designated by the WGF/NGAI for hearing and determining the resolution of appeals submitted while disagreement with Jury/referees decisions during the competition.
- 5.77 **Protested Decision :** A Gatka match/bout decision being challenged.
- 5.78 **Protest Fee :** The fee prescribed by the WGF/NGAI, payable by the team coach/manager or any state/national association/federation when submitting a protest.

Let's Promote Gatka

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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 WGF/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 WGF/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 country/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 substitute) competitors representing their country/State/district//unit shall compete in Team Combat. The time limit for this event/bout is specified as under Section-7, sub-section-9 (7.9.1) and (7.9.2)

Sub-section 2:

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

Single Soti	Freestyle	Individual and Team event
	Fullstrike	
	Mixed Freestyle	
	Mixed Fullstrike	
Soti-Farri	Freestyle	Individual and Team event
	Fullstrike	
	Mixed Freestyle	
	Mixed Fullstrike	

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 January 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 of individual/mixed combat event or in any one event of Single Soti/Soti-Farri of team event/mixed team event that may be pertaining to 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 or freestyle.
4. The offending player not adhering to age groups, indulging in deceitful means, not disclosing factual age, disobeying 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 by WGF/NGAI or state/country

ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰਕ ਕੌਂਸਲ, ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰਕ ਕੌਂਸਲ
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SECTION - 7

General Rules Applicable To Combat competition

(Single Soti & Soti-Farri)

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

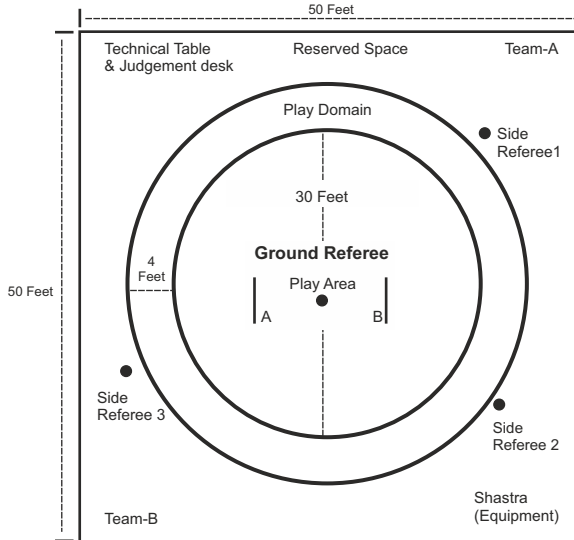
7.1 *The ground shall consist of the following three parts:*

1. **Play Area** : A circular ground of 30 feet diameter (360 inch, 900 cm), is field of play (FoP) in which two competitors shall compete. This circumference cannot be increased or decreased in any case.
2. **Play Domain** : Circular (Peripheral Region) outside the FoP area. The Play domain should be of minimum 4 feet wide.
3. **Reserved Space** : Region outside the FoP 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 Gatka ground (consisting of above 3 parts) can be indoor/outdoor. If indoor or under a roof, then roof should be at least 15 feet high from the ground. The ground can also be built on a stage at least 2-3 feet above the ground. The ground or synthetic mat should have 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 (Shown as A & B) 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 center 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/mat 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 as shown in the figure.
- 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 15 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 of Fibre or Bamboo/Baint (बैज) and may have embedded digital chips for accurate recording of touches/strikes.
2. It shall be rounded and straight of 39 inch (99 cm/3.25 feet) long for senior age groups (above 18 yrs), 36 inch (91.5 cm/3 feet) and 33 inch (84 cm/2.75 feet) for sub-junior, junior age groups respectively.
3. Its weight shall not exceed 500 gms for wooden and Fibre 350 gms.
4. Its thickness shall be half inch (or 13mm to 15mm).
5. Its uncovered surface could be covered with a 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 WGF/NGAI or National/State Unit or Sponsor.
7. The stick shall have the Perj (परज) 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. Any use of nails on stick should not be allowed.

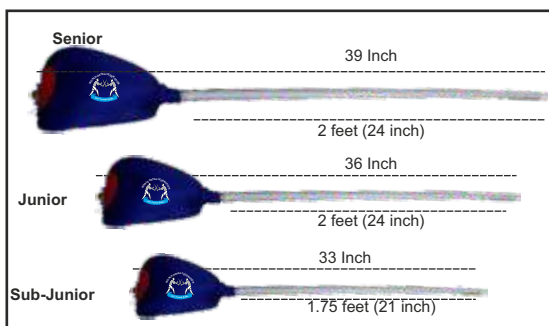


Figure-2 (Soti)

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/touch with stick is always executed/implemented keeping the cushion on the front side. Hitting/touching 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 in this martial art. 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 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

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 Shield)

(Men & Women) - (Team & Individual)

- 7.3.1. **Definition of Farri** - As the stick is a substitute of sword for Gatka combat, similarly Farri (ਫਰੀ) 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 (ਫਰੀ) 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 Gatkabaaaz as per rules. 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 -**
1. The Farri shall be made up of leather or Rexene or Fibre.
 2. It shall be of 8 inch diameter (for sub-junior) and 10 inches for junior and senior age groups.
 3. Its weight shall be 125 gm for sub-junior and 175 gm for junior and senior age groups.
 4. It may have inscribed logo of WGF/NGAI or official sponsor.

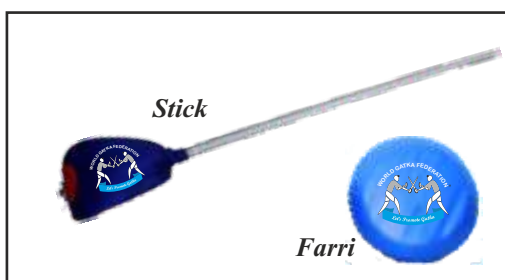


Figure 7

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 WGF/NGAI shall be used in all type of competitions.
2. The Sticks, Farris and other safety articles/equipments for combat Gatka will not be provided by the organisers. Players should use their own Sticks/Farris and other safety articles/equipments certified/approved by WGF/NGAI during combat Gatka competitions. Any players found using unapproved or sub-standard articles/equipments shall not be allowed to participate in the bout/competition.
3. In case of damage to Stick/Farri, then it shall be changed immediately.

Sub-section 4: Dress (Men & Women)

The team/competitors both men and women, shall be dressed in accordance with their prescribed state official kits including Dastar/Dumala/Patka (2.5 Meters) during sports competitions but during Virsa Sambhal/Traditional Gatka competition, the competitors (Sikh) shall adorn conventional clothes (Bana & Dumala). The specific competition rules have been described in separate rules book of ISMAC in this regard.

7.4.1. Clothing :

Competitors shall play in official kit having trousers/lower, light shoes (without any spikes or heels) with socks/stockings. Jersey may be full sleeve/half sleeve covering shoulders, chest and back. The competitors shall wear singlet/jacket (red or blue) and having inscribed logo/insignia of WGF/NGAI and or official sponsors as determined by the tournament organizers or national/state 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.

7.4.2. Protection :

1. Face-guard and chest-guard shall be mandatory. Each contestant have to wear Dastar/Dumaala/Patka (2.5 mts) besides face-guard and chest-guard approved by WGF/NGAI during the bout.
2. A player can wear spectacles or contact lenses at the time of bout.
3. A player can wear standard rubber/leather gloves.
4. For all male competitors, a groin supporter or inner guard/cup protector shall be mandatory.
5. A player may wear a knee or shin guard, elbow guard etc. without any spikes/ridges that cannot harm the opponent. All the above mentioned equipment will not be provided by the organizers.



7.4.3. Prohibited Objects :

1. No other objects (excluding Kara & Kangha) can be worn during the bout (except for Kirpan/Sri Sahib of Amritdhari players).
2. 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.

3. A player cannot use any kind of product/object/ornament likely to be harmful to the opponent or causes inconvenience to himself/herself. Players shall not be allowed to wear any kind of revealing dress/costume. The approved official kit/costume should be proper, clean and strictly according to the prescribed rules.

7.4.4. Dress Infractions :

1. A referee shall exclude from competing any player who does not wear face-guard, chest-guard, inner guard (for male participants only), patka (2.5 mts) or who is not in a proper state kit.
2. In the event of player's equipment or sports kit/dress getting undone during a bout, referee shall stop the contest to have it attended to and scoreboard and stopwatch shall also be paused during that duration. Wet or damaged kit may be changed with the permission of the referee. It is mandatory that the changed kit/costume should be the same as the old one worn by the team.
3. It is mandatory for the team/competitors to wear prescribed/official logos of the WGF/NGAI or its affiliated National/State units and Gatka event or official sponsor on the official kit/costume as the case may be. No players shall wear/display any logo/advertisement on his sports kit other than the specified during the event without prior permission of WGF/NGAI.

NOTE:

1. Each participating player shall carry his/her smart identity card during the competition and get endorsement slips, from computer desk 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 WGF/NGAI rules shall be disqualified.
3. A player/manager/coach shall have to return all the articles like Singlet, Jacket, Belt (ਕਮਰਬੰਨ) etc. immediately after the bout is over if he borrows from the organisers.
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, shoes, face-guard and all the other mandatory equipment/articles properly before the bout.

Sub-section 5:

A. Gatka Ground Equipment

The following ground 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 technical 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 WGF/NGAI.
9. Two (2) cordless microphones connected to PA system.
10. Approved Sticks and Farris (at least ten each).

11. At least ten face-guards & chest-guards (five red & five blue).
12. Singlets/ Jackets at least ten five red and five blue).
13. Belts (कमरबंदे) at least ten (white/yellow/blue).
14. First-Aid Kit, stretcher & 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 (small) tied properly on a 1½ foot long stick (at least six each).
17. In case of computerization of results through Gatka management system (GMS), 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 LEDs
 - (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, 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 WGF/NGAI or National/State/district unit.
14. Scoreboard, 2 LED'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
- 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 National/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 (Men & Women)

- 7.7.1. A combat team shall consist of at least four (4) members (3 players and one substitute)
- 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 bout. A player may be replaced in case of illness or injury with the permission of the officiating committee or technical officials 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. Separate endorsements and entry forms should have to be filled for each event and age groups 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 or substitute shall be entertained after the expiry of entry date of that tournament.

- 7.7.5. A player can take part in one event either Single Soti or Soti-Farri in 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 or free style.
- 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/coach is mandatory for each team. Without team manager/coach, the team shall not be allowed to enter in the competition. He/she 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 as well as team members.
- 7.7.9. The Team Manager/coach must produce a duty letter (for authentication) signed by the Secretary of the National/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. For smooth conduct of tournaments, the technical officials shall be appointed by the National/State Association only.
- 7.7.11. One of the players each in men and women who is registered and entered for the Championship/Tournament, shall be appointed as Captain of the respective team. If the Captain of the team needs to be substituted due to injury or illness, then another Captain chosen by the Team Manager/coach should be appointed immediately and the same be brought to the notice of the officiating committee.
- 7.7.12. A substitute from the team can play an event only if declared fit for participation by the doctors appointed by the organizing committee.
- 7.7.13. Players of contesting teams and managers/coaches of that participating teams can sit inside the reserved space at the determined side of the ground during a bout. Rest of the team members and the managers/coaches etc shall sit outside the reserved area.

NOTE : No outside interference/indication/constant provocation by the team members/managers/coach shall be allowed and chief/ground referee can warn upon such provocation. During such interference/provocation, chief referee can take cognizant decision or scratch the team or ask the players/team managers/coaches to leave the ground for half day or exclude from the tournament by showing red card as the case may be. He/she shall immediately record his/her decision and the details of offenders at the judgement table.

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

- 7.8.1. Only one player shall participate from a country/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 or free style.

- 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/Coach appointed by the country/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 Team Manager/Coach.
- 7.8.6. No player can be substituted in any individual combat event. If a player gets injured or 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 participate only after passing the fitness test by medical examiners.
- 7.8.8. During the bout the team manager/coach shall not enter the reserved space unless called in by the referees/officials.
- 7.8.9. The official kit/dress of all the players from one nation/State/Unit shall be same and in conformity with the rules. Player cannot wear or display any sign/logo/advertisement during the competition except there of WGF/NGAI or official sponsor.

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

- 7.9.1. **Team bout:** A team event shall consist of three bouts. Each of the three team members shall compete in only one bout and no team member can compete in more than one bout in a team event.
 1. The players shall be given one minute for warm up and come to the centre of the play area at the call of the referee. The bout shall start at the commands of ground referee as mentioned earlier in Section 7, sub-section 2 (7.5) and Section 8 (8.6)
 2. The duration of one bout shall be of three minutes divided into two equal rounds.
 3. A 30 seconds break shall be given to players to take rest after 1.30 minutes (one & half min) round during each bout and contestants may take instructions from their 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 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) TSR shall again ring the bell to indicate to the players to resume bout for the 2nd round. The players shall come to the centre of the play area immediately and the bout shall resume at the commands of ground referee as mentioned earlier.
 6. The time keeper or GMS TSR 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 bout resumes, the time shall be continued there from.
9. The next bout 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 bout.
11. Fatehnama/Salutation (at the start and finish) shall not be included in the bout 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 ground 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 or Referral (Video Umpire) can decide the score earned by competitor and scoreboard shall display the results.
16. **OBJECTION :** Any kind of objection to be made by a team manager, shall be submitted during the bout but not to be entertained after completion of that bout/match. To lodge an objection team manager has to throw objection ball in the ground during the bout. He/she has to deposit fee of Rs. 1,000 (non-refundable) at the technical table/ committee. The decision taken by the technical/officiating committee on such objections, if any, will be final and binding upon both the teams. If one objection is rejected after proper scrutiny or referral then the team manager/coach can not raise another objection in the same bout or during the team event. If the team manager/coach fails to deposit the objection fee after throwing objection ball in the ground, then his/her player/team can be disqualified and the team manager/coach may be censured.

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 in sub section 7.9.1 for one fight of team bout shall be applicable including the Tie-Breaker, Golden Point and Sudden Death.

NOTE: Any participant sustaining any kind of injury/hurt/stroke during the bout/tournament, shall be solely responsible for it and the concerned Association or Organizers have no responsibility for any mishap to the participants/competitors.

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

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SECTION-8

Role of Jury, Officials & Players

8.0 Referees and Refereeing

Referees are the authorized representatives of the organization, and are deputed to officiate and regulate the matches smoothly according to prescribed rules. Referees, as their very designation implies, are expected to be impartial to the core. While carrying out their duties, they shall remain calm, cool and composed under testing circumstances and maintain their balance of mind when it is disturbed by provocations, intimidations and the like, from the players or spectators or from any other sources.

They shall maintain good relationship with all officials, managers, coaches, captains and players by their pleasing manners on the ground. They shall wear proper official clothing/kit as approved by the WGF/NGAI.

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 kit/dress.
2. It will draw bouts for all the rounds in the competition. If there is GMS, then it will 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 application of rules and regulations.
5. It will declare results of all bouts including final results 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/kit.
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 ground referee and told by the Judge.
4. The scorer cannot add/ deduct any point of the player her/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 contest 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 scorer shall sign the score all sheets after completion of each bout and secure the signatures of the referees and those of the team captains.

8.3. Referee Council

For combat Gatka competitions, the Referee Council may consist of four (4) referees. They shall wear prescribed official dress/kit that can have inscribed logo of WGF/NGAI and or official sponsor. Three referees will perform their duties as side referees and one as ground referee and they can perform field duties by turns. The General Secretary or President of the WGF/NGAI or concerned country/State/Unit may act as the 5th member of the Jury/Referee Council to decide any dispute arising out of scores, fouls, bouts or referrals etc. There may be one technical referee as Referral i.e. video umpire, sitting on the live desk to replay the bout during any objection and give his decision on that disputed score.

8.4 Duties of the 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/advice the ground referee or vice-versa if it deems so.

8.5 Authority of the Chief/Ground Referee :

1. He/she directs the match from beginning to end and has authority over all officials of the refereeing corps and players/members of both the teams.
2. He/she has the power to decide any matter accordingly not provided for in these rules.
3. During the match, his/her decisions based on the laid down rules shall be final and he/she is authorized to overrule the decisions of other officials if he/she feels that they are incorrect.
4. He/she may even advice for replacement of any official if the latter is not performing his/her duties properly during the event.
5. He/she is responsible for determining, before and during the match, whether or not the playing ground is in proper condition for play.

8.6 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 contest.
 - e. **Start/Fight**-To start/continue the bout.
 - f. **Stop/Hold**-For ordering the players to stop contesting.
5. Inspect the ground before starting a bout.
6. Check Face-guard, chest-guard, lower/inner guard, Sticks, Farries and other required safety 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 bout and can initiate action according to section 7.7.13,
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 stick or otherwise until final announcement of result has been made. When the winner of a bout is announced, he/she shall raise the stick/hand of the winning Gatkabaaz.
12. When the ground referee has disqualified a player, he/she shall show red card to him/her and inform the Judges about the reason for which the bout has stopped.
13. If the ground/chief referee is not sure about a point/score or foul committed by a player, then he/she shall stop the bout, 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 or take referral as in section 9.2.1.14.

8.7 The Side Referees shall :

1. Assist the Chief/Ground Referee in referring the match properly.
2. Be seated at earmarked positions around the ground so that no score or foul committed by a player may be missed,
3. Raise the flags (red or blue) on confirming to which a player has been granted the point by the ground referee,
4. Check whether the contestants are not crossing the ground line.
5. Monitor/supervise behaviour of the members of each team seated on the players' benches and report any misconduct to the Ground/Chief Referee and can ask ground referee to initiate action according to section 7.7.13,
6. Advice to stop the bout from outside when the ground referee may have missed a point or foul of the player and consult the ground referees on duty and the Judge (if necessary) about the situation.

8.8 Powers of the Referee Council :

The Referee Council is empowered:

1. To terminate a contest at any stage if all the referees consider it one-sided,
2. To terminate/finish the contest at any stage if any contestant has received an injury on account of which the Referee Council decides/concludes that he/she could not continue to play,
3. To disqualify or ban a player/team, who declines to comply with the commands/orders of the ground referee or misbehaves with him/her 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,
7. Referee council is empowered to grant points and fouls during a bout.
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 WGF/NGAI or concerned country/State/ Unit may also advice 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 but video umpire (technical judge) at computer can be asked for Referral (as under section 9.2.1.14) to verify the decision of the chief referee in case of any objection.

8.9 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 of after draw of bouts, or during bout/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 WGF/NGAI or its State Unit as the case may be.
2. Concerned tournament organisers shall immediately inform/intimate in writing to the WGF/NGAI about such corrupt practices of Gatka officials or players and the WGF/NGAI shall take disciplinary action and record the action taken against the guilty officials/players. Such information shall be disseminated to the WGF/NGAI and its affiliated Federations/ Associations and put on their websites and to issue censure to the guilty.
3. If any aggrieved player/team lodges any complaint against the officials or vice-versa during the tournament, the WGF/NGAI or organising National/State unit may constitute a fact finding committee on the spot and decide the matter accordingly by informing the WGF/NGAI and its National/State unit.

8.10 Dress for officials :

1. All the officials shall be judiciously dressed i.e light grey trousers, white shirt, blue sports shoes and navy blue turban/dumala/patka (2.5 Mts) during the Gatka sports competition in summer but they shall wear traditional dress (Bana & Dumala) during Virsa Sambhal/Traditional Gatka tournament. They shall wear official logos of the WGF/NGAI including of sponsor also if decided by the organisers.
2. A blazer/coat (navy blue) with tie or jacket having logos of WGF/NGAI or sponsor shall be worn by officials during winter.
3. Female officials can wear white Salwar-Suit/sports kit, blue sports shoes with navy blue official blazer or jacket of WGF/NGAI or sponsor.

Sub-section 8.11:

A. Duties of Players: All Players shall ;

1. Accept and abide by the decisions of the referees, technical officials and judges with sportsmanlike behaviour.
2. Shall make themselves aware of the rules and regulations of the game and the tournament.
3. Show respectful and courteous attitude towards referees, opponents, officials, organizers and spectators.
4. Avoid actions and attitudes which are patently aimed at influencing the decisions of referees, officials and recorders or to cover up faults committed by them or their teams.
5. Avoid actions and attitudes aimed at prolonging time-outs or deliberate delays during the game with ulterior motives.
6. Avoid giving overt and covert instructions to players during the game.
7. Play in accordance with the spirit of fair play as mentioned in the rules.

B. Responsibilities of Team Captain :

He/she shall also be responsible for maintaining good conduct and discipline of all his/her team members. During contest he/she will function as game captain while on the ground. He/she shall be the only person authorized to speak to the ground referee on the application on interpretation of the rules. He/she can contact his/her the team manager/coach to file objection/protest on the score during the bout.

C. Responsibilities of Team Coaches/Managers:

1. Prior to the commencement of the contest, the team coach/manager should check the names and numbers of his players or team registered and recorded on the score sheet and put his sign on it.
2. He/she may direct warm-up sessions of his/her players prior to the match.
3. During the bout team manager shall be seated at the nominated place.
4. Only during the intervals/half time, he/she may give instructions to his/her players only without trespassing the boundaries of the ground or delaying the progress of the bout.
5. Both team coaches/managers are obliged to respect and make their players respect the officials, organizers, opponents and spectators.
6. They shall refrain from disputing the decisions of the referees and judges.

8.12 Jury of Appeal & functions :

In all official competitions organised under the rules of WGF/NGAI the, a Jury of Appeal (JoA) shall be appointed which should normally consist of three, five or seven persons. One of its members shall be the Chairman and another the Secretary.

Those members of the JoA shall not be present during any deliberations of the Jury concerning any appeal that affects, directly or indirectly, a

player affiliated to their own member Association/Federation. In such a case the chair of the Jury shall ask any member to withdraw and can appoint one or more alternate Jury members to substitute for any Jury member(s).

The primary functions of the JoA shall deal with all appeals under Section 00, and with any matters arising during the course of competition which are referred to it for decision.

If there is continued disagreement with a Jury decision, the matter may be appealed to the JoA. The JoA has to ensure the spirit of fairness in the competition and fair application of the rules. It protects the competitors' rights as well as the Judge who has done the job responsibly and remains uninfluenced by any person.

The JoA decisions are final and not appealable and can be significant in any competition. The JoA must ensure that given all of the facts and circumstances and considering the application and purpose of the rules, its decisions must be impartial, independent and fair to all involved and is consistent with the highest objectives of Gatka sport.

8.13 Appeal Procedure :

Appeals against the rulings of the judges/referees must be presented, in writing, by the team coaches/managers along with the prescribed fee. Notice of intent to protest shall be delivered to the chief of JoA within the prescribed time limit due for the respective stage of competition.

When an appeal might affect the progression of a player from one stage of the competition to the next, the intention to appeal must be delivered within 5 minutes of end of the relevant round or match, whichever comes first. During the finals of match play rounds, the notice of intent to file an appeal must be given within 5 minutes of the end of the match, or prior to the start of the next match whichever is earlier. The written appeal must be lodged with the Jury within 15 minutes of the end of the relevant round or match whichever comes first.

The Jury must be assembled as soon as possible. As soon as the Jury has assembled, they must do the following in this order:

1. Read and clearly understand the appeal.
2. Research the Gatka rules book so that they have at their disposal all information and references that could affect the issue.
3. Decide from the content of the appeal which witnesses should be called.

Witnesses should be called in the following rotation:

1. The protesting party, accompanied by team captain/coach if requested.
2. Other individuals who may have directly witnessed the alleged occurrence. It is very important not to listen to "hearsay", i.e. what someone else told them.
3. The Judge/Referee, official or other person named or blamed in the appeal.

Jury members should base their decision on written information and testimony which is presented to the Jury. The Jury members should not normally base their decisions on their own observations at the event which have not been presented by a party to the appeal or a witness since the Jury member may not have witnessed all activities which may be relevant. Further, a Jury member should not base his or her decision on comments made by third parties who are not witnesses testifying to the Jury.

The decision will preferably be unanimous but, where necessary, the majority decision of the Jury members will prevail. The Jury should issue a written statement containing its findings and judgment. The authorised decision will be distributed immediately to the person who filed the appeal, the other parties involved in the appeal, and the Organising Committee before the beginning of the next stage of the competition or before the awarding of the prizes.

- 8.14 Officials for the competition :** The organisers of a competition and/or the relevant governing body shall appoint all officials, subject to the rules of the competition. The following list comprises the officials considered necessary for major competitions. The Organisers may, however, vary this according to local circumstances.

Management Officials :

- Competition Director
- Competition Observer
- Meeting Manager and an adequate number of assistants
- Technical Manager and an adequate number of assistants
- Event Presentation Manager
- Chief Judge and an adequate number of Judges
- Competition Officials
- Call Room Referee(s)
- Field Referee(s)
- Side Referee(s)
- Video Referee(s)

Follow NGAI & Gatka TV at



REFEREE SIGNALS

Start Fight

Red
Corner



Blue
Corner

Figure 12

One Point (Blue)

Red
Corner



Blue
Corner

Figure 13

Two Point (Blue)

Red
Corner



Blue
Corner

Figure 14

Three Points (Blue)

**Red
Corner**



**Blue
Corner**

Figure 15

Simultaneous Attack (ਸਾਂਝਾ ਵਾਰ)

**Red
Corner**



**Blue
Corner**

Figure 16

Time Out

**Red
Corner**



**Blue
Corner**

Figure 17

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, the blow of the stick shall be very mild so as not to injure the opponent.**
- 9.1.2. If a player succeeds in touching the back (rear body) or back of legs of the opponent with the Soti, then three (3) points shall be awarded.
- 9.1.3. Simultaneous hitting or attacking without blocking the attack of the opponent, shall result in a foul against the player who repeats such an attack within one second.
- 9.1.4. Points shall be awarded only if a player hits/touches with proper Gatka technique with foremost two feet part of the stick. However for defence, complete length of the stick (including the cushion) can be used.
- 9.1.5. If a player hits the cushion of the opponent's stick, he/she shall be not be awarded any point.
- 9.1.6. A player shall not carry out a double or continuous attack (ਸਾਂਝਾ ਵਾਰ). He/she shall attack taking a step forward only after defending himself/herself within two seconds after each hit. However, if a defender fails to avail attacking opportunity within two seconds, then first attacker has liberty to strike again by rescinding a step backward and then forward.
- 9.1.7. 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.
- 9.1.8. 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 feints 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.
- 9.1.9. 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 and deemed a foul.

Sub-section 2: Decisions & Scoring

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 bout, then his/her scores shall be reduced to zero.
3. If a player leaves the play area at his/her own wish during the bout, then he/she shall be disqualified.
4. If a player intentionally drops his/her stick during a bout, then he/she shall be disqualified considering this act as match fixing as per rule mentioned in this section at 9.2.1.19.
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 bout 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 bout shall resume after player's nod to continue for competing.
7. Owing to an injury, if a player is unwilling to continue the bout, then substitute can be replaced immediately and the bout shall resume on the advice of Jury/Referee Council from that point and not be restarted afresh. The points of the injured player and the substituted player shall be added/aggregated at the end of the bout.
8. If both teams scores 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 contest 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 tournaments for the convenience of video umpire. Team managers/coaches of contesting players can avail only one referral during a bout. If any disagreement/objection arises on awarding of Score/Foul during a bout, chief referee may allow/ask for replay of current bout on the request of team manager/coach as mentioned under section 8.8.9 and it can be decided accordingly about awarding of Score/Foul. Decisions of the referee or video umpire shall always be final.
15. The Medical Officer (MO) and officiating committee during a contest, may request the ground referee to suspend a bout if he/she consider it medically advisable. If any player is unfit on medical grounds, then the bout shall not be allowed to continue. The MO/Committee must first inform the technical table and the latter shall inform the ground referee. The scoreboard and 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 MO shall be in the play area or play domain (MO means the doctor appointed by the organizing Unit/Association).
16. If the MO declares the player as fit, then bout shall continue. If the MO declares the player as unfit, then the player can be substituted and bout shall continue with the substitute player from the same point of time.
17. **Win on Walk-over-** Where a Gatkabaaz presents him/herself 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 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. The contestants shall continue to contest from the same point in the ground where they were shown Green/Yellow cards but Red card shall be given to the players in the middle of the ground by the ground referee.
19. If a player is disqualified during the team event bouts, then his/her opponent shall be awarded with 20 points. In case the opponent player has already scored more than 20 points then only the points scored more than 20, shall be entered in his/her record.
20. If a bout is stopped due to any circumstance which is beyond the control of referee/players, such as exceptional weather conditions, failure of light, damage to ground etc., then the result shall be declared on the basis of points scored by the players till the time the match was played.

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 contest, 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 eight (8) points at any stage of the first round of the bout and the opponent has only nil score, 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. All relevant rules of Section 9 under Sub Section-1 and Sub Section-2 shall be applicable to the individual events also.
 8. **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 (ਹੂਲ), Cheer (ਚੀਰ), Gurj (ਗੁਰਜ). **(First warning)**
- 9.3.7. Becoming offensive towards any referee/official, opponent or audience/organizers, argumentation with any official or organizers. **(First warning)** Repeated offensive behaviour shall attract sub section 5.
- 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 7.2, 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 command to "Stop" the bout. **(Yellow Card)**

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 or video umpire as referral.
- 9.4.3. Shall be disqualified if he/she drops the stick intentionally or falls down on the ground with stick touching the ground (details in Section 9, sub-section 2, rule 2, 3, 4, 6 & 19).
- 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 Blue (Wrong Stick)

**Red
Corner**



**Blue
Corner**

Stick & Farrie touches ground (Foul)

Sub-section 5 : Serious Warnings : If a player

- 9.5.1. Arguing with referees/officials/organizers despite warning by referee.
- 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 WGF/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 highest points between the competitors.
- 9.6.2. If both the players/teams got equal points, then the one who gets warnings/fouls will be declared as defeated player/team.
- 9.6.3. If both the players/teams got equal points, without any foul, then there shall be extra time of one minute. If again the score remains equal, the Sudden Death rule shall be applied.

Sub-section 7 : The Penalty Cards

- 9.7.1. **Green Card** : A Green card shown to a player indicates a **warning**. No point shall be deducted when a player has been shown green card but 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) point shall be deducted if a player has been shown a yellow card and the foul shall be counted to his/her score. After showing yellow card, if any player commits another foul which may be a warning, then yellow card will be given again not the green card because warning card (Green card) will not be used after showing higher ranking card i.e. yellow card.
- 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 or video umpire shall be final and be abided by the contestants and all.

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

- 9.8.1. The WGF/NGAI or its National/State unit can ban a player/team or official/referee for any length of time on disciplinary grounds or performing stuntbazi/bazigiri 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, official or Referee.
- 9.8.3. A banned player/team or official cannot take part in any kind of Gatka event/tournament for a definite time period for which he/she has been banned. All affiliated National/State organizations, without any delay, shall inform to WGF/NGAI about such players/officials who are banned. The WGF/NGAI shall circulate the orders to all its members/affiliated organisations/units.

Sub-section 9 : Match Fixing

- 9.9.1. During any bout or event if Jury/Referee Council presumes/believes or finds/ resolves or anybody complains or produces evidence regarding an illegal act contrary to the rules as prescribed, such as the team/players combatting in the ground/field are just playing as per a pre-plan or playing pre-judiciously, it shall be called or referred to as Match Fixing. In this case both the players/team may be disqualified after preliminary investigations during or after the bout by Jury/Referee Council.

- 9.9.2** The WGF/NGAI or its affiliated Units may also withdraw/take back Awards/Certificates and cash prizes from players/team indulging in such malpractice and may debar them for at least 5 years or impose fine up to five thousand or both. The accused players have to approach WGF/NGAI with clean chit 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.

Sub-Section 10 :

9.10.1. Game Interruption

1. Official interruptions of the game are those stoppages of the game that are caused by natural phenomena like bad light, heavy rains, storms, earthquake etc., and ordered as such by the chief referee and shall include the time-outs granted by the referee on request by the player/coach as per rules hereinafter mentioned.
2. A maximum of one time-out is permitted in an individual event and three interruptions may occur during team event.
3. An interruption shall be granted only on the request by the team manager through the use of respective official signal and by throwing objection ball in the ground.
4. Time-out shall not have duration more than 30 seconds.
5. One time-out shall be charged to the team who prolongs the given interruption after the referee has signalled to resume the game/bout.
6. A team/player shall on no account leave the ground during the time-out.
7. The team manager/coach may also speak to his team/player only during time-out without trespassing the boundaries of the ground.
8. After request of the team managers/coaches of players, the referee may authorize medical attention to be provided on the ground.
9. A team coach/manager/player requesting more interruption than is allowed, will receive a warning by the show of yellow card.
10. In the event of serious injury/accident to a player, the referee shall stop the game and give maximum 3 minutes to the injured player to recover. He/she may at his discretion restart the match before the expiry of 3 minutes accordingly as the case may warrant.
11. If the injured player does not recover within 3 minutes, the match shall be awarded to the opponent(s) or decided on the scores achieved.

9.10.2. Interruption Faults:

1. A team/player commits a fault when the team or player prolongs a time-out after being called to resume the game/bout by the referee.
2. When team/player requests a second time-out for second time in a particular bout.
3. When team/player is not ready to resume the match after having been charged with one time-out.

First Time - Warning

Repetitions – Contestant loses point as the case may be.

9.10.3. Prolonged Interruption during the match:

If any unforeseen circumstances prevent a match from being conducted, the referee, organizers and jury shall decide the measures to be taken to restore normalcy. On resumption of a match after normalcy is restored, the score will be continued from where it was left prior to the interruption(s). The result(s) of the previous bout(s) if any, will be intact. In other words prolonged interruption(s) caused by factors beyond anybody's control shall not give any advantage to any player/team.

9.10.4. Faults and Sanctions:

1. There is always a penalty for carrying out an action, which is not stipulated in the rules.
2. When participant(s) commit faults during the game/bout due to the actions contrary to the rules or due to misconduct, the ground referee shall judge the faults and determine accordingly. The sanction is applicable in accordance with the following principles:
 - A. A penalty for a game fault means that the contestant(s) committing the fault shall lose a point and penalty card shall be added to score sheet.
 - B. Misbehaviour towards officials, opponent(s), spectators or teammates shall be an offence and the sanction(s) thereof will be as follows:

MISCONDUCT SCALE					
Sr No.	Degree of misconduct	Attempts	Sanctions	Card to show	Consequences
1.	Un-sportsman like conduct	First	Warning	Green	To Prevent
		Second	Penalty	Yellow	Contestant loses a point
2.	Offensive Conduct	First	Penalty	Yellow	Contestant loses a point
		Second	Expulsion	Yellow + Red	Out of Game
3.	Aggression	First	Disqualification	Both cards separately	Will be sent out of the championship

9.10.5 Sanction Scale

1. **Unsportsmanlike Conduct:** If a participant delays the game/bout, coaches his teammate(s) at a time when it is forbidden, shouts, argues or disputes the decisions of the referee(s), other technical officials or organizers, it will be construed as unsportsmanlike behavior.
2. **Offensive Conduct:** If any aggressive attempt at the personal honour of the referee(s) or other technical officials or organizers, is made by a player by means of insulting words and gestures to referee(s), opponent, other technical officials organizers or spectator(s), it will be construed as an Offensive Conduct.
3. **Aggression:** If a real physical attack or an initiated aggression against the referee(s), other technical officials or organizers, opponent or spectator(s) is made; it will be construed as an aggression.

9.10.6 Sanctions for Misconduct: Depending upon the degree of the misconduct according to the judgment of the chief referee or ground referee, the sanctions to be applied are as follows:

1. **Warning for unsportsmanlike conduct:** Warning to the player(s) or team from a second unsportsmanlike conduct for the remainder of the bout/match.
2. Penalty card for offensive misconduct must be registered on the score sheet and the contesting player will lose a point or as decided by the ground referee.
3. **Expulsion:** For committing twice offensive misconduct is sanctioned by expulsion and it means the opponent wins the bout and match.
4. **Disqualification:** Aggression is sanctioned by disqualification and it means that the player is debarred from the Championship.
5. **Misconduct Scale:** The repetition of a misconduct by the same member of the team during the same match/bout, call for the gradual application of the sanction scale.

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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 23

- 10.2. Then the player brings his stick near to his shoulder. (figure 24)



Figure 24

- 10.3. Then the player moves his stick further backwards towards the back of the neck. (figure 25)



Figure 25

- 10.4. Then the player moves the stick towards the other shoulder in the same continuous motion, i.e. from the back side. (Figure 26)



Figure 26

- 10.5. Then the player hits the target area of the opponent's body with stretched arm. (figure 27)



Figure 27

- 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 28



Figure 29



Figure 30



Figure 31



Figure 32

Sub-Section 2 : Awarding the points

- 10.2.1. All relevant 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 (झकनी दार) and the Palt (पलट) 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 relevant the rules of Section 9 and Section 10 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 international/national competitions organized by the WGF/NGAI must sign up or fill up admission/entry forms manually or electronically as competing members and shall participate in that competition/event.

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

1. Number of official competitions played/conducted successfully
2. Positions in such sports competitions
3. Conducted/Participated in international/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 Gatkabaaz or referee based on their rankings/grading may be selected or deputed to represent their country or state in the international/national/state/inter-varsity 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 WGF/NGAI.

SECTION 12

Awards and Honours

- 12.1. The winner of the final bout shall be Gold Medallist of that competition.
 - 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 Medalists.
 - 12.4. The team/player scoring highest points in a tournament shall be the Gold Medallist of that Event/overall Championship.
 - 12.5. The team/player scoring second highest points in the tournament shall be the Silver Medallist/overall Runner-up.
 - 12.6. The team/player scoring third highest points 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 tournaments.
 2. The fair play award shall be presented to a player or team showing good understanding, sincere friendship, cooperation and fair play (play without any foul/warning) among the teams participating in the championships and not necessarily taking into consideration the results of the competition.
- B. Shashtreshar Award :** Shashtreshar Award shall be given to a player selected on the basis of his/her overall best achievements, technique skills, and conduct in international/national/state competitions. This award shall be presented to the player as "**Pursh Shashtreshar**" and "**Mehla Shashtreshar**" for woman player.
- C. President's Award :** This award shall be bestowed to a player selected on the basis of his/her overall achievements, technique, skills and conduct in the state/national/international competitions.
- D. Gatka Gaurav Award :** This award shall be bestowed to a player/coach/referee selected on the basis of his/her achievements in the state/national/ competitions.
- E. NGAI Gatka Award :** This honour shall be presented to a player/coach/referee selected for his/her exemplary contribution towards promotion of Gatka.

SECTION 13

Codes and Principles for Gatkabaaz

The ISMAC/ISMAA anticipates that all Gatkabaaz should follow these principles so as they shall live impeccably with more joy, more choice and more peace. Living by the warrior code they will enrich their daily living as well.

CHARACTER : A Gatkabaaz must reflect honour and respect on the martial art and the organization by leading a clean and upstanding lifestyle. It is not through words, but by actions, that he/she should set a good example for others to follow.

COURAGE : He/she should develop courage by opposing influences that can cause failure and defeat mentally, physically and spiritually. He/she will stand up for the truth and justice. He/she should not indulge in petty bravery by engaging in meaningless rivalry, foolish stunts or the intimidation of others.

COURTESY : A Gatkabaaz will extend proper manners and etiquette to all.

ENCOURAGEMENT : A Gatkabaaz will be as enthusiastic about the success of others as about his/her own accomplishments.

ENDURANCE : He/she will persevere through all obstacles and challenges in life and will not lose faith in his/herself.

FORGIVENESS : A Gatkabaaz will forget the mistakes of the past and press on to greater achievements in the future.

HEALTH : A Gatkabaaz will protect his/her skills by avoiding harmful health practices such as smoking, drugs and alcohol. He/she will preserve and defend the ethics of martial art Gatka and never enhance his/her mental and physical performance unnaturally for the sole purpose of taking part in competition with using prohibited substances prior to or during a competition or a training.

HONESTY : A Gatkabaaz will conduct his/her personal, business, academic and family life honestly and not accommodate lying, cheating or stealing.

HUMILITY : A Gatkabaaz will invest so much time towards the improvement of his/herself that he/she will find no time to criticize others and remain humble to continue his/her own growth.

INTEGRITY : A Gatkabaaz will be sincere and forthright in his/her relationships with others and maintain a high level of moral principle in daily living. He/she will not be manipulated or intimidated by power, corrupted by money and nor weakened by desire. He/she will not be "two-faced" or hypocrite and demonstrate sincerity by carrying the code outside the Gatka Akhara/Training Center and into all aspects of life.

LOYALTY : A Gatkabaaz will be faithful, supportive, defend and be true to his/herself, colleagues, friends, and Gatka organization.

MERCY : He/she will always show mercy and compassion to all living things.

MOTIVATION : A Gatkabaaz will become and remain highly goal-oriented throughout life and for the enrichment of soul.

NON-CRITICISM : A Gatkabaaz will ensure that if he/she have nothing positive to say about a person, he/she will say nothing. He/she will always be in a positive frame of mind and convey this feeling to others.

OPEN-MINDEDNESS : A Gatkabaaz will maintain an attitude of open mind toward another person's viewpoint while still holding fast to what he/she know to be true and honest.

PATIENCE : He/she will not look down on those who have not reached his/her level of skill or understanding. He/she will use others as a positive inspiration while understanding that everyone progresses at different rates.

RESPECT : A Gatkabaaz will show respect for the Gatka players/officials seniority/ranking system and structure, all members of the martial art family and other martial artists, all human beings, respect for society, institutions, other nations, cultures and all aspects of the nature.

SELF-CONFIDENCE : A Gatkabaaz will have confidence in his/her abilities and associates and give them constant support and encouragement.

SELF- CONTROL : A Gatkabaaz will retain his/her composure and remain calm in stressful situations, regardless of the behaviour of others towards him/herself. He/she will control and discipline emotions and actions through self-control.

SELF-DISCIPLINE : The key ingredient for success in life is the discipline of mind and body. He/she will set goals and follow them through with full commitment and dedication by building self-discipline.

SERVICE : A Gatkabaaz will give unselfish service by helping and encouraging other practitioners, participating in Gatka activities, and I will show proud by maintaining a clean and orderly place to train and learn.

SECTION 14

GATKA EVENTS IN A TOURNAMENT

There shall be two events in one age group namely Single Soti and Fari-Soti. Each event is played as individually, team event, mixed individual 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. **Bhujang** (Sub-Junior) : U-14
2. **Tufang** (Junior) : U-17
3. **Sool, Saif, Sipar & Siprar** (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 from one state shall be as follows -

A. Single Soti – Free Style		
1.	Individual event	One to one fight
2.	Team event	3 players & one substitute
3.	Mixed individual event	One to one fight (Boy & Girl)
4.	Mixed team event	3 players & one substitute (1/2 girls)

B. Farri-Soti - Free Style		
1.	Individual event	One to one fight
2.	Team event	3 players & one substitute
3.	Mixed individual event	One to one fight (Boy & Girl)
4.	Mixed team event	3 players & one substitute (1/2 girls)

C. Single Soti – Full Strike		
1.	Individual event	One to one fight
2.	Team event	3 players & one substitute
3.	Mixed individual event	One to one fight (Boy & Girl)
4.	Mixed team event	3 players & one substitute (1/2 girls)

D. Farri-Soti -Full Strike		
1.	Individual event	One to one fight
2.	Team event	3 players & one substitute
3.	Mixed individual event	One to one fight (Boy & Girl)
4.	Mixed team event	3 players & one substitute (1/2 girls)

Sub-section 3 : NUMBER OF MEDALS IN A TOURNAMENT

1. **Bhujang** (Sub-Junior) Boys & girls : (Total *medals* 240 i.e 80 gold, 80 silver & 80 bronze)
2. **Tufang** (Junior) Boys & girls : *Total Medals 240, i.e 80 gold, 80 silver & 80 bronze*
3. **Sool, Saif, Sipar & Siprar** (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. European & Continental Gatka championship
8. ASEAN Gatka championship
9. Veteran Gatka championship at State/National level

Official tournaments & competitions by the Khelo India/SGFI/State School Education Departments

1. Block & District level School Gatka competition- (Sub-Junior, Junior)
2. Inter-District/State School Gatka tournaments- (Sub-Junior, Junior level)
3. National School 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)
7. Khelo India youth games - (Sub-Junior, Junior & Senior)
8. Khelo India university games - (Sub-Junior, Junior & Senior)

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 15

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 as prescribed by the WGF/NGAI. One participant Gatkebaaz from the host District/State/country shall take oath at the opening ceremonies on behalf of all Gatka competitors. The chosen Gatka player shall hold a corner of the WGF/NGAI or state association 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 as prescribed by the WGF/NGAI. One official from the host District/State/country shall take the oath at the opening ceremonies on behalf of all Gatka officials. The chosen official shall hold a corner of the WGF/NGAI or state association 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/she shall use Gatka skills only for self-defence and remain humble as a God fearing Gatka practitioner.
3. He/she must honour and respect his Ustads, Teachers, seniors, women and elders.
4. He/she shall always remain loyal to WGF/NGAI and its affiliated National/State/Regional units, and adhere to WGF/NGAI Rules Book, its regulations and conditions.
5. He/she shall refrain from consuming intoxicants, alcohol, tobacco, drugs, meat etc.
6. He/she 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.



SECTION 16

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 charter points in order to benefit from study of martial art and appreciate ideals of Gatka. Each 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.

The Gatka organisations shall ;

1. Make Gatka sport a welcome place for everyone & for those practising, attending Gatka events and 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 rights of women & help them to reach their potential in making sure that their interests are represented in organisations,

The 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.

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 which will encourage and inspire young Gatkebaaz into the future.

SECTION 17

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 gets involved during Gatka contest and the Gatkabaaz 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 Gatkabaaz. The greatest responsibility of Gatka coach is to instil a sense of discipline and a code of ethics in Gatkabaaz 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 Gatkabaaz 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 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.



SECTION 18

GATKA SIGNATURE TUNE

WGF and NGAI has resolved to play the signature tune namely **"Deh Shiva Bar Mohe"**, during hosting ceremony of NGAI flag at all International, National, State Gatka Championships or other solemn occasions of Gatka organisations. It shall be played for 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 KARMA 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.

SECTION 19

NGAI MANAGEMENT

Six Directorates & Their Functions

1. **Directorate of General Administration :**
To control, manage all matters relating to NGAI Secretariat, Establishment, Administration, Govt./Semi Govt. Organizations, Rules, Regulations and all other directorates with respect to the Association.
2. **Directorate of Tournaments :**
To plan, organize, administer and conduct various Championships/ Tournaments through technical delegates. In addition to this, implementation of computerised 'Gatka Management TSR System' and controlling standardization of Gatka weapons/equipment.
3. **Directorate of Delegates and Volunteers :**
To keep liaison and correspondence with NGAI delegates, members, patrons and enrol, manage all elements of volunteering within NGAI.
4. **Directorate of Training and Coaching :**
To analyse training needs and designing, developing, validating, delivering, and evaluating training and coaching services for further development of martial art, best players, coaches, referees, technical delegates.
5. **Directorate of Research & Publication :**
To nurture and promote research activities, online media and publication of journals, authentic data and preparation of publicity material.
6. **Directorate of Overseas Affairs :**
To keep liaison with overseas affiliated Gatka Federations/ Akharas for promotion of Gatka by organising Gatka tournaments/events and arranging exchange visits of organizers/technical delegates.

NGAI Regional Zones & Their Jurisdiction

1. **Northern Zone :** Chandigarh, Delhi, Haryana, Himachal Pradesh, Jammu & Kashmir, Ladakh, Punjab, Rajasthan, Uttarakhand, Uttar Pradesh
2. **Eastern Zone :** Assam, Arunachal Pradesh, Manipur, Meghalaya, Mizoram, Nagaland and Tripura, Sikkim,
3. **Central Zone :** Gujarat, Madhya Pradesh, Chhattisgarh, Bihar, Jharkhand, Odisha, West Bengal
4. **Southern Zone :** Andhra Pradesh, Karnataka, Kerala, Maharashtra, Goa, Puducherry, Tamil Nadu, Telangana, Andaman & Nicobar Islands, Lakshadweep, Dadra & Nagar Haveli, Daman & Diu,

SECTION 20

GATKA : BRIEF HISTORY

The National Gatka Association of India (NGAI), an apex oldest registered Gatka sport organisation, is dedicated to the preservation and promotion of Sikh martial art Gatka nurtured by our revered Gurus. The NGAI, affiliated with World Gatka Federation (WGF) and Asian Gatka Federation (AGF), envisions in standardizing, promoting, reviving and regulating this ancient and historic Indian art akin to other traditional martial arts in India and globally.

This selfless and dedicated endeavour of the NGAI was initiated in 2004 to awake the masses about this traditional martial art, otherwise, it might happen that next generations will totally be unaware of the historic Sikh martial art. It was generally at public display during religious processions but NGAI, WGF, AGF, Gatka Association of Punjab (GAP) and International Sikh Martial Art Council (ISMALC) have taken bold initiatives to recognize this martial art as a sport in the India and worldwide. It's a humble effort to revive this forgotten and dying ancient martial art having a historical significance as some international organisations had included this art in the diminishing forms of art.

ACHIEVEMENTS & ACTIVITIES

The NGAI office bearers have been working hard relentlessly to get proper recognition to this game from different platforms and states besides its promotion in every sphere. Following are the achievements in brief;

1. The Punjab Government had included the Gatka game in its state graduation list in 2015 and the Gatka players are eligible to avail the benefits under 3 percent sports quota during recruitment in government jobs and getting admissions in all professional and academic institutions.
2. The School Games Federation of India (SGFI) had included Gatka as a sport in 56th & 57th National School Games calendar in 2011-12.
3. Department of Education, Punjab had also recognised Gatka as a sport in its schools, colleges and universities in 2009 and organizing Punjab State Inter-District Gatka tournaments since then.
4. The Punjab School Education Board (PSEB) SAS Nagar had also been organising cultural competitions including Gatka annually. In addition to this, traditional martial art is also being presented during the cultural programs on each Independence/Republic Days.
5. The PSEB awards 25 marks and 15 marks in total marks of +2 students who brings laurels in the national and state competitions respectively. In addition to this, three marks are awarded in total marks during the annual practical examinations to all players including Gatka players.

6. The PSEB had also included lessons on Gatka in school textbooks.
7. The Association of Indian Universities (AIU) had included Gatka in 75th National University Sports calendar in 2015-2016. The Punjabi University Patiala had organized All India Inter-University Gatka (Men & Women) tournaments four times since 2011.
8. The Khelo India, administered by Union Sports ministry, have also recognised the Gatka game as an indigenous martial art in 2019 and supporting three Gatka training centers in Punjab and Haryana.
9. The Khelo India has included Gatka in the 4th Khelo India Youth Games in 2020 to be held at Panchkula, Haryana in November 2021.
10. The Khelo India is providing monthly scholarships to the tune of Rs. 10,000/per month to 51 Gatka players (U-17 & U-14) who have won in National Gatka championship
11. To expand the horizon of Gatka sport, WGF and AGF have also been constituted and registered to manage, regulate and promote Gatka organisations globally. Besides, National Gatka Federations have already been constituted in many countries and the efforts are in progress to constitute more national federations.
12. WGF & AGF planning to hold first Asian Gatka championship in 2022.
13. A "Vision Document-2030" had been prepared in 2016 to upgrade playing and management of Gatka tournaments by infusing latest IT techniques and to include Gatka in Olympic Games in the coming times.
14. The administrative body of Australian Sikh Games had also included the Gatka as a competitive sport in 2019.
15. International Gatka Day is being celebrated every year since 2015.

RESEARCH, DEVELOPMENT & TRAINING

16. The NGAI is holding free Gatka training camps, refresher courses, seminars, workshops and online training to impart proper training to players and officials. Besides, Grading/Ranking of referees/players will also be accorded. In addition to this, short duration certification tests to be introduced for certified Gatka coaches and referees.
17. In collaboration with WGF, the NGAI has formulated and standardized in-depth 3rd edition of International Gatka Rules book to play Gatka as systematic game.
18. To put in place an effective mechanism to identify and nurture Gatka sporting talent, the NGAI & ISMAC will establish an academic residential institute namely "International Gatka Institute for Research and Training (IGIRT) in SAS Nagar, Punjab to conduct research and development activities on Gatka as well as Sikh martial art.

19. As per the MoU signed by the WGF with Punjabi University Patiala in 2012, the university had started one year "Diploma in Gatka Training" course. On this pattern, the NGAI will also start six/three months certificate courses and online training in the IGRIT. Besides this, specialized Gatka Academies/Training Centers (GTCs) are also being setup in the districts/States to impart best training to players/officials.
20. The Sikh Martial Art Research & Training Board (SMART Board) have been reconstituted to grant scholarships to the aspiring research scholars pursuing study in the field of martial art Gatka to perpetuate the rich legacy of age-old martial art Gatka amongst the future generations on one hand and to revive this dying art on the other. The SMART Board, in collaboration with Baba Hakam Singh Memorial Trust, has instituted one research fellowship with one year grant of Rs. one lakh to conduct historical study on Sikh martial art.
21. A documentary film is under production besides animation films on Sikh martial art will also be produced to showcase its historical importance for creating awareness, unique self-defence mechanism and Gatka learning/training to children. Besides this, social media pages & websites on Gatka have also been running including a mobile Gatka App to disseminate awareness on the web world.

SECTION 21

MODERNISATION IN MANAGEMENT

The NGAI is upgrading the playing, management & Time Scoring Results (TSR) system for Gatka tournaments by infusing latest IT techniques, gadgets and other infrastructure facilities so as safety of players could enable and demonstrate entry of Gatka at international competitions effectively. This extensive planning includes :

1. TSR & digital scoreboard procured to display live judgment information .
2. Enabled online tournament entries of players and officials so as to declare instant results and proper maintenance of results and records.
3. Bout replay facility on LEDs (Video umpire) to resolve scoring issues.
4. Installation of HD video cameras for live telecast of matches.
5. Wooden Gatka sticks being replaced with fiber sticks embedded with sensors & microchips for quick scoring and calculating fouls.
6. More safety equipment like face-guard, chest-guard, shoulder-guard, inner-guard and shin-guard have also been introduced.
7. Smart ID cards for players with unique ID number and QR coding to maintain, secure and detailed information of players and officials.

8. To launch national/international grading/ranking of players/officials.
9. Certificates to be embedded with holograms and QR coding.
10. Synthetic inter-locking mats for Gatka ground with pre-demarcation of field boundaries.
11. A dedicated server to maintain and secure all data related to players, referees & tournaments.
12. Mobile van for taking material and equipment to hold training camps.

The office bearers of NGAI have dream and vision to promote and exhibit Gatka to the diaspora and desirous of Gatka to be included as a game in the Olympics. The NGAI calls upon all commonality to earnestly cooperate, support and help in attaining the desired goal to which the Sikh Sangat longing for utmost since decades for this historic game.

It seems a task of gigantic proportions at first to accomplish mission of taking Gatka to greater heights but with your cooperation and wholehearted support, this wide-ranging holy task can surely be completed with resounding success.

Join us in our selfless efforts for the sake of Gatka by supporting us in various ways as you think so. Thanks & Regards

You can deposit your membership or donate for the cause as mentioned above in the following bank account of NGAI.

Name of Bank : State Bank of India

Account holder name : National Gatka Association of India

Account number : 38651411930

IFSC code : SBIN 0050117

ਗੁਰਮਤਿ ਸਾਹਿਬ ਜੀ, ਗੁਰਮਤਿ ਸਾਹਿਬ ਜੀ, ਗੁਰਮਤਿ ਸਾਹਿਬ ਜੀ, ਗੁਰਮਤਿ ਸਾਹਿਬ ਜੀ
 ਆਮ੍ਹ, ਆਮ੍ਹ ਨਾਨਕ ਸਾਹਿਬ ਜੀ ਆਮ੍ਹ



ਗੁਰਮਤਿ ਸਾਹਿਬ ਜੀ ਆਮ੍ਹ ਨਾਨਕ ਸਾਹਿਬ ਜੀ ਆਮ੍ਹ

www.PunjabiCulturalCouncil.com
Facebook.com/PanjabiCulturalCouncil

Email: PunjabiCulturalCouncil@gmail.com

www.youtube.com/Grewalz

SUGGESTIONS FOR ALL NATIONAL GATKA FEDERATIONS

In order to promote Gatka as a game in your country and for its inclusion in Olympic Games the following steps have been suggested. Besides this, the WGF will also provide relevant matter regarding brief history of Gatka, its promotion, rules, modernization in record maintenance, importance of Gatka game and achievements in the field of Gatka sport.

1. you should constitute Gatka Federation of your country and get its registration done from the concerned authority. Its name may be as “Australian Gatka Federation” or “Gatka Federation of Australia” or “Gatka Australia”. Usually the association has seven or ten members/office bearers as per the society registration act.
2. After registration of your Gatka Federation, you have to constitute Gatka Associations for different States by appointing State heads, rest they can do their own job in forming of State Gatka Associations by selecting members as per their choice.
3. You have to affiliate the national Gatka Federation with your national Olympic Association and State Gatka associations to State Olympic associations.
4. Kindly train Gatka teams already existing in your nation or prepare new players/teams with the help of certified Gatka coaches. National Gatka Association of India can provide all help in this regard.
5. Affiliate all Gatka Akharas (Training Centers) running in your country with your Federation/Associations and prepare their contact lists.
6. To provide professional training to the players as per rules and regulations drafted by World Gatka Federation, please arrange Gatka training camps in different parts of your country. You can take help from concerned Gurdwaras or charitable societies for arrangements and can use their campuses/grounds.
7. Kindly organize traditional Gatka Tournaments before holding professional competitions.
8. You can launch website of your Gatka Federation/Association for promotion of your activities to promote Gatka in your country.

**Follow OfficialNGAI pages, Gatka Association
& Gatka TV**



SECTION 22

NGAI --NAMES OF STATES & COLOURS - APRIL 2021			
SR NO	STATE	JERSEY COLOR	NAME IN HINDI
1.	Andhra Pradesh	Azure	आकाश के समान नीला
2.	Assam	Brown	भूरा
3.	Bihar	Black	काला
4.	Chhattisgarh	Indigo	नील (जंबुकी)
5.	Goa	Gray	ग्रे
6.	Gujarat	Green	हरा
7.	Haryana	Gold	सुवर्ण
8.	Himachal Pradesh	Blue	नीला
9.	Jharkhand	Purple	बगनी
10.	Karnataka	Khaki	खाखी
11.	Kerala	Violet	बनफ़शी
12.	Madhya Pradesh	Magenta	मैजटा
13.	Maharashtra	Maroon	करौंदिय़ा भूरा लाल रंग)
14.	Odisha	Olive	जैतून
15.	Punjab	Yellow	पीला
16.	Rajasthan	Red	लाल
17.	Sikkim	Silver	चांदी
18.	Tamil Nadu	Turquoise	फ़िरोज़ा
19.	Telangana	Orange	नारंगी
20.	Uttar Pradesh	Dark Brown	गहरा भूरा
21.	Uttarakhand	Burgundy	बरगंडी
22.	West Bengal	Light Green	हलका हरा
UNION TERRITORIES			
	NAME	JERSEY COLOR	NAME IN HINDI
23.	Chandigarh	Navy Blue	गहरा नीला
24.	Delhi	White	सफ़ेद
25.	Jammu & Kashmir	Pink	गुलाबी
26.	Puducherry	Teal	

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.YouTube.com/GatkaTV
www.Facebook.com/NGAIndia
www.Facebook.com/NationalGatkaAssociationofIndia
www.Facebook.com/WorldGatkaFed
www.Flicker.com/GatkaAssociation
www.Twitter.com/OfficialNGAI
www.Instagram.com/OfficialNGAI
www.Facebook.com/ISMAAPunjab
www.Twitter.com/ISMAAcademy
www.KhedTeKhidari.com

Email : NationalGatkaAssociation@gmail.com
 GatkaFederation@gmail.com
Contact : +91-981-457-3800

ਗੱਤਕਾ ਅਪਣਾਓ, ਵਿਰਸਾ ਬਚਾਓ।

ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰਕ ਕੌਂਸਲ
 ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰਕ ਕੌਂਸਲ
 ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰਕ ਕੌਂਸਲ



ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰਕ ਕੌਂਸਲ

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Email: PunjabiCulturalCouncil@gmail.com

www.youtube.com/Grewalz



Let's Promote Gatka
National Gatka Association of India®
(FORM-I)

**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 : _____



Name of Tournament _____

COMBAT FIGHT (INDIVIDUAL)

Judgement Sheet (FORM-H)

Field:

Date:

TEAM (A) _____

TEAM (B) _____

Player's Name _____

Player's Name _____

TEAM 'A' BLUE

2	2	2	2	2	2	2	2
2	2	2	2	2	2	2	2
2	2	2	2	2	2	2	2
2	2	2	2	2	2	2	2

SCORES
ABOVE THE BELT

TEAM 'B' RED

2	2	2	2	2	2	2	2
2	2	2	2	2	2	2	2
2	2	2	2	2	2	2	2
2	2	2	2	2	2	2	2

1	1	1	1	1	1	1	1
1	1	1	1	1	1	1	1
1	1	1	1	1	1	1	1
1	1	1	1	1	1	1	1

SCORES
BELOW THE BELT

1	1	1	1	1	1	1	1
1	1	1	1	1	1	1	1
1	1	1	1	1	1	1	1
1	1	1	1	1	1	1	1

3	3	3	3	3	3	3	3
---	---	---	---	---	---	---	---

SCORES
THREE POINTER

3	3	3	3	3	3	3	3
---	---	---	---	---	---	---	---

TOTAL POINTS OBTAINED

G Y R

<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

FOULS

DOUBLE ATTACK

DANGER HIT FACE

OUT OF CIRCLE

FELL DOWN

WEAPON FELL DOWN

INTENTION TO HARM

MISCELLANEOUS

G Y R

<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

☐

GREEN

☐

YELLOW

☒

RED

TOTAL FOULS

☐

GREEN

☐

YELLOW

☒

RED

FINAL SCORES

LEED BY 8 POINTS

☐

WON BY DISQUALIFICATION

☐

DISQUALIFICATION

COMMITTED 3 FOULS

☐

MISCONDUCT WITH REFEREE

☐

Winner of the Match

Signature of Chief Referee

Signature of Chief Judge



Name of Tournament _____

Event.....

COMBAT FIGHT (TEAM) **Judgement Sheet** **(FORM-G)**

Date :

Field :

TEAM (A).....

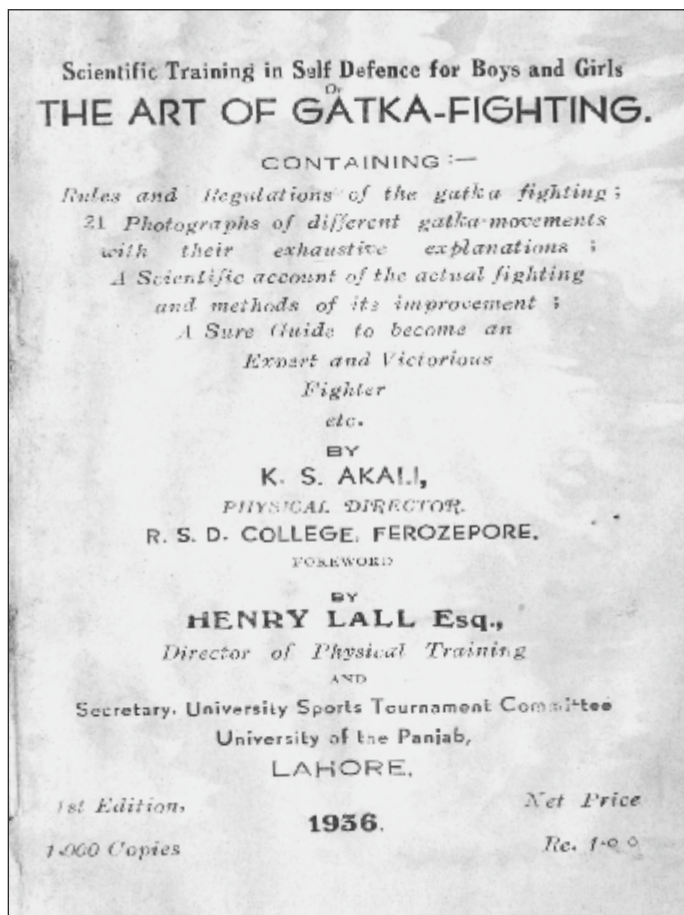
TEAM (B).....

TEAM 'A' BLUE		TEAM 'B' RED	
(1) Name of Player		(1) Name of Player	
<p>.....</p> <p>.....</p> <p>.....</p> <p>FOULS G Y R</p> <p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>		<p>.....</p> <p>.....</p> <p>.....</p> <p>FOULS G Y R</p> <p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	
(2) Name of Player		(2) Name of Player	
<p>.....</p> <p>.....</p> <p>.....</p> <p>FOULS G Y R</p> <p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>		<p>.....</p> <p>.....</p> <p>.....</p> <p>FOULS G Y R</p> <p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	
(3) Name of Player		(3) Name of Player	
<p>.....</p> <p>.....</p> <p>.....</p> <p>FOULS G Y R</p> <p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>		<p>.....</p> <p>.....</p> <p>.....</p> <p>FOULS G Y R</p> <p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	
<div style="border: 1px solid black; width: 100px; height: 20px; margin: 0 auto;"></div>		<div style="border: 1px solid black; width: 100px; height: 20px; margin: 0 auto;"></div>	
TOTAL POINTS OBTAINED		TOTAL POINTS OBTAINED	
<p>G Y R</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>		<p>G Y R</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	
TOTAL FOULS		TOTAL FOULS	
<p>G Y R</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>		<p>G Y R</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	
FINAL SCORES		FINAL SCORES	
<div style="border: 1px solid black; width: 100px; height: 20px; margin: 0 auto;"></div>		<div style="border: 1px solid black; width: 100px; height: 20px; margin: 0 auto;"></div>	
<div style="border: 1px solid black; padding: 5px; text-align: center;">Name of the winner Team</div>			
Signature of Chief Referee		Signature of Chief Judge	

This edition of 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





Singh Sahib Giani Ragbir Singh Ji Jathedar Sri Takhat Keshgarh Sahib Sri Anandpur Sahib inaugurating Gatka bout during 9th Punjab State Gatka championship at Ghardhiwala, Hoshiarpur



Sant Baba Sewa Singh Ji Rampura Khara inaugurating All India Inter University Gatka championship (Women) at SBBS, Hoshiarpur



Ms Amrit Gill, IAS, then Sports Director Punjab inaugurating All India Inter University Gatka championship (Women) at SBBS University Jalandhar

Performers showcase 'Gatka' skills in tournament

STATESMAN NEWS SERVICE
Chandigarh, 23 May

Different teams of traditional martial arts 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 Arts Academy (ISMAA).

Disclosing this ISMAA press secretary, Bhaavneet Kaur said that the tournament was held at the



induced 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 arts tournaments, training camps, Gatka seminars and workshops in different states to train the bud-

and Bhaavneet Kaur Morinda won gold and silver medals respectively whereas Karanpreet Kaur Rajpura and Anamika Sen SAS Nagar achieved bronze medals. In men's category Deepinder Singh from ISMAA and Sandeep Pal Singh Rajpura got gold and silver medals respectively whereas Karanpreet Singh Morinda and Tarnjit Singh Nabha achieved these medals.

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

Shashidhar Bala Deep Singh

Gatka teams showcase combat skills

STATESMAN NEWS SERVICE
Chandigarh, 23 May

A Gatka team from Punjab showcased their skills during the traditional martial arts festival-cum-tournament held on Wednesday.



The tournament was held at the... (text continues)

Second state level women Gatka competition commences

STATESMAN NEWS SERVICE
Chandigarh, 23 May

The second state level women Gatka competition commenced at the... (text continues)

... (text continues)

ISMAA TO ORGANISE 'GATKA' COMPETITIONS

STATESMAN NEWS SERVICE
Chandigarh, 23 May

ISMAA will be organising Gatka competitions at state and national level.

Gatkabaz mesmerise with skills during National Martial Arts Tournament



STATESMAN NEWS SERVICE
Chandigarh, 23 May

... (text continues)

Academy to publish info on Gatka centres

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

Reference book on gatka in the offing

STATESMAN NEWS SERVICE
Chandigarh, 23 May

Reference book on Gatka in the offing... (text continues)

INTERNATIONAL SIKH MARTIAL ARTS ACADEMY WILL BE PUBLISHING THE BOOK CARRYING INFORMATION OF VARIOUS TRAINING CENTRES

... (text continues)

Gatkabaz showcase combative, defensive skills at tournament

STATESMAN NEWS SERVICE
Chandigarh, 23 May

Gatkabaz showcase combative, defensive skills at tournament... (text continues)

THE TOURNAMENT WAS ORGANISED BY THE INTERNATIONAL SIKH MARTIAL ARTS ACADEMY

... (text continues)

Punjab includes gatka in sports gradation list

STATESMAN NEWS SERVICE
Chandigarh, 23 May

Punjab includes Gatka in sports gradation list... (text continues)

... (text continues)

Patiala clinches martial 'ISMAA Gatka Shield'



STATESMAN NEWS SERVICE
Chandigarh, 23 May

Patiala clinches martial 'ISMAA Gatka Shield'... (text continues)

... (text continues)

The 'Dangal' effect

Gatka, a traditional martial art form, is getting a new lease of life with the advent of the Internet.

STATESMAN NEWS SERVICE
Chandigarh, 23 May

... (text continues)

PUNJAB



W... (text continues)

... (text continues)