

Gatka

Rules & Regulations

- **General rules:**

- **Accuracy and Technique:** Clean and precise strikes with proper stick handling are prioritized.
- **Power and Control:** Demonstrating both power in strikes and control over the stick is important.
- **Form and Flow:** For solo gatka, smooth transitions and adherence to traditional forms are valued.

- **Participation Guidelines:**

- **Age Groups:** A player's age group is determined by their actual age on July 1st of the competition year.
- **Age Verification:** Organizers may use scientific methods to verify a player's age if necessary.
- **Event Participation:** Players can compete in either Single Soti or Soti-Farri (individual) and may also join a team event for either discipline. However, players can only participate in a maximum of two events (one individual and one team) within their age group or a higher age group.
- **Weapon Demonstrations:** In addition to the above, players can showcase their skills in individual or team weapon demonstrations.
- **Consequences of Violations:** Players who don't meet age group requirements, misrepresent their age, or violate competition rules may face penalties such as censure, disqualification, or removal of medals/positions.

- **Duration of fight**

- ❖ **Duration of Performance:**

- Tufang - 60 seconds to 90 seconds (Boys & Girls)
- Sool - 2 to 2½ minutes (Boys), 1½ to 2 minutes (Girls)
- Saif - 2½ to 3 minutes (Men), 2 to 2½ minutes (Women)
- Sipar - 2½ to 3 minutes (Men), 2 to 2½ minutes (Women)
- Amateur & Veterans- 2½ to 3 min (Men), 2 to 2½ minutes (Women)

- **Scoring points**

- ❖ **Awarding the points**

- If a player succeeds in hitting the upper part of the belt of his/her opponent with 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).
- If a player, with the help of skill and good use of footwork, succeeds in hitting at the back of the opponent with the Soti, then three (3) points shall be awarded.
- If a player clearly hits (not a gentle hit) the clothes of the opponent with Soti, then points may be awarded after discussion by the Officiating Committee.
- However, simultaneous hitting/attacking without blocking the attack of the opponent, shall result in a foul against the name of the player who makes such an attack.
- Points shall be awarded only if a player hits with proper technique and the foremost two feet part of defense.
- If players hit the cushion of the opponent's stick, it shall be considered as a defense.
- A player shall not carry out a double or continuous attack. He/she shall attack only after defending him/her after each hit.
- The player cannot hold the stick and wrist of the opponent player.
- If a player blocks the stick wrist/ cushion of the opponent's stick. It will be considered as a foul.
- At the time of Bhidant (iBVµq) (close fight), when both the players charge at each other swiftly, the player who strikes the first clear hit, shall be awarded points as per rules. The player, who strikes afterward, shall not be given any point.
- A player can hit the opponent's stick (as a measure of defense) any number of times before targeting a body part of the opponent.
- A simulated strike (Jkwnl vwr) shall not be considered a double attack and the player shall be awarded points for it as per rules.
- If a player displays remarkable skill and footwork, then he/she may be awarded one (1) bonus point by the Judge at the end of the fight and the Scorer shall mention this bonus point in judgement sheet.

● **Warning/Penalty**

❖ **Disqualifications**

- A player can commit only one yellow card fouls and shall be disqualified immediately after committing the 2nd yellow card foul from the above mentioned and prescribed fouls.
- Shall be disqualified if both his/her feet touch the ground out of the play area. When one foot of the player is on the ground outside the 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.
- Shall be disqualified if he/she drops the stick or farri.
- Shall be disqualified if he/she attacks the opponent while carrying Out the Fatehnama (in the beginning and at the end), before the Prescribed commands of the referee to Start or Stop.

❖ **Warnings**

- Arguing with referee
- Committing fouls prescribed as under Sub-section 3
- Arguing repeatedly with referee/offi cials is a serious warning.
- Acting against the laid down conditions of tournament, Gatka rules and regulations of WGF/National/State Association.

❖ **The Penalty**

- **Green Card:** A Green card shown to a player means a **warning only**.
- **Yellow Card:** The yellow card shown twice to the same player's means him /her repeating the same offence. If this offence seem to be serious in nature the red card can be shown immidetly. Two times production of yellow card also means considered as red card.
- **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.

❖ **Weight & age classification**

Categories (Men & Women)

- Single Soti (Men and Women)
- Free style (Team and Individual)
- Soti-Farri (Men and Women)
- Free style (Team and Individual)

❖ **Group Age Limit Events**

- Tufang (quPMg) 10-14 yrs (U-14) Weapons Demo-Team & Individual
- Sool (sUI) 14-17 yrs (U-17) Combat & Weapons Demo-Both Team & Individual
- Saif (sYP) 17-19 yrs (U-19) same as above
- Sipar (ispr) 19-25 yrs (U-25) Team & Individual Combat, Individual Weapons
- Siprar (isprwr) 25-28 yrs (U-28) same as above
- Amateur 28-35, 35-40 Same as above
- Veterans (blr gruzp) 45-55, 55-65, 65-75, Individual Combat & Weapons