

Lathi

Rules & Regulations

- **General rule:**

- There will be 3 rounds of bo-staff fighting.

- **Duration of fight:**

- 3 minutes for seniors
- 2 minutes for under 15 years

- **Scoring points**

- 1 point for striking below the waist
- 2 points for striking below the neck
- 3 points for a head strike
- 3 points for making the opponent fall down
- 3 points for submission of opponent

- **Winning Decisions**

In the Lathi Sports competition, a participant can win:

- Through collecting the most points by the end of the game.
- Through knockout of the opponent.
- Through disqualification of the opponent.
- Through falling down of opponent.
- Through the sudden death of the opponent.
- Through tap out.
- Through the referee stop contest (RSC).
- Through their score or superiority.
- Through withdrawal by the opponent.
- Through referee positive declaration.

- **Prohibited/Penalized Acts:**

- Crossing the arena and the boundary
- Avoiding or delaying the match
- Falling down & simulation to injury
- Uttering undesirable remarks
- Attacking on neck & testicles

- **Weight & age classification**

S. NO.	CADET JUVENILE 12-14 YEARS		YOUTH JUNIOR 15-17 YEARS		SENIOR 18-20 YEARS		ADULTS 21-34 YEARS		MASTERS 35-55 56-66 +66 YEARS	
	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
1	37	33	48	44	58	49	58	49	58	49
2	45	41	55	49	68	57	68	57	68	57
3	53	47	63	55	80	67	80	67	80	67
4	61	55	73	63	80-95	67-79	80-100	67-79	80-100	67-79
5	61-73	55-65	73-86	63-75						