

Let's Promote Gatka

International Sikh Martial Art Academy®

(Apex International Gatka Organisation)

Official Statute



International Gatka Rules & Regulations®

(2nd edition March, 2017)

For

Single Stick, Farri-Stick Combat & Gatka Weapons Demonstaration

(Approved by the Governing body of ISMAA)



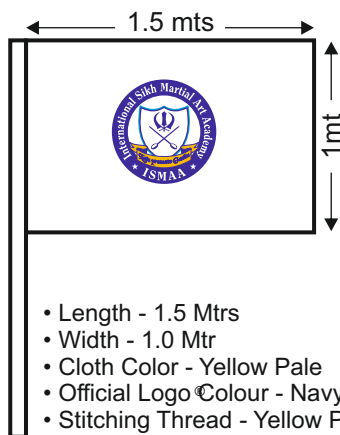
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International Sikh Martial Art Academy®

(Apex International Gatka Organisation)

Official Flag of ISMAA



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Common Gatka Rules For

All types of traditional Gatka Competitions including
District, State, National & International Gatka Championships
to be organized by ISMAA & various Gatka organizations.

Drafted by : ISMAA Regulations Drafting Committee

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PREFACE

Born out of man's elemental need to protect and defend himself against any external danger or attack, contact martial sports are the earliest form of self-defence and attack employed by human beings.

Combat martial arts, both armed and unarmed, grew out of the realities of scuffle and battle and have been in vogue since time immemorial. Nowadays, these arts are mainly practised in the form of sports. Combat martial arts today have been formally structured and are based on tests of skills with strict rules governing them to ensure safety of players. Martial art sports mainly involve inter personal physical contact and in many combat games, the participant strikes out with a weapon – whether a stick, sword, a punching fist or a kicking foot. In all of these sports, it is his opponent's body that he/she must strike at or act against – a greater or lesser part of it.

Practised by the earliest warriors and soldiers, Gatka is one of the ancient and most primitive martial activities known to man. Gatka or *Shastara Vidiya* is the art of stick-fighting between two or more practitioners called '*Gatkebaaz*', with wooden sticks (called *Soti*) that are intended to simulate swords. Traditional Gatka game demonstration also display various customary weapons exhibitions which have been fully defined in this rule book.

Martial Art Gatka is perfect exercise and recreation for the mind, body and soul because it provides the perfect balance between physical exertion and mental agility. It not only provides 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 use of the stick (Gatka) for offence or defence.

International Sikh Martial Art Academy (ISMAA) being the apex international body of Gatka practitioners has drafted these traditional rules and regulations for standardising the criteria for conducting competitions at all types of official tournaments. Gatka has gained popularity as a competitive and exhibition sport at many forums including district, state, national and international Gatka Championships/Competitions or *Virsa Sambhal* events, besides other tournaments that are organized by various Gatka organizations.

Additionally, ISMAA has the distinction of being the oldest registered international Gatka organization and throughout its proactive period of about six years, it has taken major initiatives in not only drafting Gatka rules to revive, standardize, promote and popularize this ancient martial art as a competitive sport but also in its structuring as a sport through evolution and propagation of standards, procedures and rules. The appropriate recognition, due status and advancement of Gatka as a game at national and international level are some of the major objectives of ISMAA. In the pursuit of these noble objectives, we welcome and invite all suggestions and feedback.



Sd/-
(Harjeet Singh Grewal)

Chairman,
International Sikh Martial Art Academy

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SECTION-I

Tournament Preparations and Arrangements

1.1 The International Sikh Martial Art Academy has formulated Rules and Regulations for the martial sport of Gatka and these rules shall be complied with in entirety for the conduct of all types of traditional tournaments that include District/State/National and International Gatka Championships and Competitions. These include Virsa Sambhal events besides other competitions and tournaments that could be organised by various Gatka organizations.

1.2 The organization of Gatka competitions is vital for its effective and practical promotion and development. Each organization shall conduct Gatka competitions at district/state/national level annually. Hosting of a tournament is a detail oriented and critical task and organizers should have made minute plans and arrangements for the smooth and successful conduct of such competitions.

1.3 Pre-preparations or Arrangements :

Pre-preparation or arrangements for any tournament involves intricate and holistic planning to successfully host an event. The planning should be in consonance with season or time, academic calendars/schedules, weather, indoor/outdoor conditions, day or night, visibility time etc. The foremost job entails the advance and timely collection and dispatch of team entry proforma and confirmations 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 etc.

1.4 Each member Federation/Association/Akhara/Unit or body organizing the championship/tournament, 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 International Sikh Martial Art Academy.

1.5 Preparations for the Competition:

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

1.6 Organizing Committee:

Organizing committee acts as the working body to host a competition/tournament of any size/type and lays down policies and guidelines for the successful conduct of the event. It has a President/Chairperson, several members and an Organizing Secretary. Invariably the Organizing Secretary may subsequently also function as the Director Competition. President/Chairperson and Organizing Secretary may be a person who is the Head of the institution or district/state Gatka body responsible for the conduct of the competition. Certain members can be nominated to the committee, but all must be those who shall be dedicated, responsible and active by virtue of their authority and responsible position for providing complete back-up for the event. The back-up includes

arenas such as publicity, inaugural and concluding ceremonies, entries of teams, transportation, civil amenities, boarding and lodging arrangements and technical arrangements etc. Organizing Secretary shall also sign the tournament certificates along with its President/ Chairperson and President/General Secretary of District/State/National Gatka Federation/Association.

1.7 Types of Committees :

There may be various sub-committees, some of which are suggested below :

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

1.8 Finance Committee:

The availability and profusion of funds will finally decide the stature and structure of any competition. Budget planning, therefore, should be rationally done by systematically listing essential requirements and desirable requirements. Once the needs have been identified, perfect balance must be struck within the available resources. The committee must explore every area from where funds can be extracted including sponsorships, tickets, entry fees, telecast rights etc. Finance committee is important because all final decisions on purchases and preparation pertaining to the budget rest with the Financial Committee.

1.9 Technical Committee :

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

1.10 Equipment committee:

A crucial task for organising any successful competition involves the selection and purchase of equipment. The tasks of this committee therefore become indispensable throughout the competition till its completion with the handing over of all technical equipment to the person-in-charge. This committee has important talks and has to take the final call relating to:

- a) Preparation of coherent and systematic list of all equipments, keeping in mind the complexity and comprehensive list of all available equipments/shashtars.

- b) Search for genuine suppliers and keeping a vigilant eye on the quality of equipments and ensuring compliance to the official rules and specifications.
- c) Accounting of number and quantity of equipment required to be provided during practice to the participating teams.
- d) Making provisions for supplying additional equipments during the course of the competition due to damages or unforeseen losses.

1.11 Events Committee:

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

1.12 Field Preparation Committee:

The successful and satisfactory conduct of any competition depends a lot on timely preparation and the quality of ground preparation where the events are to be held. Functions of this committee need special emphasis as Gatka 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 grounds-man, and even if the ground has been established earlier, it should be thoroughly checked and prepared for proper measurements and marking.

1.13 Official Committee:

The punctuality of competition schedule hinges mainly on the attitude of officials who are responsible for the conduct of the competition. Hence, Gatka officials must have sense of punctuality, experience and willingness to work hard.

1.14 Awards Committee:

This committee is responsible for finalizing and procuring the awards, mementoes, medals, certificates, badges etc that will be awarded to the winners and participants. They also must acquire the floral bouquets that are to be presented/handed over to the winners, participants, officials and other distinguished guests. Awards committee must ensure that awards, certificates, medals, mementoes are at hand at least two weeks before the start of the competition.

1.15 Publicity and Program Committee :

Any Gatka competition/tournament needs adequate publicity before, after and during the event. This committee also serves the important purpose of attracting sponsorships to support the tournament budget. The committee should adequately plan the programme and develop a personal rapport with media. Efforts should be made to supply the media with a steady and timely stream of 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 address most of the questions which coaches and participants may ask. It may also include details of

preparation and can be uploaded on cyber media and websites. Following information may be worthy of inclusion 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 and their contact information
- e) Order of events and time schedule
- f) Method of deciding the championship in the event of a tie etc.
- g) Transportation arrangements
- h) Layout of Gatka courts/grounds and facilities
- i) General announcements

1.16 Invitation Committee:

This committee should work in close co-operation with the official committee and events committee. This committee has to decide on the list of dignitaries and office bearers to be invited either as officials or honored guests. 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 congratulatory messages with photographs from VIPs for printing in the tournament souvenir/brochure.

1.17 Boarding and Lodging Committee:

This committee has to work in close association with the invitation and technical committee. Comfort, 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 can be displayed along with contact numbers of various committee members. Excellent quality and satisfactory quantity of food must be ensured and variety must be provided within permissible resources.

1.18 Transportation Committee:

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

1.19 Reception Committee:

This committee must function in close association with transportation committee and boarding and lodging committee. This committee is responsible for working out details regarding the guests to be received and must 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.

1.20 Medical Committee:

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

1.21 Hoisting of flags :

There shall be hoisting of official flags before the start of each official tournament/championship, on a designated area that is outside the grounds area during the competition. During all types of inter-district/state level Gatka competitions, flags of concerned educational institution, ISMAA and its associated or affiliated State/National Gatka organisation should be hoisted and kept aloft. All district/zonal /state or college/university/school Gatka teams shall be attired in the traditional clothing (Bana, Dumala, Kamarkassa) during march-past ceremony and they must hold aloft their respective flags/banners. During flag hoisting ceremony, the signature tune of ISMAA shall be played.

1.22 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 ISMAA and its affiliated or associated state/national Association/Federation. The committee shall also prepare statement of expenditure and clear all outstanding dues/loans of payees incurred during the event.



ਕਰੋ ਅੰਗਦਾਨ, ਦਿਓ ਜੀਵਨ ਦਾਨ । ਬਣੋ ਮਹਾਨ ਇਨਸਾਨ ॥

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SECTION-2

SAFETY & ELIGIBILITY

- 2.1 **SAFETY:** In Gatka competitions/tournaments, safety and security of participants is of supreme significance.
- 2.2 ISMAA Rules clearly establish specific safety requirements that must be maintained during all types of events, competitions and championships. ISMAA Jury and competitions/ championships Organizing Committees shall be 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 to encompass the requirements of the prevailing situation.
- 2.3. The ISMAA or its State Association/organizers may refuse to accept the entry of any player or may expel the participant in any event or competition/ championship if they have reliable information from competent authorities, establishment/organization that such a player represents a grave danger to the safety of players/others.
- 2.4. **ELIGIBILITY:**
Gatka tournaments/competitions are open to all *Gatkabaaz*/ competitors belonging to any State Associations/Units/*Akhara* affiliated to ISMAA. In case where no affiliate State Association/Unit exists presently, the players belonging to any Akhara/club/center affiliated to ISMAA, shall be allowed to participate in the tournament. However, if there is no such Association/Club/Center functioning in a State/Nation, they can take part as members of ISMAA provided they have paid all their dues towards ISMAA.
- 2.5. The eligible Gatka teams can take part in State/National Gatka events/Championships/ Competitions, Inter-District/Zonal, Inter-State/National Gatka Games Championship, as per ISMAA Rules. ISMAA rules may be modified by the governing body of ISMAA, wherever necessary, to suit the local conditions of any State/Nation.
- 2.6. The governing body of ISMAA may grant permission/recognition to any competition for its conduct under these prescribed rules.

SECTION-3

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, sporting pleasure and for drawing physical, mental and social gains/joy from the game.

3A. Characteristics of an upstanding Gatka player :

A Gatka player (*Gatkabaaz*), registered with or certified by International Sikh Martial Art Academy (ISMAA), should :

- 3.1 Remain calm, composed and confident even when he/she is confronted by an attacker.
- 3.2 Not undertake any spurious moves/swings of his/her weapon on the pretext of self-defence.
- 3.3 Endeavor to maintain agility and physical fitness in order to be able to face any grave situation with equanimity..
- 3.4 gain knowledge of a wide spectrum of attacks/defence moves (*Vaar*).
- 3.5 Become proactive and attempt to understand the psychology of the opponent.
- 3.6 Defend tactfully and attack clearly and swiftly.
- 3.7 Study/ note down the strengths and weaknesses of opponent before charging.
- 3.8 Be aware of the power of martial arts and practise it truthfully and with sincerity and no ill will.

3B. Pre-Conditions for becoming Gatka players :

The ISMAA has laid down certain conditions for all Gatka Referees and players. A *Gatkabaaz* affiliated/ registered with this organization;

- 3.1 Shall not participate in any unauthorized function(s) or competition(s) that has not been approved by the ISMAA or its affiliate State/National unit.
- 3.2 Can not allow his name, game and or records to be used for publicity without the written permission and authority of the affiliated State/National units of ISMAA.
- 3.3 Cannot refuse from being photographed, broadcast and telecast etc. for media/ multimedia or sports publicity/ sponsorship if it is arranged by ISMAA.
- 3.4 Shall be under the authority of ISMAA or its affiliate State/National units during all official competitions, functions, events. The decisions of ISMAA shall be binding on the players and ISMAA's state/national units.
- 3.5 Shall strictly adhere to all the rules, terms & conditions prescribed by ISMAA or its affiliate State/National units.
- 3.6 Shall face de-recognition or other punishment as mentioned in these rules and regulations if he contravenes/ offends/ breaches or denies the stated conditions and prescribed rules of ISMAA or its affiliate units.
- 3.7 Shall face disciplinary action on account of indiscipline or misconduct for offensive language used against officials/ managers/ office bearers of ISMAA and for using contraband (doping) or other prohibited substances.

SECTION-4

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 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.

Paintra (pai-ant-da) (ਪੈਂਤੜਾ) – It is a warmup technique by martial art practitioners before playing Gatka and starts with synchronous footwork and swift bodily movements. This is the foundation of martial art which refers to the form, coordination and method for moving the feet, body, arms and weapons correctly, in unison. It is necessary to have a Paintra before presenting weapons demonstration and various skills like Flexibility, Footwork, Uniform, Speed, Technique, Accuracy and Synchronization (FUSTAS) were considered during the warm up martial moves.

The details of approved Shashtars (Weapons) by ISMAA are as follows which were to be used during Gatka weapons demonstration.

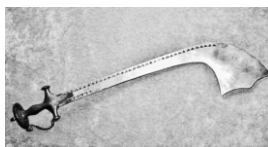
1. **Laathi** (laa-thi)/(Daang) (daa-ng) – It is a straight wooden or bamboo stick/club as tall as the warrior or having 5-1/4 feet length. The Gatkabaaaz showcases sparring moves with martial techniques for self-defence and attacks by clasping this shashtar (weapon) from one end. 
2. **Marhati** (mar-hatti) - The Marhati is also a wooden or bamboo stick/club having cloth knots on its both ends. Gatka practitioner holds it from the middle and spins it in fast circular motion. Its' length is usually measured from toe to earlobe of a warrior. Usually Gatkai swirls twin Marhaties holding them in his both hands. 
3. **Chakkar** (ch-akkr) - The Chakkar looks like a cycle wheel with small solid balls at the end of each spoke/string. The Chakkar is swiveled in a circular motion by grasping it from central hub. Its diameter varies from 2.1/2 feet to 3.1/2 feet according to age and height of a Gatkabaaaz. In earlier times the Chakkar had iron spokes having iron weights at each end and was used to proceed further during war as arrows can't pierce through it during its fast gyration. 
4. **Sword (Kirpan)** (kir-paan) - The Kirpan have a curved blade made of iron or steel having handle to clasp in hand. Its other end is pointed and kept in a sheath. Its size may vary from 4 inch to 3.1/2 feet accordingly while using it as self defence, weapon demonstration or wearing as a compulsory Kakkar as all Sikhs are required to carry it by tradition. The Gatkai showcases defensive and offensive techniques by sparring, 

whirling this weapon during demonstration.

5. **Talwar** (tl-waar) - Also called backsword/sabre and is usually curved with a thin and sharp blade of iron or steel having a handle to grip it tightly at one end. Its other end is pointed and kept in a sheath. Its size may vary from 2.1/2 feet to 3.1/2 feet and greatly respected and treated with care. The Gatka player showcases defensive and offensive techniques by sparring, whirling this weapon during demonstration.



6. **Jamdhar** (jm-daarh) - It is alike Talwar but having curved blade that broadens towards point.



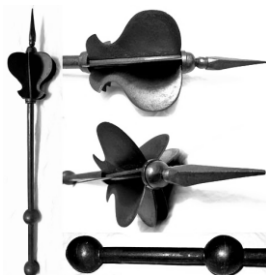
7. **Shield (Dahl)** (dha-al) - It is always round, convex and varies in diameter from about eight inches to about twenty-four. It is made of iron or steel and edges may be flat or rolled back in the reverse curvature of the shield. It is held by twin handles fastened to its interior side for safeguarding from sword attack or during hand to hand fight. The shield made of leather, Rexene for the purpose of competition is called Farri.



8. **Khanda** (kh-andaa) (Broadsword) - This is a typical Indian broadsword and has a broad, straight double edged blade, usually widening towards the point, which is blunt. It is made of iron or steel and having length from 2.1/2 feet to 3.1/2 feet. It is often moved with defensive and offensive techniques while claspings with both hands during demonstration.



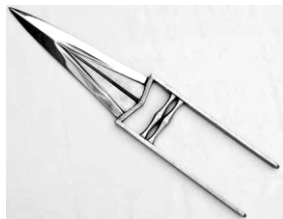
9. **Barchha** (bar-chha)/Nagni (naag-ni) (Spear) - It is a long shafted wooden weapon with hook at the spearhead used to pull away the opponent's shield. The length of stick may vary from 5 feet to 6 feet. Earlier it was also used to attack the opponent by holding it or throwing it while riding the horse.



10. **Gurj** (gu-rj) (Mace) - Indian maces have great variations in their shape, length, weight and size of rounded head.

11. **Katar** (ka-taar) - The Katar is a small

double-edged and straight bladed dagger with pointed end used to pierce armour. The handle has two sidebars to provide protection and a better grip. Its length may vary from one foot to 1.1/2 feet and is usually carried in belt (Kamarkassa) (kamr-kassa).



12. **Kamand Toda** (ka-mand-toda) - This weapon was made of iron or steel used to seize Soti, Daang, Gandasi, Khanjar etc from the opponent. Also called "T.T. Sudhar" it has long iron handle with two or more loose chains having solid balls attached at the end. It was sparred with a motive to disarm the opponent.
13. **Safajung** (sa-faa-jung) (Tabar) - It consists of a short curved blade made of iron with a long wooden handle, or haft and may have a sharp edged point on other end.

WEAPONS (SHASTARS) FOR GATKA DEMONSTRATION

The *Gatkebaaz* or Gatka teams shall have to use the following approved and prescribed equipments/weapons (*Shashtars*) during all types of traditional Gatka demonstrations. If any player or team uses or exhibits equipments and weaponry other than the ones listed below, ISMAA or the organisers have the right to disqualify the player or team from the event or tournament.

1. **Individual Event** : Sword (ਕ੍ਰਿਪਾਨ), Shield-Sword (ਚਾਲ ਕ੍ਰਿਪਾਨ), Bow Staff (ਬਰਛਾ) (one sided or two sided - ਇਕ ਮੂੰਹਾਂ ਜਾਂ ਦੋ ਮੂੰਹਾਂ), Saffa-Jung/Gandaasi (ਸਫਾਜੰਗ/ਗੰਡਾਸੀ), Kamand Toda (ਕਮੰਦ ਤੋੜਾ), Daang/Laathi (ਡਾਂਗ/ਲਾਠੀ), Shield-Kataar/Dagger (ਚਾਲ-ਕਟਾਰ), Gurj (ਗੁਰਜ), Two-Swords (ਦੋ ਤਲਵਾਰਾਂ), Khanda (ਖੰਡਾ), Tega (Heavy Sword - ਤੇਗਾ), Jamdarh (ਜਮਦਾੜ).
2. **Team Event** : Khanda, (ਖੰਡਾ) Sword, Shield-Sword, Two Swords, Bow-Staff, Saffa-Jung/Gandaasi, Kamand Toda, Daang/Laathi, Shield-Kataar/Dagger, Marhati (ਮਰਹੱਟੀ), Double Marhati (ਦੋ ਮਰਹੱਟੀਆਂ), Chakar (ਚਾਲ), Soti (ਸੋਟੀ), Soti-Farri (ਸੋਟੀ-ਫੱਰੀ).

SECTION - 5

Definitions (Technical Terms)

- 5.1. **Ground** : Specifications pertaining to the ground, where Gatka tournaments shall be organized.
- 5.2. **Play Area**: Circular ground with diameter of 30 feet (radius 15 feet) where two *Gatkebaaz* shall compete with 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 officials' tables.
- 5.5. **Fatehnama/Salutation** (ਫਤਿਹਨਾਮਾ) : 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. **Soti-Farri**: Substitute of Sword & Shield for Combat Gatka events.
- 5.9. **Weapon**: Equipment/weapons used during Gatka demonstration event.
- 5.10. **Weapons Demonstration**: Showcasing or demonstration of skills with equipment/ weapons used during Gatka event.
- 5.11. **Officiating Committee**: Official Joint Committee consisting of Referee Council, Technical Table and Judgment Desk.
- 5.12. **Referee Council**: A group of four (4) certified senior referees to ensure that each fight is clean and flawless and in accordance with prescribed rules.
- 5.13. **Technical Table**: Technical Advisors to help the referee council.
- 5.14. **Judgement Desk**: Desk having Judge, Scorer and Time Keeper.
- 5.15. **Scoreboard**: A digital scoreboard displaying scores, fouls, stop-watch and tournament/bout related information.
- 5.16. **Gatkabaz/Gatkai** : A 'Gatkabaz' 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.
- 5.17. **ISMAA**: International Sikh Martial Art Academy, a registered international sports organization established for the preservation, promotion and control of Sikh martial art Gatka as sport at national and international level and for supervising the Gatka organizations related to the game.
- 5.18. **Rules Book**: An official rules book of ISMAA published for all the players and organizers to play Gatka according to prescribed and

- standardised rules as a systemic game and for organising tournaments according to the laid down and prescribed rules & regulations.
- 5.19 **Rules & Regulations:** An official statute and set of Gatka rules for structuring the playing of Gatka as a systemic game under the prescribed rules & regulations.
- 5.20 **Affiliated/Associated Organizations:** Registered or unregistered martial art associations which are affiliated or associated with ISMAA.
- 5.21 **Gatka Event:** A set of traditional competitions for the men and women belonging to different age categories who participate in a Gatka tournament/demonstration.
- 5.22 **Official Tournament:** A tournament/competition or event recognized by the ISMAA that is to be played under prescribed rules and regulations.
- 5.23 **Oath:** At the start of official tournaments each Gatka player takes oath and promises to play fairly, judiciously and in observation of all the rules, regulations and conditions of tournament as prescribed by the ISMAA.
- 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 ISMAA 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 during the hoisting of official flag of ISMAA during the opening or closing ceremony of an official event/tournament.
- 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:** To hit the opponent by stretching the stick over the head.
- 5.40 **Jhakani War :** A simulated strike in which player hits the opponent below the belt as deception to finally strike at the upper part of body or vice-versa.
- 5.41 **Sanjha War :** When both the players attack each other with sticks simultaneously at the same step.
- 5.42 **Bhidant:** Continuously attacking each other swiftly and ignoring basic rules of combat i.e. stop and touch (SaT).
- 5.43 **Cheer:** Hitting the opponent with stick by using wrong technique i.e. by reversing the side of stick.
- 5.44 **Hool:** Attacking the opponent in straight direction (stabbing) by using the other end of stick.
- 5.45 **Gurj:** Hitting the opponent in the ear, neck or head by curving the wrist.
- 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 protecting hand.
- 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 being disqualified/suspended from the game, 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:** Tiebreak 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 may be referred to the video umpire upon the request of a player/team, or directly by a field Referee. Each team/player is permitted one video umpire referral per match.
- 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 registered medical doctor and staff nurses deputed for the tournament by the 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 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 *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. Simulated strike and *Palt* strike is considered as Full Strike.
- 5.71 **Free Style:** When a *Gatkabaaz* attempts to hit the opponent without moving the stick backward and strikes with a straight arm.
- 5.72 **Half Strike:** 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.

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 ISMAA have also incorporated mixed event (men & women) in the traditional Gatka competitions to have mixed tournaments involving Freestyle and Fullstrike events in *Single Soti* (Mixed) and *Farri-Soti* (Mixed) contests.

In addition to this, Gatka Weapons Demonstration for individual and team demonstration is also part of the traditional Gatka competitions. The details are as follows:

Sub-Section 1:

- 6.1 **Single Stick/Soti-Farri {Combat} (Individual):** One competitor representing his/her State/District/Unit shall compete in Individual Combat. The time limit for this event/bout is specified under Section-7, sub-section-9 (7.9.1) and (7.9.2).
- 6.2 **Single Stick/Soti-Farri {Combat} (Team) :** A team of 3+1 (Three Players + One extra) Competitors representing their State/district//Unit shall compete in Team Combat. The time limit for this event/bout is specified under Section-7, sub-section-9 (7.9.2) and (7.9.2)
- 6.3 **Weapons Demonstration :** Individual & Team - Rules regarding this event have been specified in Section-11.

Sub-section 2:

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

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

Note : *It is clarified here that weapons demonstration events will only be held during traditional (Virsa Sambhal) tournaments and are 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-14. 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 as per birth records as on July 01 of the same year/session in which the competition is to take place.
2. Age of the player shall be determined by prescribed scientific methods if any dispute arises.
3. A player can participate either in one event of Single Soti/Soti-Farri individual/mixed combat event or in any one event of Single Soti/Soti-Farri team event/mixed team event and may be freestyle or full strike technique. It means a player can only participate in TWO events of his/her age group or higher age group i.e one individual and one team event either mixed or full strike. Besides, a player can take part either in individual or team demonstration during the tournament.
4. Any offending player who is not adhering to age group criteria, indulging in deceitful means in disclosing factual age or disobeying the governing rules of any event, may be censured or debarred/scratched/expelled from the ongoing tournament/competition and his/her medal/position may be withdrawn as the case may be.

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



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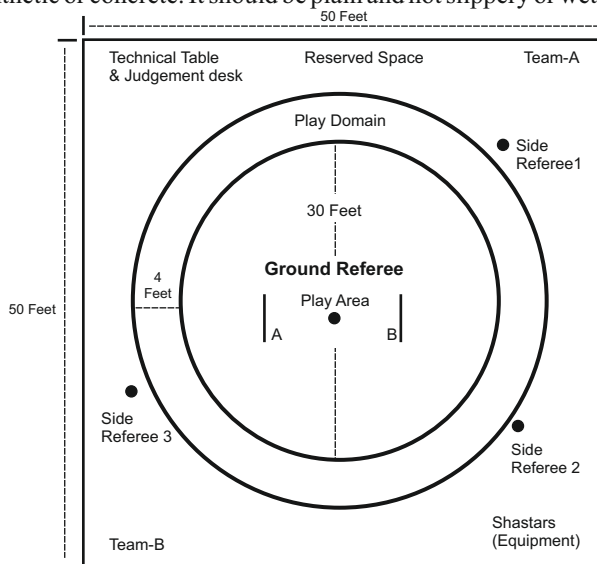
SECTION - 7

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



- 7.4. The markings of the ground shall be done with white paint/ tape/ coloured tape or chunna/chalk powder. The lines should be 5 cm wide. All the lines should be clearly visible and distinguishable.
- 7.5. Two straight lines on each side of the centre point of the ground shall mark the starting position of the players. These lines can be drawn in red and blue colours or may be white. These lines should be at a distance of 4 feet from the centre point.

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

Sub-section 2:

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

7.1. Definition : A Stick used for combat Gatka is just like a sword as used in real fight. The stick is used as a substitute for sword and usage techniques/characteristics of sword are retained.

7.2. Design :

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

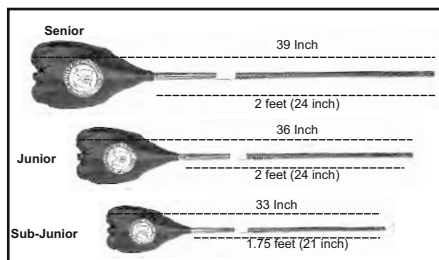


Figure-2 (Soti)

7.3. Usage/Technique

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

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

Fatehnama (ਫਤਹਿਨਾਮਾ) is an acknowledgment of respect and sportsmanship. Fatehnama implies that both the players shall play the game with true spirit and sportsmanship with virtuous state of mind and will ensure that the laid down rules and regulations are followed 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 so as to get ready for their fight/bout and wear the necessary articles in advance. The concerned ground referee shall call both the competitors to the ground by the following commands in sequence ;

1. ਅੰਦਰ ਆਓ (Come in)
2. ਇੱਥੇ ਰੁਕੋ (Stop here)
3. ਫਤਹਿਨਾਮਾ ਲਓ (Take Fatehnama)
4. ਤਿਆਰ ਹੋਵੋ (Get Ready)
5. ਫਾਈਟ ਸ਼ੁਰੂ ਕਰੋ (Start/Fight)
6. ਰੁਕੋ (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 it was moving in before the hit.



Figure-3

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



Figure-4

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



Figure 5

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



Figure 6

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

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

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

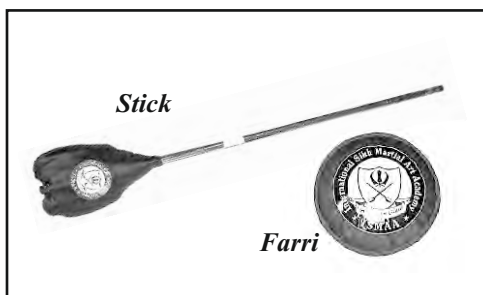


Figure 7

7.3.4. To carry out Fatehnama

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

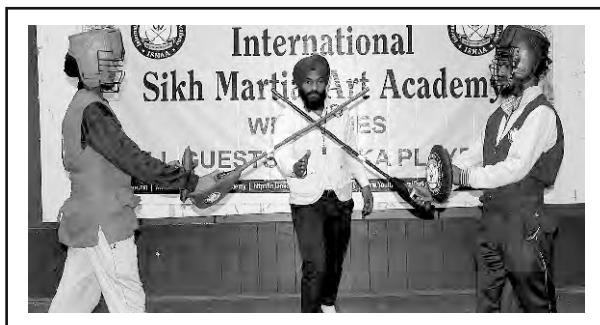


Figure 8

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



Figure 9

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



Figure 10

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



Figure 11

This completes the Fatehnama of the beginning.

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

NOTE :

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

Sub-section 4: Dress (Men & Women)

The team/competitors, both men and women shall dress up in conventional prescribed clothing (Bana, Dumala & Kamarkassa) without which no player be allowed to participate in the event/competition.

7.4.1. Clothing :

Competitors shall play in light shoes (without any spikes or heels), socks/ stockings. The competitors shall wear a Singlet/Jacket (red or blue) and it may be inscribed with the logo/insignia of ISMAA and or sponsors as determined by the tournament officials or its affiliated Federation or Association(s). The singlet shall be provided by the organizers and the players shall wear it over the vest. To clearly indicate the belt line, a cloth belt (कमरकसा) shall be tied around the waist during tournaments.

7.4.2. Protection :

1. Faceguard approved by ISMAA shall be mandatory but no need to remove Dastar/Turban/Dumaala while wearing the Faceguard.
2. A player can wear spectacles or contact lenses at the time of fight/weapons demonstration.
3. A player can wear rubber/leather gloves (not to be provided by the organizers).
4. For all the male competitors, a groin supporter or inner guard shall be mandatory (not to be provided by the organizers).
5. A player may wear such a knee guard, elbow guard etc. without spikes/ridges (not to be provided by the organizers) that cannot harm the opponent.

7.4.3. Prohibited Objects :

- i. No other objects excluding Kara and Kangha, can be worn during the tournament except the Kirpan/Sri Sahib.
- ii. The Kirpan/Sri Sahib should be at the most 6 inches long. The misuse of that Kirpan/Sri Sahib during the bout shall result in penal action against the player.
- iii. A player cannot use any kind of product/object/ornament likely to be harmful to the opponent or causes inconvenience to himself/ herself. Players will not be allowed to wear any kind of revealing dress/costume. The traditional clothing should be proper and strictly according to the prescribed rules.

7.4.4. Dress Infractions :

- i. A referee shall exclude any player from competing, who does not wear Faceguard and inner guard (for male participants only) or who is not properly dressed as prescribed. The women can wear chest guard for

- safety (not to be provided by the organizers).
- ii. In the event of a player's equipment or clothing getting undone during a fight, a referee shall stop the contest to have it attended to and timeout imposed wherein the stopwatch shall be paused during that duration. Wet or damaged dress may be changed with the permission of the referee. It is mandatory that the changed clothings should be the same as old one worn by the team.
 - iii. It is mandatory for the team/competitors to wear prescribed/ official logos of the ISMAA or its affiliated State/National Units and Gatka event sponsor on the dress as allowed by the organisers as the case may be. The players cannot wear/display any logo/advertisement other than the specified during the event without prior permission of ISMAA/organisers.

NOTE:

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

Sub-section 5:

A. Duties of Players: All Players shall

1. Accept and abide by the decisions of the referees, technical officials and judges with sportsmanlike behavior.
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. Their conduct shall be in accordance with the spirit of fair play and as mentioned in the rules.

B. Responsibilities of Team Captain or Jathedar/Head of Akhara:

He is responsible for maintaining good conduct and discipline of all his team members. During contest he will function as game captain while on the ground. He is the only person authorized to ask for any explanation on the application on interpretation of the rules. If the explanation does not satisfy him, he must immediately protest to the chief referee and his protest is to be registered on the score sheet at the end of the bout.

C. Responsibilities of Coaches/Managers:

1. Prior to the commencement of the contest, 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 may direct warm-up sessions of his players prior to the match.
3. During the fight Coach/Manager shall be seated at the nominated place.
4. Only during the intervals/half time, he may give instructions to his players without trespassing the boundaries of the ground or delaying the progress of the bout.
5. Both 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.

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 ISMAA at www.ISMAA.net
- 7.6.3. At the time of medical examination, the player shall produce his/her smart card/competition record book, which must be signed by the Secretary or head of concerned State Unit/Association/Akhara, 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 undertake dope test of players at any time during or before the tournament/ selection trails. A player found positive in 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 at the beginning, 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. A disabled or handicapped player can take part in Gatka weapons demonstration but be prohibited from participating in regular combat Gatka competition, if:
 1. He has no vision in one eye or very low vision,
 2. He is deaf and epileptic ; and
 3. if he is declared unfit by the official doctor.

Such players can not taking part in regular Combat Gatka Competitions but having with special needs can participate in demonstrations or special tournaments if declared fit by the doctors.

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

- 7.7.1. A combat team shall consist of at least four (4) members (3 players and rest spare)
- 7.7.2. Three participants from a team shall participate in the combat Gatka competitions, which shall remain unchanged throughout the competition unless a player falls ill or gets injured and is unable to fight. A player may be replaced in case of illness or injury with the permission of the officiating committee only.
- 7.7.3. The players can participate in their own age groups or higher age groups as mentioned in Section-6 sub-section 3. Different endorsements or entry forms should have to be filled for each event in which the player desires to participate.
- 7.7.4. Only those participants and substitutes can play, whose names have been submitted/enlisted in the endorsements or entry forms submitted before the expiration of entry date as announced. No team or player shall be entertained after the expiry of entry date of that tournament. No player shall be substituted/included in the submitted entry forms, unless a contesting player is deemed unable to fight. This substitution decision rests solely upon the discretion of officiating committee.
- 7.7.5. A player can participate either in one event of Single Soti/Soti-Farri in an individual/mixed combat event or in any one event of Single Soti/Soti-Farri team event/mixed team event and may be freestyle or full strike technique. It means a player can only participate in TWO events of his/her age group or higher age group i.e one from individual and one from team event either mixed or full strike. In addition to this, a player can also participate either in individual or team demonstration
- 7.7.6. There shall be one Captain of the team whose name shall be clearly indicated on the entry form.
- 7.7.7. A Team Manager/In-charge/Coach is mandatory for each team. Without team manager, the team shall not be allowed to enter the competition. He shall submit team details and eligibility proformas of all players and ensure players participation in the requisite bouts in time.
- 7.7.8. There can be an Assistant Coach/Trainer or Physician with the team who will not be considered as Team Manager.
- 7.7.9. The Team Manager must produce a duty letter (for authentication) signed by the Secretary or head of the concerned State/District Association/Akhara or Institution. If he fails to produce the duty letter, his team shall not be allowed to participate in the tournament.
- 7.7.10. The prescribed dress/costume of the team as mentioned earlier must be clean and proper.
- 7.7.11. The Team Officials (Coach, Manager, Physician etc.) shall not be considered as team members.
- 7.7.12. For smooth conduct of tournaments the team officials shall be appointed by the National/State Association.

- 7.7.13. **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/Coach should be appointed immediately and the change shall be brought to the notice of the officiating committee.
- 7.7.14. A substitute from the team can play at an event only if declared fit for participation by the Doctors appointed by the organizing committee.
- 7.7.15. Players of contesting teams and coaches of participating teams during a bout can sit inside the reserved space at the pre-determined side of the ground. Rest of the team members and their officials shall sit outside the reserved area. No interference/indication/provocation by the team members/managers shall be allowed and referee can warn them in case of such provocation. If such interference/provocation escalates, then Chief Referee can take cognizant decision or expel the team or ask the team officials to leave the ground for half day or exclude from the tournament as the case may be.
- 7.7.16. There shall be only one Manager of all the teams of a State/District.
- 7.7.17. Different entry forms should be filled and submitted for different events before expiry of entry date. No team or player or substitute shall be included or inducted into the competition after the expiry of entry date of that tournament.

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

- 7.8.1. Only one player shall participate from a Nation/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. In addition to this, a player can take part either in individual or team demonstration.
- 7.8.3. A player can participate in his/her own age group or higher age group. Different endorsements or entry forms should have to be filled for each event in which the player is participating.
- 7.8.4. The Manager appointed by the National/State Unit/Association shall act as the Manager/Coach of all individuals/teams/participants.
- 7.8.5. No participant/team shall be entered into the tournament without a Manager/Coach.
- 7.8.6. No player can be substituted in any individual combat event. If a player gets injured or is unable to fight then he/she cannot continue to participate in any further bouts and the competition shall be over for that player.
- 7.8.7. A player can fight only after passing the fitness /medical test by medical examiners.
- 7.8.8. During the bout the coach/manager of the player shall not enter the

Reserved space unless called in by the Officials.

- 7.8.9. The dresses of all the team members/individual players from one State/Unit shall be same and in conformity with the rules. Team cannot wear or display any sign/logo/advertisement during the competition except those of ISMAA or sponsor.

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

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

1. The players shall be given one minute for warm up. The players shall come to the centre of the play area at the call of the referee and the fight shall start at the referee's commands as mentioned earlier in Section 7, sub-section 2 (7.5) and Section 8 (8.5)
2. The duration of one fight shall be of three minutes divided into two equal rounds.
3. A 30 seconds break shall be given after 1.30 minutes (one and half min.) round during each fight to the players to take rest and may get instructions from their respective coaches outside the play area.
4. The end of first round of 1.30 minutes shall be indicated by the time keeper or stop watch at scoreboard and the same bell//buzzer shall indicate the beginning of the 30 second break.
5. At the end of these 30 seconds break, the time keeper or Gatka Management System (GMS) shall again ring the bell to indicate the players to resume fight for the 2nd round. The players shall come to the centre of the play area immediately and the fight shall resume at the Referee's commands as mentioned earlier.
6. The time keeper or GMS shall start the next remaining 1.30 seconds of the 2nd round at the referee's command.
7. The time keeper or stop watch shall indicate the start & end of the time by striking the gong or ringing the bell/buzzer.
8. Time during a bout shall be paused when the referee signals timeout. After such time-out, when the fight resumes, the time shall be continued there from.
9. The next fight shall start immediately after the first has finished.
10. The time keeper or GMS shall start the time immediately after the referee gives signals to start the fight.
11. Fatehnama/Salutation (at the start and finish) shall not be included in the fight time.
12. If both the teams score equal number of points in the bout, then a tie-breaker of one minute shall take place. One player from each playing team shall compete in this tie-breaker.
13. If the tie-breaker does not produce any result, then the time will be extended till one player scores a Golden Point or commits foul. Sudden death rule can also be applied at that time.
14. Any player can exercise his/her right to surrender through referee during the bout if he/she feels or cannot play due to some reason.

15. If any dispute of points arises during the bout, a replay of bout can decide the score earned by competitor and scoreboard shall display the results.

7.9.2. Individual bout

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

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

Let's Promote Gatka

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ਵਿਰਸਾ ਸੰਭਾਲ ਤੇ ਸਵੈ-ਰੱਖਿਆ ਲਈ ਬੱਚਿਆਂ ਨੂੰ
ਗੱਤਕਾ ਖੇਡ ਨਾਲ ਜੋੜੋ।

ਵਿਰਾਸਤੀ ਖੇਡ ਗੱਤਕੇ ਨੂੰ ਦੁਨੀਆਂ 'ਚ
ਪ੍ਰਚੱਲਤ ਕਰਨ ਲਈ ਬਣਦਾ ਯੋਗਦਾਨ ਪਾਓ।

International Sikh Martial Art Academy®

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

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

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

NOTE:

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

Sub-section 11:

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 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 ISMAA.
9. Two (2) cordless microphones connected to PA system.
10. Sticks and Farris (at least ten each).
11. At least six Faceguards (three Red and three Blue).
12. Singlets/ Jackets at least six (three red and three blue).
13. Six Belts (ਕਮਰਕੱਸੇ) (white/yellow/blue or different colour except red).
14. First-Aid Kit, one stretcher and one ambulance
15. Plain papers, file covers (20), pens, staplers (2) and carbon papers.
16. Red and Blue flags tied properly on a 1 ½ foot long stick (at least 3 each).
17. In case of computerization of results through Gatka management system, then there shall be ;
 - (a) Five computers/laptops, two printers with UPSs, five extension boards.
 - (b) One coloured printer.
 - (c) Scoreboard
 - (d) At least two LCDs
 - (e) Three HD video cameras
 - (f) Uninterrupted /backup power supply/Generator (Silent)
 - (g) Fast speed internet connection with wi-fi router

B. Minimum Requirements for a tournament

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

1. VIP stage at least 20x15x4 size, Lecture stand, at least 2 seven seater Sofas for VIPs, Carpets, Flower decoration on stage, badges for VIPs

2. At least 25 deluxe chairs on VIP stage & 400 chairs for public with covers
3. Backdrop of VIP stage : size 10x6 or as per size of VIP stage
4. Sound system, 4 cordless mikes, CD/USB player, generator
5. Two Gatka grounds : size 50 ft radius each, may be on stages measuring 50x50x3 ft, 4 judgement tables, 3 tables with covers for placing weapons, Victory stand, 20 Flags with different colours, 3 flag poles for ISMAA 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 ISMAA

SECTION-8

Role of Jury & Referees

8.0 Referees and Refereeing

Referees are the authorized representatives of the organization, which has deputed them to officiate and regulate the matches smoothly. 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 other officials, managers, coaches, captains and players by their pleasing manners on the ground. They shall wear proper traditional clothing/uniform as approved by the ISMAA.

8.1. Technical Table:

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

8.2. Judgement Desk:

- 1 It shall consist of one Judge, one Scorer and one Time Keeper. They shall wear the official dress.
2. The Time Keeper shall keep record and regulate the time during the bouts and competition.
3. The Scorer shall mark the points/scores and fouls of the players as signaled by the Referee and pointed out by the Judge.
4. The Scorer cannot add or deduct any point of the player himself.
5. The Scorer shall inform the Time Keeper to ring the bell (to end fight) before time, if the maximum limit of fouls has been exceeded by a player or if a condition of one sided fight is met.
6. The Scorer shall be seated right next to the Judge. The Time Keeper shall be seated next to the Scorer.
7. The Scorer shall sign the score sheets after completion of each bout and secure the signatures of the referees and those of the team captains

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8.3. Jury/Referee Council

For combat Gatka competitions, the Referee Council may consist of four (4) Referees. They shall wear prescribed official conventional dress that can have inscribed logo of ISMAA and or sponsor. Three referees will perform their duties as Side Referees and one as Ground Referee but they

shall perform field duties by turns. The General Secretary or President of the ISMAA or concerned State/Unit may act as the 5th member of the Jury/Referee Council to decide any dispute arising out of scores, fouls, bouts etc.

8.4 Duties of the Jury/Referee Council

1. The primary concern of the Referee Council is to ensure full 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 it necessary.

8.5 Authority of the Chief/Ground Referee :

1. He 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 has the power to decide any matter accordingly not provided for in these rules.
3. During the match, his decisions based on the laid down rules shall be final and he is authorized to overrule the decisions of other officials if he feels that they are incorrect.
4. He may even advice for replacement of any official if the latter is not performing his duties properly during the event.
5. He 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 into the playground area.
 - b. **Stop here**-To take positions on the marked points in ground.
 - c. **Take Fatehnama**- To command the players to carry out Fatehnama (at the beginning and end of each bout).
 - d. **Get Ready**-To get ready to fight.
 - e. **Start/Fight**-To start/continue the fight.
 - f. **Stop/Hold**-For ordering the players to stop fight.
5. Inspect the ground before starting a fight
6. Check Faceguard, chest guard, lower guard, Sticks, Farries and other required equipment of contestants before starting the bout.
7. Indicate fouls by showing penalty cards (green, yellow, red) to players,
8. Prohibit any external interference/shouting during the fight,
9. Command or instruct the players to enter and leave the play area,
10. Sign the Judgement/Score Sheets after the contest is over,
11. Not indicate the winner by raising the stick or otherwise until the final announcement of result has been made. When the winner of a fight is announced, the ground referee shall raise the stick/hand of the winning Gatkabaaz.

12. When the ground referee has disqualified a player, he/she shall show him the red card and inform the Judges about the reason for which he has stopped the fight so as to enable the Judges and scorer to instruct the announcer to make the correct decision known to the public,
13. If the ground referee is not sure about a point/score or foul committed by a player, then he shall stop the fight, signal a time out, ask the players to go to their respective corners in the playground and call in the side referees for consultation about the foul or awarding of the exact score. In this situation Chief Referee/Chief Judge may declare a foul or grant a point if he/she is clear about particular strike/point.

8.7 The Side Referees shall :

1. Will 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) upon confirming which player has been granted the point by the ground referee,
4. Check whether the contestants are not crossing the ground line.
5. Monitor/supervise behavior of the members of each team seated on the players' benches and report any misconduct to the Ground /Chief Referee.
6. Stop the fight from outside when the ground referee may have missed a point or foul of the player and consult the other ground referees on duty and the Judge (if necessary) about the situation.

8.8 Powers of the Jury/Referee Council :

The Jury/Referee Council is empowered:

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

9. The authority of Chief Referee shall prevail over other Technical Officials during a tournament.

8.9 Punishments for Officials :

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

8.10 Dress for traditional competitions for officials :

1. All the Officials shall be properly dressed and wear traditional dress (Bana, Dumala and Kamarkassa) during Virsa Sambhal/Traditional Gatka tournaments. They shall wear official logos of the ISMAA including that of sponsor if instructed by the organisers.
2. A blazer/coat (navy blue) or Jacket of ISMAA or sponsor with tie shall be worn by officials during winter.
3. Female officials shall also wear traditional dress (Bana, Dumala and Kamarkassa) and sports shoes with navy blue official blazer or Jacket of ISMAA or sponsor.

REFEREE SIGNALS

Start fight

**Red
Corner**



**Blue
Corner**

Figure 12

Half point (blue)

**Red
Corner**



**Blue
Corner**

Figure 13

Half point (Red)

**Red
Corner**



**Blue
Corner**

Figure 14

One point (Blue)

**Red
Corner**



**Blue
Corner**

Figure 15

Two points (Blue)

**Red
Corner**



**Blue
Corner**

Figure 16

Three points (Red)

**Red
Corner**

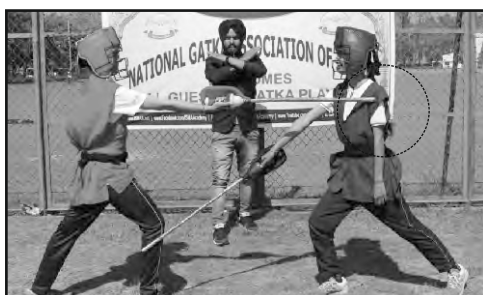


**Blue
Corner**

Figure 17

Simultaneous Attack (ਸਾਂਝਾ ਵਾਰ)

**Red
Corner**

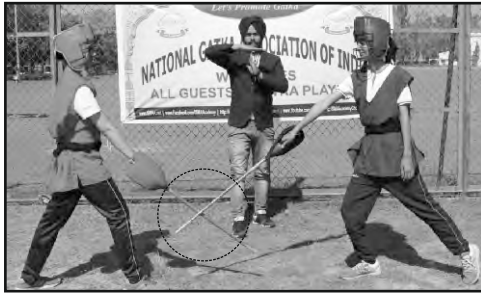


**Blue
Corner**

Figure 18

Time out

**Red
Corner**



**Blue
Corner**

Figure 19

SECTION - 9

Specific Rules Applicable To Combat

(Single Soti/Soti Farri - Freestyle)

Sub-section 1 : Awarding of 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 hitting/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. If a player clearly hits hard (not a gentle touch) the clothes of the opponent with Soti, then one point may be awarded after discussion by the Officiating Committee/Referee Council.
- 9.1.4. Simultaneous hitting/attacking without blocking the attack of the opponent, shall result in a foul against the player who repeats such an attack within one second.
- 9.1.5. Points shall be awarded only if a player hits with proper Gatka technique with the foremost two feet part of the stick. However for defence, complete length of the stick (including the cushion) can be used.
- 9.1.6. If a player hits the cushion of the opponent's stick, he/she shall be not be awarded any point.
- 9.1.7. A player shall not carry out a double or continuous attack (ਸਾਂਝਾ ਵਾਰ). He/she shall attack only after defending himself/herself 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.
- 9.1.8. If a player, with better skill and footwork succeeds in capturing/holding the stick at cushion or wrist of the opponent, then he/she shall be awarded one point. If a player hits after capturing the stick at cushion or wrist of the opponent, he/she shall be awarded more points as per the rules mentioned above.
- 9.1.9. If a player blocks the stick side wrist/cushion of the opponent's stick with his/her Farri, then he/she shall be awarded points accordingly as mentioned in the above rule no.9.1.8.



Blocking In Stick Fight

- 9.1.10. At the time of Bhidant (ਭਿੜੰਤ) (close fight), when both the players charge each other swiftly, the player who strikes the first clear hit, shall be awarded points as per rules. The player, who strikes later shall not be given any point.
- 9.1.11. A simulated strike (ਝਕਾਨੀ ਵਾਰ) shall not be considered a double attack and the player shall be awarded points for it as per rules mentioned above. A simulated attack is that in which an attacker 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.
- 9.1.12. If a player swings his/her weapon up/down or left/right within striking distance on the pretext of simulated strike, it shall be considered double/continuous (ਝਕਾਨੀ) strike and deemed a foul.



Blocking (Sotti Farri)

Sub-section 2: Decisions

9.2.1. Team Event

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

7. Owing to an injury, if a player is unwilling to continue the fight, then he/she shall be substituted immediately and the fight shall resume on the advice of Jury/Referee Council from that point and not to be restarted. The points of the injured player and the substituted player shall be added/aggregated at the end of the fight.
8. If both the teams score equal number of points at the end of the bout, then the result shall depend upon the tie-breaker. For the tie-breaker one player from each team shall fight for one minute, the player who scores more points in the tie breaker, his/her team shall be declared the winner.
9. If both the players score equal number of points in the tie-breaker then the one who has committed less number of fouls in the tie-breaker, shall be the winner and hence his/her team 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 whoever scores a 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.
14. **Referrals :** It is necessary to have live cameras/videography of the events/tournaments. Contesting players during a bout can avail only one referral. If any suspicion/disagreement arises on awarding of Score/Point/Foul during a bout Chief Referee may allow/ask for replay of the current fight/demonstration on the request of player/team/coach, and it can be decided accordingly about awarding of Score/Point/Foul. Decisions of the referee shall always be final.
15. The Medical Officer/Committee during a contest may request the organizers to suspend about if he consider it medically advisable. If the players are unfit on medical grounds, then the bout shall not be allowed to continue. The MO/Committee must first inform the Judge/Chief Referee and the latter shall inform the Ground Referee. The time shall be paused and not reset. The suspension shall last for a maximum of one minute to examine the fitness of the player by the Medical Officer. At the time of examination, only the ground-referee and the Medical Officer shall be in the play area or play domain (Medical Officer means the Doctor appointed by ISMAA or organizing Unit/Association).
16. If the Medical Officer declares the player as fit, then the fight shall continue. If the Medical Officer declares the player as unfit, then the player shall be substituted and the fight shall continue with the substitute player from the same point of time.
17. **Win on Walk-over-** Where a Gatkabaaz presents himself in the play area in full attire for the fight after being called in by the ground referee and his/her opponent fails to appear after his/her name has been called out by

the public address system, the bell sounded and maximum period of two (2) minutes elapsed, the Ground Referee shall declare the first player as winner with the permission of Judge/Chief Referee and the player shall be awarded ten (10) points in this case.

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

9.2. Individual Event:

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

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

Sub-section 3: Fouls-

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

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

**Red
Corner**



**Blue
Corner**

Green Card to Red (Wrong Stick)

Sub-section 4 : Disqualifications- A player ;

- 9.4.1. Can commit only two (2) fouls and shall be disqualified immediately after committing the third foul which could be any from the above mentioned 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 any doubt may be cleared by replay of bout.
- 9.4.3. Shall be disqualified if he/she drops the stick or falls down on the ground with stick touching the ground (details in Section 9, sub-section 2, rule 4, 5 & 6).

**Red
Corner**



**Blue
Corner**

Wrong Stick by Blue (Foul)

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

**Red
Corner**



**Blue
Corner**

Green Card to Red (Wrong Stick)

Sub-section 5 : Serious Warnings

- 9.5.1. Arguing with referees/officials/organizers.
- 9.5.2. Committing fouls as described under Section 9, sub-section 3 or 4.
- 9.5.3. Arguing repeatedly with referee/officials deserves a serious warning.
- 9.5.4. Acting against the laid down conditions of tournament, Gatka rules and regulations of ISMAA. 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 the higher marks from between the competitors.
- 9.6.2. If both the players/teams get equal marks, then the one who has got more warnings/fouls will be declared as defeated player/team.
- 9.6.3. If both the players/teams get equal marks, without committing any foul, then there shall be extra time of one minute. If again the score remains equal, then 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 marks shall be deducted when a player has been shown green card. This foul shall be counted in his/her scores.
- 9.7.2. **Yellow Card** : A yellow card shown to a player means a **serious warning**. One (1) mark shall be deducted if a player has been shown a yellow card and the foul shall be counted in his/her scores.
- 9.7.3. **Red Card** : Red card means **disqualification**.

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

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

- 9.8.1. ISMAA or its affiliated State/National Unit can ban a player/team or

official for any length of time on disciplinary grounds on the recommendation of the concerned Disciplinary/Officiating Committee of the tournament.

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

Sub-section 9 : Match Fixing

- 9.9.1. During any combat/fight/bout if Jury or Referee Council presumes/ believes or finds/resolves or anybody complains or produces evidence regarding an illegal act contrary to the rules as prescribed, such as the 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 may be disqualified after preliminary investigations during or after the bout by Jury/Referee Council.
- 9.9.2. The ISMAA or its affiliated Units may also withdraw/take back Awards/Certificates and cash prizes from players indulging in such malpractice and may debar such players for at least 5 years or impose fine up to five thousand or both. The accused players have to approach ISMAA 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.

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Sub-Section 10 :

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 player/coach through the use of respective official signal.
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 signaled to resume the game.
6. A team/player shall on no account leave the ground during the time-out.
7. The coach may also speak to his team/player only during time-out without trespassing the boundaries of the ground.
8. After request of the players, the referee may authorize medical attention to be provided on the ground.
9. A team/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 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).

10.2. Interruption Faults:

1. A team/player commits a fault when it/he prolongs a time-out after being called to resume the game 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.

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.

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 due to actions contrary to the rules or due to misconduct, the ground referee judges the faults and determines accordingly. The sanction is applicable in accordance with the following principles:
3. 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.
4. 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	Times	Sanctions	Card to show	Consequence
1.	Un-sportsman like conduct	First	Warning	Green	To Prevent
2.	Offensive Conduct	First	Penalty	Yellow	Contestant loses a point
3.	Aggression	First	Disqualification	Both cards separately	Will be sent out of the championship

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

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.

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.

SECTION - 10

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

Sub-Section 1:

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

Explanation:

A full strike is completed in the following steps:

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

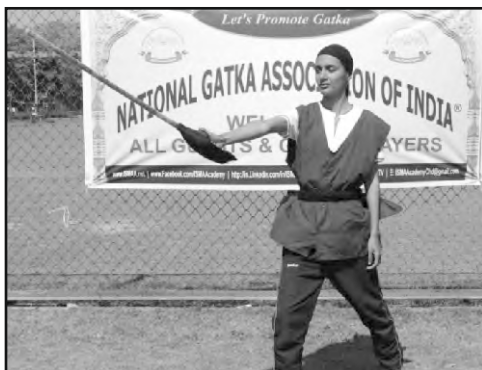


Figure 20

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



Figure 21

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



Figure 22

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



Figure 23

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



Figure 24

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

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

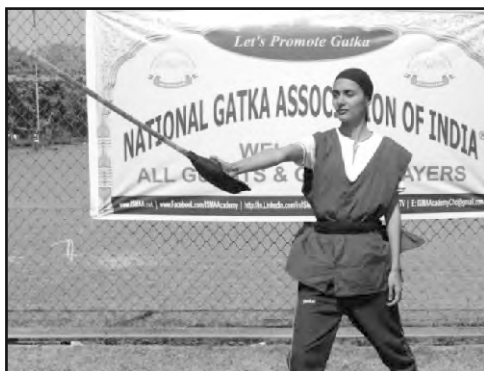


Figure 25



Figure 26



Figure 27



Figure 28



Figure 29

Sub-Section 2 : Awarding the points

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

Sub-Section 3: Decisions

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

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

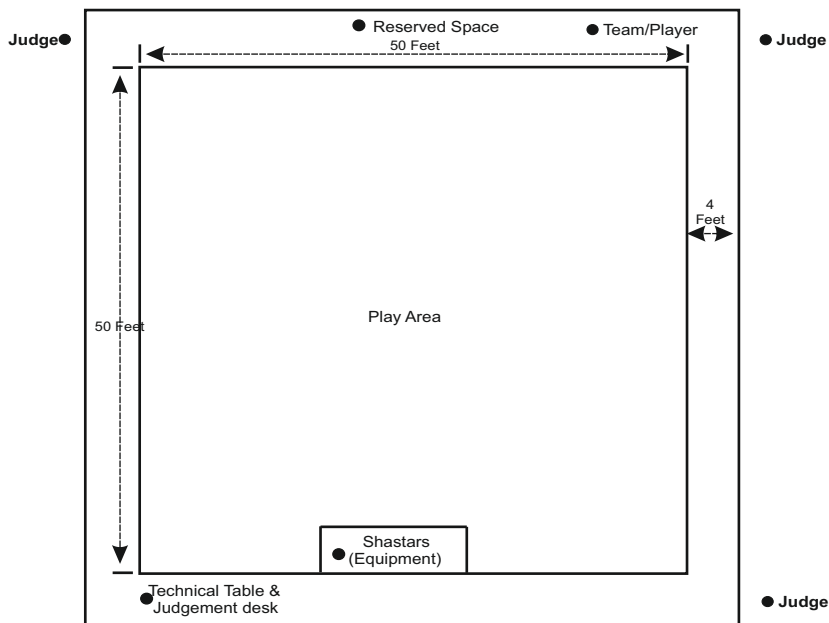
- 10.4.1. All the rules of Section 9, Sub-Sections 3, 4, 5, 6, 7, 8 & 9 shall be applicable.
- 10.4.2. If a player hits the opponent without bringing the stick from over or around the head, then he/she shall be awarded a foul.
- 10.4.3. If a player carries out a half strike attack, during the full strike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

SECTION - 11

GATKA WEAPONS DEMONSTRATION

Sub-section 1 : Weapons Demonstration Ground :

11.1. The dimensions of Weapons Demonstration ground are as follows which shall not be altered, changed or extended at any way during any individual or team event competition.



This ground shall consist of the following parts:

1. **Play Area** : A square ground of 50 feet each side (360 inch, 900 cm), in which the Gatka players shall perform and place their equipment/shashtars in 6x8 feet rectangular space.
 2. **Reserved Space** : Peripheral region outside the play area. This space shall be of minimum 4 feet wide area on each side to make provision for seating of Judgement officials. Thus total space should be a square of 54x54 feet (alterable) in which the play area has to be drawn.
- 11.2 The ground can be indoor or outdoor. If indoor or under a tent, then roof from the ground should be atleast 15 feet high. The ground can also be built on a stage atleast 2-3 feet above the ground. The ground or mat can be synthetic also having clear demarcations on it.
- 11.3 The surface of ground can be grassy, clay, wooden, stage, mat, synthetic or concrete and should be plain & not slippery or wet area.
- 11.4. 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.

Sub-section 2: Team Demonstration (Men & Women)

Weapons demonstration shall be held only during traditional (Virsa Sambhal) competitions and shall not be exhibited during schools, colleges or university level sports contests.

- 11.1. Every team (Senior/Junior/Sub-Junior) shall consist of 5 to 8 members. Only one team in one age group shall participate from a Country/ State/ district Unit.
- 11.2. The team shall perform for 5 to 8 minutes. After the completion of 8 minutes the team shall have to clear the stage/ground within 30 seconds, otherwise **two** marks of the team shall be deducted.
- 11.3. Time for arrangement of weapons and stage setting shall be included in the 8 minutes time limit. No extra time shall be given for the same.
- 11.4. Time keeper shall warn the team at 7th minute by blowing short whistle.
- 11.5. For Gatka Weapons demonstration competition, the teams shall bring their own weapons. A complete list of weapons carried by the team as prescribed in the Rules book Section-4 is required to be submitted along with the entry form. The team members themselves shall be responsible for their weapons/material etc.
- 11.6. No weapons should be provided to the players/team by the organizers.
- 11.7. The team shall perform with only those weapons which have been listed in Section 4. The usage of any other weapon without the permission of the Officiating Committee/Judges shall result in deduction of TWO marks of the team or disqualification from the event.
- 11.8. The team shall be awarded marks by three (3) Judges/Scorers. Each Judge/Scorer shall award marks out of 10 to each team on the basis of six skills such as Footwork, Uniform, Speed, Technique (usage of weapons), Accuracy and Synchronization (FUSTAS). The total marks scored by the team out of 30, shall be the final score of the team.
- 11.9. Marks will be awarded to a team only for proper Martial moves. Performing anything other than the proper Martial Art moves shall result in deduction of FIVE marks of the team. The team may even be disqualified if the Judges deems it appropriate.
- 11.10. Team shall have to perform in the specified ground as prescribed above.
- 11.11. During weapons demonstrations, no stunts or crowd pleasing acts such as, *bazigiri* acts, breaking of ice, bricks, firing, mouth fires, burning of rods, cutting of fruits (Banana, Apple, Coconut), etc will be allowed. Such acts are strictly prohibited. Despite that, if any team/individual breaks this rule, the whole team shall be disqualified.
- 11.12. The decision of the Judges shall be final and binding upon the teams.
- 11.13. Use of whistle or recitation of Swaiyya not allowed during performance.
- 11.14. If any player drops a weapon during the performance then **TWO marks** of the team shall be deducted.

- 11.15 If any player falls down during the performance, then one (1) mark of the team shall be deducted.
- 11.16 The deduction shall be done after adding the marks/scores of all the three Judges.
- 11.17 A drummer (Dholi) may accompany the team, but it is not compulsory during performance.
- 11.18 There must be a Manager with the team.
- 11.19 Players may wear faceguards.
- 11.20 Time keeping device shall not be paused during the performance.
- 11.21 If belt (ਕਮਰਕਸਾ) loosens or unfolds, no point shall be deducted from the team scores. The player may fasten or tighten his/her belt during the demonstration.
- 11.22 All players shall perform alone in the ground. Assistant/helper is not allowed during demonstration.
- 11.23 No player shall wear such costume/equipment that may help in any manner directly/indirectly during the demonstration.
- 11.24 If a player is unable to wear traditional dress (Bana) during demonstration due to some genuine problem, then he/she can be allowed to perform in Kurta-Pyjama but he/she has to fasten Kamarkassa and wear Dumala.

Sub-section 3 : Individual weapons demonstration

1. The various age groups shall be as follows :

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

2. Duration of Performance for different age groups :

Bhujang (U-14) - 60 seconds to 90 seconds (Boys & Girls)

Tufang (U-17) - 2 to 2½ minutes (Boys), 1½ to 2 minutes (Girls)

Sool (U-19) - 2½ to 3 minutes (Men), 2 to 2½ minutes (Women)

Saif, Sipar & Siparar (U-25 & Above) - 2½ to 3 minutes (Men), 2 to 2½ mins (Women)

3. The player shall be awarded points on the basis of six skills (STAFF Moves) like Speed, Footwork, Accuracy, Flexibility, Technique (usage of weapons) and proper Martial Arts moves.
4. Marks shall be given by 3 Judges out of 30 (10 marks for each Judge).
5. The individual participant may be a member of a team participating in the team event or other than the team. A player can participate in both team and individual events of the same age group. In this case he/she has to comply with the conditions as mentioned earlier in Section 6 (Sub Section 3) and section 7 (Sub section 7). Any cheating or violation of rules in this regard may lead to disqualification.
6. There shall be only one individual participant in one age group participating from a Country/State/Unit.
7. The participants are not allowed to recite 'Swaiyya' during event.
8. Player shall perform alone on the stage. Any help or instructions from his assistant/helper is not allowed.
9. There must be a Manager accompanying the player.
10. The player shall choose a weapon from the prescribed list mentioned in the Gatka Rules book Section-4 and bring his/her own weapons. Weapons may be provided by the event organizers to a player but only on prior written request.
11. If a player drops his/her weapon then maximum **two** points shall be deducted from his/her score. If his/her weapon breaks during the performance, then he/she shall not be provided with a new weapon.
12. If a player falls down during the performance but hold onto his/her weapon then maximum one point shall be deducted from his/her score.
13. Wearing of prescribed conventional dress and faceguard is mandatory for all players.
14. If any player tests positive under the dope test, then he/she shall be banned for any length of time as decided by the ISMAA or its affiliated National Unit.
15. Time shall not be paused/stopped during the performance.
16. Marks will be awarded to a player only for proper Martial moves. Performance of any move other than the proper Martial Art moves shall result in deduction of five marks of the player. The player(s) may be even disqualified if the Judges decides so.

Sub-Section 4 : Judgement and Fouls:

1. The judges shall award points keeping in view six skills (**STAFF Moves**) i.e. Speed, Footwork, Accuracy, Flexibility, Technique (usage of weapons) and proper martial art moves by the player/team.
2. If player does not wear 'Sri Sahib' with Bana during demonstration then ONE point can be deducted. Foul shall also be awarded if player loses/drops 'Sri Sahib' from his/her 'Gatra'. Carrying sword during performance is not allowed.
3. All team participants shall have to wear similar traditional dresses (Banias) and Dumas having same colours with uniformity but Jathedar/head can wear Duma having different colour and Jacket. No player shall tie/fold any part of his/her Bana. Any violation of rules in this regard may lead to deduction of points.
4. Non-coordination, imparting instructions or directions or taking notes during performance have to be taken care while awarding points.
5. Accuracy of martial moves (Vars), rhythm and usage technique of Sticks by the team/participants will also be considered during award of points.
6. Entry of player/team to the ground and systematic placing/arranging of weapons/equipment will also be taken into account.
7. Flexibility, footwork and face expression of the participants will also be noted by while awarding points.
8. Player can be disqualified if both of his/her feet touch 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, any doubt may be cleared by replay of bout.
9. The boundary lines of the play area shall always be included in the 50 feet diameter and in case of permanent or ready-made ground the boundary line may have indicator sensors for detection of fouls.
10. The Judges and officials shall sit outside the play domain at appropriate positions.
11. No one except the officiating committee and the playing team/player shall enter the ground without permission from the organizers.
12. Committing three fouls may lead to disqualification of player/team.

SECTION - 12

GRADING/RANKING

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

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

1. Number of official competitions played/conducted successfully
2. Positions in such competitions
3. Conducted/Participated in national/state competitions
4. Experience as an active player or referee
5. Refresher/training courses/clinics attended
6. Contribution to the sport of Gatka
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 national/state competitions without any selection trials after confirmation of his/her good health and availability. The name and colours of their jackets shall be as per their rankings as:-

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

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

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

SECTION - 13

Awards and Honours

- 13.1. The winner of the final bout shall be Gold Medallist of that competition.
- 13.2. The loser (runner up) of the final bout shall be Silver Medallist/Runner-up.
- 13.3. The two losers of the semi-final bouts or as decided for third prize shall be the Bronze Medallists.
- 13.4. The team/player scoring highest marks in a tournament shall be the Gold Medallist of that Event/overall Championship.
- 13.5. The team/player scoring second highest marks in the tournament shall be the Silver Medallist//overall Runner-up.
- 13.6. The team/player scoring third highest marks in tournament shall be the Bronze Medallist.

A. ISMAA 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. ISMAA Weapons Master Award:

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

C. Shastreshar Award:

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

SECTION - 14

GATKA EVENTS IN A TOURNAMENT

There shall be two combat events in one age group namely Single Soti and Fari-Soti. The other event is Weapons Demonstration. Each combat event is played individually, as team event, mixed event and mixed team event in free style and full strike techniques. Hence there shall be sixteen events in one age group besides weapons demonstration.

Sub-section 1 : Age Groups :

There shall be 6 age groups excluding veterans i.e ;

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

Sub-section 2:

Gatka events in one age group shall be as follows -

A. Single Soti – Free Style

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

B. Farri-Soti - Free Style

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

C. Single Soti – Full Strike

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

D. Farri-Soti -Full Strike

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

E. Weapons Demonstration

1. Individual event - One player displays martial art skills
2. Team event - 5 to 8 players displays martial art skills

Sub-section 3 : NUMBER OF MEDALS IN THE TOURNAMENTS

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

Sub-section 4 : TYPES OF TOURNAMENTS :

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

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

Cultural competitions by Punjab School Education Board & other States

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

SECTION - 15

OATHS OF DISCIPLINE

Sub-section 1 : Player's Oath

At the start of each official Gatka tournaments or championship, every Gatka player shall take oath and promise to play fairly, judiciously and in obeisance all of the rules, regulations and conditions of tournament as prescribed by the ISMAA. 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 ISMAA Flag while taking 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 are desirous of participating in this event in the true spirit of sportsmanship and while upholding the 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 tournament or championship, Gatka officials shall take oath and promise to perform refereeship and judgement fairly, judiciously and in a transparent manner by observing and implementing all rules, regulations and conditions of tournament as prescribed by ISMAA. 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 ISMAA Flag while taking 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, while respecting and abiding by the prescribed rules which govern this tournament, in the true spirit of sportsmanship and for the glory of Gatka sport".

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

1. A Gatka trainee may not abandon his training half-way through.
2. He will use Gatka skills only for self-defence and remain humble as a God fearing Gatka practitioner.
3. He must honour and respect his Ustads, Teachers, seniors, women and elders.
4. He will always remain loyal to ISMAA and its affiliated State/Regional Units, obey ISMAA Rules Book, its regulations and conditions.
5. He will refrain from consuming intoxicants, alcohol, tobacco, drugs, meat etc.
6. He will teach art of Gatka as per prescribed rules to those with gentle, wilful and compassionate personalities for promotion of Gatka sport.
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 sport.

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



**ਕਰੋ ਅੰਗਦਾਨ, ਦਿਓ ਜੀਵਨ ਦਾਨ ।
ਬਣੋ ਮਹਾਨ ਇਨਸਾਨ ॥**

ਆਓ, ਮਰਨ ਉਪਰੰਤ ਅੰਗਦਾਨ ਕਰਕੇ ਦੂਜੀ ਜਿੰਦਗੀ ਮਾਣੀਏ ।

ਗਲੋਬਲ ਔਰਗਨ ਡੋਨਰਜ਼ ਫਾਊਂਡੇਸ਼ਨ ਦੇ ਮੈਂਬਰ ਬਣੀਏ ।

ਇੱਕ ਅੰਗਦਾਨੀ ਦਾ ਦਾਨ, ਪਾਵੇ 8 ਮਰੀਜ਼ਾਂ ਵਿੱਚ ਜਾਨ ।

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SECTION - 16

TERMS & CONDITIONS FOR AFFILIATED UNITS

- 16.1 All affiliated units of ISMAA shall maintain suitable facilities for Gatka players and have sufficient number of active members.
- 16.2 Each affiliated unit of ISMAA, shall be furnished with a copy of prescribed Rules and Regulations of competition and they shall comply with. ISMAA or its affiliated state/national unit shall have power to take disciplinary or punitive action against any affiliated subordinate unit or person connected with it for not conforming to the prescribed rules.
- 16.3. Each affiliated State/national unit shall intimate dates of their annual national, state or district calendars/championships in writing to ISMAA and forward the results thereof to ISMAA. Each State Unit shall also furnish a copy of their annual report and accounts to ISMAA and district Unit to their State Units.
- 16.4. 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 ISMAA.
- 16.5. No affiliated unit of ISMAA is empowered to participate or arrange Gatka exhibitions, competitions or send Gatkebaaz outside their territorial jurisdictions or boundaries of their state/country without the prior written permission/ sanction of ISMAA or its affiliated units.
- 16.6. No State/National unit will publish/print/modify/change/alter the prescribed and promulgated Gatka Rules and Regulations of ISMAA on their own. They shall face disciplinary or legal 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 ISMAA.
- 16.7. No affiliated Unit shall hold any Gatka competition of National category without prior written approval/sanction of ISMAA. The Officials for the conduct of such competitions shall be duly approved by ISMAA or concerned affiliated State/National Unit. ISMAA shall depute Observers for each official competition. TA/DA of such Officials shall be borne by the concerned State unit.
- 16.8. Gatka Akharas, State/National Units shall be affiliated with the ISMAA. Initially temporary affiliation may be granted till such approval.
- 16.9. Other prescribed terms & conditions are enclosed with the affiliation proforma attached in the rules book and may be changed/alterd with or without prior notice but be circulated to the affiliated members and be uploaded on the websites.
- 16.10. ISMAA or its State/National Unit may sue or be sued in the name of the Chairman/Honorary General Secretary and lawsuit if any, shall only be filed at the Headquarters .
- 16.11. No decision taken in the meeting of General Council or Executive Committee of ISMAA shall be reopened, modified or cancelled within a period of six months thereof.

Codes and Principles for Gatkabaaz

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 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.

(Unite for strength & Concur for secure future)

BRIEF HISTORY & ACHIEVEMENTS

International Sikh Martial Art Academy (ISMAA) is a registered apex international organisation dedicated for the promotion of Sikh martial games nurtured by revered Gurus across the globe. ISMAA envisions in standardizing, promoting and reviving the Indian Sikh martial art Gatka and other Sikh games akin to other traditional martial arts in the world.

This selfless and dedicated endeavour of ISMAA is launched to awake the masses about ancient martial arts and games, otherwise, it might happen that next generations will totally be unaware of Gatka and Sikh sports. It was generally at public display during religious processions but ISMAA, National Gatka Association of India, Gatka Federation (India) and Gatka Association of Punjab have taken bold initiatives to recognize this martial art as a sport in the India. It's a humble effort to revive this forgotten and dying ancient martial art having a historical significance as some international organisations have included this art in the diminishing forms of art.

Besides, ISMAA has been organising "Virsa Sambhal" Gatka competitions to perpetuate the rich legacy of age-old Sikh martial art Gatka amongst the future generations on one hand and to revive this dying art on the other.

In order to preserve, promote and demonstrate the rare traditional martial art at national and international level, ISMAA is also producing a documentary film on Gatka to aware the general public about its importance. These are the humble efforts to revive this forgotten and dying art having a historical significance.

ACHIEVEMENTS & ACTIVITIES

1. The School Games Federation of India (SGFI) had included Gatka as a sport in National School Games calendar.
2. Department of Education, Punjab had also recognised Gatka as a sport in its schools, colleges and universities since 2009. The School Education Department is organizing its Punjab State Inter-District Gatka tournaments since 2010.
3. The Punjab School Education Board (PSEB) SAS Nagar had also been organising cultural competitions including Gatka annually. The Board awards three marks in total marks during the annual practical examinations to all players including Gatka players. Besides this, the PSEB had also included lessons on Gatka in school textbooks.

4. The Association of Indian Universities had also included Gatka in National University Sports calendar from 2015. The Punjabi University Patiala had organized All India Inter-University Gatka (Men & Women) prize money Tournaments four times since 2011.
5. To upkeep and conserve inheritance of martial art Gatka, "Virsa Sambhal" Gatka competitions are being conducted in the Punjab as well as in other States.
6. ISMAA is organising Gatka training camps, refresher courses and workshops to impart exhaustive training to Gatka players as officials.
7. In collaboration with National Gatka Association of India and Gatka Federation (India), ISMAA had formulated and standardized in-depth **Gatka Rules book** to play Gatka as systematic game in traditional dress.
8. To put in place an effective mechanism to identify and nurture Gatka sporting talent, ISMAA 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 Punjabi University Patiala had started one year "Diploma in Gatka Training" course, ISMAA will also start such diploma in Gatka training and six months certificate course in the institute. Besides, specialised Gatka Training Centres (GTCs) will also to be setup in all the States under ISMAA.
9. "**Sikh Martial Art Research and 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.
10. ISMAA is also producing documentary film on Gatka to showcase its historical importance and unique self-defence mechanism. Besides, websites on Gatka game have also been running including a mobile Gatka App to disseminate awareness on the web world.
11. To expand horizon of Gatka sport, World Gatka Council (WGC) have also been constituted to manage, control and promote Gatka organisations globally.
12. ISMAA and National Gatka Association of India will organise its National Men & Women Gatka Open Championships besides veteran Gatka events.

The office bearers of ISMAA have utmost dedication to promote this great game at international level. They 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. ISMAA calls upon all commonality to earnestly cooperate, support and help in attaining the desired goal that is the Sikh Sangat longing for utmost since decades for this game patronaged by beloved gurus. Join us in our selfless efforts for the sake of Gatka by supporting us in various ways as you think so.

MODERNISATION IN TOURNAMENT MANAGEMENT

ISMAA has planned to upgrade and modernize the playing and management of Gatka tournaments by infusing latest information technology techniques, gadgets and upgrading other infrastructure facilities so that modernisation in tournament management could enable and demonstrate entry of Gatka at international competitions effectively. This planning includes :

1. Digital scoreboard and stopwatch to display live judgement information to spectators.
2. Tournament entries of players and officials to be computerised to declare instant results and proper maintenance of records.
3. Match/bout replay facility on LEDs to resolve scoring issues.
4. Installation of HD video cameras for live telecast in stadium & web-casting.
5. Wooden Gatka sticks to be replaced by fibre sticks embedded with sensors & microchips for quick scoring and calculate fouls.
6. Smart identity cards for players with unique ID number and bar coding/QR coding to maintain detailed information of players & officials.
7. Computerised national/international grading and ranking of players & officials.
8. Sports certificates to be embedded with holograms and bar-coding.
9. Synthetic mats for Gatka ground with pre-demarcation of field boundaries and lines.
10. A dedicated server to maintain & secure data of players, referees and matches.
11. Mobile van for taking material and weapons in training camps.

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 holy task can surely be completed with resounding success.

MEMBERSHIP FOR ISMAA

Any person/player may become a primary or provisional member of the International Sikh Martial Art Academy (ISMAA) regardless of age, sex, race, region and religion provided his/her introducer shall be a member of ISMAA. The decision of the membership committee as regards the admission of members shall be final.

The provisional membership is valid for one year and to be renewed every year. A membership card, which is issued to the new members, shall have to be produced for inspection when required to do so.

ENTRANCE FEES

1. An entrance fee of Rs. 1,000/- per month shall be payable together with the application form for membership, in default of which the application would be rejected.
2. A member shall pay subscription to the ISMAA annually in advance during the 1st week of January every year. Membership rates shall be in accordance with the grade of a member. Such rates shall be as follow:

a) Grade A member-	-Rs. 50,000/-	Life member
b) Grade B member	-Rs. 10,000/-	5 yrs membership
c) Social Member	-Rs.2500/-	one year
d) Students/Players	-Rs. 1,000	one year
3. If a member falls in to pay arrears along with his membership or other dues, he shall be informed by the Finance Secretary immediately. If the arrears are not paid by the member within the next 14 days of their becoming due, his membership shall be automatically terminated.
4. A member removed from the list of membership may be re-admitted on the basis of his/her fresh application to be reviewed by the Executive Committee if the subscription due is paid.

Membership Benefits includes:

1. Membership, smart ID card and coloured emblem for blazer.
2. Free/economical charges for Gatka refresher/training/coaching courses/camps/clinics and workshops.
3. Get affordable facilities to stay at Academy's institute at SAS Nagar.
4. Invitations for participation in annual Gatka Festivals/events.
5. Discounted entry to Gatka organizations during Championships.
6. Free entry in ISMAA members' directory.
7. Free distribution of Gatka literature or magazine.
8. Receive colourful ISMAA calendar on every new-year.

REGISTRATION FORM FOR AKHARAS

To promote historic Sikh martial art 'Gatka' worldwide, International Sikh Martial Art Academy (ISMAA) will encourage and impart diversified training to all Gatkaabaz so that Gatka may become a household sport for self-defence. ISMAA has started registering/affiliating the running Gatka Akharas/Gatka Training Centres and Gatka Coaches/Referees to compile an informative directory of all Akharas/Training Centres.

If you are interested in joining something bigger than your outfit, please contact us today to turn your martial arts experience into a global networking community. Start to plan for long term success and celebrate your membership besides got advice for attractive performance at international level.

Joining the ISMAA is a simple process. Please submit the form via e-mail. For membership procedure the applicant organization/Akhara and Gatka Coaches/Referees should send the following data/documents to the ISMAA office:

1. Complete filled form with requisite fees.
2. Typed list of all players associated with the organization/Akhara having contact numbers, email ids, residential addresses.
3. Copy of registration certificate if any, of the organization/Akhara.
4. Combined photograph of all players of the organization/Akhara.
5. Passport size coloured photograph of the head/Jathedar of organization/Akhara.
6. For Gatka Coaches/Referees, they should send one passport size coloured photograph along with complete filled form in all respects and requisite fees.

Note : For registration/affiliation purposes, the organizations/Akharas can send the soft copies of documents, photographs etc. through email.

Fill the ISMAA registration/application form online and then go to the "Payments" page. One time registration/affiliation fees for organization/Akhara is Rs. 500/-pm and for Gatka Coaches/Referees is Rs. 250/-pm only.

Once payment is made you will receive IMAAA registration/affiliation certificates to download and print off it. The procedure is as easy as that and get the benefits right now.

REGISTRATION BENEFITS :

1. Receive life membership certificate & coloured emblem for blazer.
2. Your name and address will be Included into the "Gatka directory" of Gatka Akharas and Coaches/Referees & become member of larger martial art community.

3. Achieve worldwide recognition by using ISMAA affiliation & logos on your letterheads.
4. Receive colourful ISMAA calendar on every new-year.
5. Get affordable facilities at ISMA Academy SAS Nagar.
6. Take support, tips & consultation from ISMAA helpline.
7. Receive news/information for participation in Gatka events/activities.
8. Easy partaking in state/national Gatka championships/tournaments.
9. Publish your news, activities, articles and photos on ISMAA website and in Gatka journal (Bimonthly).
10. Get listing and grading of Akharas and referees.
11. Obtain low cost quality trainings, techniques and literature.
12. Get regular invitations for free Gatka camps, seminars, interactive workshops, events & competitions.

GATKA CHARTER

Sports are powerful resources in all communities and contribute immensely towards creating a positive environment for everyone to excel and enjoy. Besides, sports also contribute to national economy and promote friendly relations between people and nations. In Gatka Sport (Gatkebaazi), a Gatkebaaz not only focuses on the ultimate mission of acquiring technical skills or winning competitions, but strives to understand the true ideals of martial art and cherishes its traditional values.

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

1. Strive to 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 reliable to the 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 undergoing Gatka training. They shall practice the fundamental techniques as accurately as possible and strive hard to strengthen body and mind to the best of their ability.
3. Make every effort to demonstrate the strategic skills acquired in the course of learning and training during Gatka events and demonstrations. They shall play professionally with an earnest and dignified attitude, winning with modesty, accepting defeat gracefully, and constantly exhibiting self-control. Gatkebaaz shall always follow the prescribed rules, keep Gatka training centres and grounds clean, safe, and maintain a solemn and courteous environment.

In the Gatka Charter the Gatka organisations shall ;

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

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

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

VALUES OF GATKABAAZI

The importance of martial art Gatka in imbuing the heart, mind and soul of the participant with positive feelings, attitudes and satisfaction can hardly be overestimated. Gatka contributes to overall physical activity during playing or exercise. Every part of the body gets involved during Gatka contest and the Gatkebaaz has to move fast, run, squat, lunge, bend and twist his body 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 confidently, peacefully and comfortably. It comforts as an effective self-defence for womenfolk also who could challenge and overpower the eve-teasers easily owing to their knowledge of this self-defence art.

Gatka game is comparatively less expensive to undertake. Gatka sport has the distinction of being an activity that helps in pushing the ultimate limits of human potential;

1. Gatka is like pursuing an art form. It isn't just about fighting. To advance oneself physically, mentally and spiritually through the study of martial art, a combination of diligence, dedication and proper training is the keys for Gatkebaaz. The greatest responsibility of Gatka coach is to instil a sense of discipline and a code of ethics in Gatkebaaz to inspire them to lead exemplary lives as leaders of the community.
2. Gatka promotes physical fitness and positive social interaction in a courteous and fun filled 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 Gatkebaaz practitioner with 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 the practitioner moving, whether 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 the Gatkebaaz to use entire body, which tones all his muscles, increasing strength, too. It also tones and stretches eyes' muscles during constant gazing at the opponent thereby boosting 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. The practitioner will always be prepared if he is ever trapped in a dangerous situation—not necessarily to fight back, but at least to react in the best possible manner.
7. Gatka improves flexibility & coordination of muscles. Different techniques and exercises can greatly help the practitioner to improve balance, posture, flexibility and coordination.
8. Gatka emphasis on the development of self-confidence and respect. Many types of martial arts, especially the Gatka is great for improving self-discipline, as well as for putting 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 boosts metabolism, burns calories and improves the respiration and digestive system.
10. Gatka sport is so energizing and intriguing that it provides recreation and enjoyment. Thousands of fans excitedly showers praise and enthusiasm on the Gatka players which relieves their stress and anxieties.

ISMAA SIGNATURE TUNE

International Sikh Martial Art Academy has resolved to play the signature tune namely "**Deh Shiva Bar Mohe**", during hoisting ceremony of ISMAA flag at National or State Gatka tournaments or other solemn occasions of Academy. It shall be played for 1.40 minutes including recitation of "Boley So Nihal-Sat Sri Akal" at the start and end of this tune.

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

IN GURMUKHI

Boley So Nihal-Sat Sri Akal

DEH SHIVA BAR MOHE-I-HAI,
SHUBH KARMAN THE KABHU NA TAROO,
NA DAROO AR SIYOO JAB JAHE LAROOON,
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.

Boley So Nihal-Sat Sri Akal

ENGLISH TRANSLATION

Boley So Nihal-Sat Sri Akal.

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

Boley So Nihal-Sat Sri Akal

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

Useful Links

www.ISMAA.net
www.Gatkaa.com
www.KhalsaGames.com
www.YouTube.com/GatkaTV
www.Twitch.tv/GatkaAssociation/videos/all
www.facebook.com/GatkaAssociationPunjab
www.facebook.com/GatkaFederation
www.facebook.com/ISMAAcademy
www.facebook.com/ISMAAPunjab
www.facebook.com/NGAIndia
www.Flickr.com/PunjabGatka
www.Twitter.com/GatkaSport
www.GatkaAssociation.Tumblr.com
www.Chardhikala.com
www.PunjabiCulturalCouncil.com
www.HarjeetGrewal.com
www.KhedTeKhidari.com
www.GODFoundation.in
www.Twitter.com/ISMAAcademy
www.Facebook.com/KhedTeKhidari2017
www.Facebook.com/PunjabiCulturalCouncil
www.Facebook.com/OfficialHarjeetGrewal
www.Twitter.com/Grewal2025
www.Instagram.com/HarjeetGrewal2025

Email : ISMAAcademyChd@gmail.com
GrewalDDPR@gmail.com

Contact : 098145-73800, 076588-00000

ਗੱਤਕਾ ਅਪਣਾਓ, ਵਿਰਸਾ ਬਚਾਓ।



Let's Promote Gatka
**International
Sikh Martial Art Academy®**

**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 ISMAA

Signature & Seal

Date : _____



Let's Promote Gatka

International Sikh Martial Art Academy®

Ring No.

Date

Event

(FORM-I)

Place

COMBAT/SOTTI-FARRI FIGHT (Individual)

Age Group

JUDGEMENT SHEET

Association/State

Association/State

Player's Name

Player's Name

TEAM 'A' RED

ABOVE THE BELT

TEAM 'B' BLUE

2 2 2 2 2 2 2

SCORES

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

BELOW THE BELT

1 1 1 1 1 1 1

1 1 1 1 1 1 1

SCORES

1 1 1 1 1 1 1

½ ½ ½ ½ ½ ½ ½

HIT ON CUSHION

½ ½ ½ ½ ½ ½ ½

½ ½ ½ ½ ½ ½ ½

SCORES

½ ½ ½ ½ ½ ½ ½

3 3 3 3 3 3 3

THREE POINTER

3 3 3 3 3 3 3

SCORES

TOTAL POINTS OBTAINED

FOULS

DOUBLE ATTACK

DAGGER HIT FACE

OUT OF CIRCLE

FELL DOWN

WEAPON FELL DOWN

INTENTION TO HARM

MISCELLINEOUS

TOTAL FOULS

GREEN

YELLOW

RED

GREEN

YELLOW

RED

FINAL SCORES

DISQUALIFICATION

COMMITTED 3 FOULS

MISCONDUCT WITH REFEREE

Winner of the Fight

LEED BY 15 POINTS

WON BY DISQUALIFICATION

Signature of Judge



Let's Promote Gatka

International Sikh Martial Art Academy®

Date	(FORM-'H')	Event
	FINAL RESULT SHEET OF COMBAT/SOTTI FARRIE FIGHT (TEAM)	
Place	JUDGEMENT SHEET	Age Group
Name of Association/State		Name of Association/State
TEAM 'A' RED		TEAM 'B' BLUE
Name	Score	Name
Player-1		Player-1
Player-2		Player-2
Player-3		Player-3
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; width: 80px; height: 20px;"></div> <div>TOTAL POINTS OBTAINED</div> <div style="border: 1px solid black; width: 80px; height: 20px;"></div> </div>		
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; width: 80px; height: 20px;"></div> <div>TOTAL FOULS</div> <div style="border: 1px solid black; width: 80px; height: 20px;"></div> </div>		
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; width: 80px; height: 20px;"></div> <div>FINAL SCORES</div> <div style="border: 1px solid black; width: 80px; height: 20px;"></div> </div>		
Name of the Winner Team/Fighter <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="width: 45%; border-bottom: 1px solid black;"></div> <div style="width: 45%; border-bottom: 1px solid black;"></div> </div>		
Signature of Chief Referee _____		Signature of Chief Judge _____



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



Major Kartar Singh Akali

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

CONTAINING :—

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

*Expert and Victorious
Fighter
etc.*

BY

K. S. AKALI,

PHYSICAL DIRECTOR.

R. S. D. COLLEGE, FEROZEPORE.

FOREWORD

BY

HENRY LALL Esq.,

Director of Physical Training

AND

Secretary, University Sports Tournament Committee

University of the Panjab,

LAHORE.

1st Edition,

1,000 Copies

1936.

Net Price

Re. 1-0-0



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



Performers showcase 'Gatka' skills in tournament

STATESMAN NEWS SERVICE
CHANDIGARH, 24 MAY

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

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

Disclosing this ISMAA Press secretary Hardeep Singh Kumar said that the art tournament



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

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

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

During Gatka weapons demonstration Gatebaaz from ISMAA exhibited their best martial art skills thereby got gold medal. Bhabha Deep Singh from ISMAA team

Gatka teams showcase combat skills

STATESMAN NEWS SERVICE

CHANDIGARH, 24 MAY: Gatka teams today showcased their mesmerising combative and defensive skills at the second All India Martial Arts Festival-cum-Tournament held at Convention Centre, Chandigarh. The event was organised by Martial Arts Board International in association with National Gatka Association of India (NGAI) and International Sikh Martial Art Academy (ISMAA).



Second state level women Gatka competition commences

CHANDIGARH, 24 MAY

The two-day second state level women Gatka competition commenced at Sikh College for physical education at Bahadurgarh stage in Sahasra Nidhi Nagar. The 14 teams from various districts of Punjab participated in the state level competition. The girls participated in the game with discipline. The tournament was inaugurated by member of the Punjab Legislative Assembly, Shri. Gurnam Singh, Minister for Sports and Recreation, Government of Punjab. The competition was held in the evening. The girls showed great interest and participated actively. The competition was held in the evening. The girls showed great interest and participated actively.

ISMAA TO ORGANISE 'GATKA' COMPETITIONS

HT Correspondent

LUDHIANA: To promote Sikh martial arts, Gatka, International Sikh Martial Arts Academy (ISMAA) will be organising Gatka competitions at state and national levels. The academy has also decided that during the competitions organised at school and colleges, only stick-fighting will be allowed. The competitions of combative Gatka will be held in the graduation level.

Gatkabaaz mesmerise with skills during National Martial Arts Tournament



NGAI president H. Morinda said that the tournament was held to promote the traditional martial art of Gatka among the youth. He said that the tournament was held to promote the traditional martial art of Gatka among the youth.

HT Correspondent

Gatka teams from Punjab and Haryana showcased their mesmerising combative and defensive skills during two days second All India Martial Arts Festival-cum-Tournament held on Tuesday. It was organised by International National Gatka Association of India (ISMAA) in association with National Gatka Association of India (NGAI).

Reference book on gatka in the offing

HT Correspondent

FATEMAH SAMBI: International Sikh Martial Arts Academy (ISMAA) will publish a reference book on Gatka soon, said ISMAA president H. Morinda. The book will contain information about the history, techniques, and training of Gatka.

HT Correspondent

Gatkabaaz showcase skills at tournament. The tournament was held at Convention Centre, Chandigarh. The girls showed great interest and participated actively.

HT Correspondent

ISMAA: The second Viraat Gatka tournament was held at Convention Centre, Chandigarh. The girls showed great interest and participated actively.

HT Correspondent

Patiala clinches martial 'ISMAA Gatka Shield'. The tournament was held at Convention Centre, Chandigarh. The girls showed great interest and participated actively.

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Punjab includes gatka in sports graduation list

CHANDIGARH: With a view to promote the martial art of Gatka, the Punjab Government has accorded recognition to this traditional martial art as game and sport.

HT Correspondent

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HT Correspondent

The 'Dangal' effect

Gatka, a traditional martial art form, is getting a new lease of life with actors.

PRABHU CHAND

It should be noted that the traditional Gatka is not a mere sport. It is a martial art form which has been practised for centuries. It is a martial art form which has been practised for centuries.

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Academy to publish info on Gatka centres

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

HT Correspondent

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Patiala clinches martial 'ISMAA Gatka Shield'

CHANDIGARH: The International Sikh Martial Arts Academy (ISMAA) has announced that Patiala has clinched the 'ISMAA Gatka Shield' for the second year.

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