



Gatka (Beginners & Advanced) Review Material

In consultation with your child's teacher, revision material has been prepared to help students keep up with their GC studies. Parents are encouraged to help their children with the review material and continue their learning while at home. We understand that this is a challenging time for families and the resources are provided as time permits in your household.

1. Read the four pages of rules on the following pages and get familiar with rules for Gatka competitions. Follow this chart for weekly readings:

WEEK	REVIEW MATERIAL
April, Week 3	<ul style="list-style-type: none">• Read page one of the Gatka rules
April, Week 4	<ul style="list-style-type: none">• Test yourself on page one
April, Week 5/May Week 1	<ul style="list-style-type: none">• Read page two of the Gatka rules
May, Week 2	<ul style="list-style-type: none">• Test yourself on page two
May, Week 3	<ul style="list-style-type: none">• Read page three & four of the Gatka rules
May, Week 4	<ul style="list-style-type: none">• Test yourself on page three & four
May, Week 5	<ul style="list-style-type: none">• Review all Gatka rules

2. It is highly recommended that you try to learn how to tie a dumalla as it is a very special gift from our Guru! Here are some youtube links to help you out:
 - a. <https://www.youtube.com/watch?v=Osu0fupbM7c&feature=youtu.be>
 - b. https://www.youtube.com/watch?v=HIRtaMMTV_4&feature=youtu.be

* For younger students, it is recommended you get help from your parents, grandparents and older siblings

For any questions, please email info@gurmatcenter.com

SECTION - 9
SPECIFIC RULES APPLICABLE TO COMBAT
SOTI/SOTI FARRI, FREE-STYLE

Sub-section 1: Awarding the points

1. If a player succeeds in hitting the upper part of the belt of his/her opponent with Soti, then two (2) points shall be awarded. For hitting below the belt, one (1) point shall be awarded (only on account of a clean and clear strike).
2. If a player, with the help of skill and good use of footwork, succeeds in hitting at the back of the opponent with the Soti, then three (3) points shall be awarded.
3. If a player clearly hits (not a gentle hit) the clothes of the opponent with Soti, then points may be awarded after discussion by the Officiating Committee.
4. However, simultaneous hitting/attacking without blocking the attack of the opponent, shall result in a foul against the name of the player who makes such an attack.
5. Points shall be awarded only if a player hits with proper technique and the foremost two feet part of defence.
6. A player shall not carry out a double or continuous attack. He/she shall attack only after defending him/her after each hit.
7. Players cannot hold the stick, stick side wrist of the opponent. It will be considered as a foul.
8. If a player blocks the stick side wrist/ cushion of the opponent's stick then it will be considered as a foul.
9. At the time of Bhidant (close fight), when both the players charge at each other swiftly, the player who strikes the first clear hit, shall be awarded points as per rules. The player, who strikes afterward, shall not be given any point.
10. A player can hit the opponents stick (as a measure of defence) any number of times before targeting a body part of the opponent.
11. A simulated strike shall not be considered a double attack and the player shall be awarded points for it as per rules.

12. A player may use both the half and full strike techniques in the free style-event.
13. If a player displays remarkable skill and footwork, then he/she may be awarded one (1) bonus point by the Judge at the end of the fight and the Scorer shall mention this bonus point in judgement sheet.

Sub-section 2: Decisions

1. Team Event

- 1.1 All the points of the three players of each team shall be added/ aggregated at the end of the bout and the team scoring more points shall be declared as the winner.
- 1.2 If a player of a team is disqualified during a fight, then his/her scores shall be reduced to zero and the opponent player awarded with 8 bouns points.
- 1.3 If a player leaves the play area by his/her own wish, then he/she shall be disqualified.
- 1.4 If a player drops his/her stick or farri during a fight, then he/she shall be disqualified.
- 1.5 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 with the advice of Jury/Referee Council from that point and not be restarted. The points of the injured player and the substituted player shall be added/aggregated at the end of the fight.
- 1.6 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.
- 1.7 If both the players score equal number of points in the tiebreaker then the one who has committed less number of fouls in the tie-breaker, shall be the winner and hence his/her team shall be the winner of the bout.
- 1.8 A player can be disqualified in a tie-breaker. If a player is disqualified in a tie-breaker, then automatically his/her

SECTION - 6
EVENTS (MEN & WOMEN)

Sub-Section 1

Weapons Demonstration (Individual): One participant representing one Country/State/Unit shall perform with weapons from the list mentioned in Section-5 (1). The time limit for this event/bout is specified as under Section-12, sub-section (1) and (2).

Weapons Demonstration (Team): A team of 5 to 8 participants representing their Country/State/unit shall perform together and demonstrate their skills and usage of different weapons from the list mentioned in Section-5 (2). The time limit for this event/bout is specified as under Section-12, sub-section (1) and (2).

Single Stick/Soti-Farri {Combat} (Individual): One competitor representing his/her Country/State/Unit shall compete in Individual Combat. The time limit for this event/bout is specified as under Section-7, sub-section-9 (1) and (2).

Single Stick/Soti-Farri {Combat} (Team): A team of 3 + 1 Competitors representing their Country/State/Unit shall compete in Team Combat. The time limit for this event/bout is specified as under Section-7, sub-section 9 (1) and (2)

Sub-section 2

Different events of Combat (Men & Women)

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

Sub-section 3

Details of events, medals count and tournaments are specified as under Section-15. Various Events according to Age Groups for

Men & Women and Veterans are as follow:

Sr.No.	Group	Age Limit	Events
1.	Tufang (quPMg)	10-14 yrs	(U-14) Weapons Demo-Team & Individual
2.	Sool (ਸੁਲ)	14-17 yrs	(U-17) Combat & Weapons Demo-Both Team & Individual
3.	Saif (ਸੈਫ)	17-19 yrs	(U-19) same as above
4.	Sipar (ਸਿਪਰ)	19-25 yrs	(U-25) Team & Individual Combat, Individual Weapons
5.	Siprar (ਸਿਪਰਾਰ)	25-28 yrs	(U-28) same as above
6.	Amateur	28-35, 35-40	Same as above
7.	Veterans	45-55, 55-65, 65-75,	Individual Combat Weapons