

# GATKA

## 1. What is Gatka?

Gatka is a traditional martial art of Indian origin, particularly from the state of Punjab. It uses wooden or metal sticks and is performed with rhythmic footwork, agility, and choreographed movements. Historically rooted in the martial traditions of Sikh warriors, Gatka is today recognized as both a combat sport and a cultural performance.

## 2. Names of Gatka in Different Countries

- India (Punjab): Gatka
- Russia: Гатка (pronounced "Gatka") or referred to as традиционные индийские боевые искусства
- UK/USA/Canada: Indian Stick Martial Art / Gatka
- Pakistan: Shastar Vidya (linked term)
- Germany/Europe: Indian Martial Stick Fighting
- Nepal/Bangladesh: Desi Martial Art
- Sri Lanka: Indian Warrior Dance

## 3. Game Categories

1. Solo Performance (General) – Offline
2. Solo Performance (Disabled) – Offline
3. Solo Demonstration (General) – Online
4. Solo Demonstration (Disabled) – Online
5. Duel/Combat Format (2 Players) – Offline only
6. Synchronized Group Performance (3–5 members) – Offline

## 4. How It Is Played

### Offline Format

- Solo Performance: Single participant performs a choreographed series of offensive and defensive Gatka techniques using a traditional stick or sword replica.
- Duel Format: Two participants face off in a friendly combat match using padded sticks, following safety guidelines.
- Group Performance: Teams perform synchronized Gatka routines demonstrating unity, rhythm, and martial coordination.

### Online Format

- Video Submission: Participants record a clear video of their Gatka demonstration (solo), showing traditional steps and moves within a time limit.
- Live Performance (Optional): Finalists may be invited to perform live via video conferencing before the jury.

## 5. Eligibility

- Age Groups:
  - a. Sub-Junior: Under 14
  - b. Junior: 14–18
  - c. Senior: 19–35
  - d. Veteran: 36 and above
  - e. Para Category: All age levels for persons with disabilities
- Open to all genders and nationalities.

## 6. Registration Process

1. Visit the official Modern Pythian Games portal.
2. Choose your mode (Online/Offline) and category.
3. Upload valid ID, age proof, and disability certificate (if applicable).
4. Pay the registration fee (as applicable).
5. Receive confirmation and guidelines within 3–5 days.

## 7. Dress Code

- Traditional Gatka attire (Kurta, Churidar, Turban, Patka or Headgear) or comfortable martial arts gear.
- Shoes not allowed; barefoot or traditional martial slippers only.
- For para participants, adaptive costumes allowed.
- Offensive symbols or logos are strictly prohibited.

## 8. Jury Panel

- Each event is judged by a panel of 3 to 5 qualified Gatka experts.
- Jury members are selected from certified Gatka instructors, cultural martial arts federations, and experienced performers.

## 9. Jury Qualification

- Must have at least 5 years of active experience in Gatka or traditional martial arts.
- Preferably certified by recognized martial arts/cultural boards.
- For online mode: experience in virtual judging and video analysis.

## 10. Scoring Criteria

Each performance (online/offline) is scored on a 100-point scale, divided as follows:

- Technique and Precision (30 points)
- Stance, Footwork, and Balance (20 points)
- Rhythm, Timing, and Flow (20 points)
- Expression and Traditional Element (10 points)
- Safety, Discipline, and Respect (10 points)
- Creativity/Choreography (10 points)

## 11. Winning Criteria

- Participants with the highest cumulative score will be awarded:
  - Gold Medal – 1st Place
  - Silver Medal – 2nd Place
  - Bronze Medal – 3rd Place
- In case of a tie, bonus points for originality and technical difficulty will determine the winner.

## 12. Rules and Regulations

1. All performances must be original and safe.
2. Weapons used should be traditional and approved (wooden sticks, sword replicas).
3. No harmful or dangerous acts allowed.
4. Time limit:
  - Solo: 2–3 minutes
  - Duel: 3 rounds of 1 minute each
  - Group: 4–6 minutes
5. Online videos must be unedited, shot in one take, and uploaded in specified format.
6. For disabled participants: Adaptive techniques and aids are welcome.
7. Language of announcement: English, Hindi, or local language with subtitles for online.
8. Disqualifications:
  - Use of real weapons
  - Dangerous behavior
  - Disrespectful conduct
  - Video manipulation in online mode

## 13. Transparency and Ethics

- All judging is done independently; scores are recorded and countersigned.
- Judges must declare conflict of interest if any.
- Participants can request brief feedback after the results are declared.
- Video records and score sheets will be maintained for audit.
- Any complaints must be submitted in writing within 24 hours of result declaration.

## 14. Medals and Recognition

- Gold, Silver, and Bronze Medals will be awarded to winners in each category and age group.
- Certificates of Participation for all registered participants.
- Special recognition for best performance by a para-athlete and for cross-border cultural representation.

This Gatka competition, under the banner of Modern Pythian Games, not only preserves a historic martial tradition but also reimagines it for a global, inclusive audience, blending heritage, pride, and innovation.