

PRITHAM GATKA MUKABLA - MAY 23, 2026

RULES

MAIDAAN SIZE = 28 ft diameter outer circle. Center circle at 8 ft diameter.

Score will NOT be live. Scores will only be shown during halftime break, after referees and scorekeepers have discussed any clarifications. If referee discussion does not allow for score to appear for at least 10 seconds until end of break, a total of 10 seconds will be allotted to see the score and discuss with your coach/Ustaad. When play restarts, scores will be removed from the scoreboard. At the end of the match, after referee and scorekeeper discussion, final scores will be displayed on the scoreboard.

STAGES OF THE MATCH:

1. Shastar Namaskar - Both fighters will be granted 20 seconds to complete paintra, select soti, and arrive at their starting positions at the beginning of each fight
2. 5 Vaar Fatehnama - The fighters will then perform a 5 step fatehnama. In *chaal*, players take a couple steps to their left, then right, and then meet in the middle to perform a standard single-soti fatehnama of 3 *var*.
3. Start Chaal - Fighters will then take 5 seconds to ground themselves and establish rhythm. From this point onwards, fighters' soti and feet are to remain in constant motion.
 - a. Feet must move at a rhythm of at least one step per half second, in *chaal*
4. Nonstop Play
 - a. Play will consist of two, one minute rounds, with a 30 second break in between. During this 30-second break, fighters can catch their breath, drink water, and take advice from one designated coach. During this 30-second break, scores will be displayed on the scoreboard.

- b. At the referee's signal, play will begin. Scores will be removed from the scoreboard, until the end of the match. Fighters must maintain a gap of at least 2 soti-lengths, hand and feet moving in continuous chaal. Players have 10 seconds after the whistle to start charhai, otherwise a yellow foul will be given to both players.
 - c. There will be an inner circle of 8 feet in diameter to mark players' starting distance. Once play begins, players may freely enter the circle.
5. Charhai must be at least 2 steps, and start approximately 8 feet from the opposing fighter. Players have 5 seconds to begin their attack. If they do not start their charhai within 5 seconds, charhai is open to both players (whoever begins the forward motion first). In the event that 5 seconds pass and charhai is now open for both players, the referee will raise both hands to signal open charhai. Officials will not designate charhai, players must decide between themselves. Instead of chasing, players can use chaar pair to cut their opponent's angle, ensuring that while doing so, there is no hesitation. Charhai must be taken clearly and aggressively, breaking out of the regular chaal. Charhai cannot be taken slowly or in the player's regular chaal.
 - a. Vocally inviting an opponent to attack first will be noted positively in MVP consideration.
 - b. If 10 seconds go by and neither fighter does charhai, both fighters will receive a yellow foul.
 - *How Does Charhai End?*
 - When your opponent does charhai, and either swings, successfully strikes, or hesitates and starts retreating, their charhai will end and you have a chance to do charhai. Your charhai will be protected - if your opponent starts charhai and/or releases a vaar during your charhai, they will receive a foul.
 - **180 Degree Rule**: The starting point of your opponent's charhai is where 180 degrees starts. When your opponent begins charhai and before they release a vaar, you may escape their charhai by taking 1 step back, then moving

around and past them enough that they need to completely turn around. At this point, their charhai has ended and you have charhai. You cannot slide past your opponent, you have to move around them to achieve 180 and escape charhai. After you escape charhai, you still have to advance 2 steps before striking.

- **Principle of Retreat**: Attacking fighters must create at least two steps (roughly two soti-lengths) of distance after releasing a strike.

c. Fighters must allow the previous attacker to retreat before beginning their own charhai.

6. **End of Match** - At the end of the match, after referee and scorekeeper discussion, scores will be displayed on the scoreboard. At the end of 2 minutes, or in the event of disqualification, both fighters will meet in the middle of the circle and perform a 3 var fatehnama. **Both fighters will shake hands**. Once a winner is confirmed by Scorekeeping, Referee will raise the hand of the winning fighter. Fighters will choose their own personal style of returning their soti to their designated area.

POINT SYSTEM:

Below knee - 1 point

Knee and above - 2 points

Back - 3 point

FOULS:

1. RED 3 Red Fouls = Disqualification

a. Soti

- Bharma vaar
- Hool
- Kan pati
- Face
- Gupt ang
- Marorha

b. Akhara behavior

- i. Cursing
- ii. Arguing with referee
- c. Akhara respect
 - i. Disrespecting akhara/soti
 - ii. Falling
 - iii. Shastar falling
- d. **Out of bounds.**
 - i. If one foot is entirely outside the outer circle, and the other foot touches the outer circle, is partially out, or is lifted, the player will earn a foul. One foot needs to remain entirely inside the outer circle and planted on the floor to avoid a foul.
- e. Crashing into opponent

2. YELLOW (Minus 1) Unlimited Yellows, Unless Score of -7 is Reached. See Mercy Rule for More Details.

- a. Kamarkasa falling, not wearing one
- b. Double Vaar
- c. Asking for a break outside of the designated break time, unless deemed medically necessary by officials.
- d. Too close
 - i. Attackers approaching too close should exit to side, giving up charhai. Too-close will be determined by a combination of distance between feet and torso, and what part of the soti is being used to strike.
- e. Not proper charhai/utrai
 - i. Sanjhe Vaar. If players begin charhai at the same time, the referee will not award any points and the match will continue without stoppage. If sanjhe vaar continue to occur, the referee will assign charhai. If one player clearly begins charhai first, their charhai is prioritized and their vaar, if successful, will award them points. In this scenario, the player who clearly began charhai later will receive a yellow card, losing 1 point. This will be noted negatively for both players' MVP consideration.
 - ii. Not at least 2 steps.

- iii. Galloping
 - 1. If your opponent is galloping toward you, or taking charhai incorrectly, they will be given a yellow foul. Play will not stop. You cannot strike them during their charhai, even if their charhai is taken incorrectly.
- iv. Stopping continuous flow of hands or feet
- v. Charhai violation
- vi. Neither fighter does charhai for 10 seconds = yellow foul for both fighters
- vii. Not playing in flow - hitting on utrai (come forward, retreat, then hit)
- f. Hitting mat with soti

Play will remain continuous during yellow fouls.

Red will be called by crossing arms X. Play will stop. Players will take 5 seconds to reestablish rhythm.

30 Second Break

- 1. Will be granted after 1 minute of play.
- 2. This is the only time fighters are allowed to receive verbal coaching.
 - a. Coaches must be designated before the match - this is the only person a fighter is allowed to communicate with during the designated break.
- 3. Calling for a break outside of the designated time will result in a deduction of 1 point. Player will not be granted the extra break.

There is no official review. Any objections can be brought up to the review committee, only by the fighter and their ustad (2 individuals total).

Deliberately jumping out or leaving akhara can result in disqualification, upon sarab sammati or collective decision of all referees.

Mercy rule: Matches will end in the following 2 situations:

1. 7-0 lead: If the losing player did not gain any points during the match, and the score reaches 7-0, the winning player will be declared winner.
2. At any time in a match, if either player reaches a score of -7, regardless of whether or not they ever gained any points, the match will end and their opponent will be declared winner. Simply put, a score of -7 = Loss.

Tiebreakers: At the end of a match, if both players have the same score, an overtime period of 30 seconds will be given. If tie happens twice, a second overtime period of 30 seconds will be given. If a tie occurs a 3rd time, the winner will be determined by sudden death, such that each player will be given a chance of doing charhai in turns until one player gains more points after a cycle of charhai turns. **Red Fouls do not reset during overtime sessions.**

1st Tie → 30 seconds overtime, unassigned charhai

2nd Tie → 30 seconds overtime, unassigned charhai

3rd Tie → Sudden Death. Referee assigns charhai to the player who earned the least # of fouls thus far. After first charhai of sudden death, referee will whistle to reset the match before whistling for the start of the other player's charhai. If both players successfully strike and earn the same number of points, another round of charhais is given to each player. This continues until one player successfully strikes and the other does not, OR if both players successfully strike but one player gains more points than the other. NOTE: If, during Sudden Death, one player takes charhai but earns a yellow foul, the other player only needs to avoid a foul during their charhai to win the match.

Red foul during Sudden Death = Loss of your charhai turn. Opponent needs to only earn 1 point to win the match.

Changing Soti Mid-Match: Players are only allowed to change soti mid-match if the referees deem the soti so damaged that it cannot be placed back on the shastar table.