

# JAUHR E TEG

## Semi-Continuous “Two Touch” Style Rules & Regulations

Jauhr E Teg tournament is advancing to a semi-continuous play style, taking our cue from the dynamic turn-taking style iconic of khulla akhara, and still played in nihang Dals and beyond today. We're grateful to Ustad Baljit Singh Bomba and Ustad Didar Singh for their instruction toward this latest evolution, and the ustaads of California Gatka Dal for their guidance and support. Rather than hard-switch to a fully continuous style, we've created a style that builds on the gameplay we have developed over the years.

## 1 Tournament Format

### 1.1 Akhara

The Akhara in which players will compete consists of two playing circles. The inner circle has a diameter of 26 feet and the outer circle has a diameter of 28 feet.

### 1.2 Points & Time

All matches will be two (2) minute matches. Points will be given as follows:

- (A) Lower Body = 1 Point
- (B) Upper Body = 2 Points
- (C) Back = 3 Points
- (D) Ded Di Raid = 0.5 Points

**Strikes to the back must be clear.** Typically these are only awarded if the defender has leaned forward or crouched, exposing their back; or when the attacker has used footwork to make such an attack possible.

### 1.3 Vaar Definition

A vaar or satt is defined as an attack or strike. As such, a vaar will be judged - among other things - on the practicality of the strike. Vaars deemed messy, unclear, or misaligned will not be awarded by the referee. Every touch of the soti is not a proper satt or vaar.

Gatka is a fighting sport, not tag. Please spend time with an ustaad to learn correct gatka striking technique.

## 2 First Touch Paradigm

Maintaining the foundational form of Jauhr E Teg, **charhai will be unprotected at the start of every match, and every reset.**

- (A) **UNPROTECTED CHARHAI RULE** during “First Touch” paradigm
  - (1) **FIRST TOUCH:** Should an advancing competitor be struck as they step forward, the striking fighter will receive the point.
  - (2) If the advancing competitor has released their vaar at the same time as the defending competitor, it will be ruled **SANJHA**; no points will be allocated. Charhai will not be given preference.
    - (i) No stoppage – play will continue until a clear strike is attempted
    - (ii) Immediately attempting to strike after a sanjha will be ruled a **double vaar, technical foul**
    - (iii) **3 sanjhe during First Touch will also result in technical for both players**
    - (iv) **Striking while simultaneously blocking or dodging will NOT be ruled sanjha**

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- (v) If both players release a vaar at the same time but one fighter clearly strikes the other first, the call **will not be ruled sanjha**. Instead, play will stop at the referee's whistle, and only the first point is called.  
*Note: This is to prevent a double vaar or double charhai situation from the slower striker. Instead, we have decided to retain the first touch advantage in near-sanjha scenarios in order to encourage the second player to focus on their defense, charhai, and counter attack.*
- (3) Competitors should play a conservative game – focusing on defense and movement – instead of rushing the opponent to strike first.
- (4) Competitors should be mindful of movement and distance and always maintain their defense.

## 3 Semi-Continuous Paradigm – “Two Touch”

Once a fighter attempts a clear, non-sanjha strike - whether it lands, is blocked, or missed - the opponent will immediately be allowed to respond. Turn taking charhai will go on until two successful strikes are landed.

## 4 Charhai Definition

Charhai means advancement, when an attacking player moves towards their opponent in unbroken motion to get in striking range.

- (A) During a protected charhai swinging early, stopping, or stepping backwards will end protection.
  - (1) In such a case, play will return to the **first touch paradigm**.
- (B) Other than that, there are **no time nor steps limitation** to a protected charhai.
  - (1) A defending player that wishes to limit their opponent's steps can choose to stop retreating.
  - (2) Footwork reigns supreme at Jauhr E Teg.
- (C) If the attacking player's strike is **BLOCKED** or **MISSED**, the defending fighter does not need to move their feet and can counter immediately.
- (D) If the defending player is **HIT**, they must make adequate movement before striking. At bare minimum, this must be two half steps or one full step.
  - (1) Failing to do so will result in a **charhai violation, and penalty opportunity**
  - (2) **Half Step Definition:**  
With the right foot forward, a half step consists of the left foot coming forward, next to the right foot. The second half step can consist of either foot subsequently going forward, backward (*do pair/puthe char pair*), or to any side.
  - (3) **Full Step Definition:**  
A full step is when the rear foot passes the front foot, and takes the front position.
    - (i) **Neither** pair badalna (switching feet while remaining in place) nor jumping in place count as adequate movement. Players must significantly change their location on the mat.
    - (ii) A lunge will not count as adequate charhai, unless the rear foot also covers the equivalent distance of a half step. Both feet must move, and significant change in location (*roughly one-soti length*) must be made.
  - (4) A fighter **can** back up to create space to strike after being hit. The parameters for backing up to strike are the same as doing so with charhai (**one full step**). **However**, doing so will **immediately end charhai protection**, and game will revert to first touch - a retreating fighter who otherwise would have charhai **can get hit**.

The purpose of these rules is to penalize the player who has been stricken, and give the successful striker a chance to escape and prepare to defend themselves. This will avoid the problem of players remaining in one spot and swinging at each other without defense or footwork.

Players with dynamic defense and skilled footwork will succeed in this format.

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## 5 General Fouls

### 5.1 Charhai Violations

This is the most common foul at Jauhr E Teg. Charhai violations consist of any disruption or violation of an opponent's charhai or of one's own. **Three** charhai violations (or any other general fouls/yellow cards) will result in a **technical**, or red card. **Three technicals/red cards will result in a forfeit.**

### 5.2 Too Close

- (A) When performing charhai, **striking from close range** to the opponent will result in a foul.
  - (1) Referees will measure this using 3 metrics:
    - (i) The first is distance between hips. Players should not come within one soti-length of distance of each other.
    - (ii) Secondly, fighters feet must not come within one *gith* of each other.
    - (iii) Third, strikes must be made with the correct part of the soti. Strikes too close to the *gaddi* will not count.
  - (2) To avoid this, step aside or past the opponent (rather than directly into them), or release your strike before getting too close. Referee may stop play if you get too close, even if you haven't released a vaar (lost charhai opportunity; no point, no foul). Striking from too close will result in a **yellow card foul**.
  - (3) **Crashing after releasing vaar** will also be ruled **too close**.
- (B) After a strike, the attacker may not step forward, nor lean too far forward with their body or arms. However, in the case that momentum naturally carries the attacker forward *during or immediately after* an attack (without crashing), the onus of moving to create space will fall on the *counter attacker*, even after a block.
- (C) **During protected charhai**
  - (1) A defending player may not initiate a crash.
  - (2) A defending player may not step towards an opponent, only sideways or backwards.
  - (3) A defending player may not strike. This will result in a **technical foul**.

### 5.3 Double Vaar

- (A) Attacking twice will result in a **yellow card**.
- (B) Touching the opponent's soti or fari, even by accident, will be considered a vaar. Attempting to strike again will result in a **yellow card**.
  - (1) This will count as a **block** for the defender. If your soti accidentally touches the opponent's soti or fari, you should immediately prepare to defend yourself, as the opponent will be allowed to counter immediately and will receive a block+ if successful.

### 5.4 Bana Fouls

- (A) Kamarkassa or dastar unraveling will result in a **yellow card foul**.

## 6 Technical Fouls

- (A) Each technical foul will result in a penalty opportunity
  - (1) 3 technical fouls will result in **forfeit** of the fight
- (B) Out of Bounds
  - (1) If any part of a competitor's body falls beyond the outer boundary, play will end there and the competitor will receive a foul. No point may be given once any part of the foot has **crossed** the line. If the competitor's foot touches the outer line, no foul will be given and play will continue.
  - (2) In general, players can earn a technical foul if they leave the circle at any point in the match, even during a timeout.

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- (i) In the last 30 seconds of a fight, if the leading player steps out of bounds, they will receive a foul and 3 points will be deducted from their score.
- (3) A fighter should be aware of their environment at all times. No moves or strikes should be made that will result in their crossing the outside boundary. If a fighter lands a strike and then steps out, the point will not count and they will instead earn a tech.
- (C) 3 consecutive sanjhe
- (D) Grappling, punching, kicking
- (E) Out of control or aimless swinging
- (F) Intent to harm
- (G) Intentional disarms
- (H) Subordination to one's opponent, referee, or other sevadars may result in **immediate forfeit**
- (I) Shastar or Competitor Falling
  - (1) Dropping the Soti or Fari will result in a **technical foul** unless the Soti is dropped/pulled by force of the opponent.
  - (2) Losing balance and falling, whether retreating to defend or lunging to attack, will result in a **technical foul**.
  - (3) Deliberately dropping/throwing Shastar will result in an **immediate forfeit** from the tournament.
- (J) Illegal strikes
  - (1) HOOL (thrusts)
  - (2) MARORA
  - (3) KANPATTI (strikes to the ears and face)
  - (4) GUPT ANG (strikes to the groin area)
  - (5) Strikes intended to disarm the opponent by targeting the hands.
  - (6) BHARME VAAR (strikes using excessive force)

## 7 Penalty Charhai

- (A) In the event of both general and technical fouls, both players will take up starting positions, and fouled player will be granted a penalty
- (B) The penalty striker will be granted a protected charhai opportunity against the confined opponent.
  - (1) During this period if the penalty striker commits a foul, the opponent will be granted a protected charhai.
  - (2) Otherwise - whether the penalty strike is a hit block or miss - play will continue immediately. The penalized fighter may respond according to appropriate charhai as normal play continues.

At the discretion of Ustaad's, referees, or parents, injured fighters **may not be allowed** to continue. Fighters should be present in the waiting area before the start of their fight. Failing to be present at the start of your match will result in **forfeit**.

## 8 Extra .5 (Ded Di Raid)

- (A) To avoid ties and overtime between each fight in group play, the first successfully landed strike will earn an extra half-point.
  - (1) For example, the first strike that lands on the opponent's leg will count for 1.5, the torso 2.5, and the back 3.5.
- (B) The extra half-point will only be allowed for the first successfully landed strike of the fight. All vaars after that will be scored as usual.
- (C) Once playoffs begin, "ded di raid" will be eliminated, and 30-second overtimes will be awarded for tiebreakers.
  - (1) If after 1 overtime the score remains tied, the fighters will participate in a sudden death where first touch determines the winner.

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## 9 Extra 1 Point (Block +) for Counterattack After Block

- (A) A counterattack made after – and only after – a successful block by either Fari or Soti will earn an extra point on top of the points earned by the strike.
  - (1) Blocks alone will not garner points.
  - (2) After a block, any strike during the charhai phase will earn one extra point.
  - (3) Referee will announce these as Block 1, Block 2, Block 3 for a total of 2, 3, or 4 points respectively.
- (B) These points must be made within the limits of charhai explained in [Section 4 Charhai Definition](#). The bonus point must come immediately after the block or during protected charhai.
- (C) Counterattack or charhai after a khaali vaar will **NOT** earn an extra point.

## 10 Protected Charhai

- (A) After a strike – whether hit, block, or miss – charhai must begin **IMMEDIATELY**. During this phase, the countering competitor may not be struck by their opponent. Striking during protected charhai will earn a foul.
- (B) The counter attacker must advance but need not run.
- (C) Charhai can be taken at an angle.
- (D) Charhai ends by **escape, hesitation, over charhai, and back step**
  - (1) **Escape** is achieved by moving past the perpendicular angle to the line of advance between the counter-attacker and defender.
    - (i) Play returns to the first touch paradigm outlined in [Section 2 First Touch Paradigm](#).
    - (ii) Striking before complete escape will be ruled a double vaar technical foul.
    - (iii) If escape is successfully achieved, play will revert to **first touch**.
- (E) Charhai can also end by **hesitation**.
  - (1) The advancing player must maintain forward motion throughout,
  - (2) May only release the vaar from the distance of **one soti length** or further.
    - (i) At that distance a vaar must be in play. If there is no soti movement or indecisive movement, the charhai will be over.
    - (ii) In other words any palte, jhaake, or feints must happen in one continuous flow from this range. Swiping soti back and forth, especially within striking range, will result in the end of charhai and possible double-vaar foul.
    - (iii) Given that a vaar is NOT released or charhai not taken, the charhai advantage will be neutralized and **play will return to First Touch Paradigm – either competitor is free to strike at will**.
- (F) **Charhai can also end with retreat**
  - (1) If a player steps backwards during their charhai (this happens most often in the case of over-charhai, where a player tries to avoid a too-close foul), their charhai will be over. Charhai protection will not switch to the other player. Instead **play will return to first touch**.
- (G) To encourage proper striking distance, vaars made within the distance of **one soti length** will NOT count. Strikes must be crisp, clear, and intentional.
- (H) During charhai, the advancing competitor may not run into their opponent if they choose to stand their ground instead of retreating.
  - (1) If the advancing competitor initiates the crash, they will earn a foul.
  - (2) If the defender steps into the charhai and initiates a crash, the defender will earn the foul.
    - (i) The defender may stand their ground but may not step directly forward.
    - (ii) **In the case that the player defending a protected charhai opts to stand their ground, the counter attacking player may not release a vaar from within the distance of one soti length. We recommend players take advantage of their protected charhai by utilizing their footwork to create the adequate space and angles for a clean point.**
- (I) If a player attacks, the vaar is blocked, and the attacking player stands their ground, the counter attacking player must move in paintra to release their vaar to counter attack.
  - (1) **An attacking player is never required to make space for their opponent's counter.**

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**\*\* At referee's discretion, play may stop in the instance of over charhai, whether or not vaar has been released.\*\***

## 11 Ustaad Review Panel

California Gatka Dal ustaads will predetermine a group of 2-4 ustaads to act as a review panel to intervene on controversy and take complaints. **ONLY** members of the review panel are permitted to intervene with referees and scorekeepers.

