

Sikh Children Day 2017

Mahabali Gatka Mukabla Guidelines

SRI SAHIB FIRAAHI (ਸ੍ਰੀ ਸਾਹਿਬ ਫਿਰਾਹੀ)/Sri Sahib twirling

Judging criteria:

- Purity of form
- Multitude of vaars and paintra
- Flow
- Speed

FARI SOTI YUDH (ਫਰੀ ਸੋਟੀ ਯੁੱਧ)/Sparring

Gear: sotis and face masks provided

Rules:

1. Kanpati attacks will be ALLOWED in this tournament. Clear strikes above the shoulder will result in 3 points
 - a. Clear strikes to the back will be awarded 3 points
 - b. Strikes to the torso will be awarded 2 points
 - c. Strikes to the legs will be awarded 1 point
2. “Charrhai (ਚੜ੍ਹਾਈ) Rule”: the rule regarding charrhai (advancing/attacking player is allowed a set amount of seconds or steps before the defending player can respond) that is commonly applied in other tournaments will NOT be in play during this tournament. It is not the referee’s job to defend an attacker during an advance. The imperative of defense is on both players at all times during the fight.
3. Jhaake (ਝਾਕੇ), “feints, fakes”: will be refereed liberally during this tournament. Again, the defense of each individual player is their own responsibility. Use of paintra combined with different blocking styles will be necessary in this tournament.
4. That said, double vaars are illegal. Referees will be looking for singular, decisive blows when allocating points.
5. Hools, or ‘thrusts’ are illegal.