



24th Annual Sikh Children's Day – Saturday July 29th , 2017

Khalsa Care Foundation
9989 Laurel Canyon Boulevard, Pacoima, CA 91331
(818) 896-7700

Registration deadline is Sunday, July 16th. No exceptions !!!

Rules and Regulations

❖ **General**

1. **Registration deadline is Sunday, July 16th. Please register online at www.ujjal.org or call in your registration to 818-773-0161.**
2. If you register online, you should receive a confirmation email at the email address you provided at time of registration. If you do not receive one, please email us at info@ujjal.org.
3. Participants should arrive on time at Khalsa Care Foundation. A schedule of events will be posted on www.ujjal.org during the week of Sikh Children's Day, and one will be emailed to all those who registered.
4. Anyone under the age of 20 may participate.
5. Age is determined by whatever age you are on the day of competition (when you register online, please fill out your age in **full** years on day of competition)
6. Failure to follow any of the rules may result in disqualification.
7. If a participant's performance does not follow Sikh principles, he/she maybe disqualified.
8. For timed competitions, there will be a 30 second grace period given. After that, the participant will be subtracted 1point per judge for every 15 seconds over the grace time.
9. Ties will not be broken.
10. Automatic 5 points will be given to the participants who arrive before 7:45 AM and are ready in the hall to participate in the 8:00 AM competition.

❖ **Kirtan (Individual)**

1. Participants will be divided into the following age groups, 0-6 yrs, 7-10 yrs, 11-14 yrs, and 15-20 yrs. (Age groups maybe split further after registration deadline if there are too many participants in one age group).
2. Participant may choose to use any instrument as long as all the rules are followed.
3. This is an individual competition. Only a tabla player may accompany the participant. **Electronic taanpura is allowed.**
4. Time limit is **six minutes maximum**.
5. Participants will be judged on: swar, pronunciation, taal, overall presentation & effectiveness and gurmat etiquette*.
6. There will be a 30 second grace period given. After that, the participant will be subtracted 1point per judge for every 15 seconds over the grace time.
7. **Shabad must be done in raag. The raag must be one of the 31 raags contained in the Sri Guru Granth Sahib Ji.**
8. Participant may be accompanied by a sangat or professional Tabla player- need not be of the same age group.

❖ **Kirtan (Group)**

1. This year USMF will have a different format for Group Kirtan
2. **This is not a competition**
3. One jatha per organization/Gurdwara can participate.
4. The group must have a minimum of 5 participants...no maximum.
5. There are no age groups, all the members in the jatha must be 20 years of age or under to participate.
6. Shabad must be done in raag. The raag must be one of the 31 raags contained in Sri Guru Granth Sahib ji
7. Time limit is **11 minutes**, which will include time for setting up equipment, fixing microphones etc.
8. Gurdwaras are encouraged to participate by sending in their children jathas to sing one Shabad
9. The groups are encouraged to sing a short Manglacharan and give a brief explanation of the Shabad.

10. The emphasis of each group's singing should be more on enhancing the meaning of the Shabad by concentrating on the spiritual essence of Guru's words and less emphasis on the Raag.
11. Taans in Sargam (musical syllables) are strongly discouraged.
12. Groups are welcome to use string instruments to enhance the Raag.
13. The use of Tanpura (electronic or hand held) is encouraged.
14. All jathas will be awarded an equal cash prize at the end.

❖ **Tabla**

1. Participants will be divided into the following age groups, 0-6yrs, 7-10yrs, 11-14yrs, and 15-20yrs (Age groups maybe split further after registration deadline if there are too many participants in one age group).
2. No instrument may accompany the tabla player during competition, unless when nagma is being played.
3. Time limit is **five minutes maximum**.
4. **Participants are required to play the following:**
 - 0-6: Any taal**
 - 7-10: Any taal (minimum 3 taals)**
 - 11-14: Any taal (minimum 3 taals)**
 - 15-20: Any taal (minimum 3 taals)**
5. Participants will be judged on: clarity, presentation of each taal played and gurnat etiquette*.
6. There will be a 30 second grace period given. After that, the participant will be subtracted 1 point per judge for every 15 seconds over the grace time.

❖ **Dastarbandi (Turban Tying)**

1. Participants will be divided into the following age groups, 0-6 yrs, 7-10 yrs, 11-14 yrs, and 15-20 yrs. (Age groups maybe split further after registration deadline if there are too many participants in one age group)
2. Participants will be judged on: neatness, and the time taken to tie the dastar.

❖ **Basketball Free throw**

1. Participants will be divided into the following age groups, 0-6 yrs, 7-10 yrs, 11-14 yrs, and 15-20 yrs. (Age groups maybe split further after registration deadline if there are too many participants in one age group).
2. Basketballs will be provided, however, participants may bring their own.
3. Each participant will be given **60 seconds** to make as many free throws as they can from **three** set spots, depending on the age group (the younger age group maybe given only one set spot from which to throw the basketball from)
4. The winner will be the participant with the highest number of free throws in the allotted time.

❖ **Gatka**

1. Participants will be divided into four age groups, 0-6 yrs, 7-10 yrs, 11-14 yrs, and 15-20 yrs. (Age groups maybe split further after registration deadline if there are too many participants in one age group).
2. Participants will be given 2 minutes maximum to perform their chosen steps.
3. Each participant wanting to use a Gatka 'shastar' may bring her/his own, but additional 'shastars' will be provided if needed.
4. Participants will be judged on overall presentation, pantra, and gurnat etiquette*.
5. There will be a 30 second grace period given. After that, the participant will be subtracted 1 point per judge for every 15 seconds over the grace time.

❖ **Gurbani Recitation (out of memory)**

1. Participants will be divided into the following age groups, 0-6 yrs, 7-10 yrs, 11-14 yrs, and 15-20 yrs. (Age groups maybe split further after registration deadline if there are too many participants in one age group).
2. Participants will be judged on the number of banis memorized, pronunciation, and gurnat etiquette.

❖ **Gurbani Recitation (Reading)**

1. Participants will be divided into three age groups, 0-6 yrs, 7-10 yrs, 11-20 yrs.
2. Participants will be judged on: the ability to read Gurbani from Gutkas/Pothis, and gurmat etiquette*.
3. Participants will be judged on the following categories:
 - Correct pronunciation of consonants and vowels
 - Correct pronunciation of accent marks like "pairien character" and "addhak"
 - Proper pauses
 - Proper starting point and ending point in the page that will be read according to the rules of taking Hukam.
 - Fluency
 - Bhavna and the ability to read with proper rhyme.
4. The following are the expected levels of reading per age groups:
 - Ages 0-6: Any Nitnem Baani**
 - Ages 7-10: Any Nitnem Baani, Sukhmani Sahib & Asa Di Vaar**
 - Ages 11-20: Any page from Guru Granth Sahib**

❖ **Speech**

1. Speech and Kavita are two separate competitions. You can only participate in one or the other. If you are participating in the Speech competition, you may not participate in the Kavita competition. If you are participating in the Kavita competition, you may not participate in the Speech competition.
2. Participants will be divided into the following age groups, 0-6 yrs, 7-10 yrs, 11-14 yrs, and 15-20 yrs. (Age groups maybe split further after registration deadline if there are too many participants in one age group).
3. Participants must present a speech on the topic assigned to their age group.
4. Topics:
 - 0-6: Talk about one of the three pillars of Sikhi and how you practice it in your daily life...Naam Japna, Vand Chhakna, Kirt Karni**
 - 7-10: How would you explain what is a Sikh and how you are a Sikh to a non-Sikh friend. .**
 - 11-14: Create a charter of rights and freedoms for the town of "Sikhville" - for each item, support it with a line from Gurbani or an example from history.**
 - 15-20: The current state of the world - terrorism, attacks, innocent victims, global warming, hate, etc. Write a letter to a specific person/group to convince them to step up and make the world safer and peaceful...letter could be to a terrorist group, to a head of a country, organization, etc.**
5. Time limit is **five minutes maximum**. A timer will be used to indicate time at the end of five minutes.
6. Participants will be judged on subject matter, clarity, facial expression, body language, knowledge of material, presentation and gurmat etiquette*. Speech may be in Punjabi or English.
7. Speech must follow Sikh principles. If a participant's speech is felt to go against Sikh principles, he/she maybe disqualified.
8. There will be a 30 second grace period given. After that, the participant will be subtracted 1point per judge for every 15 seconds over the grace time.

❖ **Kavita**

1. Speech and Kavita are two separate competitions. You can only participate in one or the other. If you are participating in the Speech competition, you may not participate in the Kavita competition. If you are participating in the Kavita competition, you may not participate in the Speech competition.
2. Participants will be divided into the following age groups, 0-6 yrs, 7-10 yrs, 11-14 yrs, and 15-20 yrs. (Age groups maybe split further after registration deadline if there are too many participants in one age group).
3. Kavita can be on any topic pertaining to any aspect of Sikhism.
4. Time limit is **four minutes maximum**.
5. Participants will be judged on subject matter, clarity, facial expression, body language, knowledge of material, presentation and gurmat etiquette *. Kavita may be in Punjabi or English.
6. There will be a 30 second grace period given. After that, the participant will be subtracted 1point per judge for every 15 seconds over the grace time.

❖ **\$500.00 Scholarship**

1. You must have already applied to college or university, and been accepted and must be starting your freshman year in fall of 2017.
2. You must demonstrate **exceptional academic achievement**.
3. You must have a **GPA of 3.0 or above**, and must supply high school transcripts for verification.
4. You must submit a copy of your letter of acceptance from college or university.
5. You must plan on being a full time student planning on completing a degree.
6. You must be a **person of good character** and must have **a commitment to serving others and the community**.
7. You must provide **at least two letters of recommendation**. One of these must come from a professional mentor.
8. You must submit an autobiographical essay explaining your future plans and why you should be the recipient of this scholarship.
9. You must submit a scholarship application provided by Ujjaldidar Singh Memorial Foundation. If you or someone you know needs an application, please contact us and we'll be more than happy to mail one out. Note: you must fulfill the criteria above in order to submit an application. Anyone submitting the application and not meeting the above criteria will not be considered for the scholarship.
10. Please mail your scholarship and supporting documents to Ujjaldidar Singh Memorial Foundation at 20929 Cantara Street, Canoga Park, Ca 91304.
11. **Scholarship deadline is Sunday, July 16th, 2017.**
12. **Winner needs to be present to accept scholarship.**

*** Gurmat etiquette is judged on how a participant says Fateh, how he/she sits or stands, if her/his head is covered, etc.**

Please don't hesitate to contact the Ujjaldidar Singh Memorial Foundation if you have any questions or concerns. We'll happily help in any way we can.

Ujjaldidar Singh Memorial Foundation

Ph: (818) 773-0161

Email: info@ujjal.org

www.ujjal.org