



26th Annual Sikh Children's Day – Saturday July 27, 2019

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

Registration deadline is Sunday, July 14th. No exceptions !!!

Rules and Regulations

General

1. **Registration deadline is Sunday, July 14th. Please register online at www.ujjal.org, email to info@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 1 point 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.
11. All participants will get prizes.

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 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.
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. The group kirtan is **not** a competition.
2. One jatha per organization/Gurudwara may participate.
3. The group must have a minimum of 5 participants, no maximum.
4. There are no age groups, all members in the jatha must be 20 years of age or under to participate.
5. Shabad must be done in raag. The raag must be one of the 31 raags contained in the Guru Granth Sahib Ji.
6. Time limit is **11 minutes maximum**, which will include time for setting up equipment, fixing mics, etc.
7. Gurudwaras are encouraged to participate and send in a jatha representing the Gurudwara.
8. The groups are encouraged to sing a short Manglacharan and give a brief explanation of the Shabad.
9. The emphasis of each group's singing should be more on enhancing the understanding of the Shabad by concentrating on the spiritual essence of Guru's words and less on the Raag.
10. Taans in sargam (musical syllables) are strongly discouraged.
11. Groups are welcomed to use string instruments.
12. The use of Tanpura (electronic or hand held) is encouraged.
13. Cash prize will be awarded to all jathas who take part in the group Kirtan program.

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 gurmat 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 gurmat etiquette.

Speech

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.

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 must present a speech on the topic assigned to their age group.
3. Time limit is **five minutes maximum**. A timer will be used to indicate time at the end of five minutes.
4. 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.
5. Speech must follow Sikh principles. If a participant's speech is felt to go against Sikh principles, he/she maybe disqualified.
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.
7. Topics:

0-6

Talk about the three principles of Sikhi: Naam Japna, Vand Chhakna and Kirt Karni. Explain how you practice them in your daily life.

7-10

12. Which Sikh do you look up to? From History or Living? Why?

11-14

We have countless turbaned Sikhs today who proudly uphold their religion while serving professionally in modern society. Who is a prominent turbaned Sikh who you look up to as a role model in today's world? How does this person represent Sikh principles through their professional work?

15-20

Going beyond Mai bhago what other Sikh woman has played a role in the history of the Sikhs.... What issue would she have faced today? What would she have done? Explain their history and what it means to you today.

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 gurnat 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 1 point per judge for every 15 seconds over the grace time.

Carnival games

Each participant that participates in Sikh Children's Day will receive two tickets for each competition they're participating in. This will qualify you to play carnival type games and earn tickets that you can turn in for prizes. The more competitions you compete in, the more tickets you get for games and the better your chances of getting prizes!

Arts & Crafts Station *NEW*

SCD is introducing a craft station. Come create a memory at the craft station. Open to all participants. For fun activity, not judged.

\$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 2019.
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 Ujjaldir 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 Ujjaldir Singh Memorial Foundation at 20929 Cantara Street, Canoga Park, Ca 91304.
11. **Scholarship deadline is Sunday, July 14th, 2019.**

*** Gurnat 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 Ujjaldir Singh Memorial Foundation if you have any questions or concerns. We'll happily help in any way we can.

Ujjaldir Singh Memorial Foundation

Ph: (818) 773-0161

Email: info@ujjal.org

www.ujjal.org