



32nd Annual Sikh Children's Day – Saturday, August 2, 2025

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

The registration deadline is Sunday, July 13th. No exceptions!

Rules and Regulations

◆ **General**

1. **The registration deadline is Sunday, July 13th. Please register online at www.ujjal.org**
2. This year, Sikh Children's Day is dedicated to the brave and valiant Kauris in Sikh history
3. Registration forms can be completed on the website. You should receive a confirmation email at the email address you provided at the time of registration. If you do not receive one, please email us at info@ujjal.org.
4. A schedule of events will be posted on www.ujjal.org during the week before Sikh Children's Day, and one will be emailed to all registered participants.
5. Participants should arrive to Khalsa Care Foundation 30 minutes before their first scheduled competition.
6. Anyone under the age of 18 may participate. Age is determined by whatever age you are on the day of the competition.
7. For timed competitions, **WITH GRACE PERIODS**, a 30-second grace period will be given. After that, each judge will subtract 1 point for every 15 seconds the participant takes over the grace period.
8. Failure to follow any of the competition rules may result in disqualification.
9. Ties will not be broken.
10. Participants are encouraged to say the Sikh greeting of Vaheguru Ji Ka Khalsa, Vaheguru Ji ki Fateh before the beginning of their competitions. Points will be deducted for not saying this.
11. **The decisions of the judges will be final**

◆ **Kirtan (Individual)**

1. Participants will be divided into the following age groups: **0-6, 7- 9, 10- 12, 13-15, and 16-18.**
2. Participants 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. A sangat or professional tabla player may accompany participants- they need not be of the same age group.
4. Electronic taanpura is **ALLOWED.**
5. This is a timed competition. The time limit is **6 minutes maximum** with a 30-second grace period.
6. Participants will be judged on: complexity of the composition, raag, sur, pronunciation, taal, and overall presentation.
7. Shabad must be sung in the prescribed raag. Points will be deducted for shabads that are not sung in raag.
8. Participants are encouraged to sing a short Manglacharan and give a brief explanation of the Shabad.
9. Taans in sargam (musical syllables) are strongly discouraged, however, bol taans are encouraged.

❖ Kirtan (Group)

1. Participants will be divided into age groups: **0-12, 13-18**.
2. Tabalchis or tabla players for group kirtan are encouraged to be from the same group. A few points will be deducted if tabalchis are not from the same age group.
3. **No participant can take part in two groups.**
4. Each group must have a minimum of 3 participants, with no maximum.
5. This is a timed competition with no grace period. The time limit is **12 minutes total: 8 minutes are allotted for the kirtan presentation, and 4 minutes are allotted for setting up equipment, fixing mics, etc. If the four minutes for setup are not utilized, the group is welcome to use that time towards their presentation.**
6. A group may represent any Gurdwara, Sikh institution, or organization.
7. Groups are encouraged to use traditional and/or non-traditional instruments.
8. Shabad must be sung in the prescribed raag. Points will be deducted for shabads that are not sung in raag.
9. Groups are required to pick a shabad in one of the following raags for their age group:
 - a. Group 0-12:
 - i. ਆਸਾ (Asa)
 - ii. ਕਲਿਆਨ (Kalyan)
 - iii. ਭੈਰਉ (Bhairo)
 - b. Group 13-18:
 - i. ਮਾਲੀਗਉੜਾ (Mali Gaura)
 - ii. ਜੈਜਾਵੰਤੀ (Jaijavanti)
 - iii. ਕਾਨੜਾ (Kanra)
10. If shabads are not done in one of the following raags, points will be deducted for the group.
11. Groups are encouraged to implement a shaan, sing a short Manglacharan, and give a brief explanation of the Shabad.
12. Each group's presentation should prioritize the recitation of Gurbani, while also giving importance to the musical composition.
13. Taans in sargam (musical syllables) are strongly discouraged, however, bol taans are encouraged.
14. The use of taanpura (electronic or handheld) is **ALLOWED**
15. Group Kirtan will be judged on: sargam, taal, pronunciation, vocals, presentation, and appearance.

❖ Tabla

1. Age groups: **0-6, 7-9, 10-12, 13-15, and 16-18**.
2. A nagma/lehra player may accompany a tabla participant.
3. This is a timed competition. The time limit is **five minutes maximum**.
4. Participants will be judged on: clarity, complexity, technique, leh, and presentation of each taal played.

❖ Dastarbandi

1. Age groups: **0-6, 7-9, 10-12, 13-15, and 16-18**
2. Participants will be judged on neatness, shape, complexity, creativity, and respect given to the dastaar.
3. Time limit for all age groups is 10 minutes.

❖ Basketball

1. Age groups: **0-6, 7-9, 10-12, 13-15, and 16-18**.
2. Basketballs will be provided, however, participants may bring their regulation-size basketball.
3. Each participant will be given **60 seconds** to make as many shots as they can from **three** different set spots, depending on the age group (the younger age group may be given only one set spot from which to shoot). **There will be no grace period given for this competition.**
4. The difficulty of the 3-set spots will be determined by age group
5. The winner will be the participant with the highest number of shots in the allotted time.

❖ Gatka

1. Age groups: **0-6, 7-9, 10-12, 13-15, and 16-18**.
2. This is an **individual competition**. Any assistance may be cause for disqualification.

3. This is a timed competition **with no grace period**. The time limit is **90 seconds**, which includes both Panthra and a Shashtar Spinning presentation. The presentation will end with the sound of the whistle after 90 seconds
4. Participants will be judged both in Panthra & Shashtar Spinning. This is NOT a fighting competition.
5. Each participant wanting to use a Gatka shastar may bring their own, but shastars will be provided if needed.
6. Participants will be judged on overall presentation and panthra.
7. For **Panthra**: Participants will be judged on the following criteria-
 - Basics: Namaskar, jumps, Parkarma,, Ghor Chaal, End Namaskar
 - Presence: Facial expression, body language, use of area, focus on Shashtars
 - Rare/special skills displayed: 360, Sidi-Phuti jumps, etc.
8. For **Spinning**: Participants will be judged on the following criteria:
 - Basics (Aglay-Pichlay, Aara, Phutha Vaar)
 - Presence & Area (Face expression, use of area, focus on Shashtar)
 - Special Vaars/ Movements
9. For **both**: Participants will be judged on the following criteria:
 - Speed (Movement of body & Vaars, interchanging between slow & fast)
 - Balance (Control of Vaars & body, participant to Shashtar ratio, use of free hand, cleanliness of Vaars & Movement)
 - Bana (Dastar, Kurta/Chola/Suit, Kamarkusa)
10. Overall presentation
 - Dropping spinning shashtars, loose kamarkasa, and untied shoelaces will result in the loss of points.

❖ **Gurbani Memory (0-6 age group ONLY)**

1. Participants will be judged on the number of banis memorized, pronunciation, flow (smoothness, pace), and fluency.
2. Time limit: **5 Minutes Maximum**
3. Participants will be judged on the following banis:
 - Mool Mantar, Japji Sahib, Jaap Sahib, Tav Prasad Swaiye, Chaupai Sahib, Anand Sahib, Rehraas Sahib, Sohila, + any shabads that highlight women empowerment.

❖ **Sikh Voices *This new competition aims to spark participants' creativity in how they present information to the public**

1. Age groups: **0-6, 7-9, 10-12, 13-15, and 16-18.**
2. Participants must present one of the topics below. Presentation may consist of kavita, speech, narrative storytelling, or creative presentation etc. If a participant's piece is not about one of the below prompts, he/she may be disqualified.
3. Topics:
 - **Mai Bhago: The Warrior Who Would Not Retreat**
Write a narrative piece that tells the story of Mai Bhago rallying the 40 deserters before the Battle of Muktsar. Tell the story through the eyes of one of the soldiers she confronted. How did her words, presence, and faith inspire transformation?
 - **Bibi Harsharan Kaur: A Silent Night of Bravery**
Narrate the true story of Bibi Harsharan Kaur, who cremated the bodies of Sikh shaheeds after the Second Battle of Chamkaur. Explore what motivated her to take this sacred but dangerous step. What do you think she was experiencing? Explain her fear, her defiance, and her hope. What do you think is the power of her ardaas?
 - **Bebe Nanki: The First Disciple**
Imagine the life of Bibi Nanaki, Guru Nanak's sister. Describe how she recognized her brother's spiritual greatness before anyone else. Explore her role as a sister, supporter, and silent strength behind a future Guru, emphasizing the emotional and spiritual bond they shared.
4. The time limit is **five minutes maximum**. Participants will be notified when 30 seconds are remaining by a yellow light. They will be notified when the 5 minutes are completed by a red light. There will be a 30-second grace period
5. Participants will be judged on subject matter, historical accuracy, clarity, facial expression, body language, knowledge of material, and presentation.
6. Sikh Voices presentation must have **at least 3 historical facts and at least one Gurbani reference**.

❖ Gurbani Spelling Bee

1. Age groups: **7-9, 10-12, 13-15, and 16-18**
2. This is a **private competition**, modeled after our traditional Gurbani competition format. It is **not open to the public**.
3. Participants will be called into the competition room **one at a time**.
4. The competition will occur in a **quiet, dedicated Gurbani room** with only the judges and the participant present.
5. The participant will be given a **Gurbani word** randomly selected from a **pre-distributed word list**.
6. Upon receiving the word, the participant will be required to:
 - **Spell the word aloud**, in either **Gurmukhi** or **English**.
 - **Note:** Higher points will be awarded for spelling in **Gurmukhi**.
 - **Recite the complete line (pauri line)** from which the word is taken.
 - **Note:** This line will be from a list shared with participants in advance.
 - **Define the word** in either **Punjabi** or **English**.
 - **Note:** Only the definition provided on the list shared with participants in advance will be accepted.
7. Each participant will be given **5 minutes total** to attempt as many words as possible.
 - If a participant goes through the total amount of words for their age group, words from the next age group will be given to them.
8. The timer will **start immediately after the first word is given**.
9. No time will be added for questions or clarifications once the round begins. Participants may ask for the word to be repeated; however, that will not pause the timer.
10. A whiteboard will be provided as a tool to help participants with spelling or visualization.
11. **Use of the whiteboard is optional** and will **not pause the timer**—it will count within the allotted 5 minutes.
12. Participants must review and study the **official word list**, which will be posted to the website soon!
13. This list includes:
 - The eligible words
 - Their corresponding lines from pauris
 - Acceptable spellings & definitions
14. Judges will evaluate based on accuracy, pronunciation, & comprehension

❖ Art

1. This competition will not be judged
2. Participants are encouraged to follow the theme of this year and create a piece inspired by Kauris in Sikh history
3. All art supplies will be provided

Please don't hesitate to contact us at info@ujjal.org if you have any questions or concerns

Ujjaldidar Singh Memorial Foundation

Email: info@ujjal.org www.ujjal.org