



33rd Annual Sikh Children's Day – Saturday, August 1, 2026

Khalsa Care Foundation

9989 Laurel Canyon Boulevard, Pacoima, CA 91331

(818) 896-7700

The registration deadline is Sunday, July 18th. No exceptions!

Rules and Regulations

❖ **General**

1. **The registration deadline is Sunday, July 18th. Please register online at www.ujjal.org**
2. This year, Sikh Children's Day is dedicated to nurturing a spirit of environmental responsibility, encouraging the next generation to protect and preserve our planet.
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 leading up to Sikh Children's Day and will also be emailed to all registered participants.
5. Participants should arrive at 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. Participants may only be accompanied by a tabla player. A sangat or professional tabla player may accompany participants and does not need to be in the same age group.
4. Electronic taanpura is allowed.
5. This is a timed competition. The time limit is **6 minutes 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. Tablachis or tabla players for group kirtan are encouraged to be from the same group. A few points will be deducted if tablachis are not from the same age group.
3. **No participant may compete in more than one group.**
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. Age 0-12:
 - i. ਸਾਰੰਗ (Saarang)
 - ii. ਬਿਲਾਵਲ (Bilawal)
 - iii. ਗੁਜਰੀ (Gujri)
 - b. Age 13-18:
 - i. ਬਸੰਤੁ (ਬਿਲਾਵਲ ਠਾਟ) (Basant (Bilawal Thaatt))
 - ii. ਤਿਲੰਗ (Tilang)
 - iii. ਦੇਵਗੰਧਾਰੀ (Devchandhari)
10. If shabads are not sung in one of the listed 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 years old**.
2. A nagma/lehra player may accompany a tabla participant.
3. This is a timed competition. The time limit is **5 minutes with no grace period**.
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. The time limit for all age groups is **10 minutes with no grace period**.

❖ 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 three 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 outside assistance may result in disqualification.
3. This is a timed competition **with no grace period**. Participants will have **90 seconds total** for both the Panthra and a Shashtar Spinning presentation. The presentation will conclude at 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. Participants wishing to use a Gatka shastar may bring their own; however shastars will also 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 Shastar ratio, use of free hand, cleanliness of Vaars & Movement)
 - Bana (Dastar, Kurta/Chola/Suit, Kamarkasa)
10. Overall presentation
 - Dropping spinning shashtars, loose kamarkasa, and untied shoelaces will result in the loss of points.

❖ **Gurbani Memory**

1. Age groups: **0-6, 7-9, 10-12, 13-15, and 16-18**
2. Participants will be judged on the number of banis memorized, pronunciation, flow (smoothness, pace), and fluency.
3. Time limit: **5 minutes maximum**
4. Participants will be judged on the following banis:
 - Mool Mantar, Japji Sahib, Jaap Sahib, Tav Prasad Swaiye, Chaupai Sahib, Anand Sahib, Rehraas Sahib, Sohila, and any shabads that highlight environmentalism.

❖ **Sikh Voices (Speech/Kavita)**

1. Age groups: **0-6, 7-9, 10-12, 13-15, and 16-18.**
2. Participants must present one of the topics listed below. Presentation may consist of kavita, speech, narrative storytelling, or creative presentation. Participants whose presentations do not relate to one of the listed topics may be disqualified.
3. Topics:
 - The world belongs to all of us, and we each have a part in caring for it. In your speech, explore how everyday choices—like what we use, waste, or consume—affect the environment. Think about what changes could make a difference and how young people can be part of that change. Connect your ideas to Sikh teachings and Gurbani.
 - Gurbani teaches that Waheguru exists throughout creation. In your speech, explore what this means in today's world and the human impact on the environment. Consider what changes could be made, individually or collectively, and how Sikh principles can guide our responsibility towards all of creation.
 - Explore how Gurbani uses metaphors related to environment/nature to describe our relationship with the Divine. Select specific shabads, explain their literal meanings, as well as the deeper meaning of the metaphors. How can you apply these lessons from Gurbani in your everyday life?
4. The time limit is **five minutes, with 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 Meaning Trivia**

1. Age groups: **7-9, 10-12, 13-15, and 16-18**
2. This is a structured individual competition conducted using a digital quiz platform.
3. A study set will be shared with participants on www.ujjal.org.
4. Format for the game: the Gurbani word will be displayed on the participant's screen and they must choose the correct meaning quickly and accurately.
5. Participants will play individually using tablets provided at the event.
6. A minimum of 3 participants is required to begin a session.
7. Each game session will last **2 minutes with no grace period**.
8. Upon starting the game, participants will be required to:
 - Answer questions independently using their assigned device.
 - Remain at their designated station for the duration of the session.
 - Follow all instructions provided on the quiz platform.
9. Each participant is allowed **one attempt** only.
 - Note: Late arrivals must wait for the next available session.
10. The timer will start immediately when the game begins and will not pause.
11. No assistance from others is permitted during gameplay. Use of outside materials or devices is not allowed.
12. Scores will be recorded automatically by the quiz platform.
13. Failure to follow any of the competition rules may result in disqualification.
14. Individuals will be judged based on their individual score & accuracy.

❖ **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 environmentalism in Sikhism.
3. All art supplies will be provided.

Please do not hesitate to contact us at info@ujjal.org if you have any questions or concerns

Ujjaldir Singh Memorial Foundation

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