



# SQAY RULE BOOK



## ❖ RULES AND REGULATIONS

This rule book belongs to International Council of SQAY and its related units. These rules shall also be applicable in all federation official competitions, School Games, University and all government and official competitions. Players have to compete with weapons known as "TURA" which is a Synthetic Fiber Stick covered with soft leather and a shield which is made by soft leather. SQAY (Martial Art) is the art of Physical, Mental and Spiritual Education. Body exercise and training in self-defense and sports that aims at infusing habits which will be beneficial through life and is useful both for individual as well as for the nation.

SQAY is a practical fighting technique, a formal method of physical and mental training and competition combat sports. Contest of SQAY Martial Art are held at Sparring matches in which some SQAY Techniques are not permitted and only a few are used very often.

To avoid injuries all such Tura blows, strikes and kicks are controlled and pulled back after light contact to the body

## ❖ EVENTS

**There are two types of events**

- 1. Combat (LOBA) one to one fight as per age group and specific weight category:**
  - ✓ Individual
  - ✓ Team fight (Team Of Three Players)
  
- 2. Artistic Events:**
  - ✓ Individual without Music.
  - ✓ Team Event without Music.
  - ✓ Mix Team Event without Music.
  - ✓ Individual with music.
  - ✓ Team Event with Music.
  - ✓ Mix Team Event with music

**NOTE: The team composition is the team of three players.**

## ❖ **EVENTS LOBA (FIGHT)**

**Officials and their duties** :For conducting a match, the required official penal is

1. One centreferee in the center of Arena.
2. One Assistant Referee in the center of Arena.
3. One Rotational Referee.
4. One Chief Jury / Judge.
5. One Scorer.
6. One Assistant Scorer.
7. One Time Keeper.
8. Arbitrator Board.

### **DUTIES OF REFREES**

**CENTREREFEREE** :The centre referee will start the bout and indicate the point by signaling and calling the scorer for points and side, indicating by his hand controls the bout during play.

**ASSISTANT REFEREE** :The Assistant Referee will also be in the center of the Arena and will assist the Centre Referee by indicating the points.

**ROTATIONALREFEREE** :The Rotational Referee will also be present outside the Arena and will go in the center or assist Referee on rotation basis. During the sudden death decision, he or she is also in the decision of penal.

**CHIEF JURY / CHIEF JUDGE**: The Chief Jury / Chief Judge is the head of Referee panel and if there is any dispute between Centre Referee and Assistant Referee the decision of Chief Jury will be the final. Call the competitor to the Arena and decide the timing of the bout.

**SCORER**: The scorer has to fill up the score in the score sheet for record of the match.

**ASSISTANT SCORER**: The Assistant Scorer will write the score on the score board.

**TIME KEEPER**;-The time keeper has to record the time of the bout.

**RECORD KEEPER** The record keeper has to keep all the records of the bouts and also to verify the eligibility certificates of the participants.

### **HOW TO START A MATCH**

The centre Referee takes his position. The contestants stand facing toward each other on their toes to the starting line and bow towards each other. The referee will start the bout with a call on "**LEGYASHA**". The contestants will stop the fight when referee will call "**WORDIGA**," and the Referee will announce score or foul made after announcing the score or foul. The Referee will start the bout with call "**LEGYASHA**," and the bout will start again.

### **DURATION OF BOUT**

A bout (match) for Under 14 Boys and Girls, Under 17 Girls and Under 19 Girls is of 5 minutes but it will be extended up to seven minute in case of no score or tie. For under 17 boys and under 19 boys the duration of Bout (Match) is 7 minutes it can be extended up to 10 minute. In case of no score in Extra time, the match will be decided by sudden death.

### **SUDDEN DEATH**

In sudden Death Method one who scores the first point is the winner of the match. The duration for the sudden death is **1 minute** for Under 14 boys and girls and **2 minutes** for Under 17 & Under 19 boys and girls. If both the players will not score then the decision will be given by Referees and Chief Jury for that contestant who has attached much time with perfect techniques.

### **MEASUREMENT OF ARENA**

The arena for the match should be clean and soft. The bout can be conducted on the mats but the mats should be soft and coloured. The colour of the arena is yellow and purple. The arena for under 14 boys and girls, under 17 girls, under 19 girls is about 10 square meters, without obstacles and for under 17 boys and under 19 boys the arena should be of 12 Square meters.

### **EQUIPMENT**

#### **Tura**

Length of Tura is 30 inches made of Fiber stick covered with soft leather for Under 17, Under 19 Boys and Girls and for Under 14 boys and girls the length of the Tura is 24 inches.

#### **Bargula**

It should be circle shaped ring and made of soft leather 12 to 13 inches in diameter for Under 17 and under 19 boys and girls and for under 14 boys and girls the diameter of the shield should be 9 to 10 inches.

#### **Chest Guard**

The chest guard should be made up of soft leather which covers the chest and the body of the player.

#### **Head Guard**

The head guard should be made up of soft leather which covers the head and face of the contestant but the eyes nose and mouth should be open. The equipment should be approved by sports Authorities, International Council of Sqay.

### **METHOD OF SCORING**

Scoring is using during recognized competition. SQAY Techniques in good form, on the

permitted scoring area on the opponent's body. Actual physical contact is strictly limited and is not required for scoring. Light contact is permitted on the body only very light contact is permitted on the face and head. Points can be awarded for controlled techniques having a force within the target surface, excessive physical contact always result in disqualification.

➤ **DRE**

A DRE is awarded for a face kick that strike with good form, good attitude, strong vigor, constant alertness of mind, proper timing and correct distance.

➤ **DHA**

A DHA is awarded for a kick on chest that strike with good form, good attitude, strong vigor, constant alertness of mind, proper timing and correct distance.

➤ **YAW**

A YAW is awarded for a Tura strike which will be perfect on target with pull back at right time. On the head ,face, Aram of that hand which you carry the equipment Tura, Ribbes of both sides, or the kick that is less correct but still effective, for example the opponent is moving away from the below, the below is slightly off target, the below is delivered from an unstable position.

➤ **KAKODAY**

A KAKODAY is given if a player goes outside the arena during the fight.

➤ **TURA ARTAUSHWA**

A TURA ARTAUSHA is given if the Tura or the shield falls from the hands of the player during fight.

➤ **MUKO**

A MUKO is given to a player ignores the word of Referee or broking the rules and regulations of the game or by leaving the arena without the permission of the Referee. Then the referee gave warning to a player by saying MUKO.

➤ **DASIMUKO**

If a MUKO is given again to a player two times and player commits again foul the Referee says loudly DASI MUKO means strong warning.

➤ **OWAZA**

If a DASI MUKO is given again to a player and he repeats the foul then the Referee will say OWAZA meaning disqualify. Then the player is out from the tournament and the player cannot participate in this tournament in any category.

## ➤ **OTHER POINTS**

A full point is still given for less powerful blows the attack was delivered just at the moment when the opponent begins to move towards the attacker the attack was delivered just at the moment when the opponent was thrown off balance by attacker, a combination of effective blows was applied, combination of Tura and kick or of Tura. The opponent has loss his fighting spirit and turned his back on the attacker, the attacker was delivered on defenseless part of the opponent.

## ➤ **NO POINTS:**

No point is awarded if an attacker fails to deliver blow the moments he/ she seized or thrown his opponent two opponents score simultaneously, no point is counted Scoring techniques delivered simultaneously with the end time seized or counted, as are techniques delivered if attacker is inside the match area but his opponents is outside.

## **INJURIES AND ACCIDENTS IN COMPETITION.**

- a) For facture is the decision given when a contestant or contestants refuse to continue aboardend the bout. As are with down on the order of the referee the grounds for abandonment may include injury not aberibable to the opponent's actions.
- b) If two contestants causes injuries to each other at the same time as are suffering from the effects of previously occurred injury and are declared by the tournament doctor to be unable tocontinue, the bout is awarded to the contestant who had amassed the most points at that time if the points are equal then the decision will be given by the Chief Jury and two Referees jointly.
- c) An injured contestant who has been declared unfit to fight by the tournament doctor cannot fight again in that competition.
- d) An injured contestant who wins a bout through disqualification of the opponent cannot fight again in the competition without permission from the doctor. If he /she is injured he / she may win a second bout by disqualification. In this case the player is immediately withdrawn from further competition in the tournament.
- e) When a contestant is injured, the referee shall at once stop the bout and help the injured contestant, at the same time calling the doctor is authorized to diagnose and treat injury only. He may also make recommendations for the safety of the injured contestant.
- f) If a contestant refuses to continue or requests permission to quit after a minor injury shall loose the bout.

## **PENALTIES:**

A foul may result in private warning of the referee voice (MUKO) public warning by the referee in a loud voice (DASI MUKO) disqualification, announced by referee (OWAZA)

## **FOULS:**

The following are the fouls:-

- Direct attacks to the body other than the arms and legs.
- Dangerous techniques, such as blows to the eyes or testicles.
- Dangerous strikes by Tura or kick.
- Direct attack on skin.
- Direct attack on the hips, knee joint or insteps.
- Excessive moving out of the match area or wasting time.
- Ignoring contesting rules.
- Un-sportsman like behavior.
- Hitting with the elbow or grip of TURA.
- Striking a competitor when he is down.
- Throw the TURA or shield directly on the ground.
- One who argues with the referee.
- One who misbehaves with the referee.
- One who neglect the words of the referee.
- One who fouls or breaks the rules of the championship.
- One who gives thrill to opponent by crazing.

## **DISQUALIFICATION**

Centre referee has the power to disqualify any player if he / she fails to obey the referee becomes over excited to the excellent of being considered a danger to his opponent, breaks match rules with malicious intent, or breaks match rules in some other way. If he / she neglect the word of referee if he / she breaks any rule of the competition or doing any kind of fault during the fight.

## **PROTEST:**

1. No one may protest personally to the arbitrator referee or Judge about their judgment. Referee decision is final.
2. Player cannot lodge any protest. In case of any misunderstanding between the referee the manager or coach can lodge a protest.
3. The protest should be lodged in writing after the end of bout within 20 minutes.

## **TIME OUT:**

There will be 30 second time out during the bout that can be taken by both coaches except the official time out.

## POINT SYSTEM

<b>YAW</b>	<b>Two YAW are equal to one DHA</b>
<b>DHA</b>	<b>Two DHA are equal to one DRE</b>
<b>DRE</b>	<b>If a player get three DRE that means he has won the Bout.</b>
<b>KOKODAY</b>	<b>First two KOKODAY are equal to one YAW, then Third KOKODAY is equal to one DHA, Fourth KOKODAY is equal to DRE and after that every KOKODAY is equal to DRE</b>
<b>TURA ARTAUSHWA</b>	<b>First two TURA ARTAUSHWA is equal to one YAW. Third TURA ARTAUSHWA is equal to DHA, Fourth TURA ARTAUSHWA is equal to DRE after that every TURA ARTAUSHWA is equal to DRE</b>
<b><u>MUKO</u></b>	<b>First two MUKOs are equal to one YAW and Third MUKO is equal to DHA after that you have to give direct DASIMUKO</b>
<b><u>DASIMUKO</u></b>	<b>One DASIMUKO is equal to one DRE after that Referee will directly call OWAZA that means the Player is disqualified</b>

## VALUE OF SCORING

<b>S.NO</b>	<b>POINT</b>	<b>POINT VALUE</b>
<b>1.</b>	<b>DRE</b>	<b>4 Points Positive</b>
<b>2.</b>	<b>DHA</b>	<b>2 Points Positive</b>
<b>3.</b>	<b>YAW</b>	<b>1 Points Positive</b>
<b>4.</b>	<b>KOKODAY</b>	<b>0.5 Points Negative</b>
<b>5.</b>	<b>TURA ARTAUSHWA</b>	<b>0.5 Points Negative</b>
<b>6.</b>	<b>MUKO</b>	<b>0.5 Points Negative</b>
<b>7.</b>	<b>DASIMUKO</b>	<b>4 Points Negative</b>
<b>8.</b>	<b>OWAZA</b>	<b>Disqualify</b>

## ARTISTIC EVENTS

### KHAWANKAY

Khawankay is an important part of Martial Art & without the knowledge of Khawankay, a player is not complete in the field of martial arts. The International Council of SQAY known the fact and has included Khawankay events in federation as well as school games competitions for all age groups Boys / Girls. There are two events in Khawankay.

**(A) KHAWANKAY without Music.**

- 1) Individual Khawankay
- 2) Group Khawankay
- 3) Mix Group Khawankay without Music.

**(B) Aero Sqay With Music.**

- 1) Individual Aero Sqay.
- 2) Group Aero Sqay.
- 3) Mix Group Aero Sqay.

**❖ RULES AND REGULATIONS**

- ✓ The competitor should be in proper prescribed blue SQAY Uniform.
- ✓ The Arena of the Khawankay competition is 10 meter square for all competitors but the playing area is 6 meters and one meter danger zone.
- ✓ The ground should be plane without any obstacles.
- ✓ On the call of referee, you should enter in the arena & announce loudly the name of Khawankay which you are going to perform. After completing your Khawankay on the permission of referee you should leave the arena.
- ✓ You should only perform the Khawankay whose name you have announced. If you will perform wrong Khawankay there will be no point.

### POINT SYSTEM FOR KHAWANKAY

<b>Right start &amp; finish</b>	<b>2 points</b>
<b>Perfect stance</b>	<b>3 points</b>
<b>Perfection of Khawankay</b>	<b>3 points</b>
<b>Proper sounds &amp; perfect timing</b>	<b>2 points</b>



## **TEAM EVENT:**

The team should be of three players. There will be only one event in team Khawankay. The points will be given on the performance of whole team. The point system of team event is same as of individual event.

Once you have submitted the name for the team event in advance, it cannot be changed, but if there is any injury or illness of any player it is the description of Director whether he can allow the change or not.

The team shall be minimum of 3 players for team event of khawankay for boys and girls all age groups. The points will be given to monitor the performance of the whole team.

## **❖ MIX TEAM EVENT OF KHAWANKAY:-**

The mix team event of Khawankay will be conducted for all age groups for all recognized competitions conducted by school games federations. SQAY federations and its affiliated units. The competition will be conducted in mix boys and girls. The team should be maximum 3 players

In case of tie the director have power to decide the match on the basis one who committed more fouls or give one more chance. But there will be no change in the performing khawankay.

## **AERO SQAY:-**

In the modern life aerobic exercises plays an important rule for the development of physical fitness keeping view the facts and the interest of new generation International Council of SQAY has included a new thrilling even Aero SQAY in competitions.

Aero SQAY will be conducted in all recognized competitions conducted by school games federations, SQAY federations and its affiliated units for all age groups boys & girls. There are three categories in Aero SQAY.

## **INDIVIDUAL**

Individual competition, the competitor will perform their skills on the referee's call Legaysha the competitor should bring their own CD. The time duration of performance is maximum 5 minutes & minimum 3 minutes

The arena for the Aero SQAY is 10 meters for all age groups boys and girls. 6 meters playing one meter danger zone. Prescribed blue SQAY uniform is compulsory for all age groups.

## **TEAM EVENT.**

The team shall be minimum of 3 players for team event of Aero SQAY for boys and girls all age groups. The points will be given to monitor the performance of the whole team.

## **MIX TEAM EVENT OF AERO SQAY**

The mix team event of Aero SQAY will be conducted for all age groups for all recognized competitions conducted by school games federations. SQAY federations and its affiliated units. The competition will be conducted in mix boys and girls. The team should be maximum 3 players

### **POINT SYSTEM:- + POINTS**

Gesture	Points
Perfect Technique	2 Points
Start & Finish	2 Points
Stance	2 Points
Stamina	2 Points
Co-ordination with music	2 Points
<b>TOTAL POINTS</b>	<b>10 Points</b>

### **NEGATIVE SCORING**

Gesture	Points (Negative)
Un-Balance	-2 Points
Irregular Start & Finish	-2 Points
Irregular Dance Movements	-2 Points
No Co-ordination with music	-2 Points
<b>TOTAL NEGATIVE POINTS</b>	<b>-8 Points</b>

### **NOTE:-**

- ✓ A competitor can participate maximum in 1 individual and two team events.
- ✓ The player who is disqualified in any one event, cannot participate any other event during the competition. However if the player apologies for the same, the jury will decide it after seeing the nature of offence whether he is permitted or not for other events.
- ✓ The jury reserved the right to disqualify the player from the tournament and will submit the report to the Chairman of Technical committee who will decide the disqualification period of player minimum for 1 year and maximum up to 5 years.

**CHIEF JURY / CHIEF JUDGE:-**The chief Jury / Chief Judge is the head of the referee panel and if there is any dispute between two judges the decision of the Chief Judge will be final. The chief judge will call the competitor in the arena and decide the timing of the bout. The chief judge will start and finish the bout by blowing whistle.

**JUDGE 1 & 2:-**The judge 1 & 2 for Khawankay, Aero SQAY, has to see the performance of

the competitors and give marks regarding their performance.

**TIME KEEPER**:- The time keeper will record the time properly and bellow the buzzer at the end of the time.

➤ **NEW AMENDED WEIGHT CATEGORIES AS PER ICS FOR : SCHOOL GAMES FEDERATION OF INDIA COMPETITION.**

<b>S. No</b>	<b>U14 Boys</b>	<b>U14 Girls</b>	<b>U17 Boys</b>	<b>U17 Girls</b>	<b>U19 Boys</b>	<b>U19 Girls</b>
<b>1</b>	<b>-29 Kgs</b>	<b>-27 Kgs</b>	<b>-40 Kgs</b>	<b>-36 Kgs</b>	<b>-50 Kgs</b>	<b>-46 Kgs</b>
<b>2</b>	<b>-33 Kgs</b>	<b>-31 Kgs</b>	<b>-44 Kgs</b>	<b>-40 Kgs</b>	<b>-54 Kgs</b>	<b>-50 Kgs</b>
<b>3</b>	<b>-37 Kgs</b>	<b>-35 Kgs</b>	<b>-48 Kgs</b>	<b>-44 Kgs</b>	<b>-58 Kgs</b>	<b>-54 Kgs</b>
<b>4</b>	<b>-41 Kgs</b>	<b>-39 Kgs</b>	<b>-52 Kgs</b>	<b>-48 Kgs</b>	<b>-62 Kgs</b>	<b>-58 Kgs</b>
<b>5</b>	<b>-45 Kgs</b>	<b>-43 Kgs</b>	<b>-56 Kgs</b>	<b>-52 Kgs</b>	<b>-66 Kgs</b>	<b>-62 Kgs</b>
<b>6</b>	<b>-49 Kgs</b>	<b>-47 Kgs</b>	<b>-60 Kgs</b>	<b>-56 Kgs</b>	<b>-70 Kgs</b>	<b>-66 Kgs</b>
<b>7</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>
<b>8</b>	<b>K1</b>	<b>K1</b>	<b>K1</b>	<b>K1</b>	<b>K1</b>	<b>K1</b>
<b>9</b>	<b>K2</b>	<b>K2</b>	<b>K2</b>	<b>K2</b>	<b>K2</b>	<b>K2</b>
<b>10</b>	<b>ASI</b>	<b>ASI</b>	<b>ASI</b>	<b>ASI</b>	<b>ASI</b>	<b>ASI</b>

➤ **New Amended Weight Categories as per ICS for : International Masters Cup**

<b>S.NO</b>	<b>Men</b>	<b>Women</b>
<b>1</b>	<b>Below 60 Kgs</b>	<b>Below 55 Kgs</b>
<b>2</b>	<b>Below 65 Kgs</b>	<b>Below 60 Kgs</b>
<b>3</b>	<b>Below 70 Kgs</b>	<b>Below 65 Kgs</b>
<b>4</b>	<b>Below 75 Kgs</b>	<b>Below 70 Kgs</b>
<b>5</b>	<b>Open Weight</b>	<b>Open Weight</b>
<b>6</b>	<b>Khawankay 3</b>	<b>Khawankay 3</b>
<b>7</b>	<b>Khawankay 4</b>	<b>Khawankay 4</b>
<b>8</b>	<b>Khawankay 5</b>	<b>Khawankay 5</b>

➤ **New Amended Weight Categories as per ICS for :FEDERATION NATIONALS**

The weight categories for SQAY championships conducted by SQAY Federations and its affiliated units are as under :

	<b>Cadet</b>	<b>Sub-Junior</b>	<b>Junior</b>		<b>Senior</b>	
<b>S. No</b>	<b>U/11 Boys /Girls</b>	<b>U/14 Boys /GIRLS</b>	<b>U/18 Boys</b>	<b>U/18 Girls</b>	<b>Ab /18 Men</b>	<b>Ab /18 Women</b>
<b>1</b>	<b>-18 Kgs</b>	<b>-25 Kgs</b>	<b>-40 Kgs</b>	<b>-38 Kgs</b>	<b>-50 Kgs</b>	<b>-46 Kgs</b>
<b>2</b>	<b>-21 Kgs</b>	<b>-29 Kgs</b>	<b>-44 Kgs</b>	<b>-42 Kgs</b>	<b>-54 Kgs</b>	<b>-50 Kgs</b>
<b>3</b>	<b>-24 Kgs</b>	<b>-33 Kgs</b>	<b>-48 Kgs</b>	<b>-46 Kgs</b>	<b>-58 Kgs</b>	<b>-54 Kgs</b>
<b>4</b>	<b>-27 Kgs</b>	<b>-37 Kgs</b>	<b>-52 Kgs</b>	<b>-50 Kgs</b>	<b>-62 Kgs</b>	<b>-58 Kgs</b>
<b>5</b>	<b>-30 Kgs</b>	<b>-41 Kgs</b>	<b>-56 Kgs</b>	<b>-54 Kgs</b>	<b>-66 Kgs</b>	<b>-62 Kgs</b>
<b>6</b>	<b>-33Kgs</b>	<b>-45 Kgs</b>	<b>-60 Kgs</b>	<b>-58 Kgs</b>	<b>-70 Kgs</b>	<b>-66 Kgs</b>
<b>7</b>	<b>Open</b>	<b>-49 Kgs</b>	<b>-64 Kgs</b>	<b>-62 Kgs</b>	<b>-74 Kgs</b>	<b>-70 Kgs</b>
<b>8</b>	<b>K1</b>	<b>-53 Kgs</b>	<b>-68 Kgs</b>	<b>-66 Kgs</b>	<b>-78 Kgs</b>	<b>-74 Kgs</b>
<b>9</b>	<b>K2</b>	<b>Open</b>	<b>-72 Kgs</b>	<b>-70 Kgs</b>	<b>-82 Kgs</b>	<b>-78 Kgs</b>
<b>10</b>	<b>ASI</b>	<b>K1</b>	<b>Open</b>	<b>Open</b>	<b>-86 Kgs</b>	<b>-82 Kgs</b>
<b>11</b>	<b>XX</b>	<b>K2</b>	<b>K1</b>	<b>K1</b>	<b>Open</b>	<b>Open</b>
<b>12</b>	<b>XX</b>	<b>ASI</b>	<b>K2</b>	<b>K2</b>	<b>K1</b>	<b>K1</b>
<b>13</b>	<b>XX</b>	<b>XX</b>	<b>K3</b>	<b>K3</b>	<b>K2</b>	<b>K2</b>
<b>14</b>	<b>XX</b>	<b>XX</b>	<b>ASI</b>	<b>ASI</b>	<b>K3</b>	<b>K3</b>
<b>15</b>	<b>XX</b>	<b>XX</b>	<b>XX</b>	<b>XX</b>	<b>K4</b>	<b>K4</b>
<b>16</b>	<b>XX</b>	<b>XX</b>	<b>XX</b>	<b>XX</b>	<b>K5</b>	<b>K5</b>
<b>17</b>	<b>XX</b>	<b>XX</b>	<b>XX</b>	<b>XX</b>	<b>ASI</b>	<b>ASI</b>
<b>18</b>	<b>XX</b>	<b>XX</b>	<b>XX</b>	<b>XX</b>	<b>BOW</b>	<b>BOW</b>

➤ **New Amended Weight Categories as per ICS for : Senior Federation Cup / All India /National Interstate Sqay Championships (Men /Women):-**

<b>S.NO</b>	<b>MEN</b>	<b>WOMEN</b>
<b>1</b>	<b>Below 50 Kgs</b>	<b>Below 46 Kgs</b>
<b>2</b>	<b>Below 54 Kgs</b>	<b>Below 50 Kgs</b>
<b>3</b>	<b>Below 58 Kgs</b>	<b>Below 54 Kgs</b>
<b>4</b>	<b>Below 62 Kgs</b>	<b>Below 58 Kgs</b>
<b>5</b>	<b>Below 66 Kgs</b>	<b>Below 62 Kgs</b>
<b>6</b>	<b>Below 70 Kgs</b>	<b>Below 66 Kgs</b>
<b>7</b>	<b>Below 74 Kgs</b>	<b>Below 70 Kgs</b>
<b>8</b>	<b>Below 78 Kgs</b>	<b>Below 74 Kgs</b>
<b>9</b>	<b>Below 82 Kgs</b>	<b>Below 78 Kgs</b>
<b>10</b>	<b>Below 86 Kgs</b>	<b>Below 82 Kgs</b>
<b>11</b>	<b>Open Weight</b>	<b>Open Weight</b>
<b>12</b>	<b>Khawankay1</b>	<b>Khawankay1</b>
<b>13</b>	<b>Khawankay2</b>	<b>Khawankay2</b>
<b>14</b>	<b>Khawankay3</b>	<b>Khawankay3</b>
<b>15</b>	<b>Khawankay4</b>	<b>Khawankay4</b>
<b>16</b>	<b>Khawankay5</b>	<b>Khawankay5</b>
<b>17</b>	<b>Aero SQAY Individual</b>	<b>Aero SQAY Individual</b>
<b>18</b>	<b>Black Belt Open Weight</b>	<b>Black Belt Open Weight</b>

➤ **New Amended Weight Categories as per ICS for : EBSB U/21 &**

## Youth Games U /23

<b>S.NO</b>	<b>MEN</b>	<b>WOMEN</b>
<b>1</b>	<b>Below 50 Kgs</b>	<b>Below 46 Kgs</b>
<b>2</b>	<b>Below 54 Kgs</b>	<b>Below 50 Kgs</b>
<b>3</b>	<b>Below 58 Kgs</b>	<b>Below 54 Kgs</b>
<b>4</b>	<b>Below 62 Kgs</b>	<b>Below 58 Kgs</b>
<b>5</b>	<b>Below 66 Kgs</b>	<b>Below 62 Kgs</b>
<b>6</b>	<b>Below 70 Kgs</b>	<b>Below 66 Kgs</b>
<b>7</b>	<b>Below 74 Kgs</b>	<b>Below 70 Kgs</b>
<b>8</b>	<b>Open Weight</b>	<b>Open Weight</b>
<b>9</b>	<b>Khawankay1</b>	<b>Khawankay1</b>
<b>10</b>	<b>Khawankay2</b>	<b>Khawankay2</b>
<b>11</b>	<b>Khawankay3</b>	<b>Khawankay3</b>
<b>12</b>	<b>Aero SQAY Individual</b>	<b>Aero SQAY Individual</b>

- **New Amended Weight Categories as per ICS for : Association of Indian Universities. (Men /Women):-**

<b>S.NO</b>	<b>MEN</b>	<b>WOMEN</b>
<b>1</b>	<b>Below 50 Kgs</b>	<b>Below 46 Kgs</b>
<b>2</b>	<b>Below 54 Kgs</b>	<b>Below 50 Kgs</b>
<b>3</b>	<b>Below 58 Kgs</b>	<b>Below 54 Kgs</b>
<b>4</b>	<b>Below 62 Kgs</b>	<b>Below 58 Kgs</b>
<b>5</b>	<b>Below 66 Kgs</b>	<b>Below 62 Kgs</b>
<b>6</b>	<b>Below 70 Kgs</b>	<b>Below 66 Kgs</b>
<b>7</b>	<b>Below 74 Kgs</b>	<b>Below 70 Kgs</b>
<b>8</b>	<b>Below 78 Kgs</b>	<b>Below 74 Kgs</b>
<b>9</b>	<b>Open Weight</b>	<b>Open Weight</b>
<b>10</b>	<b>Khawankay1</b>	<b>Khawankay1</b>
<b>11</b>	<b>Khawankay2</b>	<b>Khawankay2</b>
<b>12</b>	<b>Khawankay3</b>	<b>Khawankay3</b>
<b>13</b>	<b>Khawankay4</b>	<b>Khawankay4</b>
<b>14</b>	<b>Aero SQAY Individual</b>	<b>Aero SQAY Individual</b>
<b>15</b>	<b>Group Khawankay (3 Players)</b>	<b>Group Khawankay (3 players)</b>
<b>16</b>	<b>Aero SQAY Group (3 Players)</b>	<b>Aero SQAY Group (3 Players)</b>

Team Event :

The team should be of three players. There will be only one event in Team Loba. The points will be counted on the performance of whole team. The point system of the team event is same as the individual event. Once you have submitted the list of team event, it cannot be changed but if there is any injury or illness of any player it is the description of director to whether he can allow the change or not.

**NOTE:**

- A Player can participate in One Individual and one team Event in COMBAT Event.
- A Combat Player cannot participate in the Artistic Event in the same Championship and vice versa.

**ARTICLE**

The black belt holder can play only when they are recognized or identified by the SFs/SQAY Academy HQ Drangbal Pampore Kashmir (J&K).

❖ **SNOW SQAY**

International council of SQAY has included new events in its regular four events from January 2008 to popularize and boast the SQAY in world arena. The new event is snow SQAY; it is different than other regular events. It is a winter sport and will be played at snow. The event will be in musical form including skills of SQAY and Aerobic exercise in musical form. The event will be of 5 minutes maximum and 3 minutes minimum. There will be two type of competitions individual, Team Event and mix team events. The mix team event will be of four players, two boys and two girls.

Three players will perform the skill and one will be the substitute. The Arena of Snow SQAY will be of 10 meters square. The scoring method will be same as the scoring of Aero- SQAY.

We hope this winter sport will boast the sport in the youths and young generations, and the SQAY player will remain busy in all seasons. This activity will help to popularize the SQAY very past. This event will be thrilling and entertaining for all those who are involved with SQAY Martial Art.

There are two types of Events in Snow sqay

- a) On Ice Ring with skates approved by the federation.
- b) On Snow with special Snow shoes approved by the federation.

❖ **WORDS TO REMEMBER**

WORDS	MEANING
LEGIYASHA	START
WORDEGA	STOP
HUVE	EQUAL
WOLDRSHAA	GET READY
TUL	TAKE IT
SPIN	WHITE
SHIN	GREEN
KATASHAH	BOW
OGATAH	WINNER
MUKO	WARNING
OWAZA	DISQUALIFY
TURA	SWORD
SQAYER	PLAYER
MASHER	MASTER
WALEW	IN (TO ENTER IN ARENA)
NEEREV	OUT (TO LEAVE ARENA)
BARGULA	SHIELD

❖ **KHAWANKAY LESSON FORM**

S.NO	LESSON
1	SANGRI
2	JUDAKH
3	HARBUN
4	HADIYATUN
5	KIRATUN
6	ASADHUN
7	HAYATUN
8	AAQAAB