



SQAY FEDERATION OF INDIA

"Traditional Martial Art"



Recognized By: Ministry of Youth Affairs & Sports Govt. of India

Affiliated to: SQAY Organization of Asia (SOA) | International Council of SQAY (ICS)

President
Basharat Rasool
presidentofsqay@gmail.com
+91-7006961785

Treasurer
Mazhar Khan
+91-9422802489

Secretary General
Arshid Ahmad Bhat
secysqay@gmail.com
+91-7006190566

Ref No. 48-53 /SFI /22

Date 01-07-2022

New Amended Weight Categories as per ICS for : Federation Nationals

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

Copy to:

1. Joint Secretary MYAS, GOI.
2. Director General Sports Authority of India.
3. Executive Director (Teams) SAI .
4. Secretary Indian Olympic Association.
5. Under Secretary, MYAS,GOI.



Arshid Ahmad Bhat
Secretary General

SECRETARY GENERAL
SQAY FEDERATION OF INDIA

Regd. Off.: SFI, Dranghal Pampore - 192121, Kashmir Mob: 9419532776
Email: sqay@sqayindia.com / Web: www.sqayindia.com