

## Poomsae:

This is a non-fighting round in which points will be awarded for the players performance. For individuals, players will compete in 2 categories as follows:

- Juniors— Players may be asked to execute any Taeguk upto Taeguk III.
- Seniors- Players may be asked to execute any Taeguk upto Taeguk VI.
- Group Poomsae: For group competition, teams consist of 3 players (any number of boy and girl). Players may be asked to execute any Taeguk upto Taeguk V.

Any player can participate in maximum of 2 events (excluding Team game event).

## Sparring:

The players will fight within their respective weight categories. The tournament will be of knock-out type. Bout formation will be a random process. If there is single player in any weight category he/she will be shifted to the next nearest weight category.

Weight categories for the sparring will be as follows:



Sl. No.	Weight Categories	Men (kg)	Women (kg)
1.	Fin	Below 52	Below 47
2.	Fly	52-57	47-51
3.	Bantam	57-62	51-55
4.	Feather	62-67	55-59
5.	Light	67-72	59-63
6.	Welter	72-78	63-67
7.	Middle	Above 78	Above 67
8.	Heavy	-	-

**Team Game:** Team consists of 6 people (5 Boys and 1 Girl)

## IMPORTANT NOTE:

RULES & SCHEDULE ARE SUBJECT TO CHANGE IN THE SPIRIT OF THE GAME & FESTIVAL AND THE FINAL DECISION IN ALL MATTERS RESTS WITH THE SPARDHA TEAM