



POINSUR GYMKHANA

Where always Winners are Born

Karate Tournament



Nation Progresses when Youth Performs!

30TH NOV - 8TH DEC 2019

Age Group	Boys & Girls U/6 (Born on or after 1.1.2014) U/8 (Born on or after 1.1.2012) U/10 (Born on or after 1.1.2010) U/12 (Born on or after 1.1.2008) U/14 (Born on or after 1.1.2006) U/16 (Born on or after 1.1.2004) U/18 (Born on or after 1.1.2002) Above 18 (Born before 1.1.2002)
Event Day & Date & Timing	Sunday 1st December 2019 8.00 am to 5.00 pm
Last date of Submission of Entry Form	27th November 2019
Entry Fees	Rs. 250/-Per Participant
Fixtures Display Date	-
Prizes	<ul style="list-style-type: none"> • Gold, Silver & 2 Bronze Medals will be awarded with Honour Certificates in each age category of Boys & Girls. • Overall Championship Trophy will be awarded to the Winners getting highest points. • Participation Certificate will be awarded to All Participants
Prize Distribution	Sunday 1st December 2019 at 5.00 pm onwards

RULES & REGULATIONS

- Karate uniform should be White Colour, Neat & Clean without Piping or Marking/Printing of any sort.
- Age & Weight Category as under :

Under – 6	No Weight Restriction for this Age Category of boys & girls		BOYS	GIRLS
Under – 8		Under 16	- 57 kgs – 70 kgs + 70 kg	- 54 kgs + 54 kg
Under – 10		Under 18	- 61 kgs – 76 kgs + 76 kg	- 53 kgs – 59 kgs + 59 kg
Under – 12		Above 18	- 67 kgs – 84 kgs + 84 kg	- 55 kgs – 68 kgs + 68 kg
Under – 14				