



# ARCHERY

Age Group	Event No.	Event Categories (Boys)	Event No.	Event Categories (Girls)	Cut Off Dates
U-10	1	Indian Bow	13	Indian Bow	Born on or After 1st January 2013
	2	Compound Bow	14	Compound Bow	
	3	Recurve Bow	15	Recurve Bow	
U-14	4	Indian Bow	16	Indian Bow	Born on or after 1st January 2009
	5	Compound Bow	17	Compound Bow	
	6	Recurve Bow	18	Recurve Bow	
U-17	7	Indian Bow	19	Indian Bow	Born on or after 1st January 2006
	8	Compound Bow	20	Compound Bow	
	9	Recurve Bow	21	Recurve Bow	
U-19	10	Indian Bow	22	Indian Bow	Born on or after 1st January 2004
	11	Compound Bow	23	Compound Bow	
	12	Recurve Bow	24	Recurve Bow	

As per the guidelines of Uttarakhand Tir Andaji Association a player can participate in a maximum of TWO events (Indian and/or Compound or Recurve).



# ATHLETICS

Age Group	Event No.	Event Categories (Boys)	Event No.	Event Categories (Girls)	Cut Off Dates
U-6	1	50m	20	50m	Born on or After 1st January 2017
	2	Long Jump	21	Long Jump	
U-8	3	50m	22	50m	Born on or after 1st January 2015
	4	100m	23	100m	
	5	Long Jump	24	Long Jump	
U-10	6	50m	25	50m	Born on or after 1st January 2013
	7	100m	26	100m	
	8	Long Jump	27	Long Jump	
	9	Shot Put (3Kg)	28	Shot Put (3Kg)	
U-12	10	100m	29	100m	Born on or after 1st January 2011
	11	300m	30	300m	
	12	High Jump	31	High Jump	
	13	Long Jump	32	Long Jump	
	14	Shot Put (3Kg)	33	Shot Put (3Kg)	
U-14	15	100m	34	100m	Born on or after 1st January 2009
	16	600m	35	600m	
	17	High Jump	36	High Jump	
	18	Long Jump	37	Long Jump	
	19	Shot Put (4Kg)	38	Shot Put (3Kg)	

As per the guidelines of Uttarakhand Athletics Association a player can participate in a maximum of **TWO** individual events and **ONE** relay event.

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Age Group	Event No.	Event Categories (Boys)	Event No.	Event Categories (Girls)	Cut Off Dates
U-16	39	100m	52	100m	Born on or after 1st January 2007
	40	200m	53	200m	
	41	400m	54	400m	
	42	800m	55	800m	
	43	2000m	56	2000m	
	44	100m Hurdles (91.4cm)	57	100m Hurdles (76.2cm)	
	45	High Jump	58	High Jump	
	46	Long Jump	59	Long Jump	
	47	Shot Put (5Kg)	60	Shot Put (3Kg)	
	48	Discuss Throw (1.5Kg)	61	Discuss Throw (1Kg)	
	49	Javelin Throw (700g)	62	Javelin Throw (500g)	
U-18	51	5000m Race Walking	64	3000m	Born on or after 1st January 2005
	65	100m	80	100m	
	66	200m	81	200m	
	67	400m	82	400m	
	68	800m	83	800m	
	69	1500m	84	1500m	
	70	3000m	85	3000m	
	71	110m Hurdles (91.4cm)	86	100m Hurdles (76.2cm)	
	72	400m Hurdles (80.4cm)	87	400m Hurdles (76.2cm)	
	73	High Jump	88	High Jump	
	74	Long Jump	89	Long Jump	
	75	Triple Jump	90	Triple Jump	
	76	Shot Put (5Kg)	91	Shot Put (3Kg)	
	77	Discuss Throw (1.5Kg)	92	Discuss Throw (1Kg)	
	79	Javelin Throw (700g)	94	Javelin Throw (500g)	

As per the guidelines of Uttarakhand Athletics Association a player can participate in a maximum of **TWO** individual events and **ONE** relay event.

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Age Group	Event No.	Event Categories (Boys)	Event No.	Event Categories (Girls)	Cut Off Dates
U-6	1	4x50m Relay	8	4x50m Relay	Born on or After 1st January 2017
U-8	2	4x50m Relay	9	4x50m Relay	Born on or After 1st January 2015
U-10	3	4x50m Relay	10	4x50m Relay	Born on or After 1st January 2013
U-12	4	4x100m Relay	11	4x100m Relay	Born on or After 1st January 2011
U-14	5	4x100m Relay	12	4x100m Relay	Born on or After 1st January 2009
U-16	6	Medley Relay	13	Medley Relay	Born on or After 1st January 2007
U-18	7	Medley Relay	14	Medley Relay	Born on or After 1st January 2005

As per the guidelines of Uttarakhand Athletics Association a player can participate in a maximum of **TWO** individual events and **ONE** relay event.

As per SFA guidelines a school can send **TWO** teams across all event categories in relay event.



## BADMINTON

Age Group	Event No.	Event Categories (Boys)	Event No.	Event Categories (Girls)	Cut Off Dates
U-11	1	Singles	9	Singles	Born on or After 1st January 2012
	2	Doubles	10	Doubles	
U-13	3	Singles	11	Singles	Born on or After 1st January 2010
	4	Doubles	12	Doubles	
U-15	5	Singles	13	Singles	Born on or After 1st January 2008
	6	Doubles	14	Doubles	
U-17	7	Singles	15	Singles	Born on or After 1st January 2006
	8	Doubles	16	Doubles	
U-19	9	Singles	17	Singles	Born on or After 1st January 2004
	10	Doubles	18	Doubles	

As per SFA Championship guidelines (approved by District Badminton Association of Dehradun) a player can participate in a maximum of **TWO** events (One Singles AND One Doubles)



# BASEBALL

Age Group	Event No.	Gender	Cut Off Dates
U-14	1	Boys	Born on or After 1st January 2009
	2	Girls	
U-19	3	Boys	Born on or after 1st January 2004
	4	Girls	

As per the guidelines of Uttarakhand Baseball Association a player can play in more than one age category but not in different teams within the same age category.

As per SFA guidelines a school can send any number of teams across all event categories



## BASKETBALL

Age Group	Event No.	Gender	Cut Off Dates
U-11	1	Boys	Born on or After 1st January 2012
	2	Girls	
U-14	3	Boys	Born on or After 1st January 2009
	4	Girls	
U-16	5	Boys	Born on or After 1st January 2007
	6	Girls	
U-18	7	Boys	Born on or After 1st January 2005
	8	Girls	

As per the guidelines of Uttarakhand Basketball Association a player can play in more than one age category but not in different teams within the same age category.

As per SFA guidelines a school can send any number of teams across all event categories



## BOXING

Age Group	Event No.	Weight Categories (Boys)	Event No.	Weight Categories (Girls)	Cut Off Dates
U-11	1	-24	11	-24	Born on or after 1st January 2012
	2	-26	12	-26	
	3	-28	13	-28	
	4	-30	14	-30	
	5	-32	15	-32	
	6	-34	16	-34	
	7	-36	17	-36	
	8	-38	18	-38	
	9	-40	19	-40	
	10	-42	20	-42	

As per the guidelines of Uttarakhand Amateur Boxing Association a player can participate in only **ONE** weight category

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Age Group	Event No.	Weight Categories (Boys)	Event No.	Weight Categories (Girls)	Cut Off Dates
U-13	21	-28	45	-28	Born on or after 1st January 2010
	22	-30	46	-30	
	23	-32	47	-32	
	24	-34	48	-34	
	25	-36	49	-36	
	26	-38	50	-38	
	27	-40	51	-40	
	28	-42	52	-42	
	29	-44	53	-44	
	30	-46	54	-46	
U-15	31	-32	55	-32	Born on or after 1st January 2008
	32	-34	56	-34	
	33	-36	57	-36	
	34	-38	58	-38	
	35	-40	59	-40	
	36	-42	60	-42	
	37	-44	61	-44	
	38	-46	62	-46	
	39	-48	63	-48	
	40	-50	64	-50	
	41	-52	65	-52	
	42	-54	66	-54	
	43	-57	67	-57	
	44	-60	68	-60	

As per the guidelines of Uttarakhand Amateur Boxing Association a player can participate in only **ONE** weight category

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Age Group	Event No.	Weight Categories (Boys)	Event No.	Weight Categories (Girls)	Cut Off Dates
U-17	69	-44	94	-44	Born on or after 1st January 2006
	70	-46	95	-46	
	71	-48	96	-48	
	72	-50	97	-50	
	73	-52	98	-52	
	74	-54	99	-54	
	75	-57	100	-57	
	76	-60	101	-60	
	77	-63	102	-63	
	78	-67	103	-67	
	79	-70	104	-70	
	80	-75	105	-75	
	81	-80	106	-80	
	82	+80	107	+80	
U-19	83	-46	108	-45	Born on or after 1st January 2004
	84	-49	109	-48	
	85	-52	110	-51	
	86	-56	111	-54	
	87	-60	112	-57	
	88	-64	113	-60	
	89	-69	114	-64	
	90	-75	115	-69	
	91	-81	116	-75	
	92	-91	117	-81	
	93	+91	118	+81	

As per the guidelines of Uttarakhand Amateur Boxing Association a player can participate in only **ONE** weight category





## CHESS

Age Group	Event No.	Gender	Cut Off Dates
U-7	1	Boys	Born on or After 1st January 2016
	2	Girls	
U-9	3	Boys	Born on or After 1st January 2014
	4	Girls	
U-11	5	Boys	Born on or After 1st January 2012
	6	Girls	
U-13	7	Boys	Born on or After 1st January 2010
	8	Girls	
U-15	9	Boys	Born on or After 1st January 2008
	10	Girls	
U-17	11	Boys	Born on or After 1st January 2006
	12	Girls	
U-19	13	Boys	Born on or After 1st January 2004
	14	Girls	

As per the guidelines a player can participate in only ONE event category



## FENCING

Age Group	Event No.	Event Categories (Boys)	Event No.	Event Categories (Girls)	Cut Off Dates
U-12	1	Epee	13	Epee	Born on or After 1st January 2011
	2	Sabre	14	Sabre	
	3	Foil	15	Foil	
U-14	4	Epee	16	Epee	Born on or After 1st January 2009
	5	Sabre	17	Sabre	
	6	Foil	18	Foil	
U-17	7	Epee	19	Epee	Born on or After 1st January 2006
	8	Sabre	20	Sabre	
	9	Foil	21	Foil	
U-19	10	Epee	22	Epee	Born on or After 1st January 2004
	11	Sabre	23	Sabre	
	12	Foil	24	Foil	

\*\*\*A player can participate in ALL events as long as he/she meet the cut off dates mentioned



## FOOTBALL

Age Group	Event No.	Gender	Cut Off Dates
U-10	1	Boys	Born on or After 1st January 2013
	2	Girls	
U-12	3	Boys	Born on or After 1st January 2011
	4	Girls	
U-14	5	Boys	Born on or After 1st January 2009
	6	Girls	
U-16	7	Boys	Born on or After 1st January 2007
	8	Girls	
U-18	9	Boys	Born on or After 1st January 2005
	10	Girls	

As per the guidelines of District Football Association a player can play in more than one age category but not in different teams within the same age category.

As per SFA guidelines a school can send as many teams in U-10 AND U-12 category and only **ONE** team in U-14, U-16 AND U-18 category.



## HANDBALL

Age Group	Event No.	Gender	Cut Off Dates
U-10	1	Boys	Born on or After 1st January 2013
	2	Girls	
U-12	3	Boys	Born on or After 1st January 2011
	4	Girls	
U-14	5	Boys	Born on or After 1st January 2009
	6	Girls	
U-16	7	Boys	Born on or After 1st January 2007
	8	Girls	
U-18	9	Boys	Born on or After 1st January 2005
	10	Girls	

As per the guidelines of Uttarakhand State Handball Association a player can play in more than one age category but not in different teams within the same age category.

As per SFA guidelines a school can send any number of teams across all event categories



Age Group	Event No.	Gender	Cut Off Dates
U-12	1	Boys	Born on or After 1st January 2011
	2	Girls	
U-14	3	Boys	Born on or After 1st January 2009
	4	Girls	
U-16	5	Boys	Born on or After 1st January 2007
	6	Girls	
U-18	7	Boys	Born on or After 1st January 2005
	8	Girls	

As per the guidelines of Uttarakhand Hockey Association a player can play in more than one age category but not in different teams within the same age category.

As per SFA guidelines a school can send any number of teams across all event categories



Age Group	Event No.	Weight Categories (Boys)	Event No.	Weight Categories (Girls)	Cut Off Dates
U-8	1	-15	61	-15	Born on or After 1st January 2015
	2	-18	62	-18	
	3	-21	63	-21	
	4	-24	64	-24	
	5	-27	65	-27	
	6	-30	66	-30	
	7	-33	67	-33	
	8	-36	68	-36	
	9	+36	69	+36	
U-10	10	-21	70	-21	Born on or After 1st January 2013
	11	-24	71	-24	
	12	-27	72	-27	
	13	-30	73	-30	
	14	-33	74	-33	
	15	-36	75	-36	
	16	-39	76	-39	
	17	-42	77	-42	
	18	-46	78	-46	
	19	-50	79	-50	
	20	+50	80	+50	

As per the guidelines of Judo Association of Uttarakhand a player can participate in only **ONE** weight category

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Age Group	Event No.	Weight Categories (Boys)	Event No.	Weight Categories (Girls)	Cut Off Dates
U-12	21	-23	81	-24	Born on or After 1st January 2011
	22	-26	82	-27	
	23	-29	83	-30	
	24	-32	84	-34	
	25	-36	85	-38	
	26	-40	86	-42	
	27	-44	87	-46	
	28	-48	88	-50	
	29	-52	89	-55	
	30	-57	90	-60	
	31	-63	91	+60	
	32	+63	92	-	
U-14	33	-30	93	-32	Born on or After 1st January 2009
	34	-34	94	-36	
	35	-38	95	-40	
	36	-42	96	-44	
	37	-46	97	-48	
	38	-50	98	-52	
	39	-55	99	-57	
	40	-60	100	-63	
	41	-66	101	+63	
	42	+66	102	-	

As per the guidelines of Judo Association of Uttarakhand a player can participate in only **ONE** weight categor

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Age Group	Event No.	Weight Categories (Boys)	Event No.	Weight Categories (Girls)	Cut Off Dates
U-17	43	-35	103	-32	Born on or After 1st January 2006
	44	-40	104	-36	
	45	-45	105	-40	
	46	-50	106	-44	
	47	-55	107	-48	
	48	-60	108	-52	
	49	-66	109	-57	
	50	-73	110	-63	
	51	+73	111	+63	
U-19	52	-35	112	-32	Born on or After 1st January 2004
	53	-40	113	-36	
	54	-45	114	-40	
	55	-50	115	-44	
	56	-55	116	-48	
	57	-60	117	-52	
	58	-66	118	-57	
	59	-73	119	-63	
	60	+73	120	+63	

As per the guidelines of Judo Association of Uttarakhand a player can participate in only **ONE** weight category



Age Group	Event No.	Gender	Cut Off Dates
U-14	1	Boys	Born on or After 1st January 2009
	2	Girls	
U-17	3	Boys	Born on or After 1st January 2006
	4	Girls	
U-19	5	Boys	Born on or After 1st January 2004
	6	Girls	

As per the guidelines of Uttarakhand State Kabaddi Association a player can play in more than one age category but not in different teams within the same age category

As per SFA guidelines a school can send any number of teams across all event categories



# KARATE

KATA			
Age Group		Gender	Cut Off Dates
U-7	1	Boys	Born on or After 1st January 2016
	2	Girls	
U-9	3	Boys	Born on or After 1st January 2014
	4	Girls	
U-11	5	Boys	Born on or After 1st January 2012
	6	Girls	
U-13	7	Boys	Born on or After 1st January 2010
	8	Girls	
U-15	9	Boys	Born on or After 1st January 2008
	10	Girls	
U-17	11	Boys	Born on or After 1st January 2006
	12	Girls	
U-19	13	Boys	Born on or After 1st January 2004
	14	Girls	

As per the guidelines of World Karate Federation a player can participate in only **ONE** weight category

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## KUMITE

Age Group	Event No.	Weight Categories (Boys)	Event No.	Weight Categories (Girls)	Cut Off Dates
U-7	1	-22	41	-22	Born on or After 1st January 2016
	2	22 – 25	42	22 – 25	
	3	25 – 28	43	25 – 28	
	4	28 – 31	44	28 – 31	
	5	+31	45	+31	
U-9	6	-25	46	-25	Born on or After 1st January 2014
	7	25 – 28	47	25 – 28	
	8	28 – 31	48	28 – 31	
	9	31 – 34	49	31 – 34	
	10	+34	50	+34	
U-11	11	-30	51	-30	Born on or After 1st January 2012
	12	30 – 34	52	30 – 34	
	13	34 – 38	53	34 – 38	
	14	38 – 42	54	38 – 42	
	15	42 – 46	55	42 – 46	
	16	+46	56	+46	
U-13	17	-34	57	-34	Born on or After 1st January 2010
	18	34 – 38	58	34 – 38	
	19	38 – 42	59	38 – 42	
	20	42 – 46	60	42 – 46	
	21	46 – 50	61	46 – 50	
	22	+50	62	+50	

As per the guidelines of World Karate Federation a player can participate in only **ONE** weight category



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Age Group	Event No.	Weight Categories (Boys)	Event No.	Weight Categories (Girls)	Cut Off Dates
U-15	23	-38	63	-38	Born on or After 1st January 2008
	24	38 – 43	64	38 – 43	
	25	43 – 47	65	43 – 47	
	26	47 – 51	66	47 – 51	
	27	51 – 55	67	51 – 55	
	28	+55	68	+55	
U-17	29	-43	69	-43	Born on or After 1st January 2006
	30	43 – 48	70	43 – 48	
	31	48 – 53	71	48 – 53	
	32	53 – 58	72	53 – 58	
	33	58 – 63	73	58 – 63	
	34	+63	74	+63	
U-19	35	-43	75	-43	Born on or After 1st January 2004
	36	43 – 48	76	43 – 48	
	37	48 – 53	77	48 – 53	
	38	53 – 58	78	53 – 58	
	39	58 – 63	79	58 – 63	
	40	+63	80	+63	

As per the guidelines of World Karate Federation a player can participate in only **ONE** weight category



Age Group	Event No.	Gender	Cut Off Dates
U-14	1	Boys	Born on or After 1st January 2009
	2	Girls	
U-18	3	Boys	Born on or After 1st January 2005
	4	Girls	

As per the guidelines of Uttarakhand Kho Kho Association a player can play in more than one age category but not in different teams within the same age category.

As per SFA guidelines a school can send any number of teams across all event categories



# SHOOTING

Age Group	Event No.	Event Categories (Boys AND Girls)	Cut Off Dates
U-14	1	Open Sight	Born on or After 1st January 2009
	2	Peep Sight	
	3	Air Pistol	
U-17	4	Open Sight	Born on or After 1st January 2006
	5	Peep Sight	
	6	Air Pistol	
U-19	7	Open Sight	Born on or After 1st January 2004
	8	Peep Sight	
	9	Air Pistol	

As per the guidelines of Uttaranchal State Rifle Association a player can take part in multiple age groups of any **ONE** event



Age Group	Event No.	Event Categories (Boys AND Girls)	Cut Off Dates
U-5	1	200m Quads	Born on or after 1st January 2018
	2	400m Quads	
	3	600m Quads	
U-7	4	200m Quads	Born on or after 1st January 2016
	5	400m Quads	
	6	600m Quads	
U-9	7	200m InLine	Born on or after 1st January 2014
	8	500m InLine	
	9	1000m InLine	
	10	200m Quads	
	11	500m Quads	
	12	800m Quads	
U-11	13	200m InLine	Born on or after 1st January 2012
	14	500m InLine	
	15	1000m InLine	
	16	200m Quads	
	17	500m Quads	
	18	800m Quads	
U-14	19	500m InLine	Born on or after 1st January 2009
	20	1000m InLine	
	21	500m Quads	
	22	1000m Quads	
U-17	23	500m InLine	Born on or after 1st January 2006
	24	1000m InLine	
	25	500m Quads	
	26	1000m Quads	
U-19	27	500m InLine	Born on or after 1st January 2004
	28	1000m InLine	
	29	500m Quads	
	30	1000m Quads	

\*\*\* A player can participate in multiple events of ONE type (Quad/InLine) in ONE age category that he/she is eligible for.

For Eg: If a player selects U- 9 200m InLine then he/she will be eligible to select U-9 500m In-Line & 1000m InLine



# SPORT MMA

Age Group	Event No.	Weight Categories (Boys)	Event No.	Weight Categories (Girls)	Cut Off Dates
U-9	1	-25	37	-25	Born on or After 1st January 2014
	2	-28	38	-28	
	3	-31	39	-31	
	4	-34	40	-34	
	5	+34	41	+34	
U-11	6	-29	42	-29	Born on or After 1st January 2012
	7	-33	43	-33	
	8	-37	44	-37	
	9	-41	45	-41	
	10	+41	46	+41	
U-13	11	-33	47	-33	Born on or After 1st January 2010
	12	-38	48	-38	
	13	-43	49	-43	
	14	-48	50	-48	
	15	-53	51	-53	
	16	+53	52	+53	
U-15	17	-38	53	-38	Born on or After 1st January 2008
	18	-43	54	-43	
	19	-48	55	-48	
	20	-53	56	-53	
	21	-58	57	-58	
	22	+58	58	+58	

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U-17	23	-52 (Straw weight)	59	-52 (Straw weight)	Born on or After 1st January 2006
	24	52.2 – 56.7 (Flyweight)	60	52.2 – 56.7 (Flyweight)	
	25	56.7 – 61.3 (Bantum weight)	61	56.7 – 61.3 (Bantum weight)	
	26	61.3 – 65.9 (Feather weight)	62	61.3 – 65.9 (Feather weight)	
	27	65.9 – 70.5 (Light weight)	63	65.9 – 70.5 (Light weight)	
	28	70.5 – 77.3 (Welter weight)	64	70.5 – 77.3 (Welter weight)	
	29	77.3 – 84.1 (Middle weight)	65	77.3 – 84.1 (Middle weight)	
U-19	30	-52 (Straw weight)	66	-52 (Straw weight)	Born on or After 1st January 2004
	31	52.2 – 56.7 (Flyweight)	67	52.2 – 56.7 (Flyweight)	
	32	56.7 – 61.3 (Bantum weight)	68	56.7 – 61.3 (Bantum weight)	
	33	61.3 – 65.9 (Feather weight)	69	61.3 – 65.9 (Feather weight)	
	34	65.9 – 70.5 (Light weight)	70	65.9 – 70.5 (Light weight)	
	35	70.5 – 77.3 (Welter weight)	71	70.5 – 77.3 (Welter weight)	
	36	77.3 – 84.1 (Middle weight)	72	77.3 – 84.1 (Middle weight)	

As per the guidelines of All India Mixed Martial Arts Association a player can participate in only **ONE** weight category



## TABLE TENNIS

Age Group	Event No.	Event Categories (Boys)	Event No.	Event Categories (Girls)	Cut Off Dates
U-10	1	Singles	10	Singles	Born on or After 1st January 2013
U-12	2	Singles	11	Singles	Born on or After 1st January 2011
	3	Doubles	12	Doubles	
U-15	4	Singles	13	Singles	Born on or After 1st January 2008
	5	Doubles	14	Doubles	
U-17	6	Singles	15	Singles	Born on or After 1st January 2006
	7	Doubles	16	Doubles	
U-19	8	Singles	17	Singles	Born on or After 1st January 2004
	9	Doubles	18	Doubles	

As per the guidelines of Uttarakhand Table Tennis Association a player can participate in **ALL** events as long as he/she meets the cut off dates mentioned



Age Group	Event No.	Event Categories (Boys)	Event No.	Event Categories (Girls)	Cut Off Dates
U-10	1	Singles	9	Singles	Born on or After 1st January 2013
U-12	2	Singles	10	Singles	Born on or After 1st January 2011
U-14	3	Singles	11	Singles	Born on or After 1st January 2009
	4	Doubles	12	Doubles	
U-16	5	Singles	13	Singles	Born on or After 1st January 2007
	6	Doubles	14	Doubles	
U-18	7	Singles	15	Singles	Born on or After 1st January 2005
	8	Doubles	16	Doubles	

As per the guidelines of Uttaranchal Tennis Association a player can participate in **ALL** events as long as he/she meets the cut off dates mentioned



# WRESTLING

Age Group	Event No.	Weight Categories (Boys)	Event No.	Weight Categories (Girls)	Cut Off Dates
U-14	1	-32	23	-32	Born on or After 1st January 2009
	2	-35	24	-35	
	3	-38	25	-38	
	4	-41	26	-41	
	5	-45	27	-45	
	6	-49	28	-49	
	7	-55	29	-55	
	8	-60	30	-60	
U-17	9	-42	31	-38	Born on or After 1st January 2006
	10	-46	32	-40	
	11	-50	33	-43	
	12	-54	34	-46	
	13	-58	35	-49	
	14	-63	36	-53	
	15	-69	37	-56	
U-19	16	-42	38	-38	Born on or After 1st January 2004
	17	-46	39	-40	
	18	-50	40	-43	
	19	-54	41	-46	
	20	-58	42	-49	
	21	-63	43	-53	
	22	-69	44	-56	

As per the guidelines of Uttarakhand State Wrestling Association a player can participate in only **ONE** weight category





## VOLLEYBALL

Age Group	Event No.	Gender	Cut Off Dates
U-12	1	Boys	Born on or After 1st January 2011
	2	Girls	
U-14	3	Boys	Born on or After 1st January 2009
	4	Girls	
U-16	5	Boys	Born on or After 1st January 2007
	6	Girls	
U-18	7	Boys	Born on or After 1st January 2005
	8	Girls	

As per the guidelines a player can play in more than one age category but not in different teams within the same age category.

As per SFA guidelines a school can send any number of teams across all event categories



## YOGASANA

Age Group	Event No.	Event Categories (Boys)	Event No.	Event Categories (Girls)	Cut Off Dates
U-14	1	Traditional Yogasana	4	Traditional Yogasana	Born between 1st January 2014 to 31st December 2009
U-17	2	Traditional Yogasana	5	Traditional Yogasana	Born Between 1st January 2008 to 31st December 2006
U-19	3	Traditional Yogasana	6	Traditional Yogasana	Born Between 1st January 2005 to 31st December 2004

As per the guidelines of the Yogasana Association of Uttarakhand a player cannot participate in the higher age group.

As per the guidelines of the Yogasana Association of Uttarakhand a player can participate in only one event category.