



## **RULES & REGULATIONS**

1. Open to All Indian Nationals above 18 years of age.
2. Men and Women shall be judged separately.
3. Weight shall be recorded on 19 April 2013 during Rasamanjari (4:30 pm onwards) at the American International School, at the registration counter.
4. The Decisive weight will be registered on 27 September 2013 at the Tulu Parba Competitions and winners will be announced at the same time.
5. The weight shall be recorded in front of the contestants and shall require their signature along with approvals of 3 other supervisory committee members at the time of recording the weight on both occasions.
6. The contestants can achieve their goals in any form they feel is best for their health.
7. The Opinion of a physician must be taken before starting any course of regimen. Tulu Koota Kuwait shall not be responsible for any side effects or medical harm caused by any regimen undertaken.
8. Winners of the last season are not allowed to participate in the current season.
9. The winners of the season are entitled to exciting prizes on the TTK Competitions (27 Sept 2013) at the Indian Community School, Khaitan and will receive mementos at the TTK Tulu Parba (1 November 2013) at the American International School, Kuwait.
10. Registration for all TTK valid members will be free of cost, whereas others will have to pay a registration fee of KD 5.
11. Weight of the contestants shall be kept confidential. Only Winners weight shall be disclosed at the end of the competition.
12. The Judgement of the jury shall be final and binding.

