



Catholic Syro-Malabar Eparchy of Great Britain Year of Spirituality

"Urha 2025 – Eparchial Family Quiz on Spirituality" (Urha / ܐܘܪܗܐ / The Way / Margam / മാർഗ്ഗം)

Competition Rules & Guidelines

1. Introduction

This document outlines the general rules, regulations and guidelines applicable to the *Urha* 2025 – Eparchial Family Quiz on Spirituality (hereafter referred to as 'the Quiz' in this document), organised by the Catholic Syro-Malabar Eparchy of Great Britain (CSMEGB, hereafter referred to as 'the Eparchy' in this document), at various levels of the Eparchy. All contestants are kindly requested to read this document carefully and must strictly adhere to it.

We request every contestant to uphold Catholic values and integrity while taking part in the Urha 2025 – Eparchial Family Quiz on Spirituality, at all levels.

Contestants are requested to visit our website <https://eparchyofgreatbritain.org/eparchial-family-quiz-on-spirituality/> for regular updates and announcements on the *Urha* 2025 – Eparchial Family Quiz on Spirituality and familiarise themselves with the latest version of the rules and guidelines published on the Eparchial website.

2. Eligibility Criteria & Registration Fee

- 2.1. The individual members of the Family Team (hereafter referred to as 'the team' in this document), participating in the *Urha* 2025 – Eparchial Family Quiz on Spirituality, must be members of the Syro-Malabar Catholic Church and must be registered at any one of the CSMEGB parishes/missions/proposed missions/any centre approved by the Eparchy where *Holy Qurbana* is celebrated (hereafter referred to as 'the unit' in this document).
- 2.2. The priest in charge of the unit will verify the team's eligibility to participate in the *Urha* 2025 – Eparchial Family Quiz on Spirituality.
- 2.3. However, it is the team's responsibility to ensure that they meet the eligibility criteria as set in this document. If any team/member of the team is found not eligible to participate in the *Urha* 2025 – Eparchial Family Quiz on Spirituality at any stage of the competition, the team will be disqualified and removed from the competition altogether.

- 2.4. The team should consist of at least two members from the same family, living at the same address, registered as one family at any one of the CSMEGB units using the Membership Registration Form given out by the Eparchy.
- 2.5. A Family Team should only consist of parents, children, grandparents, grandchildren, siblings, and spouses of any of the aforesaid members. A team should only have a maximum of two generations from a family (either parents and children or grandparents and grandchildren).
- 2.6. If the siblings are married, they should form separate teams along with their spouses, even if the married siblings live at the same address.
- 2.7. Family members visiting Great Britain are not eligible to participate in the competition.
- 2.8. International university students and individuals working in Great Britain but living alone in Great Britain away from their families overseas, who are members of the Syro-Malabar Catholic Church and have registered at any one of the CSMEGB units, can form a team of two and participate in the *Urha* 2025 – Eparchial Family Quiz on Spirituality. Members of the team formed as per this clause are exempt from living at the same address.
- 2.9. Consent from the parent/responsible adult must be provided for the children under the age of 18, if the team has no adult participant.
- 2.10. There will be no registration fee for the *Urha* 2025 – Eparchial Family Quiz on Spirituality as the expenses and the prize money are covered by the contributions of the faithful, who are passionate about the Spirituality of our Church.

3. Competition Structure

- 3.1. The *Urha* 2025 – Eparchial Family Quiz on Spirituality will be conducted at Unit, Regional and Eparchial Levels.
- 3.2. Study materials for the Quiz are published every week in the *Denha* e-bulletin, the weekly news bulletin of the CSMEGB as well as the Instagram and Facebook page. Twenty questions are published every week. All the questions already published are available on the Eparchial website as well.
- 3.3. The priest in charge of the unit will assign a coordinator at the Unit Level, to organise the Unit Level Quiz. The name of the Unit Level coordinator must be submitted to the Eparchial Level organisers on or before 23/12/2024, via the online form given out to the priest in charge.
- 3.4. To encourage more participation in the Quiz, Practice Quizzes should be conducted by all the commissions and forums at the units of the CSMEGB throughout the Year of Spirituality. Practice Quizzes should also be organised during the Family Unit gatherings, prior to the Unit Level Quiz itself. This will ensure that the faithful have an active participation in the Year of Spirituality and that the aims and objectives of the Year of Spirituality will bear fruit.

4. Unit Level Quiz

- 4.1. Every team from a unit that has achieved 80% marks or above in the Unit Level Quiz will be eligible to compete at the Regional Level Quiz. If a minimum of three teams from a unit did not achieve the cut off mark of 80% in the Unit Level Quiz, the three teams with the highest marks from that unit will be selected to compete at the Regional Level Quiz.
- 4.2. The dates and venues of the Unit Level Quiz must be provided to the Eparchial Level organisers before 01/06/2025, via the online form given out to the Unit Level coordinator. As the Unit Level Quiz is a written examination, it can be conducted on different dates and at different venues at a unit including *Kodumbakootayma* meetings to enable maximum participation. A team is permitted to reattempt the Unit Level Quiz if multiple dates are available at the unit, to improve their score to qualify for the Regional Level Competitions.
- 4.3. From the questions published in the *Denha* e-bulletin over 15 weeks by 16th March 2025, a question bank of 100 questions will be published in the *Denha* e-bulletin on 30/03/2025, and only these 100 questions will be included in the Unit Level Quiz.
- 4.4. The Unit Level Quiz will comprise of 20 questions taken from the question bank mentioned in 4.3 above and the competition will be in written format. The 20 questions for the Unit Level Quiz will be selected by the Unit Level organisers and the date(s) of the Unit Level Quiz will be announced by the Unit Level organisers themselves.
- 4.5. The Unit Level Quiz should be completed by the end of September 2025 and the names of the teams eligible to participate in the Regional Level Quiz must be submitted to the Eparchial Level organisers on or before 30/09/2025, via the online form given out to the Unit Level coordinators.
- 4.6. It is strongly advised that the Unit Level Quiz should be conducted at the earliest possible date to allow the teams to get the maximum time to prepare for the Regional Level Quiz. However, activities relating to the *Urha* 2025 – Eparchial Family Quiz on Spirituality should be conducted by all the commissions and forums at the units of the CSMEGB throughout the Year of Spirituality, beyond the date of the Unit Level competition.

5. Regional Level Quiz

- 5.1. The Regional Level Quiz will be held online, during the month of October on Sunday evenings, organised by the Eparchial Level organisers.
- 5.2. There will be three rounds of Online Quiz at the Regional Level, held from 8.00 pm to 8.45 pm on 12/10/2025, 19/10/2025 & 26/10/2025. More details on the Online Quiz at Regional Level will be made known to the participants, closer to the date of the Regional Level Quiz.
- 5.3. In addition to the above, there will be an optional Online Practice Quiz held from 8.00 pm to 8.45 pm on Sunday 5/10/2025, for the Regional Level participants to familiarise themselves with the Online Quiz platform.

- 5.4. The total score for the three rounds of the Online Quiz will determine the Regional Level winning teams. Regional Level winning teams will be notified by 02/11/2025 and the winners will be announced by 09/11/2025.
- 5.5. All teams that have achieved 95% marks or above in the Regional Level Quiz will be eligible to compete at the Eparchial Level Quiz. If a minimum of three teams from a Region did not achieve the cut off mark of 95% in the Regional Level Quiz, the three teams with the highest marks from that Region (all teams securing first, second and third positions even if there are ties for these three positions) will be selected to compete at the Eparchial Level Quiz.
- 5.6. If any of the teams that are eligible to compete at the Eparchial Level Quiz cannot attend the Eparchial Level competition, the next team/teams in the rank order could be selected for the Eparchial Level competition.
- 5.7. The questions published over 35 weeks in the *Denha* e-bulletin will be included in the Online Quiz at the Regional Level. Round 1 of the Regional Level Online Quiz will cover questions from week 1 to week 10 published in the *Denha* e-bulletin. Round 2 of the Regional Level Online Quiz will cover questions from week 11 to week 22 published in the *Denha* e-bulletin. Round 3 of the Regional Level Online Quiz will cover questions from week 23 to week 35 published in the *Denha* e-bulletin.

6. Eparchial Level Quiz

- 6.1. The Eparchial Level Quiz will be conducted on Saturday, 29/11/2025 based on all of the *Urha* 2025 Eparchial Family Quiz on Spirituality questions (1001 questions) published in the *Denha* e-bulletin and other social media platforms over 50 weeks, questions from the Eparchial Five-Year Plan document 'The Holy to the Holy Ones' and from the selected 20 articles on Spirituality published in *Denha* e-bulletin.
- 6.2. The Eparchial Level Quiz will consist of a preliminary written elimination round to select the six teams for the live stage rounds of the Grand Finale.
- 6.3. The final structure of the Eparchial Level Quiz will be announced later. The Eparchial Level Quiz will be held at the Our Lady Queen of Peace Syro-Malabar Catholic Church Parish Hall, Litherland, Liverpool, L21 0EQ.

7. Prize

- 7.1. The winners of the Unit Level Quiz will be honoured appropriately at the Unit Level itself.
- 7.2. All teams participating in the Eparchial Level Quiz, will be awarded a 'Finalist Certificate and a Trophy'.
- 7.3. Every team that scores 80% or above marks in the Regional Level Quiz will be awarded a 'Merit Certificate'.
- 7.4. The winning team at the Eparchial Level Quiz will be awarded a trophy and a cash prize of £3000.00. The first runner up at the Eparchial Level Quiz will be awarded a trophy and

a cash prize of £2000.00 and the second runner up will be awarded a trophy and a cash prize of £1000.00. The team securing fourth place at the Grand Finale will be awarded a trophy and a cash prize of £250.00, the team securing fifth place at the Grand Finale will be awarded a trophy and a cash prize of £150.00 and the team securing sixth place at the Grand Finale will be awarded a trophy and a cash prize of £100.00.

- 7.5. Units of the Eparchy will be grouped into three categories for the Quiz: those with up to 100 families, between 101 and 250 families and 251 families or above. The top three Units with the largest number of teams competing at the Regional Level Quiz in each of the above categories will be presented with a 'Top Participation Unit Award' trophy.
- 7.6. The top three Regions with the largest number of teams competing at the Eparchial Level Quiz will be presented with a 'Top Participation Region Award' trophy.

8. Competition Schedule

08/12/2024		Week 1 questions published in the <i>Denha</i> news bulletin, Eparchial website, Instagram, Facebook page and other social media platforms
Unit Level	23/12/2024	Last date to submit the names of the Unit Level coordinator via the online form
	30/03/2025	Question bank of 100 questions published in <i>Denha</i> for the Unit Level Quiz
	01/06/2025	Last date to submit the date(s) of the Unit Level Quiz
	30/09/2025	Last date to submit the names of the teams eligible to participate in the Regional Level Quiz
Regional Level	05/10/2025	Practice Quiz (online - only Unit Level questions included)
	12/10/2025	Round 1 (online - only week 1 to week 10 questions included)
	19/10/2025	Round 2 (online - only week 11 to week 22 questions included)
	26/10/2025	Round 3 (online - only week 23 to week 35 questions included)
	09/11/2025	Regional Level winners announced
29/11/2025		Eparchial Level Quiz: written elimination round & live stage rounds (1001 <i>Urha</i> 2025 Eparchial Family Quiz on Spirituality questions published in the <i>Denha</i> e-bulletin over 50 weeks, questions from the Eparchial Five-Year Plan document 'The Holy to the Holy Ones' and from the selected 20 articles on Spirituality published in the <i>Denha</i> e-bulletin)

9. Videos & Photographs

- 9.1. Contestants will be requested to provide a team photograph (including children). Providing the photograph is optional. Providing the photograph will be considered as your team's consent to use the photograph in CSMEGB's publicity materials, website and social media platforms in accordance with the UK GDPR/DPA 2018 guidelines.
- 9.2. The Eparchial Level Quiz may be recorded or telecasted live. By confirming to participate in the Eparchial Level Quiz, you are giving consent for your team's (including children) video and photographs to be taken and/or telecasted live and/or to be used in the CSMEGB's publicity materials, website and social media platforms in accordance with the UK GDPR/DPA 2018 guidelines.

10. UK GDPR/DPA 2018 & Complaints

- 10.1. All data collected during the registration process and during the *Urha* 2025 Eparchial Family Quiz on Spirituality will be used only in accordance with the UK GDPR/DPA 2018. The data collected including any photographs and videos collected and taken during the *Urha* 2025 Eparchial Family Quiz on Spirituality will only be used for the purpose of organising the *Urha* 2025 Eparchial Family Quiz on Spirituality and for publishing in the publicity materials of the CSMEGB including online and printed resources.
- 10.2. The Catholic Syro-Malabar Eparchy of Great Britain is committed to organising the *Urha* 2025 Eparchial Family Quiz on Spirituality to a very high standard. However, if you have any queries or grievances regarding the *Urha* 2025 Eparchial Family Quiz on Spirituality, please email us on yearofspirituality@csmegb.net