



DISTRICT/MONDAL/STATE/NATIONAL JUNIOR YOGA COMPETITION **(YEAR-2021)**

[U-11, U-14, U- 17 & U- 19 (BOYS/GIRLS)]

RULES & REGULATIONS

1. Grouping:- There will be four age groups for the competition as under:-

- (a) Under 11 years.
- (b) Under 14 years.
- (c) Under 17 years.
- (d) Under 19 years.

2. Composition of a Team. A team must comprise a maximum of five competitors (including one reserve). A team consisting of less than four competitors will not be eligible for team championship. However, their performance will be considered for individual position(s). For team championship, scores awarded to the best Three players will only be counted.

3. Asanas to be Performed. The following Asanas will be performed:-

Groups	Asanas	Duration [U-11	U-14	U-17	U-19]
Group 'A'	Paschimottanasana		40 Sec	1 Min	1 Min	1 Min
	Sarvangasana		"	"	"	"
	Matsyasana		"	"	"	"
	Dhanurasana		"	"	"	"
	Ardhamatsyendrasana		"	"	"	"
	Uttanpadasana		"	"	"	"
Group 'B'	Chakrasana		10 Secs	15 Secs	30 Secs	30 Secs
	Sirsasana		"	"	"	"
	Kukkutasana		"	"	"	"
	Bakasana		"	"	"	"
	Bhumasana		"	"	"	"
	Shalabhasana		"	"	"	"



Group 'C' Vyaghrasana	8 Secs	10 Secs	10 Secs	10 Secs
Urdhva kukutasana	"	"	"	"
Sankhyasana	"	"	"	"
Uttith pathastana	"	"	"	"
Utith padahastana	"	"	"	"
Padmayurasana	"	"	"	"

4. Assigning and Selection of Asanas. A total of five asanas will be performed by the competitors as under:-

Group 'A' & 'B' - Two asana each group by draw on spot.

Group 'C'- One asana to be selected by the participant on his own.

Total No of Asanas- Five asanas

Note : The asana, once assigned, cannot be changed

5. Performance Time of Asanas. If required the organizers may reduce the time limit for the asana. For example, the time limit of an asana may be reduced from two minutes to one minute. Such change, if made, will be applicable to all participants. Under no circumstances the time limit will be extended.

Artistic Yoga Competition

- Separate competition will be held for Boys & Girls in all categories: under 11, 14, 17 & 19 years.
- Only one participant from each school, each group & each category will participate.
- The player will have to perform any five asanas of their choice from the Apex - A:

i) List of Asana

S No	Asana Name	Duration	Point
aa)	Standing Vruchikasana	15 Sec.	10
ab)	Standing Linkarasana	"	"
ac)	Natrajasana	"	"
ad)	Sthambh Sirsasana	"	"

योग: कर्मसु कौशलम्

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S No	Asana Name	Duration	Point
ae)	Dharajasan (Flag Postures)	15 Sec.	10
af)	Standing Eka pada Skandasana	"	"
ag)	Kandapeedasana	"	"
ah)	Utthid Dwipad Kandasana	"	"

ii) Pranav Dhavni. (Om Chanting) will also be performed by all the participants & the criteria for the allotment of marks shall be as under.

S No	Duration	Points	S No	Duration	Points
aa)	20 Sec.	1 Point	ab)	30 Sec.	2 Points
ac)	35 Sec.	3 Points	ad)	40 Sec.	4 Points
ae)	45 Sec.	5 Points	af)	50 Sec.	6 Points
ag)	60 Sec.	7 Points	ah)	70 Sec.	8 Points
ai)	80 Sec.	9 Points	aj)	90 Sec.	10 Points

6. Attempts to perform Asanas. There will be only one attempt for compulsory asana. Three attempts will be given for optional asanas only. No asana will be changed or altered once fixed or obtained by the competition.

7. Judging. The judging scheme will include construction, holding and lasting of an asana. Expression of tension or trembling will also be noted. The final pose will be accepted with a smiling face and a pleasant expression.

8. Scoring. A competitor will be awarded a maximum of 50 points and each asana will be judged out of 10 points. Detailed distribution of the points to be awarded by the judges is as under:-

(a) Way of performance to reach the final stage of the asana	1 Point
(b) Perfect posture of the asana	4 Points
(c) Exhibition of the asana without tension and trembling	2 Points
(d) Stay in asana for a fixed time	2 Points
(e) Returning to the original posture	1 Point
Total 10 Points	



9. Categorisation of Voluntary Asanas & Scoring. Voluntary asanas will be categorised as “X”, “Y” & “Z” Grade. „X” Grade will include asanas which have balance factor and flexibility of torso and waist. It will also include risk factor e.g. the standing Vruschik Asana. Asana with only flexibility (without balance) will be in „Y” Grade e.g., Dimbasana, Deepasana and Vruschikasanas. Other asanas will be in “Z” Grade. For “X” Grade asanas marking will be done out of 10 points, for “Y” Grade, out of 8 points and for “Z” Grade marking will be out of 6 points. The category of the asana will be decided by the panel of judges on their discretion.

Panel Of Judges

10. The panel of Judges will comprise one chief judge, four judges, one scorer and one time keeper.

11. The judge will write the points awarded for each asana on the scoring sheet separately. The scorer will compile and compute the points and announce them. The maximum and the minimum marks will be deleted . The average of other remaining two will constitute the final score.

12. The judges are free to observe the candidate on the carpet and, if needed, can ask the competitor to perform the asana again.

13. Tie-Breaker.

(a) In case of equal points, the performer’s total points given by all judges will decide the winner.

(b) If a tie still remains then the performer who has more points in the optional (A & B Groups) asana will be declared the winner.

(c) If a tie still remains then the points obtained in Group „C” Asana will decide the winner.

(d) If still there are more than one competitors with equal marks, they will be decided joint winners but if the tie is for the first place, the winner will be decided by the toss of a coin.

14. Dress Code. Participants are advised to put on tight under wears or a supporters with elastic. Shorts or swimming trunks will be worn while performing the asanas. Track suit will not be allowed while performing asanas. This will be ensured by the team managers.

15. Selection of Teams for the Final Round.

(a) If there are more than fifteen teams, the best 6 teams will be selected for the final round after the first round competition.

(b) If there are ten or more teams, four best teams will be selected for the final round.



(c) If there are less than ten teams, final round will be conducted directly and the rules of the finals will be applied.

16. Final Round Rules. Rules for the final round for individual and team championship are as under:-

(a) The competitors will have to perform five asanas from Group "A", "B", "C" as per judges' selection. There will not be more than two asanas from one Group. The Asana performed in the preliminary round will not be repeated.

(b) The competitors will perform two asanas of their choice, excluding compulsory 18 asanas.

(c) Surya Namaskar will be the compulsory asana for the final round. Points to be awarded will be as follows:-

• Body Posture	3 points
• Forward bend	3 points
• Backward bend	3 points
• Dress	1 point
Total	10 Points

(d) Individual Championship will be conducted separately and the best performer from the preliminary round will be selected for the final championship.

(e) **Best of Best Competition.** Winners and Runner Up participants of all three age groups will participate in the Best of Best Competition. They will have to perform three asanas as per the judges' instructions.

17. Team Championship. Winning team will get 10 marks, runners up will get 6 marks and the 2nd runners up will get 4 marks. The Team with maximum marks will be declared the Champion.

18. Date of Birth & Eligibility. The rules for the date of birth, eligibility and protest note will be according to the SGFI rules and norms (Age to be calculated as on 07 Oct 2021 as per SGFI rules).

19. March Past. Participation in the march past is compulsory. All the participating teams will march in their School Uniforms / track suits.

20. Documentation. All Participating Players must be filled Registration & Risk Form including Photo with ID.




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LIST OF ASANAS AS PER ATHLETIC GROUPS

Appex - A

Group A	Group B	Group C
		
PASCHIMOTTANASANA	PURNA CHAKRASANA	VYANGASANA
		 Urdhva Kukkutasana
SARVANGASANA	GARBHASANA	URDHVA KUKKUTASANA
		
MATSYASANA	KUKKUTASANA	SANKHYASANAA
		
PURN DHANURASANA	BAKASANA	UTPADAHASTASANA
		
PURN- MATSYENDRASANA	BHUMASANA	UTITH-TITTIBHASANA
		
UTTANPADASANA	SHALABHASANA	SIRSASANA



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SURYA NAMASKAR

Appex – B

1	2	3	4
5	6	7	8
9	10	11	12



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ARTISTICS GROUP



Pakshi Asana



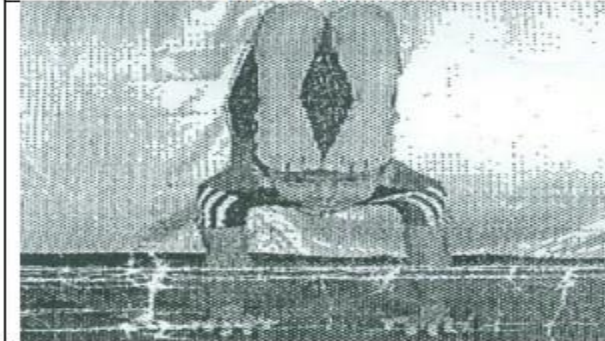
Stambhshirsasana



Dhruv Asana



Dwipad Skandhasana



Purnavrushikasana



Linkarasana



Kandapeedasana



Natarajasana



DISTRICT/MONDAL/STATE/NATIONAL SENIOR YOGA COMPETITION (YEAR-2021)

[U-22, U-25, U-30 & U-35 (MALE/FEMALE)]

RULES & REGULATIONS

1. Grouping:- There will be four age groups for the competition as under:-










- (a) Under 22 years.
- (b) Under 25 years.
- (c) Under 30 years.
- (d) Under 35 years.

2. Composition of a Team. A team must comprise a maximum of five competitors (including one reserve). A team consisting of less than four competitors will not be eligible for team championship. However, their performance will be considered for individual position(s). For team championship, scores awarded to the best Three players will only be counted.

3. Performance Time of Asanas. If required the organisers may reduce the time limit for the asana. For example, the time limit of an asana may be reduced from two minutes to one minute. Such change, if made, will be applicable to all participants. Under no circumstances the time limit will be extended.

LIST OF ASANAS AS PER ATHLETIC GROUPS

[U-22, U-25, U-30 & U-35 (MALE/FEMALE)]

<p>ARDHBADH PADAM PASHCHIMOTANASAN</p> <ol style="list-style-type: none"> ONE LEG ON ANOTHER THIGH, SAME HAND ON BACK WITH LOCKING OF SAME LEG BACK MAX. STRECH FOREHEAD ON LEG 	<p>UPVISHTKONASAN</p> <ol style="list-style-type: none"> LEGS MAX. EXTENDED, TOES INWARD STOMACH & CHEST ON FLOOR HANDS FORWARD STRAIGHT KNEES STRAIGHT 	<ol style="list-style-type: none"> THIGH, HIPS & BACK MAKING MAX. ARCH HANDS & LEGS PERPENDICULAR TO GROUND NECK IN BETWEEN ARMS <p>CHAKRASANA</p> 
<p>SETUBANDH SARVANGASANA</p> <ol style="list-style-type: none"> SHOULDER & ELBOWS IN ONE LINE ON GROUND HEELS & TOES TOGETHER TOUCHING GROUND BACK MAXIMUM UPWARD PLAMS ON BACK 	<p>VEERBHADRASANA 3</p> <ol style="list-style-type: none"> ONE LEG ON GROUND, MUST BE STRAIGHT LEG, BACK AND BOTH ARMS MAX. STRECHED IN A LINE HEAD BETWEEN HANDS 	<ol style="list-style-type: none"> FOLDED KNEE, NEAR HEEL OF ANOTHER LEG HANDS CROSSED IN FRONT OF NOSE IF LEFT KNEE ON GROUND, RIGHT ARM ABOVE LEFT ARM BACK, HEAD & NECK STRAIGHT LINE <p>VATAYANASANA</p> 
<ol style="list-style-type: none"> LEGS IN LOTUS POSE CRANIUM OF HEAD TOUCHING GROUND GRIPPING TOES WITH HANDS AND ELBOWS ON GROUND BACK MAKING MAX. ARCH <p>MATSYASANA</p> 	<p>CHANDRASANA</p> <ol style="list-style-type: none"> ONE LEG FEET STRAIGHT AND SAME HAND ON GROUND ANOTHER LEG & HAND UPWARD STRAIGHT ONE LINE OF LEG, WAIST AND SHOULDER FOCUS ON UPPER HAND 	<ol style="list-style-type: none"> ONE LEG KNEE BEND NEAR THIGH WRIST GRIPPED WITH OTHER HAND ON BACK OTHER LEG STRAIGHT & TOE FORWARD CHIN ON STRAIGHT LEG KNEE <p>MARICHYASANA</p> 
<ol style="list-style-type: none"> THIGH, BUTTOCKS & BACK MAKING MAX. ARCH. GRIPPING FROM ANKLE, HANDS STRAIGHT NAVAL ON GROUND <p>DHANURASANA</p> 	<p>IMPORTANT</p> <ol style="list-style-type: none"> TOTAL 5 AASANS HAVE TO PERFORM ANY 4 AASANS OF YOUR LOTTARY CHOICE AND 1 AASAN OF CHOICE TOTAL TIME FOR PERFORMANCE IS 4-5 MINUTES HOLD ON EACH AASAN IS 30 SEC. EACH AASAN HAVE EQUAL MARKS 	



DISTRICT/MONDAL/STATE/NATIONAL SENIOR YOGA COMPETITION **(YEAR-2020)**

[U-40, U-45, U-55 & Above 55 (MALE/FEMALE)]

RULES & REGULATIONS

1. Grouping:-There will be four age groups for the competition as under:-

- (a) Under 40 years.
- (b) Under 45 years.
- (c) Under 55 years.
- (d) Above 55 years.

2. Composition of a Team. A team must comprise a maximum of five competitors (including one reserve). A team consisting of less than four competitors will not be eligible for team championship. However, their performance will be considered for individual position(s). For team championship, scores awarded to the best Three players will only be counted.

3. Performance Time of Asanas. If required the organisers may reduce the time limit for the asana. For example, the time limit of an asana may be reduced from two minutes to one minute. Such change, if made, will be applicable to all participants. Under no circumstances the time limit will be extended.



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LIST OF ASANAS AS PER ATHLETIC GROUPS

[U-40, U-45, U-55 & Above 55 (MALE/FEMALE)]

<p>PADHASTASAN</p> <ol style="list-style-type: none"> HANDS ON GROUND KNEES STRAIGHT BACK STRAIGHT CHEST TOUCH BETWEEN LEGS 		<p>JANU SIRASAN</p> <ol style="list-style-type: none"> ONE LEG BEND OUTER SIDE, ANOTHER LEG STRAIGHT MAXIMUM GAP IN BOTH LEGS OPPOSITE HANDS ON LEGS SIDE BEND MAXIMUM 		<ol style="list-style-type: none"> CHEST WIDEST 2. SHOULDERS STRAIGHT 3 WAIST UP FROM NAVAL 4. LEGS TOGETHER <p>BHUJANGASAN</p>	
<ol style="list-style-type: none"> HANDS ON FEET. THIGHS & HANDS STRAIGHT BACK MAXIMUM BEND CHEST EXPANDED <p>USHTRASAN</p>		<ol style="list-style-type: none"> FEET HOLD WITH HANDS HIP REGION UPWARD MAXIMUM CHIN TOUCH TO CHEST <p>SETUBANDHASAN</p>		<ol style="list-style-type: none"> ONE FEET ON ANOTHER THIGH BALANCE ON ONE LEG HANDS STRAIGHT UP 4 BACK STRAIGHT <p>VRAKSHASAN</p>	
<ol style="list-style-type: none"> SHOULDERS AND LEGS IN A LINE BACK STRAIGHT BALANCE ON SHOULDER CAN HOLD WITH HANDS <p>SARVANGASAN</p>		<ol style="list-style-type: none"> ONE LEG KNEE BEND BY 90 DEGREE AND SAME HAND ON GROUND ANOTHER LEG STRAIGHT, SAME HAND UP STRAIGHT ONE LINE OF LEG AND WAIST <p>PARSHVKONASAN</p>		<ol style="list-style-type: none"> ONE KNEE ON ANOTHER KNEE BOTH HANDS ON BACK AND LOCK TOGETHER BACK STRAIGHT <p>GOUMUKHASAN</p>	
<ol style="list-style-type: none"> ONE LEG CROSS ANOTHER LEG THIGH TWIST WAIST AND HOLD SAME LEG FEET WITH SAME HAND ANOTHER HAND ON BACK <p>ARDHMACHINDRASAN</p>		<p style="text-align: center;">IMPORTANT</p> <ol style="list-style-type: none"> TOTAL 5 AASANS HAVE TO PERFORM ANY 4 AASANS OF YOUR LOTTARY CHOICE AND 1 AASAN OF CHOICE TOTAL TIME FOR PERFORMANCE IS 4-5 MINUTES HOLD ON EACH AASAN IS 30 SEC. EACH AASAN HAVE EQUAL MARKS 			