



DAV SPORTS RULES AND REGULATIONS 2023-24

Game : Yoga (Boys & Girls)

The competition shall be conducted according to the following rules:

1. The championship will be held in U-14, U-17 & U-19 years age category for boys & girls.
2. A team shall consist of maximum five players in each category (04 Playing + 01 Extra).
3. All members of the team shall wear same colour Uniform, preferably Cycling Shorts & T-Shirts.
4. **List of Asanas for Boys and Girls category :**
Surya Namaskar, Halasana, Gomukhasana, Padahasthasana, Ek-padasirasana, Baddha Padmasana, Virbhadrasana, Chakarasana, Purna Dhanurasana, Matsyasana, Ushtrasana, Akarna Dhanurasana, Uthitha Padmasana, Bakasana, Kukkutasana & Ardha Matsyendrasana.
5. For the Team Championship, only 04 players out of the team shall perform together on the stage. The team shall perform compulsorily 05 Asanas out of the remaining & to be selected by draw of lots. Every Performer on the stage shall be evaluated by a Judge separately. The total points scored by each player shall be consolidated to decide the Team Championship.
6. The Team may be given maximum 05 minutes to perform the Asanas. The final Asanas posture shall be held for 20 sec.
7. All the Players while performing shall bear a Chest Number provided by the Organizing School.
8. Scoring – Each Asana shall carry 10 marks; (i) Way of performing the asanas (starting & returning – 02 marks) (ii) Perfection of posture – 04 marks (iii) Exhibition of the posture – 02 marks & (iv) Fixed retention duration of the posture – 02 marks.
9. The Organizing School shall appoint technically qualified & experienced officials for the Championship: Technical Secretary (01), Chief Judge (01), Judges (05), Scorers (02) & Time Keeper (01). The officials shall prepare the Score-Sheet for the Championship in advance.
10. Top 2 teams from zonal level will participate in National in each age-category of boys and girls separately.
11. The schools Organizing Cluster/Zonal level meet shall take a Group Photo of the teams that have qualified to participate in Zonal / National level meet. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.