



RULES AND REGULATIONS

Game : Yoga (Boys & Girls)

The event will be conducted for Boys and Girls Category in Under-14, Under-17 and Under-19 age category at Cluster, Zonal & National level. .

- a) Group Competition (Maximum 5 players and minimum 4 players can participate, however, if team has less than 4 players then they will not qualify for group championship)
- b) Individual Artistic Yoga Competition.

Note :

1. Each team shall nominate one player to shall play individual competition in each age category separately boys and girls.
2. The nomination of Individual player shall be done at the time of registration. No other player will be entertained on the place of nominated player. In that case the player and the team will be disqualified for the game.
3. All members of the team shall wear same colour Uniform, preferably Cycling Shorts & T-Shirts.
4. 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.
5. Top 2 teams from zonal level will participate in National in each age-category of boys and girls separately.
6. 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.

(I) The Group competition will include the following asanas:

S.No.	Group-A	Group-B	Group-C
1	Paschimottanasana	Purna Chakrasana	Sankhyasana
2	Sarvangasana	Kukutasana	Vyaghrasana
3	Matsyasana	Garbhasana	Urdhava Kukutasana
4	Dhanurasana (Competitor can perform Purna Dhanurasana)	Bhumasa na	Shirshasana
5	Purna Matsendrasana	Purna shalabhasana	Utthit Padahastanasana
6	Uttanapadasana	Bakasana	Utthit Titivasana

1. The asanas of Group A to be performed and retained for age group:
Below 14 Yrs. : 1.30 minutes.
Below 17 & 19 Yrs. : 2.30 minutes.
2. The asanas of Group B to be performed and retained for age group:
Below 14 Yrs. : 20 seconds.
Below 17 & 19 Yrs. : 30 seconds.
3. The asanas of Group C to be performed and retained for age group:
Below 14 Yrs. : 15 seconds.
Below 17 & 19 Yrs. : 20 seconds.
4. At the time of competition asanas from Group A and Group B will be decided by draw system on the spot. While Group C any one asana can be selected by the competitor.
5. Three compulsory asanas are to be performed in the given list of Group A, B and C. In addition to this, two other asanas of the competitor's choice are to be performed excluding compulsory asanas. A total of 5 asanas are to be performed by all the competitors. Each asana will contain 10 marks and competitors will be given marks out of a total of 50 marks.



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6. A competitor will be allowed a maximum of three attempts for optional asanas in Group C and their own choice. No choice will be given for Group A and Group B.

Details distribution of Marks:

- | | | |
|----|--|--------|
| a) | Way to performance to reach the final stage of the asana | 1 Mark |
| b) | Perfect posture of the asana | 4 Mark |
| c) | Exhibition of the asana without tension and trembling | 2 Mark |
| d) | Stay in asana for a fix time | 2 Mark |
| e) | Returning to the original position | 1 Mark |

7. Surya namaskar is compulsory asana for final round of competition.

A total of 10marks as per following division:

- | | | |
|----|---------------|--------|
| a) | Body posture | 3 Mark |
| b) | Forward bend | 3 Mark |
| c) | Backward bend | 3 Mark |
| d) | Dress | 1 Mark |

(ii) Individual Artistic Yoga Competition:

- A. A separate competition will be held for boys and girls in each category under 14, 17 and 19 Yrs.
B. One competitor for each school will be allowed in each group and age category. The player will have to perform any five asanas of their choice from the following.

- | | | |
|---------------------------------|---------------------------------|------------------------------|
| 1. Vrischikasana | 2. Standing Linkarasana | 3. Natarajasana |
| 4. Sthambh Sirasan (Dhruvasana) | 5. Dhwasana | 6. Utthit Dwipad Skandhasana |
| 7. Kand Pidanasa | 8. Standing Eka Pada Skandasana | |

- C. Holding time of each asana is 15 seconds for all groups and categories.

- D. Points will be awarded out of 10 Marks.

- E. Participants have to chant Omkar - must clear pronounce A-U-M (exhale) for two times and the allotment of marks shall be as under:

20 Sec	1 Points	50 Sec	6 Points
30 Sec	2 Points	60 Sec	7 Points
35 Sec	3 Points	70 Sec	8 Points
40 Sec	4 Points	80 Sec	9 Points
45 Sec	5 Points	90 Sec	10 Points