

RULES AND REGULATIONS (YBF) YOGASANA

(Boys)

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

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

An individual team member can participate in the group competition and any one out of the two individual championships mentioned above.

The Group competition will include the following asanas:

Group A

1. Paschimottanasana
2. Sarvangasana
3. Matsyasana
4. Dhanurasana (Competitor can perform Purna Dhanurasana)
5. Purna Matsendrasana
6. Uttanapadasana

Group B

1. Purna Chakrasana
2. Kukutasana
3. Garbhasana
4. Bhumasana
5. Purna shalabhasana
6. Bakasana

Group C

1. Sankhyasana
 2. Vyaghrasana
 3. Urdhava Kukutasana
 4. Shirshasana
 5. Utthit Padahasthasana
 6. 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.



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 Marks |
| c) Exhibition of the asana without tension and trembling | 2 Marks |
| d) Stay in asana for a fix time | 2 Marks |
| 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 Marks |
| b) Forward bend | 3 Marks |
| c) Backward bend | 3 Marks |
| d) Dress | 1 Mark |

(i) 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 region will be allowed in each group

and 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. Dhawajasana
6. Utthit Dwipad Skandhasana
7. Kand Pidanasana
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

(ii) Rhythmic Yoga Competition

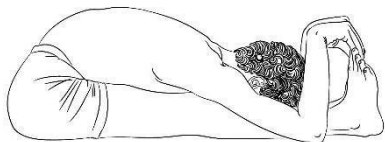
In this competition the competitor has to perform not less than 8 and not more than 15 asanas within maximum of 150 seconds.

1. The competitor has to perform various asanas i.e., forward bending, backward bending, balancing, front and sitting postures in all the four directions with music.
2. One competitor for each region will be allowed in each group and category.
3. The asanas and body movement should be synchronized with music.
4. If a competitor takes more than 150 seconds or less than 120 seconds, one point will be deducted.

GROUP (TRADITIONAL) YOGASANA KEY POINTS

Group A

PASCHIMOTTONASANA



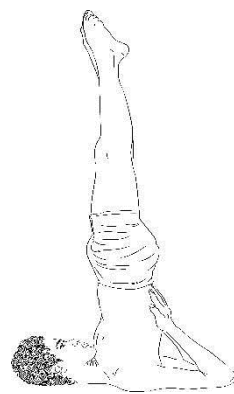
- Back maximum stretched with abdomen, chest, shoulders & forehead touching legs.
- No gap between the floor and leg.
- Toes pointing up together, aligned to other fingers, to be gripped with thumb and

Index finger, other fingers folded inside.

- Grip on toe and Thumb should be on big toe.
- Elbows on the ground, touching legs.

SARBANGASANA

- Spine, legs and hips up to shoulders in straight line.
- Chin to be locked.
- Toes pointing upward.
- Palms placed on back.
- Shoulder distance between both elbows.



PURNA DHANURASANA



Either



Or

- Avoid holding inner side of the feet.
- Competitor must hold outer side or upper side of the feet.
- Try to less bend both elbow and knee.
- Less portion of the abdomen touches with the floor.
- Both arms should be touch with the ears. But keep feet shoulder distance.

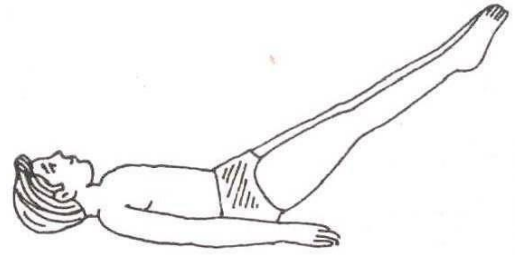


MATSYASANA

- Forehead and both knees should be on the floor.
 - Both elbows touch the floor.
 - Hands holding both toes but don't take any support by the holding of the toes.
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- Heels touching the abdomen.
 - Good posture depends upon less distance. between head and hip.

UTTHAN PADASANA

- Knee should be straight and both legs maintain 45° angle with the floor.
- Both shoulders should touch the floor.
- Both hands are placed on both sides of the body and don't take any support of the hand.
- Good posture depends upon without trembling leg.



PURNA MATSYENDRASANA



- Athletes should be in complete twist.
 - One foot on another hip joint.
 - Any foot over another thigh, sole touching the floor.
 - Knee under the armpit.
 - Hand should catch the toes.
 - Foot behind folded knee.
 - Gluteus muscles and folded knee in contact with the floor.
- Another hand catches the shinbone on the leg.
 - Chin over the shoulder.

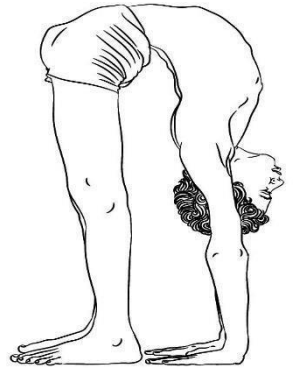
Group B GARVASANA



- Athletes should balance on glutei muscles.
- Keep Padmasana perpendicular to the ground.
- Keep wrist in contact with each other.
- Keep backbone straight.
- Toe planter flexion.

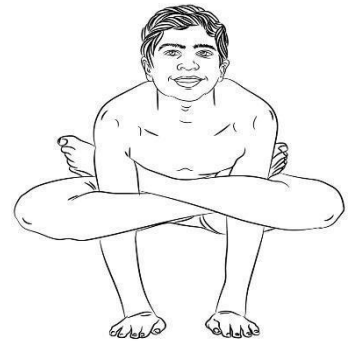
PURNA CHAKRASANA

- Hands and feet at shoulder's width, fingers pointing towards heel.
- Arms & legs to be perpendicular to the ground & parallel to each other.
- Maximum arch at thighs, hips & back.
- Head placed in between arms.
- Each arm touches the ear.
- Fingers closed.



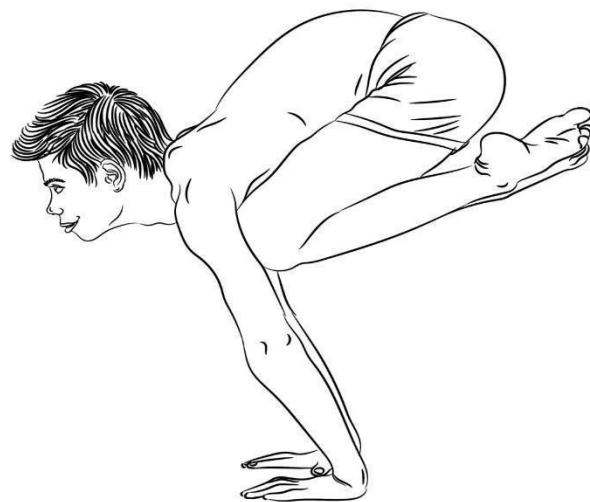
KUKKUTASANA

- Hands must be entered from the front side of feet.
- Padmasana must not be lifted above the elbows.
- Hands are parallel to each other and perpendicular to the ground.
- Flat palm with finger closed.
- Fully exposed thorax or chest.
- Knees, Glutes & elbows must be in a straight line with straight Spine.
- Hands must be straight.
- Knees should be placed under the armpit.
- Toes and feet should be joined together.
- Face facing forward.



BAKASANA

- Hands must be straight.
- Knees should be placed under the armpit.
- Toes and feet should be joined together.
- Face facing forward.
- Spine must be straight (No Curve on Back).



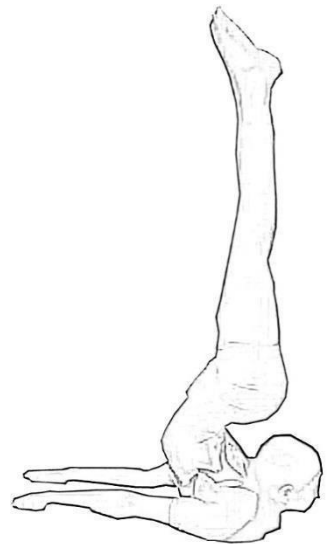
BHUMASANA



- Abdomen, Chest, shoulders and chin touching the ground.
- Back maximum straight
- Knees on the ground with toes pointing upward, Finger in contact with big toe
- Arms in straight line
- Both big toe, wrist, elbows, shoulders should be in on straight line.
- Split in 180°

PURNA SHALAVASANA

- Both hands placed parallel to each other on the floor.
- Shoulder, throat and chin should be touch with the floor.
- Both legs don't cross the head level.
- Chest to leg should be maintained 90° with the floor.
- Glutei muscles should not touch the head.
- With knee extension Hip to toe should be in straight line.



Group C SANKHASANA



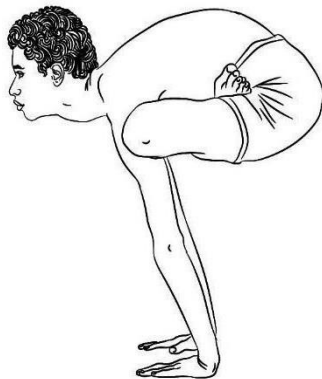
- Whole body balanced on toe.
- Hands in Namaskar mudra in front of chest.
- Any leg should fold behind the back.
- The ankle to knee of behind leg should be parallel to the floor.
- Leg ankle is contact with shoulder blade.

UTTHITA PADAHASTASANA

- Both Legs straight with toes pointing upward.
- Back maximum stretched with abdomen, chest, shoulders, and forehead touching the legs.
- Palms holding the heels with balance on buttocks.
- Biceps touching thighs.



URDHA KUKKUTASANA



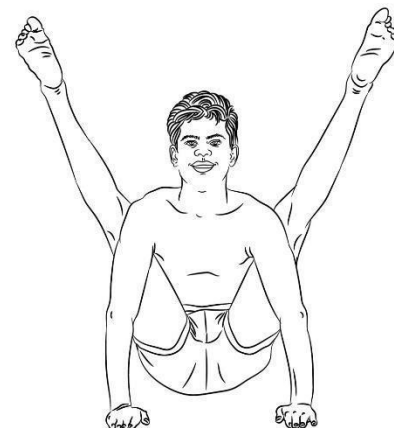
- Crossed (lotus feet) must be placed under the armpit.
- Palms' facing front side, fingers are closed.
- Head should be straight by

looking forward.

- Both the hands are straight and parallel to each other.

UTTHITA TITIVASANA

- Both legs must be straight.
- Legs should be placed just behind the shoulder.
- Spine should be straight.
- The full body with legs must be placed in the same line vertically.
- Hands must be parallel to each other with completely exposed chest (Thorax region).
- Toes in planter flexion and flat palms.



BYAGHRASANA



- Athlete should be in half hand balance.
- Face facing forward.
- Shoulder distance between the hands.
- Hands parallel to each other.
- Legs should be in straight line and both legs tightly closed.
- Glutei muscles should not touch the head.

SIRSASANA

- The front portion of the head should be placed on the ground.
- Fingers to be interlocked on back portion of the head.
- Head, Back, Hip and Legs should be in one straight line.
- Keep toes pointing upward.
- Keep Elbows parallel to each other.



INDIVIDUAL ARTISTIC YOGASANA KEY POINTS

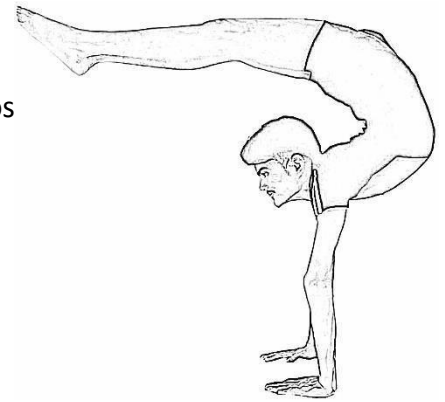
STANDING VRISCHIKASANA

- Athletes must be in full hand balance position with back bend.
- Shoulder distance between the hands.
- Knees and feet should touch each other.
- Hold feet resting on cranium.
- Face facing forward and maximum arch in the back.



STANDING LINKARASANA

- The athlete must be in full hand balance position.
- Arms should be straight at shoulder level distance with fingers close
- Keep both legs straight forward over the head with toes pointed in front.
- Hip should not touch the back of the head.
- Face facing forward and maximum arch in the back.



PARAJASANA

- Athlete must be in one leg balance in back bend position.
- Legs must be in splits of 180° degree keeping knee extended.
- Both hands gripping on extended knee with pointed toes upward.
- Both upper arms must touch the ear and face facing forward.

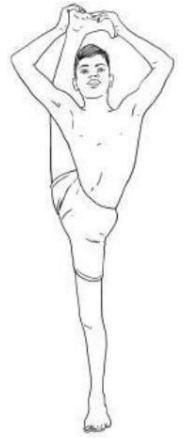
STHAMBH SIRASANA

- Athlete must be in one leg balance and body should be straight.
- Hands, trunk and leg should be perpendicular to the floor.
- By bending at knee keep one leg behind the back parallel to the ground.
- Head in between the hands and face facing forward.



DHAWJASANA/FLAG POSTURE

- Athletes must be in one leg balance without bending at knee.
- The other leg should be stretched straight touching side of the head.
- Both elbows in straight alignment, gripping of heel with the same hand and toes with the other hand.
- Gaze in front keeping neck straight.



STANDING EKA PADA SKANDHASANA

- Athletes must be in one leg balance without bending at knee.
- Any one heel should touch the opposite side shoulder and toe of folded leg stretched out.
- Back, neck and head to be maximum straight.
- Hand folded in the front of chest.

KANDAPEEDASANA

- Heels are at the naval keeping back maximum straight.
- The toes are pointing upwards and soles are touching belly.
- Knees are resting on the floor.
- Keep one hand extending straight at shoulder level parallel to the floor.
- The other hand folded at elbow is on the back of head and palm on shoulder of extended hand.



UTTHIT DWIPAD SKANDHASANA



- The athlete must be in complete hand balance position.
- Shoulders are to be taken out from the crossing of legs behind the head.
- Arms parallel to each other up to shoulder width keeping fingers together.
- Back maximum straight and gaze forward.