

Rules for Yoga Competition

Category A

- (i) Paschimotanasana Note:- elbow must touch the floor
- (ii) Dhanurasana
- (iii) Natrajasana
- (iv) Gaumukhasana

Category B

- (i) Chakrasana Note: Finger should touch the heels.
- (ii) Bakasana

Category C

- (i) Kapotasana
- (ii) Shirasana

Time for each asana

Category A -2 minutes

Category B - thirty seconds

Category C - 20 seconds

Four compulsory asanas are to be performed from the given list of 8 asanas.

No asana will be changed or altered once fixed or obtained by the competitor.

Marking scheme will include the construction, the holding and the lasting of an asana. Expression of tension and trembling will also be noted. The final pose will be accepted with smiling face and pleasant expression.

Each asana will be of 10 marks. The detail distribution of these 10 marks will be given by the judges as under : - (i) Way of performance to reach the final stage of the asana -1 mark. (ii) Perfect posture of the asana – 4 marks. (iii) Exhibition of the asana without tension and trembling – 2 marks. (iv) Stay in asana for a fixed time – 2 marks. (v) Returning to original position – 1 mark

Jeans and trousers will not be allowed while performing asanas. Slacks, Shorts and Track Suits are compulsory.

In case of a tie marks obtained in group 'C' asanas will decide the winner.