



Federation Of Indian Yoga Alliance

Affiliated to - Sports Yoga Alliance International

Address:- Shrikrupa, Ground Floor, Ahilyabai Chowk, Kalyan (W) - 421301

RULES / INSTRUCTIONS

Date - 05/03/2019

AGE GROUPS : Selection Trials will be conducted separately for Boys and Girls under the following 08 (Eight) age Group Categories.

- A. PRIMARY BOYS / GIRLS(above 6 yrs upto 10 yrs)GR – A
- B. SUB-JUNIOR BOYS/GIRLS(above 11 yrs upto 15 yrs)GR – B
- C. JUNIOR BOYS / GIRLS(above 16 yrs upto 22yrs)GR – C
- D. SENIOR BOYS / GIRLS(above 23 yrs upto 28 yrs)GR – D
- E. ELDERLY MEN / WOMEN(above 29 yrs upto 35 yrs)GR – E
- F. VETERAN MEN / WOMEN GR-I (above 36 yrs upto 45 yrs)GR – F
- G. VETERAN MEN / WOMEN GR- II(above 46 yrs and above)GR – G

1. Any number of Participants can take part in trials from each yoga Club / School/ College in TRADITIONAL YOGA.
2. 04 (Four) compulsory Asana are to be performed by each and every contestant of Gr-A to Gr-E, from the list of 10 (Ten) prescribed asana given in a separate sheet, in his/ her respective group, to be selected through a lottery system.
3. 01 (one) Special Asana to be performed according to competitors own choice from Gr-A to Gr-E so total 04(four) compulsory + 01 (one) special asana total = 05 (Five).
4. 05(Five) Asana to be performed by Veteran Gr-F & G, Competitor's according to HIS / HER own choice.
5. Prizes & Merit Certificates will be awarded from 1st to 3rd position in each group remaining 4th to 6th OR more position, (depending on participation) will get certificate of position.
6. Uniform : Any color trunk for boys and any Color Vest and any color costume with half tights for girls are to be used by the competitors .
Total : **Rs. 400** to be deposited with ENTRY FORM.
This entry fee includes fees for Traditional Yoga only.
7. If any one wants to participate in Artistic or Rythmic Yoga, has to pay **Rs. 700/- for each group pp.**
8. Birth Certificate : Competitor has to produce his/her Aadhar Card for age verification & 2 Passport size photographs.

President

Dr. Kajal Patani

Secretary

Mr. Suresh Gandhi

Treasurer

Dr. Parag Patani



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LIST OF ASANAS

GROUP - A (Above 6 yrs to 10 yrs):

1. PADAHASTASANA 2. SHASHANKASANA 3. USHTRASANA
4. CHAKRASANA 5. SARVANGASANA 6. MATSYASANA
7. VIBBKTA PASCHIMOTTHANASANA 8. PURNA SUPTA VAJRASANA
9. VRIKSHASANA 10. AKARNA DHANURASANA

GROUP - B (Above 11 yrs to 15 yrs):

1. GARABHASANA 2. EKA PADA SIKANDASANA
- 3 CHAKRASANA 4. BAKASANA 5. DHANURASANA
6. . VIRBHADRASANA 7. SIRSHASANA 8. UTTHITA PASCHIMOTTANASANA
9. YOGA NIDRASANA 10. PADAMA MAYURASANA

GROUP - C (Above 16 yrs to 22 yrs) :

1. DANDYAMAN JANUSIRSHASANA 2. VATAYANASANA
3. PURNA MATSYENDRASANA 4. PARIVARTITA PARSHVAKONASANA
5. VIRBHADRASANA 6. MATSYASANA 7. DIMBASANA
8. PADMA SARVANGASANA 9. COUNDINYASANA 10. DHANURASANA

GROUP - D (Above 23 yrs to 28 yrs) :

1. GARUDASANA 2. ARDHA MATSYENDRASANA
3. EK PADA CHAKRASANA 4. USHTRASANA
5. PADMA SARVANGASANA 6. HALASANA
7. PURNA DHANURASANA 8. UTTHIT EKA PADA SHIKANDHASANA
9. UTTHITA PASCHIMOTANASANA 10. MATSYASANA

GROUP - E (Above 29 yrs to 35 yrs.) :

1. VRIKSHASANA 2. PASCHIMOTANASANA
3. SARVANGASANA 4. USHTRASANA 5. PADAHASTASANA
6. ARDHA MATSYENDRASANA 7. AKARNA DHANURASANA
8. HALASANA 9. VIRBHADRASANA
10. MATSYASANA

GROUP - F & G (MEN/WOMEN) :

ANY 05 (FIVE) ASANAS AS PER OWN CHOICE

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RHYTHMIC YOGA

PAIRS :-

Pair of Two & Group of five.

Any number of pairs allowed from Club/School/College.

Entry form for Rhythmic Group (PAIRS) should be filled separately other than Traditional Yoga entry.

RYTHMIC RULES

- 1.Rhythmic Yoga Competition will be held for PAIRS.
- 2.The Pair may consist of either both Boys or Girls or in Mix.
- 3.Competition will be held in two groups 6 to 30 years and +31 years.
- 4.Rhythmic Yoga is the presentation of various Asanas (postures) with music, including Forward Bending, Backward Bending, Twisting, Balancing & Lying Postures.
- 5.Pair should perform the same postures together. It should be Synchronized with each other.
- 6.Number of Postures performed should be 8 to 10 of Competitors choice.
- 7.There should not be any Body Touch between the participants.
- 8.There should be perfect Synchronization of Body movement with the music and have to cover maximum platform. It should not be from one spot.
- 9.Time duration for the presentation will be minimum 120 to maximum 150 seconds.
- 10.Competitor will maintain each posture for at least 3 to 5 seconds during the performance.
- 11.The transition from one posture to another should be slow, Rhythmic and Synchronized.

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ARTISTIC PAIR YOGA

01. The Artistic Pair Yoga competition (Either both Girls or both Boys or a Boy & a Girl) will be held in Junior (6 yrs to 28 yrs) & Senior (29 yrs and above) age groups.
02. Artistic Pair Yoga consist of presentation of various Asanas (Postures) including Forward & Backward Bending, Twisting, Balancing, Lying Posture, Sitting Postures etc., including Pyramid making performed with Music.
03. Both the participants will performed two different postures at a time. Performing same posture will be a disqualification.
04. Body Touch is allowed in the competition as per the discretion of the competitor.
05. Making of Pyramid will be given preference.
06. Synchronization of body movements with music will be given Top Preference.
07. Number of Postures performed should be 8 to 10 of Competitors choice.
08. Time duration for the presentation will be minimum 120 to maximum 150 seconds.
09. Competitor will maintain each posture for at least 3 to 5 seconds during the performance.
10. The transition from one posture to another should be slow, Rhythmic and Synchronized.

ARTISTIC YOGA -- SINGLE

01. Competition will be held in Junior (6 yrs to 28 yrs.) & Senior (29 yrs and above) Age Groups, Male & Female separately.
02. Artistic Yoga consist of Presentation of various Asanas (Postures) including Forward & Backward Bending, Twisting Lying Postures, etc. performed with Music.
03. It is synchronization of Body Movement with music (without break)
04. Number of Postures performed should be 8 to 10 of competitors choice.
05. Time duration for the presentation will be minimum 120 to maximum 150 seconds.
06. Competitor will maintain each posture for at least 3 to 5 seconds during the performance.
07. The transition from one posture to another posture should be slow & Artistic.
08. Use of four corners of platform & centre of platform is compulsory.

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