

**NATIONAL GAMES IN YOGASANA U-14/U-17/U-19**  
**(Boys & Girls)**  
**RULES & REGULATIONS**

**1. Grouping.** Yoga Competition will be organized for Boys & Girls sections separately. There will be three age groups for the competition as under:-

- a) Under 14
- b) Under 17
- c) Under 19

**2. Event Category:** Yoga Competition will be organized in following categories:

- a) Traditional Yogasana ( Individual)
- b) Artistic Yogasana (Individual)
- c) Rhythmic Yogasana (Individual)

**3. Composition of a Team.**

**A Team Composition for Yogasana Competition (Regional and KVS National):**

**a) Team Size:**

- A maximum of FIVE competitors can be included in a team from a School/Region in the competition.

**b) Event Breakdown:**

- Three (3) Best Individual Competitors for traditional Yogasana
- One (1) competitor for Rhythmic Yogasana
- One (1) competitor for Artistic Yogasana

**c) Individual Traditional Yogasana Participation:**

- A school can submit entries for one (1), two (2), or three (3) individual Yogasana competitors.  
**Important:** A competitor can participate in either Rhythmic Yogasana OR Artistic Yogasana, but not both. They can, however, compete in individual traditional Yogasana events along with their chosen Rhythmic/Artistic Yogasana.

**d) Age Group Participation:**

- A school/region can submit entries for higher age groups as well.  
For example, a competitor in the Under-14 (U-14) boy's category can also participate in the Under-17 (U-17) and Under-19 (U-19) events. However, a competitor in the U-19 category cannot participate in any lower age group events.

**A Team Composition for Yogasana Competition (SGFI)**

**a) Team Size:**

Team may comprise a maximum of **SEVEN** (Five for Group traditional Yogasanas, One for Rhythmic & One for Artistic) competitors (including one reserve) & Minimum of **FIVE\***. A team consisting of less than four competitors will not be eligible for the team championship. However, their performance will be considered for individual position(s). For the team championship, only the scores awarded to the best four players will be counted.

**b) Event Breakdown:**

- Five (5) Best Individual Competitors for traditional Yogasana
- One (1) competitor for Rhythmic Yogasana
- One (1) competitor for Artistic Yogasana

**NOTE:- \*Minimum of FIVE (five for group traditional Yogasana where one can take part in both team and Individual Artistic Yoga and one who can take part in both team & Rhythmic Yoga).**

**4. Traditional Yoga Competition (Team and Individual).** The Traditional Asanas given in following chart –as per duration mentioned below are to be performed for the competition.

Groups		Asanas	Duration		
			U- 19	U- 17	U- 14
<b>Group A</b>	1	Paschimottanasana (Elbow must touch the floor)	2 ½ Min	2 ½ Min	1 ½ Min
	2	Sarvangasana	2 ½ Min	2 ½ Min	1 ½ Min
	3	Matsyasana	2 ½ Min	2 ½ Min	1 ½ Min
	4	Purna Dhanurasana	2 ½ Min	2 ½ Min	1 ½ Min
	5	Purna-Matsyendrasana	2 ½ Min	2 ½ Min	1 ½ Min
	6	Uttan Padasana	2 ½ Min	2 ½ Min	1 ½ Min
<b>Group B</b>	1	Purna Chakrasana (Finger should touch the heels)	30 Sec.	30 Sec.	20 Sec.
	2	Kukkutasana	30 Sec.	30 Sec.	20 Sec.
	3	Garbhasana	30 Sec.	30 Sec.	20 Sec.
	4	Bakasana	30 Sec.	30 Sec.	20 Sec.
	5	Bhumasana	30 Sec.	30 Sec.	20 Sec.
	6	Purna Shalabhasana	30 Sec.	30 Sec.	20 Sec.
<b>Group C</b>	1	Sankhyasana (Knee should not touch the Floor)	20 Sec.	20 Sec.	15 Sec.
	2	Vyaghrasana	20 Sec.	20 Sec.	15 Sec.
	3	Urdhava Kuktasana	20 Sec.	20 Sec.	15 Sec.
	4	UtithTitibhasana	20 Sec.	20 Sec.	15 Sec.
	5	Sirsasana	20 Sec.	20 Sec.	15 Sec.
	6	Utith Padhustasana	20 Sec.	20 Sec.	15 Sec.

**5. Assigning and Selection of Asanas.** A total of five asanas will be performed by the competitors as under:-

Group A	Group B	Group C	Optional Asanas	Total
One asana from this group Asanas by draw on the spot	One asana from this group Asanas by draw on the spot	One asana to be selected by the participant his/her choice	Any two asanas at the option of the participant excluding all the three groups	Five asanas

i) At the time of competition asanas from group 'A' & group 'B' will be assigned by draw system on the spot. While in group 'C' any one asana can be selected by the player. Every participant has to perform three compulsory asanas, separate draws will be made for boys and girls section.

(ii) Three compulsory asanas are to be performed from the given list of eighteen asanas in Group 'A' 'B' and 'C' In addition to this two any other asanas of the player's choice are also to be performed excluding compulsory asanas. Thus totals 5 asanas are to be performed by all the competitors. Each asana will contain 10 marks and thus a competitor will be given marks out of total of 50 marks

**6. Asana Performance Time variation:** If required the organizers may reduce the time limit for the asana. For example, the time limit of an asana may be reduced from two minutes to one minute. Such change, if made, will be applicable to all participants. Under no circumstances the time limit will be extended.

**7. Attempts to perform Asanas.** There will be only one attempt for compulsory asanas of Group A & B. Three attempts will be given for optional asanas Group 'C' & own choice asanas). No chance will be given for group A & B.

**NOTE –**

- **No asana will be changed or altered once fixed or declaration obtained by the competitor**
- **Any props / supportive things allowed in the performance of the any asanas.**

**8. Marking / Judging Scheme.** The judging criteria will include construction, holding and lasting of asana. Expression of tension or trembling will also be noted. The final pose will be accepted with a smiling face and a pleasant expression.

**9. Marks / Score distribution.** Each asana will be of 10 marks. A competitor will be awarded a maximum of 50 points for 5 asanas and 10 points for Surya Namaskar in final round and each asana will be judged out of 10 points. Detailed distribution of the points to be awarded by the judges is as under including Surya Namaskar:-

S No	Details of Parameter	Points
a)	Way of performance to reach the final stage of the asana	1 Point
b)	Perfect posture of the asana	4 Points
c)	Exhibition of the asana without tension and trembling	2 Points
d)	Stay in the asana for a fixed time	2 Points
e)	Returning to the original posture	1 Point

**10. Categorization of Advance Asanas & Scoring. (Optional choice asanas)**

S No	Parameter	For example	Points
a)	Balance factor and flexibility of Torso and waist it will also include risk factor	Standing Vruschik Asana	10
b)	Asana with only flexibility (without balance)	Dimbasana, Deepasana	8
c)	Other asana	Garudasana, Vatyanasana	6

**Note:**

For the 'A' grade asana marking will be out of 10 marks. For 'B' grade asana out of 8 marks and for 'C' grade marking will be out of 6 marks. The category of the asanas will be decided by the panel of judges at their discretion.

**11. SuryaNamaskara:** will be compulsory asana for the final round. Points allotted areas below

<b>Body Posture</b>	3 points	<b>Forward bend</b>	3 points	<b>Total</b>
<b>Backward bend</b>	3 points	<b>Dress</b>	1 points	

**12. Panel of Judges.** The panel of Judges will comprise one Chief Judge, four judges, one scorer and two time keepers and also an announcer and stage manager. There will be separate panel of judges for both boys and girls sections. The Chief Judge has the power to change the decision of one or all the judges for the sake of justice.

The judges will write the points awarded for each asana on separate score sheets and display the points, for the spectators to see the scores so that no one can reduce the points and announce it again.

The judge will award marks out of 10 marks to each competitor for each asana separately. The maximum and the minimum (highest and lowest) will be deleted and the average of other remaining three judges will constitute the final score. The scorer will compile and compute the points and announce them.

The judges are free to observe the candidate on the carpet and, if needed, can ask the competitor to perform the asana again. No judge is allowed to stand in front of player in the balance asana

**13. Appointment of Judges / Referees:** The judges / referees for each event shall be appointed by the organizing committee. No objection shall be entertained on such appointments.

**14. Dress Code.** Track Suits will not be allowed while performing asanas. Slacks, Shorts or Swimming Costumes are compulsory during the asana. Participants are strictly instructed to put on tight underwears with elastics.

**15. Tie Breaking:**

In-case of equal points, the performer's total points given by all judges will decide the winner.

- a) If a tie still remains then the performer who has more points in the optional asana will be declared the winner.
- b) If a tie still remains then the points obtained in Group 'C' asana will decide the winner.
- c) If still there are more than one competitors with equal marks, they will be declared joint winners but if the tie is for the first place, the winner will be decided by the toss of a coin.

**16. Final Round Rules for Individual and team competition**

- a) The competitors will have to perform five asanas from group 'A', 'B', 'C' as per judges' instruction. There will not be more than two asanas from one Group. The asana performed in the preliminary round will not be repeated.
- b) The competitor will perform two asanas of their choice excluding compulsory 18 asanas.
- c) Suryanamaskar will be compulsory asana for the final round. The marking will be as under:-

Body Posture	03 points	Forward bend	03 points	Total 10 points
Backward bend	03 points	Dress	01 points	

- d) Individual championship will be conducted separately and the best performer from the preliminary round will be selected for the final championship.

**Note: (1) During the SGFI selection trials, participants will be required to perform all 18 asanas from group A, B & C and any two optional asanas. Their selection will be based on their overall performance of these asanas.**

**(2) If the number of teams is less than three then only trials for Nationals (SGFI) will be organized.**

**17. Individual & Team Championship.**

a) In individual Championship, the winner will get 5 marks, the runner up will get 3 marks & second runner up will get 2 marks.

b) The school/Region with maximum marks will be declared the Champion School/Region.

**18. Date of Birth & Eligibility.** The rules for the date of birth, eligibility and protest note will be according to the SGFI rules and norms.

*Since there is no class criteria, please note that the minimum class for participation in the KVS tournaments (U -14 or above) is class VI (No child below class VI shall be allowed)*

**19. Individual Artistic Yoga Competition**

a) Separate competition will be held for Girls and Boys in all categories: under 14, 17 & 19 years.

b) Only one participant from each school/Region, each group & each category will participate.

c) The player will have to perform any five asanas of their choice from the following list:

i) **List of Asanas**

S No	Asana Name	Duration	Point
i)	Standing Vruchikasana	15 Sec.	10
ii)	Standing Linkarasana	15 Sec.	10
iii)	Natrasana	15 Sec.	10
iv)	Sthambh Sirsasana (Duruvasana or Bhagirathasana)	15 Sec.	10
v)	Dharajasan (Flag Postures)	15 Sec.	10
vi)	Standing Eka Pada Skandasana	15 Sec.	10
vii)	Kandapeedasana	15 Sec.	10
viii)	Utthid Dwipad Kandasana	15 Sec.	10

**ii) PranavDhavni.** (Om Chanting) will also be performed by all the participants & the criteria for the allotment of marks shall be as under:-

S No	Duration	Points	S No	Duration	Points
i)	20 Sec.	1 Point	ii)	30 Sec.	2 Points
iii)	35 Sec.	3 Points	iv)	40 Sec.	4 Points
v)	45 Sec.	5 Points	vi)	50 Sec.	6 Points
vii)	60 Sec.	7 Points	viii)	70 Sec.	8 Points
ix)	80 Sec.	9 Points	x)	90 Sec.	10 Points

## 20. Individual Rhythmic Yoga Competition.

In this competition the competitor has to perform not less than 8 & not more than 10 asanas in a time limit of maximum 2.30 minutes or 150 sec.

- a) The competitor will show the various asanas (postures) i.e. forward bending, balancing, front & backward lying postures sitting postures etc. In all the four directions with music.
- b) Only one competitor from each school/Region in each group & category can participate.
- c) It is compulsory to show all the postures as mentioned above.
- d) The asanas & body movement should be synchronized with music.
- e) All the music arrangements like recorder, CD player or CDs are to be arranged by the competitors themselves. The player as to declare all the asanas list before start the event
- f) If a competitor takes more time i.e. more than 2.30 minutes, one point will be deducted from the points of each judge and loss of 5 points from the total.
- g) Competitor has to show all the movement of asanas with clear demonstration of asanas i.e. holding of the postures ( 5 to 7 seconds holding time)

**NOTE:-One competitor can take part only in one competition either Artistic or Rhythmic.**

## 21. Now as per new rules the medal tally will be as follows:

S No	Category	Medals		
		G	S	B
1	Traditional Yogasana (Individual)	6	6	6
2	Individual Artistic Yoga Competition	6	6	6
3	Individual Rhythmic Yoga Competition	6	6	6
<b>Total Medals</b>		<b>18</b>	<b>18</b>	<b>18</b>
<b>Trophy for Best Teams (Overall Championship) (Boys &amp; Girls)</b>		<b>6</b>		

## LIST OF ASANAS AS PER ATHLETIC GROUPS

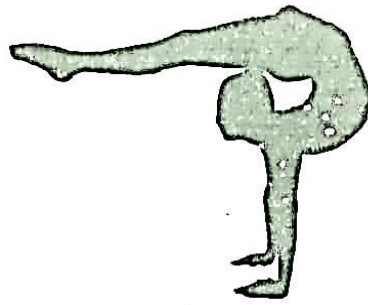
Group A	Group B	Group C
		
PASCHIMOTTANASANA	PURNACHAKRASANA	VYAGHRASANA
		 Urdhva Kukkutasana
SARVANGASANA	GARBHASANA	URDHVAKUKKUTASANA
		
MATSYASANA	KUKKUTASANA	SANKHYASANA
		
PURN DHANURASANA	BAKASANA	UTPADAHASTASANA
		
PURN-MATSYENDRASANA	BHUMASANA	UTITH-TITTIBHASANA
		
UTTANPADASANA	SHALABHASANA	SIRSASANA

# ARTISTICS INDIVIDUAL

## NATIONAL SCHOOL GAMES INDIVIDUAL ARTISTIC YOGA POSTURE



Standing Vrishchikasana



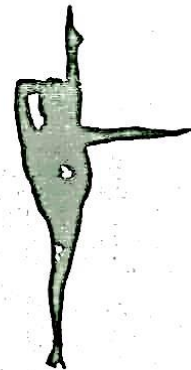
Standing Linkarasana



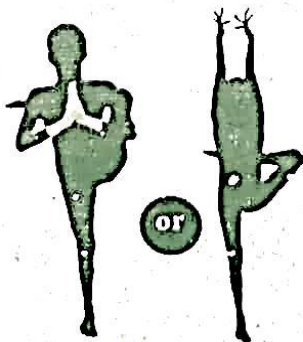
Natrasana



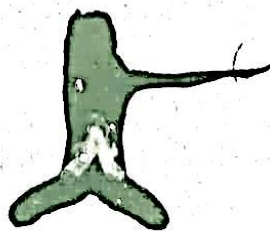
Sthambha Sirsasana



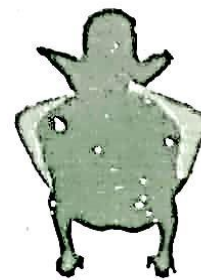
Dharajana



Standing Eka Pada Skandasana










Kandapeedasana



Utthid Dwipad Kandasana



# SURYA NAMASKAR

1	2	3	4
			
5	6	7	8
			
9	10	11	12
