

Online Yoga Competition

Rules and Regulations:

As the competition will be online, the participant should take note of the following:

About competition

1.Competition date: -

08 TO 11 YEARS	BOY'S AND GIRL'S	07 June 2020
11 TO 14 YEARS	BOY'S AND GIRL'S	08 June 2020
14 TO 19 YEARS	BOY'S AND GIRL'S	09 June 2020
19 TO 30 YEARS	MEN AND WOMEN	10 June 2020
30 TO 45 YEARS	MEN AND WOMEN	11 June 2020
ABOVE 45 YEARS	MEN AND WOMEN	12 June 2020

2. Last date for Registration: - 05-06-2020 till 11.59 Pm

Entry fees: – Rs. 250/-

1. Choose open space in the house with less furniture and with proper light to perform in the competition.
2. First 50 competitors in each age group will be given an opportunity to participate in the competition. (E.g. Age group - 8 to 11 yrs. - Boys 50 and Girls 50)
3. The competitor should participate in the competition by wearing appropriate yoga costume.
4. Each competitor has to perform total 5 asanas. 4 asanas given in the syllabus are compulsory and 1 optional asana of your own choice. The optional asana should not be from the syllabus of that respective age group.
5. Competitor must hold each asana for 15 seconds. After going in final stage of the asana, your 15 seconds will be counted.

Online Yoga Competition

Note: - Organizing committee and association will not be responsible for any type of physical or mental sickness of the competitors.

6. After attaining your final position you should move your camera in 3 dimensions

7. Prizes will be awarded to the first, second and third place winners in each age group

8. Each competitor will be given an e-certificate of participation

Best of the best category

1. The first-place winner from each age group will get an opportunity to participate in the Best of the Best competition which is to be held on 21st June 2020.

2. More information about Best of the Best competition will be announced soon

Judging

1. Each panel will have total 5 judges (1 chief judge and 4 other judges), 1 scorer and 1 time keeper, 1 Caller .1 announcer.

2. Each judge will write the marks of the competitor in their score sheet

age of participant should be on or in between the dates mentioned below,

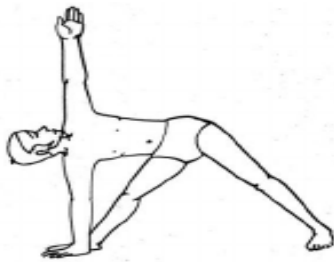
AGE GROUP	AFTER	BEFORE
08 TO 11 YEARS	31-05-2009	01-06-2012
11 TO 14 YEARS	31-05-2006	01-06-2009
14 TO 19 YEARS	31-05-2001	01-06-2006
19 TO 30 YEARS	31-05-1990	01-6-2001
30 TO 45 YEARS	31-05-1975	01-06-1990
ABOVE 45 YEARS		01 -06- 1975

Online Yoga Competition

8 TO 11 YRS BOYS AND GIRLS

1. TRIKONASANA
2. PADHASTASANA
3. AKARNA DHANURASANA
4. DHANURASANA

1. TRIKONASANA



POINT

1. Waist to be parallel to the ground.
2. Both arms in a straight Line.
3. Position of hand adjacent to toe.

2. PADHASTASANA



POINT

1. Hands on the side of feet
2. Legs should be straight
3. Back maximum stretched
4. Abdomen, Chest & forehead

3. AKARNA DHANURASANA



POINT

1. One Leg stretch with toe pointing upwards, gripping of toe with thumb and index finger.
2. Gripping of toe of other leg with thumb, index and middle finger up to the ear.
3. Back, neck and head maximum straight.
4. Elbow strew

4. DHUNURASANA



POINT

1. Toes, heels and knees together
2. Naval on the ground
3. Gripping from ankles
4. Thighs, butt

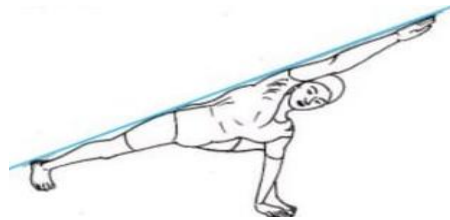
OWN CHOICE AASANA

Online Yoga Competition

11 TO 14 YRS BOYS AND GIRLS

1. PARSVAKONASANA
2. EKA PADA CHAKRASANA
3. PASCHIMOTTANASANA
4. PURNA DHANURASANA

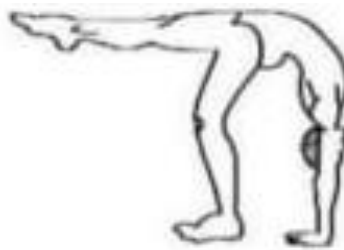
1. PARSVAKONASANA



POINT

1. Arm, Waist and leg in straight line.
2. Second leg and Arm perpendicular to ground.

2. EKA PADA CHAKRASANA



POINT

1. Palms on ground up to shoulders width.
2. Neck placed in between two arms, ear touching arms.
3. Raised leg should be parallel to

3. PASCHIMOTTANASANA



POINT

1. Knees on the ground.
2. Toes pointing up to be gripped with Thumb and Index finger, other three fingers folded inside.
3. Back maximum stretch

4. PURNA DHANURASANA



POINT

1. Legs & arms in straight line parallel to each other.
2. Naval on ground.

OWN CHOICE AASANA

Online Yoga Competition

14 TO 19 YRS BOYS AND GIRLS

1. VIRBHADRASANA
2. PADAM SARVANGASANA
3. PURNA BHUJANGASANA
4. PURNA MATSYENDRASANA

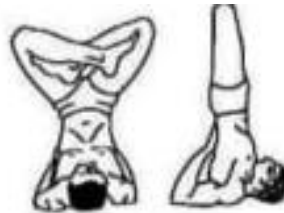
1. VIRBHADRASANA



POINT

1. Leg on the ground must be straight.
2. Both arms, back and leg in straight line with toe maximum street

2. PADAM SARVANGASANA



POINT

1. Knees, hips and back up to shoulders maximum straight.
2. Palms placed on

3. PURNA BHUJANGASANA



POINT

1. Cranium of Head should be placed in the arch of feet.
2. Knees, heels and toes together.
3. Naval on the ground.
4. Palms on the ground with elbows touching the waist.

4. PURNA MATSYENDRASANA



POINT

1. Both buttocks on the ground.
2. Maximum twisting of the trunk with shoulders in a straight line.
3. Second hand must be on other t

OWN CHOICE AASANA

Online Yoga Competition

19 TO 30 YRS MEN AND WOMEN

1. VATAYNASANA
2. EKA PADA CHAKRASANA
3. PARIVARTITA PARSVAKONASANA
4. SETU BADDHA SARVANGASANA

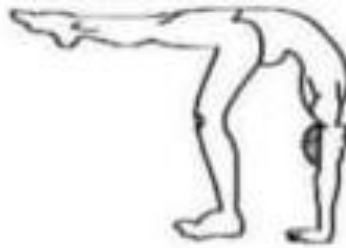
DANDYAMAN JANUSIRSHASANA



POINT

1. One leg stretched straight, Parallel to the ground.
2. Leg on ground maximum straight.
3. Gripping of toe with thumb and index fingers of both hands with elbows slightly bent.
4. Chin placed on knee.

EKA PADA CHAKRASANA



POINT

1. Palms on ground up to shoulders width.
2. Neck placed in between two arms, ear touching arms.
3. Raised leg should be parallel to

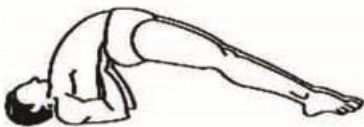
PARIVARTITA PARSVAKONASANA



POINT

1. Leg, waist and head in straight line after twisting body.
2. The other leg perpendicular to ground, thigh parallel to ground.

SETU BADDHA SARVANGASANA



POINT

1. Shoulders and elbows in one line with chin touching the chest.
2. Palms on the back, trunk maximum straight.
3. Both legs must be straight.
4. Heels & toes touching the ground

OWN CHOICE AASANA

Online Yoga Competition

30 TO 45 YRS MES AND WOMEN

1. VRIKSHASANA
2. USHTRASANA
3. ARDHA MATSYENDRASANA
4. AKARNA DHANURASANA

1. VRIKSHASANA



POINT

1. Back maximum stretched.
2. Arms (biceps) touching the ear.
3. Both hands folded above the

2. USHTRASANA



POINT

1. Thighs perpendicular to the ground
2. Palms on the heels
3. Knees, heels and toes together
4. Ankles touch

3 ARDHA MATSYENDRASANA



POINT

1. Both buttocks on the ground.
2. Shoulders and head in same line.
3. Thigh to be gripped by hand after twisting the trunk portion.
4. Big toe adjacent

4 AKARNA DHANURASANA



POINT

1. One leg stretched with toe pointing upwards, gripping of toe with thumb and index finger.
2. Gripping of toe of other leg with thumb, index and middle finger up to the ear.
3. Back, neck and

OWN CHOICE AASANA

Online Yoga Competition

ABOVE 45 YRS MEN AND WOMEN

1. VRIKSHASANA
2. BHUJANGASANA
3. HALASANA
4. AKARNA DHANURASANA

1. VRIKSHASANA



POINT

1. Back maximum stretched.
2. Arms (biceps) touching the ear.
3. Both hands folded above the

2 BHUJANGASANA



POINT

1. Knees, heels and toes together.
2. Naval on the ground.
3. Palms on the ground with elbows touching the waist.

3 HALASANA



POINT

1. Back to be maximum straight.
2. The legs maximum straight.
3. Arms parallel to the

4 AKARNA DHANURASANA



POINT

1. One leg stretched with toe pointing upwards, gripping of toe with thumb and index finger.
2. Gripping of toe of other leg with thumb, index and middle finger up to the ear.
3. Back, neck and

OWN CHOICE AASANA

Online Yoga Competition

About payment terms:

- 1- Payment once done will not be refunded
- 2- Payment will not be adjusted at any cost
- 3- Incase participant is not able to participate their will be no refunds.