



YOGA FEDERATION OF INDIA

(REGD. UNDER THE SOCIETIES REGISTRATION ACT XXI OF 1860, REGD. NUMBER 1195, DATED 14.02.90)

AFFILIATED TO ASIAN YOGA FEDERATION & INTERNATIONAL YOGA SPORTS FEDERATION

RECOGNITION OF : INDIAN OLYMPIC ASSOCIATION - OCTOBER, 1998 TO FEBRUARY, 2011

REGD. OFFICE : Flat No. 501, GHS-93, SECTOR-20, PANCHKULA -134 116 (HARYANA) - INDIA

E-mail:- yfiashok2000@yahoo.co.in, Mobile No. +91-94174-14741, Website:- www.yogafederationofindia.com

RULES AND REGULATIONS OF THE NATIONAL YOGA SPORTS CHAMPIONSHIP AND FEDERATION YOGA SPORTS CUP

THE NATIONAL YOGA SPORTS CHAMPIONSHIP WILL BE HELD IN THE FOLLOWING SIX CATEGORIES :

- National Yoga Asana Sports Competition
- National Artistic (Solo) Yoga Sports Competition
- National Artistic Pair Yoga Sports Competition
- National Rhythmic Yoga Sports Competition
- National Free Flow Yoga Sports Competition
- National Professional Yoga Sports Competition

NATIONAL YOGA ASANA SPORTS COMPETITION :

Separate Yoga Asana Competitions for male and female competitors will be held in the following **ELEVEN AGE GROUPS.**

1	SUB JUNIOR GROUP (A)	08-10 Years Boys and Girls
2	SUB JUNIOR GROUP (B)	10-12 Years Boys and Girls
3	SUB JUNIOR GROUP (C)	12-14 Years Boys and Girls
4	JUNIOR GROUP (A)	14-16 Years Boys and Girls
5	JUNIOR GROUP (B)	16-18 Years Boys and Girls
6	SENIOR GROUP (A)	18-21 Years Men and Women
7	SENIOR GROUP (B)	21-25 Years Men and Women
8	SENIOR GROUP (C)	25-30 Years Men and Women
9	SENIOR GROUP (D)	30-35 Years Men and Women
10	SENIOR GROUP (E)	35-45 Years Men and Women
11	SENIOR GROUP (F)	Above 45 Years Men and Women

FEDERATION YOGA SPORTS CUP

Separate Yoga Competitions for male and female competitors will be held in the following **SIX AGE GROUPS.**

1.	SUB JUNIOR GROUP (A)	08-10 Years (Boys & Girls)	-----
2.	SUB JUNIOR GROUP (B)	10-14 Years (Boys & Girls)	Merging of (10-12 & 12-14 Yrs Boys & Girls Groups)
3.	JUNIOR GROUP	14-18 Years (Boys & Girls)	Merging of (14-16 & 16-18 Yrs Boys & Girls Groups)
4.	SENIOR GROUP – (A)	18-25 Years (Men & Women)	Merging of (18-21 & 21-25 Yrs Men & Women Groups)
5.	SENIOR GROUP – (B)	25-35 Years (Men & Women)	Merging of (25-30 & 30-35 Yrs Men & Women Groups)
6.	SENIOR GROUP – (C)	Above 35 years (Men & Women)	Merging of (35-45 & Above 45 Yrs Men & Women Groups)

First 10 position holders of Sub-Junior & Junior National Yoga Sports Championship and Senior National Yoga Sports Championship of the session will be selected for Federation Yoga Sports Cup for all the events.

NATIONAL ARTISTIC (SOLO) YOGA SPORTS COMPETITION

NATIONAL ARTISTIC PAIR YOGA SPORTS COMPETITION

NATIONAL RHYTHMIC YOGA SPORTS COMPETITION

NATIONAL FREE FLOW YOGA SPORTS COMPETITION

AGE GROUPS:

- ❖ Junior Group - 08-18 Years
- ❖ Senior Group - 18-35 Years

NATIONAL ARTISTIC (SOLO) YOGA SPORTS COMPETITION:

- ❖ Separate competition will be held for male and female competitors.
- ❖ Two male and two female competitors will be allowed to participate in the competition from each State / UT.
- ❖ Artistic (Solo) Yoga competition consists of presentation of various asanas (postures) forward bending, backward bending, hand balancing, leg balancing and twisting, performed with music.
- ❖ It is synchronization of body movement with music (without break).
- ❖ Number of postures performed will be 8-10 of competitor's choice.
- ❖ **Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).**
- ❖ **The competitor will maintain each posture for atleast 5 seconds during the performance.**
- ❖ The transition from one posture to another posture should be slow & artistic.

NATIONAL ARTISTIC PAIR YOGA SPORTS COMPETITION:

- ❖ National Artistic Pair Yoga Competition will be held for male and female separately.
- ❖ One entry of male pair and one entry of female pair will be allowed to participate from each State / UT.
- ❖ Artistic Pair Yoga consists of presentation of various Asanas (postures) forward bending, backward bending, hand balancing, leg balancing and twisting including pyramid making, performed with music.
- ❖ Both the participants will perform two different postures at a time. Performing same posture will be a disqualification.
- ❖ Body touch is allowed in the competition as per the discretion of the competitors.
- ❖ Making of pyramid will be given preference.
- ❖ Synchronization of body movements with music will be given top preference.
- ❖ Number of postures performed will be 8-10 of competitor's choice.
- ❖ **Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).**
- ❖ **The competitor will maintain each posture for atleast 5 seconds during the performance.**
- ❖ The transition from one posture to another posture should be slow, artistic and synchronized.

NATIONAL RHYTHMIC YOGA SPORTS COMPETITION:

- ❖ National Rhythmic Yoga Competition will be held for male and female separately.
- ❖ One entry of male pair and one entry of female pair will be allowed to participate from each State / UT.
- ❖ Rhythmic Yoga is also known as pair Yoga. Rhythmic Yoga Sports is the presentation of various asanas (postures) i.e. forward bending, backward bending, hand balancing, leg balancing and twisting performed with music.
- ❖ The same posture will be performed by the pair together.
- ❖ There should not be any body touch between the two competitors.
- ❖ There should be perfect synchronization of body movements with the music.
- ❖ Number of postures performed should be 08-10 of competitor's choice.

- ❖ **Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).**
- ❖ **The competitor will maintain each posture for atleast 5 seconds during the performance.**
- ❖ The transition from one posture to another should be slow, rhythmic and synchronized.

In Federation Yoga Sports Cup combined competition of male & female group of Artistic Pair & Rhythmic Yoga Competition can be held keeping in view the number of entries.

NATIONAL FREE FLOW YOGA SPORTS COMPETITION:

Number of Entries: Only One team from each State / Union Territory / Unit will be allowed to participate in the National Free Flow Yoga Sports Competition in junior age group (08-18 years) and senior age group (18-35 Years).

- ❖ The team will consist of **5 players** either all boys or all girls or boys and girls mixed.
- ❖ It is the presentation of various asanas (postures) including forward bending, backward bending, hand balancing, leg balancing and twisting postures etc. performed in dancing movements with music, preferably with some theme.
- ❖ The team can perform same postures / different postures / pyramids / free flow movements.
- ❖ There should be perfect synchronization of body movements with the music.
- ❖ Number of postures performed will be 08-10 combination of asana of competitor's choice.
- ❖ **Time duration for the presentation will be 210-240 seconds (3½ to 4 Minutes).**
- ❖ **The competitor will maintain each posture for atleast 5 seconds during the performance.**
- ❖ The transition from one posture to another should be slow, rhythmic, synchronized and in dancing movement.
- ❖ The performance in the Free Flow Yoga Sports Competition should be preferably with some theme.

SPECIAL INSTRUCTIONS

- ❖ *A competitor can participate in two out of three events i.e. Artistic (Solo), Artistic Pair, Rhythmic Yoga Competitions plus Free Flow Yoga Sports competition.*
- ❖ *Time: For starting performer should wait in standing pose but not in posture. Music will start then performer will start movement or posture. Counting of timing will starts when the music starts. For ending-counting of time will stop when the performer first join palms together for a bow or bend down for a bow, returning should not be counted.*
- ❖ *Preference will be given to the melodious, devotional and classical music.*
- ❖ *Competitor will strict their performance within the marked arena. Half mark will be deducted every time (from the marks of transition) if the competitor/s cross or touch the arena line during their performance.*
- ❖ ***The competitor/(s) have to stay atleast for 5 Seconds in each Posture / Pyramid / Formation. Therefore if the competitor/(s) do not abide by the said rule for particular Posture / Pyramid / Formation, in that case that Posture / Pyramid / Formation will deemed to be cancelled and accordingly the number of postures & difficulty level will be counted by the panel of judges.***
- ❖ *No Prop will be allowed during the performance of Artistic (solo) Yoga Sports Competition, Artistic Pair Yoga Sports Competition, Rhythmic Yoga Sports Competition and Free Flow Yoga Sports Competition.*

NATIONAL PROFESSIONAL YOGA COMPETITION (MEN & WOMEN):

AGE GROUP : Separate Professional Yoga Competition will be held in following two age groups for Men & Women.

- ❖ 21-30 years – (Men & Women)
- ❖ Above 30 years – (Men & Women)

FEDERATION YOGA SPORTS CUP

Professional Yoga Competition will be held in only one age group for Men & Women.

- ❖ **Above 21 Years (Men & Women) :** Merging of (21-30 Years and above 30 Years Professional Groups)

Note: Only National Yoga Referees of Yoga Federation of India are eligible to participate in the Professional Yoga Competition as per the syllabus of the competition of their respective age group. Competitor will maintain in each asana for **15 Seconds** during the competition.

The National Yoga Referees participating in Professional Yoga Competition must render their duties given by Yoga Federation of India during National Yoga Sports Competition / Federation Yoga Sports Cup.

GENERAL INSTRUCTIONS

1. DATE OF BIRTH:

The cut out date for the age group of the player will be as stands on **31st December** of the session of the championship for National /Federation Cup/ Zonal / State / District Yoga Sports Championship.

2. DRESS

❖ DRESS FOR COMPETITORS

Male Competitor: The male competitors will wear skin tight sports shirt and short in the Yoga Competition and attractive costume in the Artistic, Artistic Pair, Rhythmic and Free Flow Yoga Sport Competition during National Yoga Sports Championship / Federation Yoga Sports Cup.

Female Competitor: The female competitors will wear skin tight sports shirt and Shorts / Gymnastics Costume in Yoga Competition and attractive costume (skirts / frills not allowed) in the Artistic Yoga, Artistic Pair Yoga, Rhythmic Yoga and Free Flow Yoga Sports Competition however the female competitors in the age groups of 25-30 years, 30-35 years, 35-45 years, above 45 years (in National Yoga Competition) and 25-35 years & above 35 years age group in Federation Yoga Sport Cup and Professional Yoga Sports Competition may wear tight track bottom and tight sport shirt.

❖ DRESS FOR NATIONAL YOGA REFEREES

All the National Yoga Referees (Male/Female) will be in the proper dress code i.e. sky blue shirt & black pant with tie, preferably blazer with pocket having logo of Yoga Federation of India, during National Yoga Sports Championship / Federation Yoga Sports Cup. However, ladies referees may wear sky blue saree & blouse, if they want.

3. ENTRY / AFFILIATION / ANNUAL AFFILIATION FEE:-

Affiliation Fee	:	Rs. 5,000/- (for new unit only once)
Annual Affiliation Fee	:	Rs. 5,000/- (to be paid every year)
Entry Fee	:	Rs. 400/- (per event, per competitor)
Late Entry Fee	:	Rs. 100/- (per competitor extra)
Player Registration Fee	:	Rs. 100/- (each)

Annual affiliation fee, entry fee and player registration fee has to be sent through NEFT/RTGS/UPI in the account of Yoga Federation of India. Cheque / Bank Draft will be drawn in favour of Yoga Federation of India. No cash will be accepted.

4. SOUVENIR CERTIFICATE:

The souvenir certificate will be awarded to all the players participating in the Sub-Junior, Junior & Senior National Yoga Sports Championship / Federation Yoga Sports Cup obtaining 35% or above marks. Absentees will be marked absent whereas players scoring less than 35% marks will be declared disqualified and will not be awarded any souvenir certificate.

5. MERIT CERTIFICATE:

The merit certificate will be awarded to the first six position holders of all age groups / competitions in Sub-Junior, Junior & Senior National Yoga Sports Championship / Federation Yoga Sports Cup.

6. MEDALS:

The first three position holders of Sub-Junior & Junior National Yoga Sports Championship /Senior National Yoga Sports Championship / Federation Yoga Sports Cup will be awarded Gold, Silver & Bronze medals to 1st, 2nd & 3rd position holders respectively.

7. TROPHY

- ❖ Trophies will be awarded to overall General Champion, 1st Runner's up & 2st Runner's up team of Sub-Junior & Junior National Yoga Sports Championship /Senior National Yoga Sports Championship / Federation Yoga Sports Cup.
- ❖ To calculate the overall position the Gold medal winner will be awarded 5 marks, Silver medal winner 3 marks and Bronze medal winner 1 mark.
- ❖ Only one medal will be counted for the team event, for example: in Free Flow Yoga Sports Competition the team consisting of 5 members winning 1st position will be awarded Gold medal to each member of the team but for position only 5 marks i.e. 1 Gold medal will be calculated.

योग: कर्मसु कौशलम्

Estd.1974