



# 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 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

## SYLLABUS AND GUIDELINE FOR FEDERATION YOGASANA SPORTS CUP

### SUB JUNIOR GROUP (8-10 YEARS, BOYS & GIRLS)

1. VRIKSHASANA
2. PADAHASTASANA
3. USHTRASANA
4. SASANGASANA
5. AKARNA DHANURASANA
6. GARABHASANA
7. EKA PADA SIKANDHASANA
8. SARVANGASANA
9. CHAKRASANA
10. DHANURASANA



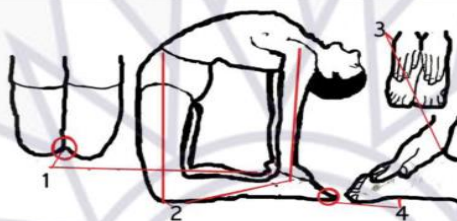
#### VRIKSHASANA

1. Back maximum stretched.
2. Folded leg in alignment to other leg & straight leg toe pointing forward.
3. Hands joined above shoulders without thumb gripping & Arms (biceps) touching the ear.
4. Gaze in front.



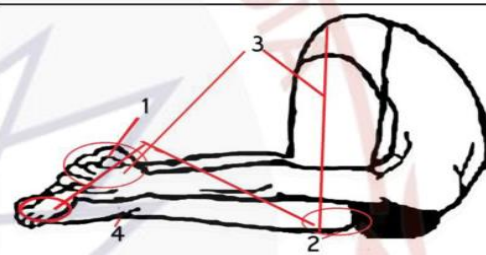
#### PADAHASTASANA

1. Legs should be straight.
2. Chest, abdomen & forehead touching legs.
3. Back maximum stretched.
4. Hands on the side of feet with alignment of toes.



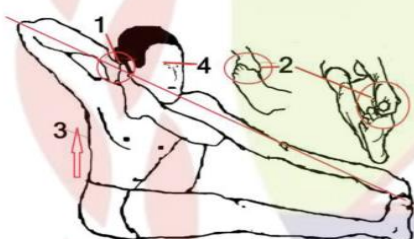
#### USHTRASANA

1. Knees, heels and toes together
2. Thighs and arms Perpendicular to the Ground, parallel to each other.
3. Palms placed on the heels
4. Ankles touching the ground



#### SASANGASANA

1. Toes, heels and knees together
2. Forehead touching knees
3. Thighs perpendicular to the ground & Palms on the heels from the side
4. Ankle touching ground.



#### AKARNA DHANURASANA

1. Folded leg to be stretched upward up to ear with alignment of both arms.
2. Gripping big toe of folded leg with index & middle finger with fist closed & other leg stretched straight with toe pointing upwards, gripping of toe with thumb & index finger other fingers folded inside.
3. Back, neck and head maximum straight.
4. Gaze pointing front toe.



#### GARABHASANA

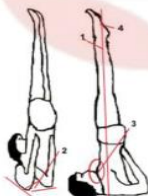
**Note: - If only one arm in between thigh and calf than marks to be given out of 5**

1. Both arms in between thigh and calf.
2. Back, neck and head maximum straight.
3. Ears to be covered by palms.
4. Gaze in front.



#### EKA PADA SIKANDHASANA

1. Heel touching opposite side shoulder & toe of folded leg stretched out
2. Back, neck & head to be maximum straight.
3. Toe of the stretched leg pointing up with Knee touching ground.
4. Hands folded in front of chest.



#### SARVANGASANA

1. Legs, hips and back up to shoulders in straight line.
2. Palms placed on back parallel to each other with elbows in straight line to shoulders.
3. Chin to be locked.
4. Toes pointing upward



#### CHAKRASANA

1. Gap in hands and feet with each other at shoulder's width, fingers pointing heels.
2. Arms & legs to be perpendicular to the ground, parallel to each other
3. Thighs, hips & back making maximum arch.
4. Neck in between two arms with arms (biceps) touching ears.



#### DHANURASANA

1. Toes, heels and knees together
2. Gripping from ankles. Naval on the ground
3. Thighs, buttocks and lower back making maximum arch.
4. Gaze upside





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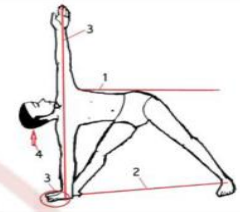
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## SYLLABUS AND GUIDELINE FOR FEDERATION YOGASANA SPORTS CUP

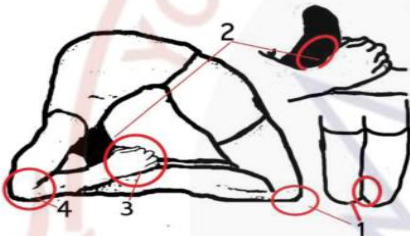
### SUB JUNIOR GROUP (10-14 YEARS, BOYS & GIRLS)

1. TRIKONASANA
2. PURNA USTHRASANA
3. PASCHIMOTTANASANA
4. EKA PADA SIKANDHASANA
5. AKARNA DHANURASANA
6. KUKKUTASANA
7. YOGA NIDRASANA
8. SARVANGASANA
9. CHAKRASANA
10. DHANURASANA



#### TRIKONASANA

1. Waist to be parallel to the ground.
2. Position of hand adjacent to heel & both arms in a straight line.
3. Both heels in alignment to each other.
4. Face towards sky.



#### PURNA USHTRASANA

1. Knees, heels and toes together
2. Cranium placed on the arch of feet.
3. Heels to be gripped by palms.
4. Elbows to be parallel to each other.



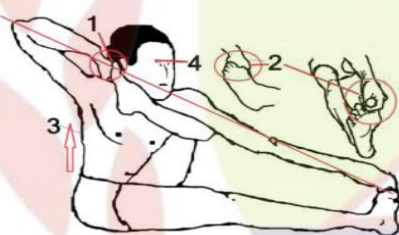
#### PASCHIMOTTANASANA

1. Back maximum stretched with abdomen, chest, shoulders & forehead touching legs
2. Both legs straight with knees on ground.
3. Toes pointing up together, aligned to other fingers, to be gripped with thumb and Index finger, other fingers folded inside.
4. Elbows on the ground, touching legs



#### EKA PADA SIKANDHASANA

1. Heel touching opposite side shoulder & toe of folded leg stretched out
2. Back, neck & head to be maximum straight.
3. Toe of the stretched leg pointing up with Knee touching ground.
4. Hands folded in front of chest.



#### AKARNA DHANURASANA

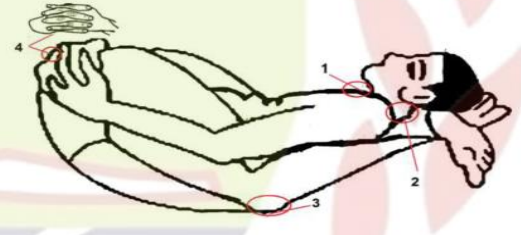
1. Folded leg to be stretched upward up to ear with alignment of both arms.
2. Gripping big toe of folded leg with index & middle finger with fist closed & other leg stretched straight with toe pointing upwards, gripping of toe with thumb & index finger other fingers folded inside.
3. Back, neck and head maximum straight.
4. Gaze pointing front toe.



#### KUKKUTASANA

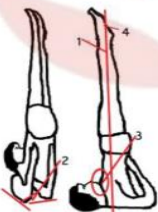
**Note: - If only one arm in between thigh & calf than marks to be given out of 5**

1. Arms to be inserted in between thigh & calf, palms placed on ground with fingers together.
2. While lifting body upward arms to be straight & parallel to each other and Hips & knees to be parallel to the ground at elbows height.
3. Head, neck & back to be maximum straight,
4. Gaze in front.



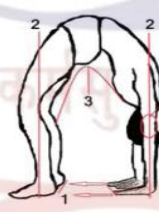
#### YOGA NIDRASANA

1. Shoulders to be taken out from the crossing of legs.
2. Neck to rest on the crossing of ankles. Toes not touching ground.
3. Knees on ground with weight to be placed on middle of back.
4. Gripping of buttock with fingers inter locking each other.



#### SARVANGASANA

1. Legs, hips and back up to shoulders in straight line.
2. Palms placed on back parallel to each other with elbows in straight line to shoulders.
3. Chin to be locked.
4. Toes pointing upward



#### CHAKRASANA

1. Gap in hands and feet with each other at shoulder's width, fingers pointing heels.
2. Arms & legs to be perpendicular to the ground, parallel to each other
3. Thighs, hips & back making maximum arch.
4. Neck in between two arms with arms (biceps) touching ears.



#### DHANURASANA

1. Toes, heels and knees together
2. Gripping from ankles. Naval on the ground
3. Thighs, buttocks and lower back making maximum arch.
4. Gaze upside





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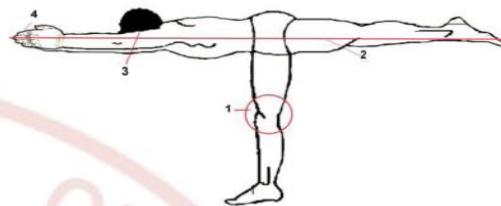
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## SYLLABUS AND GUIDELINE FOR FEDERATION YOGASANA SPORTS CUP

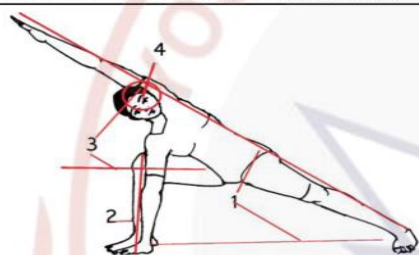
### JUNIOR GROUP (14- 18 YEARS, BOYS & GIRLS)

1. VIRBHADRASANA
2. PARVA KONASANA
3. ARDHA BADDHA PADAM PASCHIMOTTASANA
4. KUKKUTASANA
5. PURNA SUPTA VAJRASANA
6. TITIBHASANA
7. EKA PADA VIPARIT DANDASANA
8. SUPTA KONASANA
9. VIBHAKTA VIPARIT SUPTASANA
10. PURNA DHANURASANA



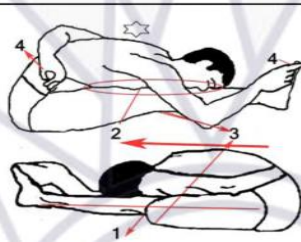
#### VIRBHADRASANA

1. Leg on the ground to be straight.
2. Both arms, back and leg in straight line with toe maximum stretched.
3. Head in between both arms, biceps touching ears with gaze in front
4. Hands joint together without locking thumbs



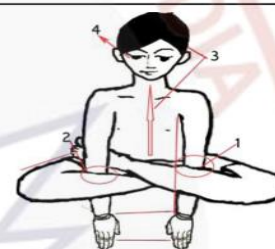
#### PARSVAKONASANA

1. Arm, waist and leg in straight line with heels in alignment
2. Second leg and arm perpendicular to ground.
3. Thigh parallel to ground & arm (biceps) touching ear
4. Gaze forward



#### ARDHA BADHA PADAMA PASCHIMOTTASANA

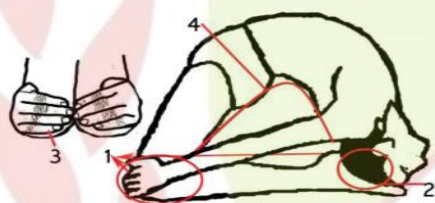
1. Thigh of the folded knee to be parallel to the stretched leg with both knees aligned
2. Back maximum stretched with abdomen, chest, shoulder and forehead touching legs.
3. Both knees on the ground & toe of straight leg pointing upward.
4. Both big toes gripped with thumb & index finger, other fingers folded inside.



#### KUKKUTASANA

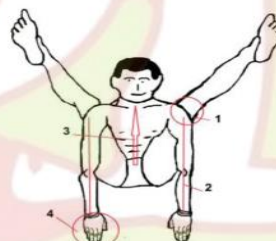
**Note: - If only one arm in between thigh & calf than marks to be given out of 5**

1. Arms to be inserted in between thigh & calf, palms placed on the ground with fingers together.
2. While lifting body upward arms to be straight & parallel to each other and Hips & knees to be parallel to the ground at elbows height.
3. Head, neck & back to be maximum straight,
4. Gaze in front.



#### PURNA SUPTA VAJRASANA

1. Knees, Heels & toes together.
2. Cranium placed on the arch of feet.
3. Gripping of knees with both palms touching each other.
4. Making maximum arch with thigh, buttocks & back



#### TITIBHASANA

1. Legs stretched and straight, touching the back of the shoulders.
2. Arms parallel to each other up to shoulder width.
3. Back maximum straight, gaze forward.
4. Both palms on the ground with fingers together.



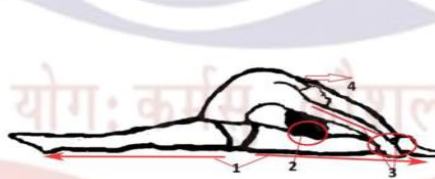
#### EKA PADA VIPARIT DANDASANA

1. Upper leg straight and perpendicular to ground with toe stretched upward.
2. Holding front ankle with both palms & thumbs on the back with fingers in front touching each other
3. Thighs hips, back & neck making maximum arch.
4. Gaze in front.



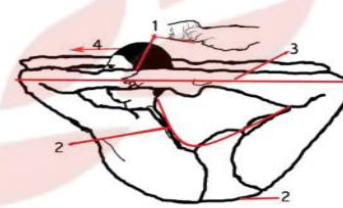
#### SUPTA KONASANA

1. Legs stretched straight on both side of the body with big toes touching ground & heels pointing upward.
2. Arms in straight line on either side of the body
3. Back maximum straight with chin lock.
4. Both big toes gripped with thumb and index finger, other fingers folded inside.



#### VIBHAKTA VIPARIT SUPTASANA

1. Stretch the leg in front and back with thighs hips & heels in straight line & touching the ground.(like hanumanasana)
2. Body should bend backward with cranium touching the thigh at the back.
3. Arms maximum straight, gripping the leg near ankle with both the palms.
4. Gaze backside.



#### PURNA DHANURASANA

1. Toes stretched up to ears by gripping big toes with index & middle finger with fist closed
2. Balance on naval with thighs, hips & back making maximum arch
3. Legs & arms in straight line.
4. Gaze in front





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## SYLLABUS AND GUIDELINE FOR FEDERATION YOGASANA SPORTS CUP

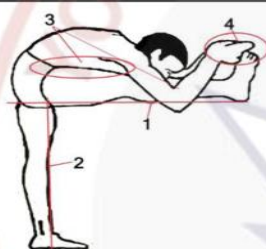
### SENIOR GROUP (18-25 YEARS, MEN & WOMEN)

1. NATRAJASANA
2. DANDYAMAN JANUSIRSHASANA
3. SETU BANDHA CHAKRASANA
4. UTTHITA PASCHMITTONASAN
5. HANUMANA ASANA
6. KURMASANA
7. KOUNDINYASANA
8. EKA PADA SETU BANDHA SARVANGASANA
9. PADANGUSHTH DHANURASANA
10. PADAM SIRSHASANA



#### NATRAJASANA

1. Arch of foot placed on back of head with knee in alignment with buttock.
2. Toe of straight leg, hip and head in one line.
3. Toe gripped by both palms, fingers overlapping each other with elbows at shoulder width
4. face straight.



#### DANDYAMAN JANUSIRSHASANA

1. One leg stretched straight parallel to the ground with toe pointing upward.
2. Leg on ground maximum straight.
3. Back maximum stretched with abdomen, chest, shoulders and chin touching the leg, and elbows bending near leg.
4. Gripping of toe with thumb and Index finger, other fingers folded inside.



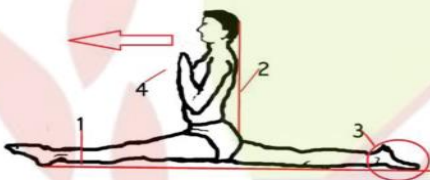
#### SETU BANDHA CHAKRASANA

1. Legs straight & soles touching ground with heels and toes together.
2. Arms & trunk perpendicular to the ground.
3. Head between arms & arms (biceps) touching ears
4. Fingers together.



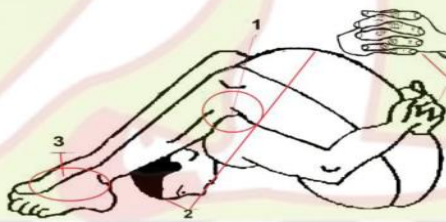
#### UTTHITA PASCHIMOTTANASANA

1. Both Legs straight with toes pointing upward.
2. Back maximum stretched with abdomen, chest, shoulders and forehead touching the legs
3. Palms holding the heels with balance on buttocks.
4. Biceps touching thighs.



#### HANUMANA ASANA

1. Both legs stretched straight, toes pointing outside.
2. Back, neck and head straight.
3. Ankle of the back leg touching the ground
4. Hands joined in front of chest, gaze forward.



#### KURMASANA

1. Head and arms to be inserted in between legs with shoulders under the knees.
2. Forehead to touch the ground (closest to buttocks) with maximum arch of the back.
3. Feet joined with soles on the ground in front of the head.
4. Fingers to be interlocked on the back near buttocks.



#### KOUNDINYASANA

1. Both legs maximum stretched & straight and parallel to ground.
2. Both forearms perpendicular to the ground & parallel to each other & palms on the ground with fingers together,
3. Back maximum stretched
4. Gaze forward.



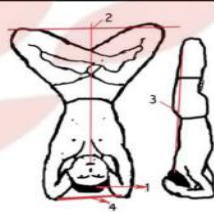
#### EKA PADA SETU BANDHA SARVANGASANA

1. One leg straight with toe pointing upward
2. Second leg straight with sole touching the ground.
3. Trunk maximum straight with chin locked & palms on the back with fingers inside.
4. Shoulders and elbows in one line



#### PADANGUSHTH DHANURASANA

1. Big toes together & gripping big toes with index & middle finger with fist closed
2. Legs and arms stretched upward with balance on naval.
3. Knees with alignment to arms and arms (biceps) touching ears
4. Gaze in front



#### PADAM SIRSHASANA

1. Front portion of the head should be placed on the ground
2. Padamasana to be assumed after going into position of Shirshasana & crossing of legs in center with knees alignment.
3. Knees, hips, back & head in straight line
4. Elbows parallel to each other.





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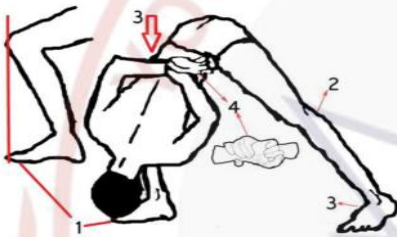
### SENIOR GROUP (25-35 YEARS, MEN & WOMEN)

1. GARUDASANA
2. SIRSHA PADANGUSTHASANA
3. USHTRASANA
4. ARDHA BADDHA PADAM PASCHIMOTTANASANA
5. BADDHA PADAMASANA
6. KURMASANA
7. ARDHA MATSYENDRASANA
8. HALASANA
9. EK PADA PURNA DHANURASANA
10. SETU BANDHA CHAKRASANA



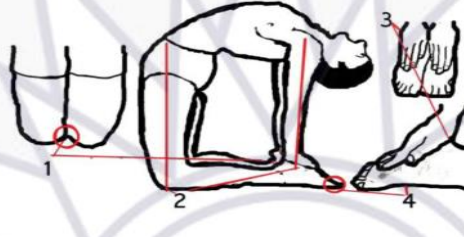
#### GARUDASANA

1. Back, neck and head to be straight with shoulders maximum straight.
2. Ankle completely touching calf & hands joined together in front of nose.
3. If right arm is above left arm, left thigh on the right thigh.
4. Fingers at level of forehead.



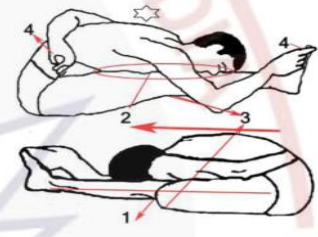
#### SIRSHA PADANGUSTHASANA

1. Forehead touching the big toe with knee aligned with big toe.
2. Other leg straight with weight equally distributed on both legs
3. Back maximum straight with soles completely touching the ground
4. Wrist gripping with on back, fist closed



#### USHTRASANA

1. Knees, heels and toes together
2. Thighs and arms Perpendicular to the Ground, parallel to each other.
3. Palms placed on the heels
4. Ankles touching the ground



#### ARDHA BADDHA PADAMA PASCHIMOTTANASANA

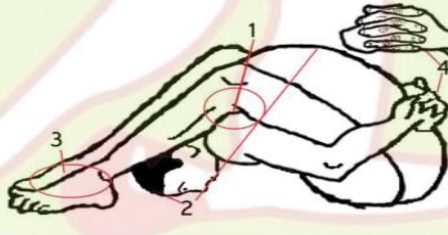
1. Thigh of the folded knee to be parallel to the stretched leg with both knees aligned
2. Back maximum stretched with abdomen, chest, shoulder and forehead touching legs.
3. Both knees on the ground & toe of straight leg pointing upward.
4. Both big toes gripped with thumb and Index finger, other fingers folded



#### BADDHA PADAMASANA

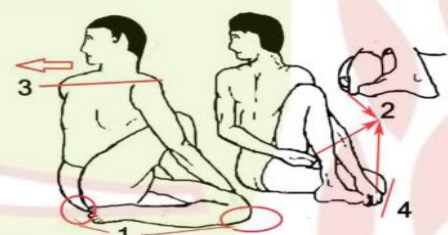
Note: - If only one toe gripped than marks to be given out of 5

1. Both big toes gripped with thumb and Index finger, other fingers folded inside, from back side.
2. Both knees on ground, aligned to each other with shoulder in same line
3. Back, neck and head straight.
4. Gaze forward



#### KURMASANA

1. Head and arms to be inserted in between legs with shoulders under the knees.
2. Forehead to touch the ground (closest to buttocks) with maximum arch of the back.
3. Feet joined with soles on the ground in front of the head.
4. Fingers to be interlocked on the back near buttocks.



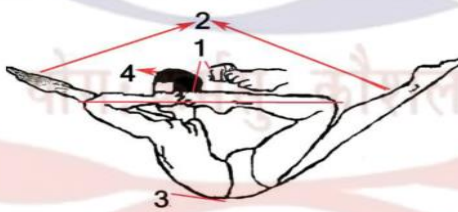
#### ARDHA MATSYENDRASANA

1. Both buttocks & one knee on the ground .
2. One hand gripping other thigh from back side, & other hand gripping toe with thumb and Index finger, other fingers folded inside.
3. Back straight with shoulders & head in a straight line.
4. Big toe in line of folded knee.



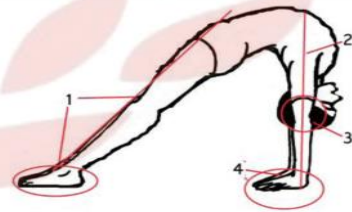
#### HALASANA

1. Legs maximum straight.
2. Back to be maximum straight.
3. Arms parallel to each other up to shoulders width palms on ground.
4. Toes together stretched, pointing outside.



#### EKA PADA PURNA DHANURASANA

1. Big toe gripped with index & middle finger with fist closed, stretched up to ear with knee & elbow in one line, parallel to ground.
2. Other leg and arm stretched in alignment to each other.
3. Balance on naval.
4. Head straight, gaze forward.



#### SETU BANDHA CHAKRASANA

1. Legs straight & soles touching ground with heels and toes together.
2. Arms & trunk perpendicular to the ground.
3. Head between arms & arms (biceps) touching ears
4. Fingers together.





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## SYLLABUS AND GUIDELINE FOR FEDERATION YOGASANA SPORTS CUP

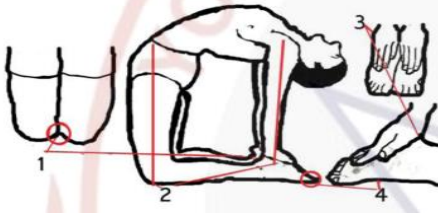
### SENIOR GROUP (ABOVE 35 YEARS, MEN & WOMEN)

1. VRIKSHASANA
2. USHTRASANA
3. PASCHIMOTTANASANA
4. BADDHA PADAMASANA
5. AKARNA DHANURASANA
6. ARDHA MATSYENDRASANA
7. HALASANA
8. MATSYASANA
9. DHANURASANA
10. CHAKRASANA



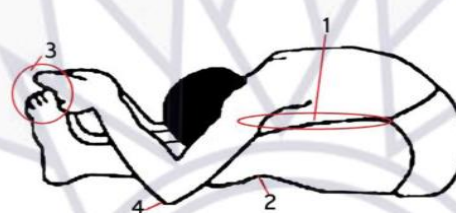
#### VRIKSHASANA

1. Back maximum stretched.
2. Folded leg in alignment to other leg & straight leg toe pointing forward.
3. Hands joined above shoulders without thumb gripping & Arms (biceps) touching the ear.
4. Gaze in front.



#### USHTRASANA

1. Knees, heels and toes together
2. Thighs and arms Perpendicular to the Ground, parallel to each other.
3. Palms placed on the heels
4. Ankles touching the ground



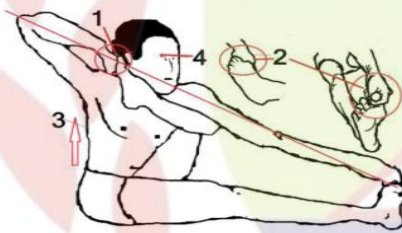
#### PASCHIMOTTANASANA

1. Back maximum stretched with abdomen, chest, shoulders & forehead touching legs
2. Both legs straight with knees on ground.
3. Toes pointing up together, aligned to other fingers, to be gripped with thumb & Index finger, other three fingers folded inside.
8. Elbows on the ground, touching legs



#### BADDHA PADAMASANA

- Note: - If only one toe gripped than marks to be given out of 5**
- 1 Both big toes gripped with thumb & index finger, other fingers folded inside, from back side.
  2. Both knees on ground, aligned to each other with shoulder in same line
  3. Back, neck and head straight.
  4. Gaze forward



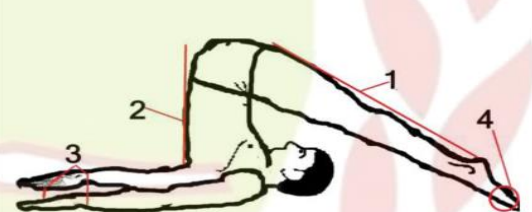
#### AKARNA DHANURASANA

1. Folded leg to be stretched upward up to ear with alignment of both arms.
2. Gripping big toe of folded leg with index & middle finger with fist closed & other leg stretched straight with toe pointing upwards gripping of toe with thumb & index finger other fingers folded inside.
3. Back, neck and head maximum straight.
4. Gaze pointing front toe.



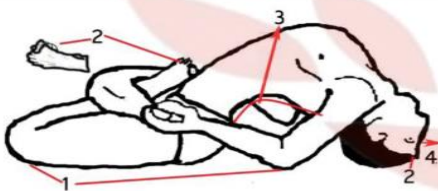
#### ARDHA MATSYENDRASANA

1. Both buttocks & one knee on the ground .
2. One hand gripping other thigh from back side, & other hand gripping toe with thumb and Index finger, other fingers folded inside.
3. Back straight with shoulders & head in a straight line.
4. Big toe in line of folded knee.



#### HALASANA

1. Legs maximum straight.
2. Back to be maximum straight.
3. Arms parallel to each other up to shoulders width palms on ground.
4. Toes together stretched, pointing outside.



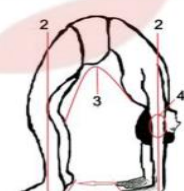
#### MATSYASANA

1. Both knees & elbows on the ground.
2. Gripping big toes with thumb and Index finger, other fingers folded inside with cranium touching ground, not forehead.
3. Making maximum arch with spine.
4. Gaze towards back



#### DHANURASANA

1. Toes, heels and knees together
2. Gripping from ankles. Naval on the ground
3. Thighs, buttocks and lower back making maximum arch.
4. Gaze upside



#### CHAKRASANA

1. Gap in hands and feet with each other at shoulder's width, fingers pointing heels.
2. Arms & legs to be perpendicular to the ground, parallel to each other
3. Thighs, hips & back making maximum arch.
4. Neck in between two arms with arms (biceps) touching ears.





# 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 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

## SYLLABUS AND GUIDELINE FOR FEDERATION YOGASANA SPORTS CUP

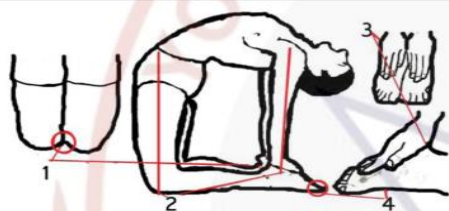
### PROFESSIONAL YOGASANA (ABOVE 21 YEARS, MEN & WOMEN)

1. VRIKSHASANA
2. USHTRASANA
3. PASCHIMOTTANASANA
4. BADDHA PADAMASANA
5. AKARNA DHANURASANA
6. ARDHA MATSYENDRASANA
7. HALASANA
8. MATSYASANA
9. DHANURASANA
10. CHAKRASANA



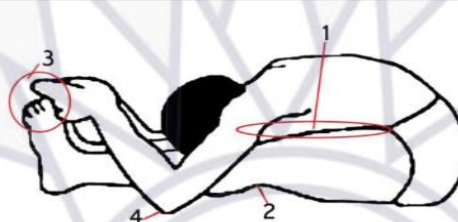
#### VRIKSHASANA

1. Back maximum stretched.
2. Folded leg in alignment to other leg & straight leg toe pointing forward.
3. Hands joined above shoulders without thumb gripping & Arms (biceps) touching the ear.
4. Gaze in front.



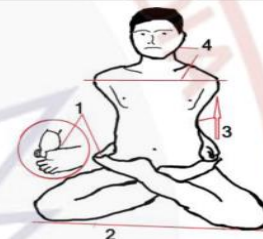
#### USHTRASANA

1. Knees, heels and toes together
2. Thighs and arms Perpendicular to the Ground, parallel to each other.
3. Palms placed on the heels
4. Ankles touching the ground



#### PASCHIMOTTANASANA

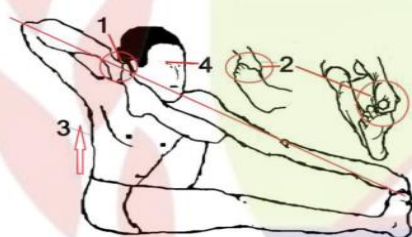
1. Back maximum stretched with abdomen, chest, shoulders & forehead touching legs
2. Both legs straight with knees on ground.
3. Toes pointing up together, aligned to other fingers, to be gripped with thumb & Index finger, other three fingers folded inside.
8. Elbows on the ground, touching legs



#### BADDHA PADAMASANA

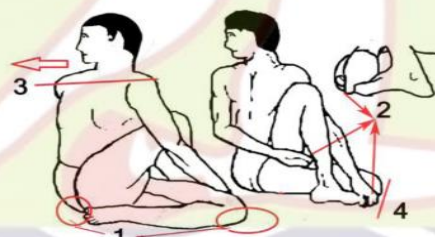
**Note: - If only one toe gripped than marks to be given out of 5**

- 1 Both big toes gripped with thumb & index finger, other fingers folded inside, from back side.
2. Both knees on ground, aligned to each other with shoulder in same line
3. Back, neck and head straight.
4. Gaze forward



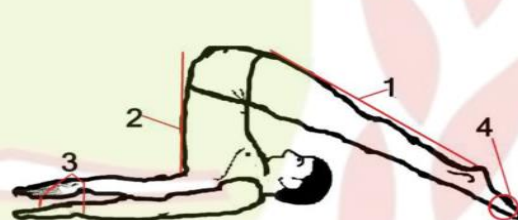
#### AKARNA DHANURASANA

1. Folded leg to be stretched upward up to ear with alignment of both arms.
2. Gripping big toe of folded leg with index & middle finger with fist closed & other leg stretched straight with toe pointing upwards gripping of toe with thumb & index finger other fingers folded inside.
3. Back, neck and head maximum straight.
4. Gaze pointing front toe.



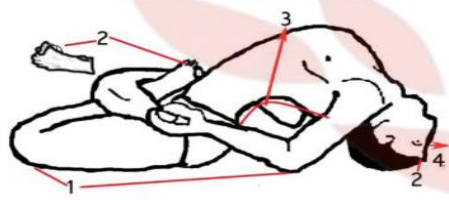
#### ARDHA MATSYENDRASANA

1. Both buttocks & one knee on the ground .
2. One hand gripping other thigh from back side, & other hand gripping toe with thumb and Index finger, other fingers folded inside.
3. Back straight with shoulders & head in a straight line.
4. Big toe in line of folded knee.



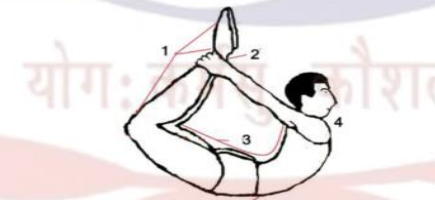
#### HALASANA

1. Legs maximum straight.
2. Back to be maximum straight.
3. Arms parallel to each other up to shoulders width palms on ground.
4. Toes together stretched, pointing outside.



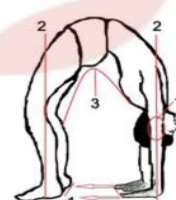
#### MATSYASANA

1. Both knees & elbows on the ground.
2. Gripping big toes with thumb and Index finger, other fingers folded inside with cranium touching ground, not forehead.
3. Making maximum arch with spine.
4. Gaze towards back



#### DHANURASANA

1. Toes, heels and knees together
2. Gripping from ankles. Naval on the ground
3. Thighs, buttocks and lower back making maximum arch.
4. Gaze upside



#### CHAKRASANA

1. Gap in hands and feet with each other at shoulder's width, fingers pointing heels.
2. Arms & legs to be perpendicular to the ground, parallel to each other
3. Thighs, hips & back making maximum arch.
4. Neck in between two arms with arms (biceps) touching ears.