

YOGASANA

(1) National School Games Yogasana Competition will be held for Boys & Girls Section separately. There will be three age groups in both the sections as under:-

- (i) Under 14 Years
- (ii) Under 17 Years
- (iii) Under 19 Years

(2) A team must consist of a maximum of five competitors (including one reserve). A team consisting of less than four competitors will not be eligible for team championship, but their performance will be considered for individual position. For championship, marks of only best four players will be counted.

(3) The Yogasana Competition will include the following Asanas:-

Group-A

- (i) Paschimotanasana

Note: elbow must touch the floor.

- (ii) Sarvangasana
- (iii) Matsyasana
- (iv) Dhanurasana (Note: Competitor can perform purna Dhanurasana)
- (v) Ardha Matsyendrasana
- (vi) Uttan Padasana

Group - B

- (i) Chakrasana
- (ii) Kukutasana
- (iii) Shrisasana
- (iv) Bakasana
- (v) Bhumasana
- (vi) Purna Shalabhasana

Group-C

- (i) Sankhyasana

Note: Knee should not touch the floor

- (ii) Vyaghrasana
- (iii) Urdhva Kukutasana
- (iv) Utith Titibhasana
- (v) Padma Mayurasana
- (vi) Utith Padhustasana

(4) The asanas of group 'A' to be performed and retained for age group below 14 years - 1 minute and for age groups below 17 years & 19 years 2 minutes

(5) The asanas of group 'B' are to be performed and retained for 15 (fifteen) seconds for age group below 14 years. while for below 17 and 19 asanas are to be performed and retained for thirty seconds.

(6) The asanas of Group 'C' are to be performed and retained for ten seconds for all the age groups.

(7) 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 asanas. Separate draws will be made for boys & girls section.

(8) 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 a total 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 a total of 50 marks.

(9) If required, the authority may reduce the time limit for the asanas. For example, the time limit of an asana may be reduced from two minutes to 1 minute. In any case, the time limit will not be extended.

Such change, if made, will be applicable to all participants.

(10) A competitor will be allowed a maximum of three attempts for optional asanas, no further attempt will be granted for compulsory asanas.

(11) No asana will be changed or altered once fixed or obtained by the competitor.

(12) Marking scheme will include the construction, the holding and the lasting of an asana. Expression of tension and trembling will also be noted. The final pose will be accepted with smiling face and pleasant expression.

(13) Each asana will be of 10 marks. The detail distribution of these 10 marks will be given by the judges as under:

(i) Way of performance to reach the final stage of the asana-1 mark.

(ii) Perfect posture of the asana - 4 marks.

(iii) Exhibition of the asana without tension and trembling- 2 marks

(iv) Stay in asana for a fixed time - 2 marks.

(v) Returning to original position -1 mark.

(14) For optional or voluntary asanas, categories will be clarified as 'A', 'B' & 'C' grade.

'A' grade will include asanas, which has balance factor and flexibility of torso and waist. It will also include risk factor.

For example the standing Vruchik asana.

Asanas with only flexibility (without balance) will be in 'B' grade.

For example, Dimbasana, Deepasana and Vruschikasana. Other asanas are in 'C' grade.

For the 'A' grade asana marking will be out of 10 marks, for 'B' grade, 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 on their discretion.

(15) One chief judge, plus four judges, a scorer and a time keeper will form a panel of judges. There will be two panels of judges - one for boys and one for girls sections.

(16) A judge will write the marks of every asanas in their scoring sheet and display the mark card so that the spectators may see and scorer can not down the points and announce it.

The Judges will award marks out of 10 marks to each competitor for each asana separately, the maximum and minimum marks will be deleted (highest & lowest) and the average of other remaining two will constitute the final score.

(17) The judges are free to observe the candidate on the carpet and if needed can order the competitor to perform the asana again.

Dress

(18) Track suits will not be allowed while performing asanas. Slacks, Shorts or Swimming Costumes are compulsory during the asanas. Participants are strictly instructed to put on tight underwear with elastics.

- (19) The marking system for a tie :-
- (i) In case of equal marks, a performer's total marks given by all judges will decide the winner.
 - (ii) If a tie still remains than a performer who has obtained more marks in optional asanas will be declared as the winner.
 - (iii) If a tie still remains than marks obtained in group 'C' asanas will decide the winner.
 - (iv) Still there are more than one competitor with equal marks, they will be decided joint winners. But if the tie is for the first place then the winner will be decided by a toss of again.
- (20)
- (i) If there are more than fifteen teams, best 6 teams will be selected for the final round after the completion of the first round.
 - (ii) If there are ten or more teams, four best teams will be selected for the final round.
 - (iii) If there are less than ten teams, final will be conducted directly and rules of the final competition will be applied.
- (21) The rules for the final competition for individual and teams :-
- (a) Competitors will have to perform five asanas from groups 'A', 'B' & 'C' as per judges instruction but there should not be more than two asanas from one group. Asanas performed in preliminary round should not be repeated.
 - (b) Competitors will perform two asanas of their choice, excluding compulsory 18 asanas.
 - (c) Surya Namaskar is a compulsory asana for the final competition. The marking will be as under :-
A total of 10 marks as per following divisions –
Body posture - 3 marks
Forward bend - 3 marks
Backward bend - 3 marks
Dress - 1 mark
 - (d) Individual Championship will be conducted separately and the best performer from the preliminary round will be selected for the final championship
- (22) For individuals the winner will get 5 marks, the runner up will get 3 marks & 2nd runner up will get 2 marks.
Winning team will get 10 marks, runners up will get 6 marks and 2nd runners up will get 4 marks. The state with maximum marks will be declared the championship state.
- (23) The rules for the date of birth, eligibility and protest note will be according to the SGFI rules and norms.

