

RULES & REGULATIONS FOR THE YOGASANA COMPETITION

Yogasana Competition will consist of three sequences in group

(1) First sequence will consist of Surya Namaskar and five compulsory asanas (postures) and one optional asana (posture).

(2) Second sequence will consist of five compulsory asanas (postures) and one optional asana (posture).

- Surya Namaskar (in twelve counts with chanting of mantras).
- The all performance will be in group.
- Holding time for each asana (posture) will be 30 seconds excluding surya namaskar.
- Optional asanas will be as per the choice of the competitor but holding time will remain 30 seconds.
- Only those who qualify in first sequence will be competing in the final round.
- A team may consist maximum of six competitors (boys, girls or both). A Team consisting less than five competitors, shall not be eligible for team competition.
- The competitors will have to retain each Yogic Exercise as follows which can be counted after attaining the final position.
- The sequence of participating teams shall be drawn by the Organizing University.
- The judge will be free to move around in order to observe the different aspect of the posture from different angles during the retention period. He can ask any Competitor of perform any Yogic exercise again.
- The efficiency of Yogic Exercise will be judged on the basis of degree of flexibility required in each exercise, duration of retention of the position, calmness and final position maintained there in.
- In case of a tie, it will be decided as follows: a. Aggregate of marks in compulsory Yogic exercises. b. Aggregate of marks in optional Yogic exercises. c. Aggregate of marks in the performance of the remaining exercises. (Note: The word "Exercise" appearing the rules means "Yogic asana and Suryanamaskar."
- Marks 1) Surya Namaskar 10 marks 2) Four compulsory Asanas 40 marks (part A 20 & B 20 marks) and 10 marks for optional asanas.

The following is the list of compulsory asanas for group:-

1. Surya Namaskar with mantra (12 counts)

Round A - Compulsory Asanas	Round B
1. Garud Asan	1. Hanumansana
2. Paschimottanasana	2. Ushtrasana
3. Ardhamatsyendrasana	3. Dhanurasana
4. Uthit Ekpadsakandasana	4. Sarvang Asana
5. Halasana	5. Bakasana
6. Optional	6. Optional

1. Surya Namaskar with mantra (12 counts)



ॐ मित्राय नमः

om mitrāya namaḥ

Prostration to Him who is affectionate to all.

ॐ रवये नमः

om ravaye namaḥ

Prostration to Him who is the cause for change.

ॐ सूर्याय नमः

om sūryāya namaḥ

Prostration to Him who induces activity.

ॐ भानवे नमः

om bhānave namaḥ

Prostration to Him who diffuses Light.

ॐ खगय नमः

om khagaya namaḥ

Prostration to Him who moves in the sky.

ॐ पूष्णे नमः

om pūṣṇe namaḥ

Prostration to Him who nourishes all.

ॐ हिरण्यगर्भाय नमः

om hiraṇyagarbhāya namaḥ

Prostration to Him who contains everything.

ॐ मरीचये नमः

om marīcaye namaḥ

Prostration to Him who possesses rays.

ॐ आदित्याय नमः

om ādityāya namaḥ

Prostration to Him who is God of gods.

ॐ सवित्रे नमः

om savitre namaḥ

Prostration to Him who produces everything.

ॐ अर्काय नमः

om arkāya namaḥ

Prostration to Him who is fit to be worshipped.

ॐ भास्कराय नमः

om bhāskarāya namaḥ

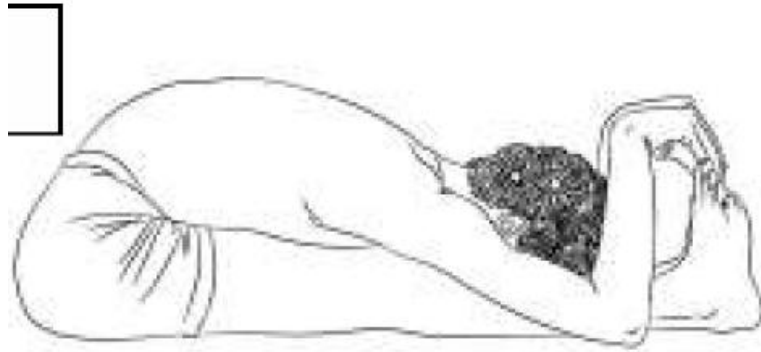
Prostration to Him who is the cause of lustre.

**Round A -
Compulsory Asanas**

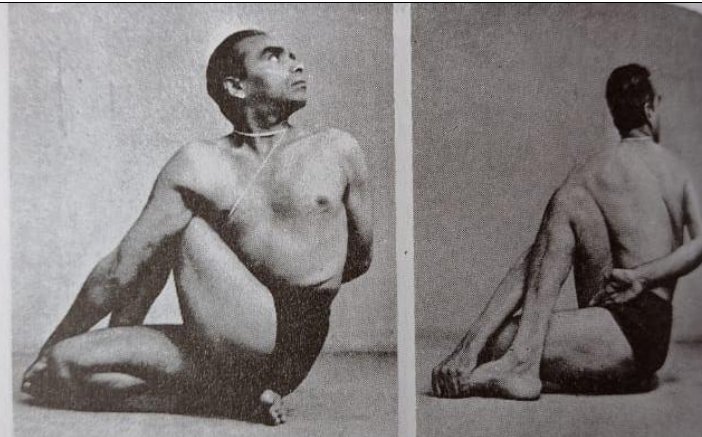
1. Garud Asan



2.
Paschimottanasana



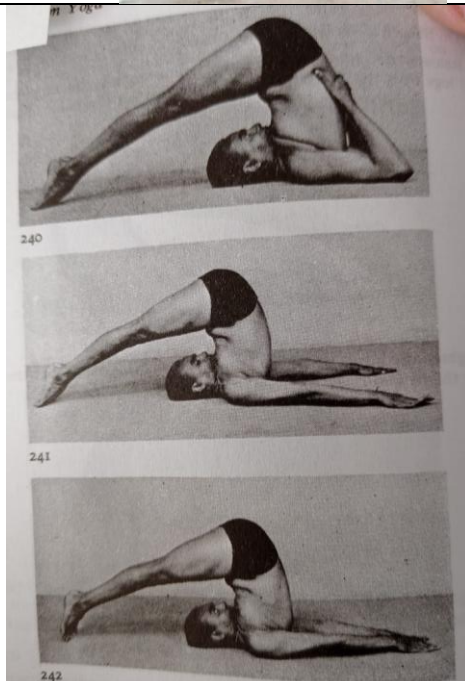
3.
Ardhamatsendrasana

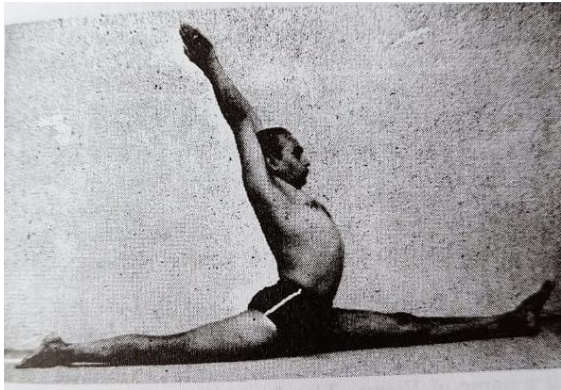





4. Uthit
Ekpadsakandasana



5. Halasana



Round B	
1. Hanumansana	
2. Ushtrasana	
3. Dhanurasana	
4. Sarvang Asana	
5. Bakasana	