

RULES AND REGULATIONS FOR INTER UNIVERSITY YOGA CHAMPIONSHIP

1. Inter University Yoga Championship shall be held for both boys and girls sections separately in the asanas and kriyas (exercises).
2. A Team may consist of maximum of six competitors (including one reserve). A team consisting less than five competitors, shall not be eligible for Team Championship but their performance will be considered for individual position. For team championship marks of only best five will be counted.
3. The competitors will have to Maintain each yogic exercise as follows which will be counted after attaining the final position.

Part-A :

- a) Compulsory Asana - One minute each
- b) Surya Namaskar - One Round (in twelve counts)
- c) Kriyas - Within two minutes each for Sutraneti, Jalneti, Nauli and Shit Karma Kapalbhati and for Vastri Dhauti - 10 Minutes.

4. Yogic exercise of Part-A (a) will be performed together and other yogic exercises will be performed one by one by each member of the team.
5. Marks for Part-A and Part-B are as under :

Part-A :

- a) Four Compulsory Asanas : 40 Marks
- b) Surya Namaskar : 10 Marks
- c) Two Shat Kriyas : 20 Marks

Part-B : Three Optional Asanas : 30 Marks

Total : 100 Marks

6. One Chief Judge plus Five Judges, a scorer and a time keeper will be appointed for each section (there should be two panels).
7. The sequence of participating teams shall be drawn by the organizing university.
8. Dress : The male and female competitors will wear the following dresses of their University Color.

Male : Short and vest/sports shirt.

Female : Short and Sport Shirt/Gymnastic Costume.

REGULATIONS FOR INTER UNIVERSITY YOGA CHAMPIONSHIP

University Yoga Championship shall be held for both boys and girls separately in the asanas and kriyas (exercises).

Each team may consist of maximum of six competitors (individual). A team consisting less than five competitors, shall not be eligible for the Championship but their performance will be considered for consolation. For team championship marks of only best five competitors will have to maintain each yogic exercise and will be counted after attaining the final position.

- Asana - One minute each
- Pranayama - One Round (in twelve counts)
- Within two minutes each for Sutranjali, Jalneti, Nauli and Shit Karma Kapalbhati and other pranayama exercises.

Part-A (a) will be performed together and Part-B will be performed one by one by each member of the team. The marks for Part-A and Part-B are as under :

Asanas : 40 Marks
 Pranayama : 10 Marks
 Kriyas : 20 Marks

Asanas : 30 Marks

Total : 100 Marks

By Five Judges, a scorer and a timekeeper.

....3....

....3....

9. The Judges will award the marks out of ten to each competitor for each yogic exercise separately. The maximum and minimum marks will be deleted. The average of other Remaining Three Judges will constitute the final score. In case more than one judge give the same maximum or minimum score, the score awarded by only one judge will be deleted and other will be counted maximum or minimum.
10. The Judge will be free to move about in order to see the aspect of a pose from different angles during the retention period. He can ask any competitor to perform any yogic exercise again.
11. The efficiency of the 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 therein.
12. All the participating universities will be submitting the list of their competitors (not more than six in each section) along with the list of yogic exercises of their choice ten days before the commencement of the tournament.
13. 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.

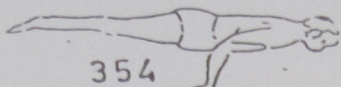
OTE :

1. The word "Exercises" appearing in the rules means "Kriyas and Yogic exercises and Suryanamaskar".
2. The details of Asanas are given in the book "Light on Yoga" by B K S lyanger.

[Handwritten Signature]
12/01/17



POSES OF OPTIONAL ASANAS
OPTIONAL ASANAS FOR MEN



354
 MAYURASANA



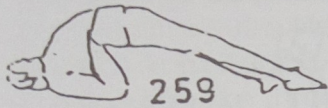
476A
 HANUMANASANA



418
 PADMA BAKASANA



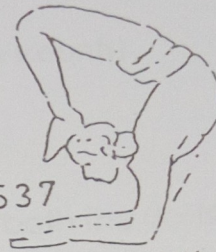
584
 PURNA SALABHASANA



259
 SETUBANDH
 SARVANGASANA



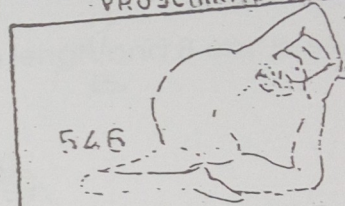
546
 PURNA CHAKRA
 BANDHASANA



537
 VRUSCHIKASANA



395
 TITABHASANA

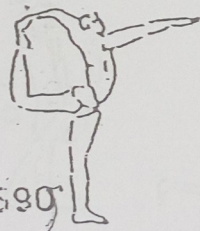


546
 RAJKAPOTASANA
 (EKPAD RAJKAPOTASANA)

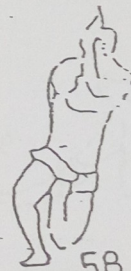
OPTIONAL ASANAS FOR WOMEN



552
 PURNA BHUJANGASANA



590
 NATRAJASANA



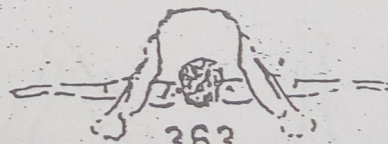
58
 VALAYANASANA



52
 ARDH PADH
 HANASANA



371
 EKPAD SHIRGHASANA

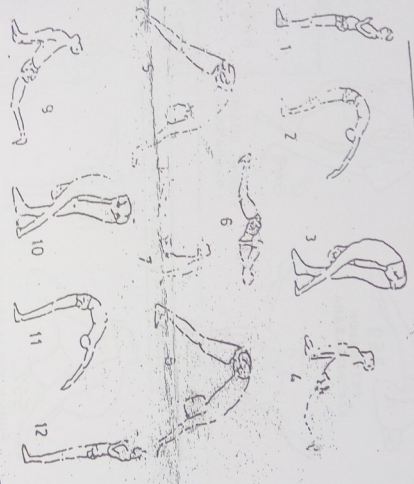


363
 VIBHAKTA
 PASCHIMO HANASANA

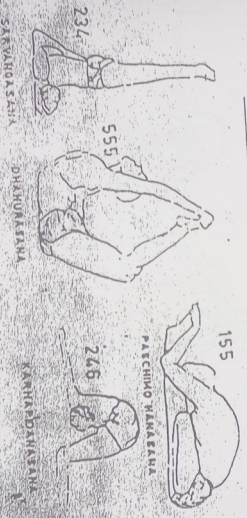


339
 PURNA
 MATSYENDRASANA

POSES OF SURYA NAMASKAR



POSES OF COMPULSARY ASANAS



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