

Yoga Rules

Syllabus, Rules & Regulations for Sangram Yoga (Men & Women)

Championship 2018 Part A (Compulsory Yogic Exercises for Men and Women)

I. ASANAS (for Men and Women)

1. Paschimottanasana
2. Sarvangasana
3. Dhanurasana
4. KarnaPidasana

II. SURYA NAMASKAR (For Men and Women) (in Twelve counts) Part B

(Optional Yogic Exercise – Select any three respectively)

For Men

1. Mayurasana
2. Padambakasana (UrdhvaKukuttasana)
3. Hanumanasana
4. Titiabhasana
5. PurnaChakrasana
6. SetubandhSarvangasana
7. Vrischikasana
8. PurnaShalabhasana

For Women

1. Vatayanasana
2. PurnaBhujangasana
3. PurnaMatasendrasana
4. EkpadShirasasana
5. ArdhaBadhPadmotanasana
6. VibhaktaPaschimottanasana
7. Natrajasana
8. EkpadRajkapaotasana

Rules:

1. Yoga Championship shall be held for both boys and girls sections separately.
2. A team may consist maximum of six members (including one reserve). For team championship marks of only best five will be counted.
3. The competitors will have to retain each yogic exercise as follows which will be counted after attaining the final position.
 - i. One minute for each compulsory asana
 - ii. One round of Surya Namaskar (in twelve count)
4. Yogic Exercise of Part A will be performed together and other yogic exercise 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:

	i. Four compulsory Asanas	40 marks
	ii. Surya Namaskar	15 marks
Part B:	Three Optional Asanas	45 Marks
	Total:	100 Marks

6. Dress: The men and women competitors will wear the following dresses in their University colour.

Men - Short and vest/sports shirt.

Women- Short and sports shirts/Gymnastic costume.

7. The judges will be free to move about, in order to observe the different aspect of a posture from different angles during the retention period. He can ask any competitor to perform any yogic exercise again.
8. 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.
9. In case of a tie, it will be decided as follows:
- Aggregate of marks in compulsory Yogic exercises.
 - Aggregate of marks in optional yogic exercises.

Note:

- The word "Exercise" appearing in the rules means Yogic Asanas and Suryanamaskar.
- Detail of asanas are given in the book "light of Yoga" by B.K.S.lyanger.