



# उत्तर प्रदेश योगासन खेल संघ UTTAR PRADESH YOGASANA SPORTS ASSOCIATION

UTTAR PRADESH  
YOGASANA SPORTS  
ASSOCIATION®  
॥ योगः कर्मसु कौशलम् ॥

**सम्बद्ध** – नेशनल योगासन स्पोर्ट्स फेडरेशन NYSF  
**मान्यता** – युवा संसाधन एवं खेल मंत्रालय, भारत सरकार

**Note :** This Rules applicable only KVS /CISCE &CBSC Yogasana event.  
This rule book are copyright by **Uttar Pradesh Yogasana Sports Association**  
**UPYSA** ,Kanpur & visit our website [www.upysa.in](http://www.upysa.in)

## **RULES**

- Grouping.** There will be three age groups for the competition as under:-
  - Under 14 years.
  - Under 17 years.
  - Under 19 years.
- Composition of a Team.** A team must comprise a maximum of five competitors (including one reserve). A team consisting of less than four competitors will not be eligible for team championship. However, their performance will be considered for individual position(s). For team championship, scores awarded to the best four players will only be counted.
- Asanas to be Performed.** The following Asanas will be performed:-

Groups	Asanas	Duration		
		U-14	U-17	U-19
Group 'A'	Paschimottanasana (Elbow must touch the floor)	1 Min	2 Min	2 Min
	Sarvangasana	“	“	“
	Matsyasana	“	“	“
	Dhanurasana (Competitor can perform purnadhanurasana)	“	“	“
	Purna matsyendrasana	“	“	“
	Uttanpadasana	“	“	“
Group 'B'	Purna Chakrasana	15 Secs	30 Secs	30 Secs
	Kukkutasana	“	“	“
	Garbhasana	“	“	“
	Bakasana	“	“	“
	Bhumasana	“	“	“
	Purna Shalabhasana	“	“	“
Group 'C'	Vyaghrasana	10 Secs	10 Secs	10 Secs
	Urdhva Kukutasana	“	“	“
	Sankhyasana (Knee should not touch the floor)	“	“	“
	Uttith Pathastasana	“	“	“
	Utith Titivasana	“	“	“
	Shirshasana	“	“	“



The yogasana competition will include the following Asanas- (chart enclosed)

Group A	Group B	Group C
<b>Paschimottanasana</b> 	<b>Purna Chakrasana</b> 	<b>Sankhyasana</b> 
<b>Sarvangasana</b> 	<b>Kukutasana</b> 	<b>Vyaghrasana</b> 
<b>Matsyasana</b> 	<b>Garbhasana</b> 	<b>Urdhava Kukutasana</b> 
<b>Dhanurasana</b> 	<b>Bhumasana</b> 	<b>Shirshasana</b> 
<b>Matsendrasana</b> 	<b>Purna Shalabhasana</b> 	<b>Utthit Padahasthasana</b> 
<b>Uttana Padasana</b> 	<b>Bakasana</b> 	<b>Utthit Titivasana</b> 

**Assigning and Selection of Asanas.** A total of five asanas will be performed by the competitors as under:-

	<b>Group 'A' &amp; 'B'</b>	<b>Group 'C'</b>	<b>Optional Asanas</b>	<b>Total</b>
No of Asanas	One asana each group by draw on spot.	One asana to be selected by the participant on his own	Any two asanas at the option of the participant excluding all the three groups.	Five asanas

Note : The asana, once assigned, cannot be changed

4. **Performance Time of Asanas.** If required the organisers may reduce the time limit for the asana. For example, the time limit of an asana may be reduced from two minutes to one minute. Such change, if made, will be applicable to all participants. Under no circumstances the time limit will be extended.
5. **Attempts to perform Asanas.** There will be only one attempt for compulsory asana. Three attempts will be given for optional asanas only. No asana will be changed or altered once fixed or obtained by the competition.
6. **Judging.** The judging scheme will include construction, holding and lasting of an asana. Expression of tension or trembling will also be noted .The final pose will be accepted with a smiling face and a pleasant expression.
7. **Scoring.** A competitor will be awarded a maximum of 50 points and each asana will be judged out of 10 points. Detailed distribution of the points to be awarded by the judges is as under:-

(a)	Way of performance to reach the final stage of the asana	1 Point
(b)	Perfect posture of the asana	4 Points
(c)	Exhibition of the asana without tension and trembling	2 Points
(d)	Stay in asana for a fixed time	2 Points
(e)	Returning to the original posture	1 Point
<b>Total</b>		<b>10 Points</b>



8. **Categorisation of Voluntary Asanas & Scoring.** Voluntary asanas will be categorised as “X”, “Y” & “Z” Grade. „X” Grade will include asanas which have balance factor and flexibility of torso and waist. It will also include risk factor e.g. the standing Vruschik Asana. Asana with only flexibility (without balance) will be in „Y” Grade e.g., Dimbasana, Deepasana and Vruschikasanas. Other asanas will be in “Z” Grade. For “X” Grade asanas marking will be done out of 10 points, for “Y” Grade, out of 8 points and for “Z” Grade marking will be out of 6 points. The category of the asana will be decided by the panel of judges on their discretion.

### 9. **Panel Of Judges**

1. The panel of Judges will comprise one chief judge, four judges, one scorer and one time keeper.
2. The judge will write the points awarded for each asana on the scoring sheet separately. The scorer will compile and compute the points and announce them. The maximum and the minimum marks will be deleted . The average of other remaining two will constitute the final score.
3. The judges are free to observe the candidate on the carpet and, if needed, can ask the competitor to perform the asana again.

**10. Tie-Breaker.**

- (a) In case of equal points, the performer's total points given by all judges will decide the winner.
  - (b) If a tie still remains then the performer who has more points in the optional (A & B Groups) asana will be declared the winner.
  - (c) If a tie still remains then the points obtained in Group „C“ Asana will decide the winner.
  - (d) If still there are more than one competitors with equal marks, they will be decided joint winners but if the tie is for the first place, the winner will be decided by the toss of a coin.
11. **Dress Code.** Participants are advised to put on tight under wears or a supporters with elastic. Shorts or swimming trunks will be worn while performing the asanas. Track suit will not be allowed while performing asanas. This will be ensured by the team managers.

**12. Selection of Teams for the Final Round.**

- (a) If there are more than fifteen teams, the best 6 teams will be selected for the final round after the first round competition.
- (b) If there are ten or more teams, four best teams will be selected for the final round.
- (c) If there are less than ten teams, final round will be conducted directly and the rules of the finals will be applied.

13. **Final Round Rules.** Rules for the final round for individual and team championship are as under:-

- (a) The competitors will have to perform **five asanas** from Group „A“, „B“, „C“ as per judges' selection. There will not be more than two asanas from one Group. The Asana performed in the preliminary round will not be repeated.
- (b) The competitors will perform two asanas of their choice, excluding compulsory 18 asanas.
- (c) Individual Championship will be conducted separately and the best performer from the preliminary round will be selected for the final championship.
- (d) **Best of Best Competition.** Winners and Runner Up participants of all three age groups will participate in the Best of Best Competition. They will have to perform three asanas as per the judges' instructions.

**Team Championship.** Winning team will get 10 marks, runners up will get 6 marks and the 2<sup>nd</sup> runners up will get 4 marks. The Team with maximum marks will be declared the Championship.





# उत्तर प्रदेश योगासन खेल संघ UTTAR PRADESH YOGASANA SPORTS ASSOCIATION

(रजि.)

UTTAR PRADESH  
YOGASANA SPORTS  
ASSOCIATION®  
॥ योगः कर्मसु कौशलम् ॥

**सम्बद्ध - नेशनल योगासन स्पोर्ट्स फेडरेशन NYSF**  
**मान्यता - युवा संसाधन एवं खेल मंत्रालय, भारत सरकार**

## स्कोर शीट (व्यक्तिगत स्पर्धा) – बालक/बालिका

I.D.क्रमांक ..... प्रतियोगिता का चरण ..... हॉल नम्बर ..... तिथि ...../ ..... /202

प्रतिभागी का नाम.....

विद्यालय का नाम : केंद्रीय विद्यालय.....

क्रम संख्या	अनिवार्य योगासन के 03 नाम ( Group A व Group B से एक - एक जो निर्णायकों द्वारा लाटरी से निर्धारित किए गए हों व Group C का एक आसन जो प्रतिभागी द्वारा चुना गया हो)	क्रम संख्या	वैकल्पिक योगासन के 02 नाम (जो प्रतिभागियों द्वारा Group A ,B,C) से चुने गए हो और अनिवार्य आसनों से भिन्न हो तथा एक Group से दो आसन से अधिक नहीं हो)
1.	(Group A)	4.	(Group .....)
2.	(Group B)	5.	(Group .....)
3.	(Group C)		

Asanas	Judge -1 (10) mark	Judge -2 (10) mark	Judge - 3 (10) mark	Judge - 4 (10) mark	Total marks
1.					
2.					
3.					
4.					
5.					
6. Surya namaskar					
<b>Total marks</b>					

Signature.

Judge 1

Judge 2

Chief Judge

Judge 3

Judge 4

Time keeper /scorer







# उत्तर प्रदेश योगासन खेल संघ (रजि.)

## UTTAR PRADESH YOGASANA SPORTS ASSOCIATION

UTTAR PRADESH  
YOGASANA SPORTS  
ASSOCIATION ®  
॥ योग: कर्मसु कौशलम् ॥

**सम्बद्ध - नेशनल योगासन स्पोर्ट्स फेडरेशन NYSF**  
**मान्यता - युवा संसाधन एवं खेल मंत्रालय, भारत सरकार**

### स्कोर शीट (टीम स्पर्धा) – बालक/बालिका

I.D.क्रमांक ..... प्रतियोगिता का चरण ..... हॉल नम्बर ..... तिथि ...../ ...../202  
टीम प्रतिभागियों का नाम 1.....2.....  
3.....4.....5.....  
विद्यालय का नाम : .....

क्रम संख्या	अनिवार्य योगासन के 03 नाम ( Group A व Group B से एक - एक जो निर्णायकों द्वारा लाटरी से निर्धारित किए गए हों व Group C का एक आसन जो प्रतिभागी द्वारा चुना गया हो)	क्रम संख्या	वैकल्पिक योगासन के 02 नाम (जो प्रतिभागियों द्वारा Group A ,B,C) से चुने गए हो और अनिवार्य आसनों से भिन्न हो तथा एक Group से दो आसन से अधिक नहीं हो)
1.	(Group A)	4.	(Group .....)
2.	(Group B)	5.	(Group .....)
3.	(Group C)		

Asanas	Judge -1 (10) mark	Judge -2 (10) mark	Judge - 3 (10) mark	Judge - 4 (10) mark	Total marks
1.					
2.					
3.					
4.					
5.					
<b>Total marks</b>					

Signature.

Judge 1

Judge 2

Chief Judge

Judge 3

Judge 4

Time keeper /scorer

