

IYSF INTERNATIONAL YOGASANA SPORTS FEDERATION

RULES & REGULATIONS

EVENTS

The International Yogasana Sports Championship will be held in the following three events:

1. Artistic Solo Yogasana Sports Competition
2. Artistic Pair Yogasana Sports Competition
3. Rhythmic Pair Yogasana Sports Competition

AGE GROUPS

The International Yogasana Sports Championship will be held in for male & female section separately. There will be three age groups in both the sections as under:

1. Sub Junior (Above 10 Yr/Below 14 Yr.)
2. Junior (Above 14 Yr/Below 18 Yr.)
3. Senior (Above 18 Yr/Below 30 Yr.)

ARTISTIC SOLO YOGASANA SPORTS COMPETITION

1. Separate competition will be held for male and female competitors.
2. Artistic Solo Yogasana competition consists of presentation of various asanas (postures) forward bending, backward bending, hand balancing, leg balancing and twisting, performed with music.
3. It is synchronization of body movement with music (without break).
4. Number of postures performed should be 8-10 of competitor's choice.
5. Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).
6. The competitor will maintain each posture for atleast 5 seconds during the performance.
7. The transition from one posture to another posture should be slow & Artistic.

ARTISTIC PAIR YOGASANA SPORTS COMPETITION

1. Artistic Pair Yogasana Competition will be held for male and female separately.
2. Artistic Pair Yogasana consists of presentation of various Asanas (postures) forward bending, backward bending, hand balancing, leg balancing and twisting including pyramid making, synchronised body movement with music.

3. Both the participants will perform two different postures at a time. Performing same posture will be a disqualification.
4. Body touch is allowed in the competition as per the discretion of the competitors.
5. Number of postures performed should be 8-10 of competitor's choice.
6. Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).
7. The competitor will maintain each posture for atleast 5 seconds during the performance.
8. The transition from one posture to another posture should be slow, Artistic and Synchronized.

RHYTHMIC PAIR YOGASANA SPORTS COMPETITION

1. Rhythmic Yogasana Competition will be held for male and female separately.
2. Rhythmic Yogasana Sports is the presentation of various asanas (postures) i.e. forward bending, backward bending, hand balancing, leg balancing and twisting performed with music.
3. The same posture should be performed by the pair together.
4. There should not be any body touch between the two competitors.
5. There should be perfect synchronization of body movements with the music.
6. Number of postures performed should be 8-10 of competitors choice.
7. Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).
8. The competitor will maintain each posture for atleast 5 seconds during the performance.
9. The transition from one posture to another should be Slow, Rhythmic and Synchronized.

FLOOR:

1. The designated performance area for the Artistic Solo Yogasana is 8x8 meters.
2. The designated performance area for the Artistic Pair & Rhythmic Pair Yogasana is 10x10 meter.
3. Competitor should use the entire floor area during the performance.
4. Competitor will perform within the marked arena; 0.5 mark will be deducted every time (from the marks of performance) if the competitor(s) cross or touch the arena line during their performance. Crossing the line in an aerial manner (without touching the floor) will not incur any mark deductions.

SPECIAL INSTRUCTIONS:

1. A competitor can participate in all events i.e. Artistic Solo, Artistic Pair, Rhythmic Pair Yogasana competitions.
2. Time: For starting performer should wait in standing pose/sitting pose but not in posture. When music starts performer will also start movement or posture. Counting of timing will start when the music starts. For ending-counting of time will stop when the performer first join palms together for namaskar or bend down for namaskar.
3. Music should be melodious, devotional and classical type.
4. The competitor/(s) have to stay atleast for 5 Seconds in each Posture/Pyramid/Formation. Therefore if the competitor/(s) do not abide by the said rule for particular Posture/Pyramid/Formation, in that case that Posture/Pyramid/Formation will deem to be cancelled and accordingly the number of postures will be counted by the panel of Judges.
5. No Prop will be allowed during the performance of Artistic Solo, Artistic Pair, and Rhythmic Pair Yogasana Sports Competition.
6. **Dress of the Competitor:** The players should wear attractive colourful skin tight costume during their performance in the Artistic Solo, Artistic Pair, and Rhythmic Pair Yogasana Sports Competition.
7. **Date of Birth:** Age of the competitor will be checked as stand on 31st December of the current session of the Championship.

POSITIONS

1. First three positions will be declared in each age group/event in Artistic Solo, Artistic Pair, and Rhythmic Pair on the basis of merit of the scores secured by the competitors.
2. The judges will award the marks out of 10 to each competitor for each Yogasana separately. The judges will be free to move about in order to see the aspect of pose from different angles during the retention period.
3. The efficiency of the yogasana will be judged on the basis of execution.
4. Perfection of posture, stresslessness, stability, movement, holding time. Grace and presentation.
5. Judge's decision will be final.

N.B.: In case any competitor is disqualified due to doping/underage/overage or any other factor then the rank/medal given to that competitor will be awarded to the next competitor as per merit.

EVALUATION

For each competition there will be 1 Head Judge, 3 Judges, and 1 Time Judge to conduct the competition and evaluate the performance.

DISTRIBUTION OF MARKS FOR EACH COMPETITION

Each competition will consist of maximum 10 Marks which will be divided as follows:

ARTISTIC SOLO YOGASANA

1. Asana (Posture) - 4 marks
2. Synchronization of body movements with music - 3 marks
3. Grace & Presentation - 3 marks

ARTISTIC PAIR YOGASANA

1. Asana (Posture) - 4 marks
2. Pyramid Making - 2 marks
3. Synchronization of body movements with music - 2 marks
4. Grace & Presentation - 2 marks

RHYTHMIC PAIR YOGASANA

1. Asana (Posture) - 4 marks
2. Synchronization of body movements with music - 2 marks
3. Synchronization of Asanas - 2 marks
4. Grace & Presentation - 2 marks
