



# ASIAN YOGA FEDERATION

(REGD. UNDER THE SOCIETIES REGISTRATION ACT XXI OF 1860, REGD. NO. 4755)

AFFILIATED MEMBER

## INTERNATIONAL YOGA SPORTS FEDERATION

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### JUDGEMENT SYSTEM OF ASIAN YOGA SPORTS CHAMPIONSHIP

**Asian Yogasana Sports Competition / Asian Artistic Yoga Sports Competition / Asian Artistic Pair Yoga Sports Competition / Asian Rhythmic Yoga Sports Competition/ Asian Free Flow Yoga Sports Competition/ Professional Yogasana Sports Competition**

#### 1. Referee's Panel

The Referee's Panel will consist of four qualified referees, one scorer, one time keeper, one announcer and one laptop operator with laptop for each competition.

Competitor / Competitors will perform Yogasana on the platform. Each referee will show the marks on the placard to the scorer and to the audience. The scorer will write the marks in the individual score slip of the candidate and the laptop operator will also record the individual marks of the candidates in the laptop.

- i. **Two Platforms**: (Each of 3 x 3 Meter-Length and Breadth with ½ (Half Meter Height) with Step, fully covered with thick mat for Yogasana Competition.
- ii. **Placards for Referees** : 9 Sets of each No. 4, 5, 6, 7, 7½, 8, 8½, 9, 9½, 10

#### 2. Judgment Criteria (Yogasana Competition)

- i. The efficiency of the Yogasana in the Asian Yogasana Competition will be judged on the following basis:
  - Way of performance to achieve the final position.
  - Correct position of Yogasana.
  - Retention maintained during the final position.
  - Degree of flexibility, balance and calmness maintained during the retention of final position.
  - Way of performance to come back from final position.
- ii. The referee's will be free to move about in order to see the different aspects of posture from different angles during the retention period.
- iii. Each referee will award marks out of 10 marks for each asana.

#### 3. Judgment Criteria (Artistic Yoga, Artistic Pair Yoga, Rhythmic Yoga and Free Flow Yoga Sports Competition):

The Referee's Panel will consist of four qualified referees, one scorer, one time keeper, one announcer and one laptop operator with laptop for each competition.

- i. **One Platform** (7 x 7 Meter-Length and Breadth with ½ (Half Meter Height) with Step, fully covered with thick mat for Artistic / Rhythmic/ Free Flow Yoga Sports Competition.

Referees will award marks out of 30 marks on the score sheet provided to each referee for each competitor/pair/participants for Artistic Yoga, Artistic Pair Yoga, Rhythmic Yoga and Free Flow Yoga Sports Competition separately, as detailed below.

Time Duration	5 Marks
No. of Asanas/ Sequences	5 Marks
Choice of Asanas	5 Marks
Synchronization (with music/other members)	5 Marks
Presentation (Costume/Music/Grace/ Transition /Overall Performance)	10 Marks
<b>Total</b>	30 Marks

#### 4. **Criteria to Judge the Artistic/Artistic Pair/Rhythmic/Free Flow Yoga Sports**

(i) **Time Duration (5 Marks)** : If the competitor/s takes

- a) 120 – 125 seconds - 3 marks.
- b) 126 – 130 seconds – 3½ marks.
- c) 131 – 135 seconds – 4 marks.
- d) 136 – 140 seconds – 4½ marks.
- e) 141 – 150 seconds – 5 marks.
- f) Below 120 seconds and above 150 seconds 0 (Zero) marks.

(ii) **Number of Asanas (5 Marks)** : If the competitor/s perform/s

- a) 8 asanas – 3 marks
- b) 9 asanas – 4 marks
- c) 10 asanas – 5 marks
- d) Below 8 and above 10 asanas 0 (Zero) marks will be awarded.

(iii) **Type of Asanas (5 Marks)**: If the competitor/s perform/s

- a) The referee will see whether the competitor/s perform/s various type of Asanas i.e. Standing/sitting balancing. Lying / prolying asanas and accordingly the marks out of 5 has to be awarded.
- b) The referees will be provided separate sheet to record which type of asanas the competitor/s is/are performing.

(iv) **Synchronization (5 Marks)**: The referees have to see whether the competitor/s is / are synchronized with the music as well as with each other's performance. Accordingly marks have to be assigned.

(v) **Presentation (10 Marks)** : The referee have to see the costume, transition of the movement, overall all grace in the performance, proper use of stage etc by the competitor/s. Accordingly marks has to be assigned.

**Note:** 0.5 marks to be deducted each time out of 10, if the competitor / s touch or cross the line of arena marked for the performance.

**Free Flow Yoga Sports:** For Free Flow Yoga Sports Judgement as the time duration is 180 Seconds to 210 seconds, the same criteria has to be adopted accordingly. Rest of the points like type of Asanas, synchronization and presentation the criteria is the same as adopted for Artistic and Rhythmic competition.

**Time Duration (5 Marks)** : If the competitor / s takes

- a) 180 – 185 seconds - 3 marks.
- b) 186 – 190 seconds – 3½ marks.
- c) 191 – 195 seconds – 4 marks.
- d) 196 – 200 seconds – 4½ marks.
- e) 201 – 210 seconds – 5 marks.
- f) Below 180 seconds and above 210 seconds 0 (Zero) marks.

## 5. Positions

- i. The aggregate of minimum and maximum marks given by the referees to each competitor/pair will be deleted and the mean of remaining two aggregate scores will be calculated to decide the final position
- ii. First six positions will be declared in each age group/event in Yogasana, Artistic Yoga, Artistic pair Yoga, Rhythmic Yoga, Free Flow Yoga Sports and Professional Yogasana Competition on the basis of merit of the scores secured by the competitors.

## 6. Over All General Championship

The overall General Championship will be decided on the basis of aggregate marks of the medals obtained in the Yogasana, Artistic, Artistic pair, Rhythmic Yoga Competition and free flow Yoga Sports as per detail given below:-

- Gold Medal ..... 5 marks
- Silver Medal ..... 3 marks
- Bronze Medal ..... 1 mark

### **Over All General Champion:**

The National Team scoring highest aggregate marks will be declared over all General Champion.

### **First Runner's Up Champion:**

The National Team scoring second highest scores will be declared over all 1<sup>st</sup> Runner's Up Champion.

### **Second Runner's Up Champion:**

The National Team scoring third highest scores will be declared over all 2<sup>nd</sup> Runner's Up Champion.

## 7. Awards

### (i) Medals / Merit Certificate:-

First, Second and Third position holders will be awarded to Gold Medal, Silver Medal and Bronze Medal respectively along with Merit Certificates.

### (ii) Merit Certificates: Fourth, Fifth and Sixth position holders will be awarded Merit Certificates.

### (iii) **Overall General Championship Yoga Trophies:** The trophies will be given to the following:-

- Overall Winner Country National Yoga Team
- Overall First Runner's Up Country National Yoga Team
- Overall Second Runner's Up Country National Yoga Team

**N.B.:** Small trophy will also be presented to each participating National Yoga team excepting the above overall winners to encourage their team.

### (iv) Participation Certificates

The participation certificates will be given to all the participants securing more than 35% marks in each event of the competition. Absentees will be marked absent whereas players scoring less than 35% marks will be declared disqualified and will not be awarded any souvenir certificate



**(Ashok Kumar Aggarwal)**

President,

Asian Yoga Federation