



ASIAN YOGA FEDERATION

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

AFFILIATED MEMBER

INTERNATIONAL YOGA SPORTS FEDERATION

REGD. OFFICE : FLAT NO.501, GHS-93, SECTOR-20, PANCHKULA- 134116 (HARYANA), INDIA

E-mail:-yfiashok2000@yahoo.co.in, Mobile No. +91-94174-14741, Website:- www.asianyogafederation.com

RULES AND REGULATION OF ASIAN YOGA SPORTS CHAMPIONSHIP ORGANIZED BY ASIAN YOGA FEDERATION

The Asian Yoga Sports Championship will be held in the following **Five Events** and Age Groups as per rules & regulations and syllabus of the Asian Yoga Sports Championship which can be downloaded from the website of Asian Yoga Federation at www.asianyogafederation.com.

- 1. ASIAN YOGASANA SPORTS COMPETITION**
- 2. ASIAN ARTISTIC SOLO YOGA SPORTS COMPETITION**
- 3. ASIAN ARTISTIC PAIR YOGA SPORTS COMPETITION**
- 4. ASIAN RHYTHMIC YOGA SPORTS COMPETITION**
- 5. ASIAN FREE FLOW YOGA SPORTS COMPETITION**

1. ASIAN YOGASANA SPORTS COMPETITION

Separate Yogasana Competitions for male and female competitors will be held in the following **AGE GROUPS**.

- | | | | |
|-------|-------------------------------|---|------------------------------|
| (i) | SUB JUNIOR GROUP - (A) | - | 08-11 Years Boys and Girls |
| (ii) | SUB JUNIOR GROUP - (B) | - | 11-14 Years Boys and Girls |
| (iii) | JUNIOR GROUP | - | 14-17 Years Boys and Girls |
| (iv) | SENIOR GROUP - (A) | - | 17-21 Years Men and Women |
| (v) | SENIOR GROUP - (B) | - | 21-25 Years Men and Women |
| (vi) | SENIOR GROUP - (C) | - | 25-35 Years Men and Women |
| (vii) | SENIOR GROUP - (D) | - | above 35 Years Men and Women |

Number of Entries:- Six Entries of each National Team in each age group male & female separately will be allowed to participate in the Asian Yogasana Competition.

2. ASIAN ARTISTIC SOLO YOGA SPORTS COMPETITION

3. ASIAN ARTISTIC PAIR YOGA SPORTS COMPETITION

4. ASIAN RHYTHMIC YOGA SPORTS COMPETITION

Age Groups:- The Artistic Solo Yoga, Artistic Pair Yoga and Rhythmic Yoga Competition will be held in the following **two age groups**.

- | | | | |
|------|---------------------|---|----------------|
| (i) | JUNIOR GROUP | - | 08-17 Years |
| (ii) | SENIOR GROUP | - | above 17 Years |

Number of Entries:- Four Entries of each National Team in each category in Junior and Senior Group separately will be allowed to participate in the Asian Artistic Solo Yoga Competition, Asian Artistic Pair Yoga Competition & Asian Rhythmic Yoga Competition.

2. ASIAN ARTISTIC SOLO YOGA SPORTS COMPETITION

- ✓ **Separate competition will be held for male and female junior & senior competitors.**
- ✓ **Four entries of male & female juniors each and Four entries of male & female seniors each will be allowed.**

- ❖ Artistic (Solo) Yoga competition consists of presentation of various asanas (postures) forward bending, backward bending, hand balancing, leg balancing and twisting, performed with music.
- ❖ It is synchronization of body movement with music (without break).
- ❖ Number of postures performed will be 8-10 of competitor's choice.
- ❖ Time duration for the presentation will be 120 to 150 seconds (2 to 2½ minutes).
- ❖ The competitor will maintain each posture for atleast 3 to 5 seconds during the performance.
- ❖ The transition from one posture to another posture should be slow & artistic.

3. ASIAN ARTISTIC PAIR YOGA SPORTS COMPETITION

- ✓ **Separate competition will be held for Juniors & Seniors Competitors.**
- ✓ **The pair may consist of either both girls or both boys or a boy and a girl in Junior (8-17 Years) and Senior (above 17 Years) Age Groups.**
- ✓ **Four entries of juniors and seniors each will be allowed.**

- ❖ Artistic Pair Yoga consists of presentation of various Asanas (postures) forward bending, backward bending, hand balancing, leg balancing and twisting including pyramid making, performed with music.
- ❖ Both the participants will perform two different postures at a time. Performing same posture will be a disqualification.
- ❖ Body touch is allowed in the competition as per discretion of the competitors.
- ❖ Making of pyramid will be given preference.
- ❖ Synchronization of body movements with music will be given top preference.
- ❖ Number of postures performed will be 8-10 of competitor's choice.
- ❖ **Time duration for the presentation will be 120 to 150 seconds (2 to 2½ minutes).**
- ❖ **The competitor will maintain each posture for atleast 3 to 5 seconds during the performance.**
- ❖ The transition from one posture to another posture should be slow, artistic and synchronized.

4. ASIAN RHYTHMIC YOGA SPORTS COMPETITION

- ✓ **Separate competition will be held for Juniors & Seniors Competitors.**
- ✓ **The pair may consist of either both the boys or both the girls in Junior (8-17 Years) and Senior (above 17 Years) Age Groups.**
- ✓ **Four entries of juniors and seniors each will be allowed.**

- ❖ Rhythmic Yoga is also known as pair Yoga. Rhythmic Yoga Sports is the presentation of various asanas (postures) i.e. forward bending, backward bending, hand balancing, leg balancing and twisting performed with music.
- ❖ The same posture will be performed by the pair together.
- ❖ There should not be any body touch between the two competitors.
- ❖ There should be perfect synchronization of body movements with the music.
- ❖ Number of postures performed should be 08-10 of competitor's choice.
- ❖ **Time duration for the presentation will be 120 to 150 seconds (2 to 2½ minutes).**
- ❖ **The competitor will maintain each posture for atleast 3 to 5 seconds during the performance.**
- ❖ The transition from one posture to another should be slow, rhythmic and synchronized.

5. ASIAN FREE FLOW YOGA SPORTS COMPETITION:

- ✓ **Only one team from one country can participate in the Asian Free Flow Yoga Sports Competition.**
- ✓ **The team will consist of 5 players either all boys or all girls or boys and girls mixed.**

It is the presentation of various asanas (postures) including forward bending, backward bending, hand balancing, leg balancing and twisting postures etc. performed in dancing movements with music, preferably with some theme.

- ❖ The team can perform same postures / different postures / pyramids / free flow movements.
- ❖ There should be perfect synchronization of body movements with the music.
- ❖ Number of formation performed will be 08-10.
- ❖ **Time duration for the presentation will be 180-210 seconds (3 to 3½ Minutes).**
- ❖ **The competitor will maintain each formation for at least 3-5 seconds during the performance.**
- ❖ The transition from one posture to another should be slow, rhythmic and synchronized.
- ❖ The performance in the Free Flow Yoga Sports Competition should be preferably with some theme.

SPECIAL INSTRUCTIONS

- ❖ *Time: For starting performer should wait in standing pose but not in posture. Music will start then performer will 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 a bow or bend down for a bow, returning should not be counted.*
- ❖ *Preference will be given to the melodious music.*
- ❖ *Competitor will strict their performance within the marked arena. Half mark will be deducted every time (from the marks of transition) if the competitor/s cross or touch the arena line during their performance.*
- ❖ ***The competitor/(s) have to stay at least for 3 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 deemed to be cancelled.***
- ❖ *No Prop will be allowed during the performance of Artistic (solo) Yoga Sports Competition, Artistic Pair Yoga Sports Competition, Rhythmic Yoga Sports Competition and Free Flow Yoga Sports Competition.*

6. Asian Professional Yogasana Competition:

- ✓ **Separate Professional Yogasana Competition for male and female competitors will be held.**
- ✓ **Only Yoga Referee / Yoga Teacher can participate.**
- ✓ **The participants should have attained the age of 21 years or above as on 31.12.2024.**
- ✓ **Competitors will perform 7 Asanas out of 10 of their choice as per the syllabus of their group and will maintain in each asana for 15 seconds during the competition.**


DATE OF BIRTH:

The cut out date for the age group of the player will be as stands on **31st December of the session of the Championship i.e. 31.12.2024** of the session (2024-25) for Asian Yoga Sports Championship

Age of Participant should be as on or in between the dates mentioned below for their respective age groups		
Age Groups		Age as on or in between
Sub Junior Group - (A)	08-11 Years	01.01.2014 - 31.12.2016
Sub Junior Group - (B)	11-14 Years	01.01.2011 - 31.12.2013
Junior Group	14-17 Years	01.01.2008 - 31.12.2010
Senior Group- (A)	17-21 Years	01.01.2004 - 31.12.2007
Senior Group- (B)	21-25 Years	01.01.2000 - 31.12.2003
Senior Group- (C)	25-35 Years	01.01.1990 - 31.12.1999
Senior Group- (D)	Above 35 Years	As on or before - 31.12.1989
Professional Yogasana	Above 21 Years	As on or before - 31.12.2003
<i>For National Artistic Solo, Artistic Pair, Rhythmic Yoga Competition & Free Flow Yoga Sports Competition.</i>		
Junior Group	08-17 Years	01.01.2008 - 31.12.2016
Senior Group	Above 17 Years	As on or before - 31.12.2007

DRESS OF THE COMPETITOR

The players should wear attractive colorful skin tight costume during their performance in the Yogasana, Artistic Yoga, Artistic Pair Yoga, Rhythmic Yoga and Free Flow Yoga Sports Competition.


(Ashok Kumar Aggarwal)
President,
Asian Yoga Federation