

# **TRADITIONAL YOGASANA EVENT**

## 1] Traditional Yogasana Event

1. Compulsory asanas and Optional asanas in different age groups are as under:

Sr. No.	Ag Group	Quarter Final		Semi Final Round		Final Round	
		Compulsory Asana	Optional Asana	Compulsory Asana	Optional Asana	Compulsory Asana	Optional Asana
1	Sub Junior	5	2	5	2	4	3
2	Junior	5	2	5	2	4	3
3	Senior	5	2	5	2	4	3
4	Senior A	5	2	5	2	4	3
5	Senior B	5	2	5	2	4	3
6	Senior C	5	2	5	2	4	3

2. Holding time as per different age groups and rounds are as under:

Sr. No.	Age Group	Compulsory Asana Holding Time			In each round
		Quarter Final	Semi Final	Final	Optional Asanas
1	Sub Junior	60 Seconds	45 Seconds	30 seconds	15 seconds
2	Junior	60 Seconds	45 Seconds	30 seconds	15 seconds
3	Senior	60 Seconds	45 Seconds	30 seconds	15 seconds
4	Senior A	60 Seconds	45 Seconds	30 seconds	15 seconds
5	Masters	60 Seconds	45 Seconds	30 seconds	15 seconds
6	Veterans	60 Seconds	45 Seconds	30 seconds	15 seconds

3. Athlete has to submit Order of Performance sheet before the competition.
4. If athlete changes sequence of asana as provided on the spot on the stage while performing, will lead to penalty of marks by Evaluator. Whether a change of sequence is of Compulsory or Optional asana will also lead to penalty of marks. For such one change in the performance will lead to 2 marks penalty. Second such change will lead to 4 marks penalty. Third such change will lead to 6 marks penalty. More than that will lead to disqualification of that athlete.
5. Evaluator will also give penalty of marks for not covering category of asanas. 5 marks penalty for not covering one category of asana. 10 Marks penalty for not covering 2 categories of asanas. 15 marks penalty for not covering 3 categories of asanas. Athlete will be disqualified for not covering more than 4 categories of asanas.
6. Zero marks will be awarded to the particular asana if asana performed is other than asana in Order of Performance sheet.
7. The pictures of Compulsory asana chart is available at **Annexure 2**

8. Rules for selecting optional asanas is as under:

Sr. No.	Age Group	Rules for selecting Optional Asanas		
		Quarter Final	Semi Round	Final Round
1	Sub Junior, Junior & Senior	<ol style="list-style-type: none"> <li>1. Compulsory asanas of any round should not be performed as optional asanas. If performed, then that asana will be invalid and leads to zero marks.</li> <li>2. Optional Asanas from Group A,B &amp; C should be performed. If D &amp; E group asana performed, then that asana will be invalid and will lead to zero marks.</li> <li>3. Major Categories of asanas should not be repeated. If performed, then, that asana will be invalid and will lead to zero marks.</li> </ol>	<ol style="list-style-type: none"> <li>1. Compulsory asanas of any round should not be performed as optional asanas. If performed, then that asana will be invalid and leads to zero marks.</li> <li>2. Optional Asanas from Group A,B, C &amp; D should be performed. If E group asana performed, then that asana will be invalid and will lead to zero marks.</li> <li>3. Major Categories of asanas should not be repeated. If performed, then, that asana will be invalid and will lead to zero marks.</li> <li>4. Optional asana of Quarter Final round should not be performed. If performed, then, that asana will be invalid and will lead to zero marks.</li> </ol>	<ol style="list-style-type: none"> <li>1. Compulsory asanas of any round should not be performed as optional asanas. If performed, then that asana will be invalid and leads to zero marks.</li> <li>2. Optional Asanas from Group A,B, C, D &amp; E can be performed.</li> <li>3. Major Categories of asanas should not be repeated. If performed, then, that asana will be invalid and will lead to zero marks.</li> <li>4. Optional asana of Quarter Final &amp; Semi Final round should not be performed. If performed, then that asana will be invalid and will lead to zero marks.</li> </ol>
2	Senior A	<ol style="list-style-type: none"> <li>1. Compulsory asanas of any round should not be performed as optional asanas. If performed, then that asana will be invalid and leads to zero marks.</li> <li>2. Optional Asanas from Group A,B &amp; C should be performed. If D &amp; E group asana performed, then that asana will be invalid and will lead to zero marks.</li> <li>3. Major Categories of asanas should not be repeated. If performed, then, that asana will be invalid and will lead to zero marks.</li> </ol>	<ol style="list-style-type: none"> <li>1. Compulsory asanas of any round should not be performed as optional asanas. If performed, then that asana will be invalid and leads to zero marks.</li> <li>2. Optional Asanas from Group A,B &amp; C should be performed. If, D &amp; E group asana performed, then that asana will be invalid and will lead to zero marks.</li> <li>3. Major Categories of asanas should not be repeated. If performed, then, that asana will be invalid and will lead to zero marks.</li> <li>4. Optional asana of Quarter Final round should not be performed. If performed, then, that asana will be invalid and will lead to zero marks.</li> </ol>	<ol style="list-style-type: none"> <li>1. Compulsory asanas of any round should not be performed as optional asanas. If performed, then that asana will be invalid and leads to zero marks.</li> <li>2. Optional Asanas from Group A,B,C &amp; D should be performed. If E group asana performed, then that asana will be invalid and will lead to zero marks.</li> <li>3. Major Categories of asanas should not be repeated. If performed, then, that asana will be invalid and will lead to zero marks.</li> <li>4. Optional asana of Quarter Final &amp; Semi Final round should not be performed. If performed, then that asana will be invalid and will lead to zero marks.</li> </ol>

3	Senior B & Senior C	<p>1. Compulsory asanas of any round should not be performed as optional asanas. If performed, then that asana will be invalid and leads to zero marks.</p> <p>2. Optional Asanas from Group A,B &amp; C should be performed. If D &amp; E group asana performed, then that asana will be invalid and will lead to zero marks.</p> <p>3. Major Categories of asanas should not be repeated. If performed, then, that asana will be invalid and will lead to zero marks</p>	<p>1. Compulsory asanas of any round should not be performed as optional asanas. If performed, then that asana will be invalid and leads to zero marks.</p> <p>2. Optional Asanas from Group A,B &amp; C should be performed. If, D &amp; E group asana performed, then that asana will be invalid and will lead to zero marks.</p> <p>3. Major Categories of asanas should not be repeated. If performed, then, that asana will be invalid and will lead to zero marks.</p> <p>4. Optional asana of Quarter Final round should not be performed. If performed, then, that asana will be invalid and will lead to zero marks.</p>	<p>1. Compulsory asanas of any round should not be performed as optional asanas. If performed, then that asana will be invalid and leads to zero marks.</p> <p>2. Optional Asanas from Group A,B &amp; C should be performed. If D &amp; E group asana performed, then that asana will be invalid and will lead to zero marks.</p> <p>3. Major Categories of asanas should not be repeated. If performed, then, that asana will be invalid and will lead to zero marks.</p> <p>4. Optional asana of Quarter Final &amp; Semi Final round should not be performed. If performed, then that asana will be invalid and will lead to zero marks.</p>
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9. D Judge will provide marks to the asana out of 8 marks as per micro marking system.

10. (8 marks for each asana + T Judges Marks) \* Base Value = Score of asana.

11. Sample- Athlete Order of Performance sheet:

Yogasana Sequence	Code	Base Value
Compulsory Asana		1.00
Compulsory Asana		1.00
Compulsory Asana		1.00
Compulsory Asana		1.00
Compulsory Asana		1.00
Optional Asana	HBB-D5	0.95
Optional Asana	TBF-E1	1.00

12. Sample Score Sheet of D Judge:

Code	Base Value	Execution Value (Out of 8 Marks)		Time in Seconds	Time (2 Marks)	Score
		Perfection of Posture (6 Marks)	Stability/Tremblingness, Grace & Presentation (2 marks)			
C1	1.00	5.5	1.75	45	2	9.25
C2	1.00	5.25	1	45	2	8.25
C3	1.00	4.75	1.25	45	2	8
C4	1.00	5	0.75	45	2	7.75
C5	1.00	5.5	1.5	45	2	9
HBB-D5	0.95	5.5	1.5	45	2	8.55
TBF-E1	1.00	5	1.5	45	2	8.5
<b>TOTAL</b>						<b>58.85</b>



13. D Judge Score: Highest and lowest marks will be eliminated and average of remaining 3 judges will be calculated.

14. Final Score = D Judge Score – Evaluator

15. Costume:

- 1) The costume that the players use must be of a non-transparent material.
- 2) The neckline of the costume should be around the neck and should not have any cuts.
- 3) Costume may be according to the decorous.
- 4) The costume must be tight-fitting so as to enable the judges to evaluate the correct positions. However, decorative applications or details are allowed according to the theme as long as it does not risk the safety of the players.
- 5) It is allowed to wear long tights over or under the leotards or full length one-piece dresses. Costume can be half sleeves or sleeveless for Male & Female.
- 6) The hair style must be neat and clean.
- 7) The make-up used should not hide the identity of the player.

16. Foul:

- 1) Athlete will get time of 60 seconds to perform next asana for compulsory and optional asanas i.e Transition time is 60 seconds. As soon as the asana is relaxed the transition time will be started and it will be counted until the athlete reaches in next asana final pose. A digital watch will be displayed for the transition time. After completion on 60 seconds, a bell/buzzer will be indicated and athletes will get buffer time of 10 seconds.
- 2) If the next asana final pose is not attained in 70 seconds transition time, then the penalty of 0.25 marks will be levied by T Judge on that asana. Time Judge will raise White flag in case of exceeding 70 seconds.

# **KALATMAK EKAL YOGASANA**

## **(ARTISTIC YOGASANA SINGLE)**

## **2] KALATMAK EKAL YOGASANA (ARTISTIC YOGASANA SINGLE)**

### **1) ABOUT THE EVENT**

1. The vision behind making yogasana a competitive sport is to encourage the practice of yogasana and help promote the physical and mental wellbeing of people of all age groups.
2. These competitions endorse yogasana as a sport and help to develop an interest in yogasana among people around the globe.
3. Kalatmak yogasana event involves physical strength, power, agility, flexibility, grace, control, coordination and balance. The Kalatmak Yogasana events will be separate for Men and Women. (No mix pair is allowed).
4. In Kalatmak Ekal Yogasana event the number of Yogasana performed are to be 10.
5. Yogasana should be selected from the given optional asana charts.
6. Time duration for the presentation will be 150 to 180 seconds for Kalatmak Ekal Yogasana.
7. The Athlete will maintain each posture for minimum 5 seconds during the performance.
8. The transition from one posture to the next posture should be Kalatmak and synchronized with music.
9. Athletes will give a greeting gesture of “Namaste” (Joining both the hands before starting and after the performance).

### **2) COSTUME FOR KALATMAK YOGASANA**

1. The costume that the players use must be of a non-transparent material.
2. The neckline of the costume should be around the neck and should not have any cuts.
3. Costume to be as per the theme and can be decorous in nature.
4. The costume must be tight-fitting so as to enable the judges to evaluate the correct positions. However, decorative applications or details are allowed according to the theme as long as it does not risk the safety of the players.
5. It is allowed to wear long tights over or under the leotards or full length one-piece dresses. Costume can be half sleeves or sleeveless for male & female.
6. The hair style must be neat and clean.
7. The make-up used should not hide the identity of the player.
8. Total marks for Costume is 1 Marks.
9. Deduction by 'A' Judge in multiple of 0.25 marks for not fulfilling of criteria.

### **3) THEME & MUSIC**

1. It is important to have a theme in the routine.
2. While performing the player must have a theme that matches with the song/ music.
3. A composition should be developed to create a unified Artistic image or guiding idea throughout the act, expressed through the fine body movements.
4. Non typical music of yogic character is not allowed. For example: Vulgar songs, item songs, rock music/song, pop music/song etc. is not allowed. The music should be decent.
5. Players can use meditational, instrumental music or folk, devotion, patriotic songs, instrumental of rock music and instrumental of pop music.
6. Players should bring the music on a USB. The USB should have only the music which has to be played and no additional recording at all. The USB should be submitted to the stage manager in advance with the following details -
  - i. Name of the players
  - ii. Chest no:
  - iii. District /State / country.
  - iv. Category : Artistic Yogasana Single/Artistic Yogasana Pair/ Artistic Yogasana Group/ Rhythmic Pair
7. If the wrong music is played or if there is any interruption in the music again and again it may

lead to discontinuation of the routine.

8. If the music stops due to technical setup, then the athlete will get a chance to perform again without deduction of marks.
9. Total marks allotted for Theme & Music is 1 mark. Deduction by 'A' Judge in multiple of 0.25 marks for not fulfilling of criteria.

#### **4) CHARACTER & EXPRESSION**

1. The character of the music should be chosen in respect to the age, technical level and Artistic qualities of the players and ethical norms.
2. Yogasanas should not only be series without connection to the character, theme & Expression.
3. The character should be expressed prominently during the dance steps/Artistic steps and during the transition between the two postures.
4. Expression should be an amalgamation of the strength, beauty and elegance of the movement.
5. Holistic participation of parts of the body like head, shoulder, trunk, arms, legs, including the face.
6. Supple movements should convey the character.
7. Exact response to the music with facial expressions.
8. The performance of athletes should be graceful.
9. No props are allowed. Use of any type of props will lead to disqualification of athlete.
10. Total marks allotted for Character & Expression is 3 Marks. Deduction shall be in multiple of 0.25 marks.
11. For losing of the character each time marks will be deducted in multiple of 0.25 marks
12. Deductions in multiple of 0.25 marks for missing the appropriate participation of any body segment/expression in the entire routine.

#### **5) USE OF FLOOR**

1. The official floor area for Kalatmak Ekal Yogasana = 8\*8 m (exterior of the line) is compulsory.
2. Athlete should use maximum floor area allotted while executing the routine.
3. Touching or crossing or trespassing the boundary line/demarcated area will be penalized. If the athlete crosses the aerial part of boundary line/demarcated area without touching the floor will not lead to penalty of marks. Deductions of marks will be done for lack of use of floor area.
4. 'A' Judge will raise red flag for each trespassing of boundary line. The seating arrangement of 'A' judge will be left and right side of the FOP i.e. facing opposite of each other.
5. Total marks allotted for Use of Floor is 5 marks.
6. If the athlete is not using the whole floor area then the deduction will be in multiple of 0.25 marks with maximum of 3 marks deduction.
7. Penalty:
  - i. marks will be penalized for touching or crossing or trespassing the boundary line each time. Crossing of the line in an aerial part (if not touching floor) will not lead to penalty of marks.

#### **6) RHYTHM & ARTISTIC STEPS**

1. The movement of the body should correlate precisely with the musical accents and musical phrases. Body movements should emphasize the tempo of the music.
2. For Example: -
  - i. When movements are visibly emphasized before or after the accents
  - ii. When a clear accent in the music is “passed through” and not emphasized by the movement

- iii. When movements are unintentionally after the musical phrase
- iv. When the tempo changes and the player is in the middle of slower movements and does not reflect the change in speed or rhythm.
- 3. Chief Judge will raise green flag. This will be indication for athlete to start the performance.
- 4. Artistic steps should be continuous and connected with smooth transitions in a synchronized manner.
- 5. Players can use any classical, folk or traditional steps.
- 6. Valid acrobatic elements allowed are front walkover, back walkover, cart wheel, front roll and back roll. Other than these elements are prohibited like somersault, air jumps, etc. Penalty of - 1.00 marks will be levied for invalid each acrobatic element.
- 7. Dance step/Artistic steps combinations must be performed according to the tempo, rhythm, character and accents of the music in a synchronized manner.
- 8. The composition should be developed by technical, aesthetic and connecting elements, where one movement transitions logically and smoothly into the next without unnecessary stops or prolonged preparatory movements.
- 9. Unnecessary stops between movements which are not related to the rhythm or character will lead to deduction of marks.
- 10. Total marks allotted for Rhythm & Artistic steps = 10 marks.
- 11. For each lack of flow in the steps/no confidence in the movement/lack of proper merging from one asana or posture or transition to another asana or posture or transition will lead to deduction of marks multiple of 0.25 marks each time.
- 12. For missing of the rhythm each time, deduction will be in multiple of 0.25 marks.

## 7) TIME

- 1. The time limit for Kalatmak Ekal Yogasana is 03:00 min (180 seconds).
- 2. The routine must finish in sync with the music getting over.
- 3. Time starts with music start and ends with closing gesture or performance or namaste mudra.
- 4. Total marks allotted for Time section is 10 marks. Among that 5 marks is for whole performance time (i.e TW) and another 5 marks is for each asana holding time (i.e TA)
- 5.  $TW + TA = 5 \text{ marks} + 5 \text{ marks} = 10 \text{ Marks}$
- 6. Two minutes thirty seconds (150 seconds) is the minimum time for the performance.
- 7. TW will be Zero in case of athlete completes routine before 150 seconds. Margin of 3 seconds will be considered in case of any of the T1/T2 noted TW less than 150 seconds and another T1/T2 had noted 150 seconds or more, in that case the TW will be considered as 150 seconds.
- 8. If the athlete completes his/her performance in between 150 to 180 seconds, then the distribution of marks will be as follows.

Time in Seconds	Marks
171 to 180 Seconds	5 Marks
161 to 170 Seconds	4 Marks
150 to 160 Seconds	3 Marks

- 9. After completing of 180 seconds (03:00 minutes), if the athletes continue his/her routine then deduction/penalty of 0.5 marks will be levied for each seconds. And after 10 seconds the athlete will be disqualified.
- 10. Athlete has to hold every asana for minimum 5 seconds. If any holding of any asana/formation is less than 5 seconds, then that asana/formation will be considered as invalid and zero marks will be allotted to that particular asana.
- 11. If athletes hold each asana for minimum 5 seconds then for each asana, he will get 0.5 marks. i.e  $0.5 \times 10 \text{ asanas} = 05 \text{ marks}$ .
- 12. Time judge will start calculation when athlete is in the sthiti (position) and end in the sthiti position. Time starts and ends there for TA i.e. TA will be calculated when athlete freezes in the

asana.

13. Time judge will be having 2 stopwatches. One for TW and another for TA. Both T judge will perform same task.
14. If T1 have recorded time of 5 seconds and T2 have recorded time of 4 seconds, then the Time will be rounded up for 5 seconds. If both T1 & T2 have recorded Time as 4 seconds then it will be considered as 4 seconds only.
15. The time for TW & TA must be entered in whole numbers only. Eg. If the stopwatch shows less than 6.5 then it must be considered as 6 seconds and if it is greater than or equal to 6.5 then it must be considered as 7 seconds.

## 8) ASANA DIFFICULTY CHART

1. Athlete will have to choose each one Yogasana form every optional Yogasana charts mentioned in **Annexure 1** of CoP.
2. Athlete cannot exceed the number limit of Yogasana which is in total 10.
3. It is compulsory for athlete to choose asanas from the given 10 difficulty level optional Yogasana charts. If the athletes not performing any one sub category then 5 marks will be penalized. 10 marks penalty for missing two sub categories and 15 marks penalty for missing three sub categories. Missing more than three sub categories will lead to disqualification. Chief Judge will raise red flag when the athlete is disqualified.
4. Athlete can sequence the asanas from the given charts in Annexure 1 of CoP. Choosing one asana each from sub categories of asanas is mandatory. If two asanas are selected from same sub category then second asana from that asana will be considered as invalid and zero marks for that asana will be allotted.
5. Athlete will have to write the sequence and the Yogasana base value on the 'Athlete Order of Performance sheet' to be submitted to judge's panel.
6. Athlete cannot change the sequence of asana provided in 'Athletes Order of Performance Sheet' on the spot on the stage while performance.
7. If athlete changes sequence of asana as provided on the spot on the stage while performing will lead to penalty of marks. For such one change in the performance will lead to 2 marks of penalty. Second such change will lead to penalty of 4 marks, Third change will lead to 6 marks penalty, and more than that it will lead to disqualification.
8. If athlete performs different asana other than the sequence provided by him in writing will lead to Zero (0) marks for that particular asana.
9. Asana Evaluator will cross check the sequence of asana provided by the athletes and its base value.
10. Sample score sheet is available at point no. 10.
11. The 10 asanas to be performed and selected by athlete from the below categories mentioned in Annexure 1 of CoP:
  - 1) Forward Bend Yogasana
    - i. Forward Bend Standing (FBS)
    - ii. Forward Bend Floor (FBF)
  - 2) Backward Bend Yogasana
    - i. Backbend Standing (BBS)
    - ii. Backbend Floor (BBF)
  - 3) Twisting Body Yogasana
    - i. Twisting Body Forward Bend (TBF)
    - ii. Twisting Body Backbend (TBB)
  - 4) Leg Balance Yogasana
    - i. Leg Balance Forward Bend (LBF)
    - ii. Leg Balance Backward Bend (LBB)
  - 5) Hand Balance Yogasana

- i. Hand Balance Forward Bend (HBF)
- ii. Hand Balance Backbend (HBB)

12. Athlete will perform facing towards Chief Judge.
13. Pre mounting of asana before music starts is not allowed.
14. Evaluator will give penalty for not covering all sub categories of asanas and for change of sequence.
15. Performing one extra asana will lead to 5 marks penalty by Evaluator. Performing second extra asana will lead to disqualification.
16. Athletes will give a greeting gesture of 'Namaste' (joining both the hands) depicting Indian culture, before starting and after ending the performance.

## 9) ASANA DIFFICULTY JUDGE

1. There are 4 D Judges. Marks will be provided out of 10 marks by D Judges as per micro marking systema and key judging point.
2. 10 Marks for each asana \* 10 asanas = 100 marks
3. D Judge deduct marks if the yogasana is not fulfilling the listed criteria.
4. Highest and Lowest marks will be deducted and only the average of remaining 2 D Judges will be considered.

Code	Base Value	Execution Value (Out of 10 marks)	Score (Base Value * Execution Value)
TOTAL			

## 10) ARTISTRY JUDGE

1. A Judge has to check parameters mentioned at point 2 to 6.
2. There will be 2 A Judges, A1 & A2. Average of both A Judges is considered.
3. Penalties will be deducted from the total score of A Judge.
4. Parameters of A Judge are as under:

Sr. No.	Components	Total Marks	Deduction	Penalty
1	Costume	1	In multiple of 0.25	NA
2	Theme & Music	1	In multiple of 0.25	NA
3	Character & Expression	3	In multiple of 0.25	NA
4	Rhythm & Artistic Steps	10	In multiple of 0.25	1.00
5	Use of Floor	5	In multiple of 0.25	1.00
Total		20		Total Penalty

## 11) TIME JUDGE

1. There are 2 T Judges, T1 & T2. Average of both T Judges will be considered.
2. T Judge will work as per criteria mentioned at point no. 7.
3. The T Judge format is as under:

Whole Performance Time (TW)			Asana Time (TA)		
Time in Seconds	Time in Minutes	Score	Sequence of Asana	Each Asana Holding Time	Marks for Each Asana
			1.		
			2.		
			3.		
			4.		
			5.		
			6.		
			7.		
			8.		
			9.		
			10.		
TW			TA		
TOTAL (TW+ TA)					

## 12) ATHLETE ORDER OF PERFORMANCE SHEET: EXAMPLE

Athlete have to submit the performance sequence sheet before the performance. It should be clearly mentioned the sequence of asanas.

Yogasana Sequence	Code	Base Value
Yogasana -1	BBS-D1	0.95
Yogasana -2	BBF-C2	0.9
Yogasana -3	FBS-A2	0.8
Yogasana -4	FBF-B3	0.85
Yogasana- 5	HBf-E3	1.00
Yogasana- 6	HBB-E5	1.00
Yogasana- 7	TBF-E1	1.00
Yogasana- 8	TBB-E3	1.00
Yogasana- 9	LBF-A1	0.8
Yogasana- 10	LBB-C2	0.9



### 13) SAMPLE SHEET OF D JUDGE

Code	Base Value	Execution Value (Out of 10 marks)	Score (Base Value * Execution Value)
BBS-D1	0.95	7	6.65
BBF-C2	0.9	8	7.2
FBS-A2	0.8	7.5	6
FBF-B3	0.85	8	6.8
HBF-E3	1.00	6.5	6.5
HBB-E5	1.00	5.5	5.5
TBF-E1	1.00	6.5	6.5
TBB-E3	1.00	7	7
LBF-A1	0.8	7.5	6
LBB-C2	0.9	8	7.2
TOTAL			65.35

D Judge Score:

Judge	D1	D2	D3	D4
Score	65.35	65	64.25	66
D Judge Score	$65.35 + 65 = 130.35 / 2$			
	65.175			

### 14) SAMPLE ARTISTRY JUDGE SCORE SHEET

Sr. No.	Components	Base Marks	Execution Value	Penalty
1	Costume	1	0.75	NA
2	Theme & Music	1	1	NA
3	Character & Expression	3	2.75	NA
4	Rhythm & Artistic Steps	10	7.25	1.00
5	Use of Floor	5	4.5	1.00
Total		16.25		2.00
		14.25		

A Judge Score:

Judge	A1	A2
Score	14.25	15
A Judge Score	$14.25 + 15 / 2$	
	14.625	

## 15) SAMPLE TIME JUDGE SCORE SHEET

Whole Performance Time (TW)			Asana Time (TA)		
Time in Seconds	Time in Minutes	Score	Sequence of Asana	Each Asana Holding Time	Marks for Each Asana
155	2.35	3	1.	7	0.5
			2.	7	0.5
			3.	7	0.5
			4.	7	0.5
			5.	8	0.5
			6.	8	0.5
			7.	7	0.5
			8.	8	0.5
			9.	8	0.5
			10.	7	0.5
TW		3	TA		5
TOTAL (TW+ TA)			8		

T Judge Score:

Judge	T1	T2
Score	8	9
T Judge Score	$8 + 9/2$	
	8.5	

## 16) TOTAL FINAL SCORE SHEET

Judge	D Judge	A Judge	T Judge	Evaluator
Score	65.175	14.625	8.5	0
Total Score	D Judge + A Judge + T Judge – Evaluator			
	65.175+14.625 + 8.5			
	88.3			

# **KALATMAK YUGAL YOGASANA**

## **(ARTISTIC YOGASANA PAIR)**

### **3] KALATMAK YUGAL YOGASANA (ARTISTIC PAIR)**

#### **1) ABOUT THE EVENT**

1. Kalatmak yogasana involves physical strength, power, agility, flexibility, grace, control, coordination and balance. The Kalatmak Yogasana events will be separate for Men and Women. (No mix pair is allowed).
2. Kalatmak Yugal Yogasana event consists of two (2) athletes.
3. In Kalatmak Yugal Yogasana the number of Yogasana / formations to be performed are 10.
4. Yogasana / formations of postures are to be selected from the given optional asana charts.
5. Kalatmak Yugal Yogasana consists of presentation of various asanas as mentioned in point no. 8.
6. Both the athletes will perform two different postures/asanas at a time. Kalatmak Yugal Yogasana is the ability to execute all the movements as a unit.
7. Performing same postures by both athletes at same time is prohibited and will lead to penalty.
8. Pyramidal formation or postures/asanas one above the other is allowed. But the formations/postures are to be chosen from the optional asana charts provided as per point no. 8.
9. Time duration for the presentation is 150 to 180 seconds for Kalatmak Yugal Yogasana.
10. The Athlete/s will maintain each posture/ formation for minimum 5 seconds during the performance.
11. The transition from one posture to the next posture should be Kalatmak and synchronized with music.
12. Athletes will give a greeting gesture of "Namaste" (joining both the hands before starting and after the performance).

#### **2) COSTUME FOR KALATMAK YOGASANA**

1. The costume that the players use must be of a non-transparent material.
2. The neckline of the costume should be around the neck and should not have any cuts.
3. Costume to be as per the theme and can be decorous in nature.
4. The costume must be tight-fitting so as to enable the judges to evaluate the correct positions. However, decorative applications or details are allowed according to the theme as long as it does not risk the safety of the players.
5. It is allowed to wear long tights over or under the leotards or full length one-piece dresses. Costume can be half sleeves or sleeveless for male & female.
6. The hair style must be neat and clean.
7. The make-up used should not hide the identity of the player.
8. Total marks for Costume is 1 Marks.
9. Deduction by 'A' Judge in multiple of 0.25 marks for not fulfilling of criteria.

#### **3) THEME & MUSIC**

1. It is important to have a theme in the routine.
2. While performing the player must have a theme that matches with the song/ music.
3. A composition should be developed to create a unified Artistic image or guiding idea throughout the act, expressed through the fine body movements.
4. Non typical music of yogic character is not allowed. For example: Vulgar songs, item songs, rock music/song, pop music/song etc. is not allowed. The music should be decent.
5. Players can use meditational, instrumental music or folk, devotion, patriotic songs, instrumental of rock music and instrumental of pop music.
6. Players should bring the music on a USB. The USB should have only the music which has to be

played and no additional recording at all. The USB should be submitted to the stage manager in advance with the following details -

- i. Name of the players
  - ii. Chest no:
  - iii. District /State / country.
  - iv. Category : Artistic Yogasana Single/Artistic Yogasana Pair/ Artistic Yogasana Group/ Rhythmic Pair
7. If the wrong music is played or if there is any interruption in the music again and again it may lead to discontinuation of the routine.
  8. If the music stops due to technical setup, then the athlete will get a chance to perform again without deduction of marks.
  9. Total marks allotted for Theme & Music is 1 mark. Deduction by 'A' Judge in multiple of 0.25 marks for not fulfilling of criteria.

#### **4) CHARACTER & EXPRESSION**

1. The character of the music should be chosen in respect to the age, technical level and Artistic qualities of the players and ethical norms.
2. Yogasanas should not only be series without connection to the character, theme & Expression.
3. The character should be expressed prominently during the dance steps/Artistic steps and during the transition between the two postures.
4. Expression should be an amalgamation of the strength, beauty and elegance of the movement.
5. Holistic participation of parts of the body like head, shoulder, trunk, arms, legs, including the face.
6. Supple movements should convey the character.
7. Exact response to the music with facial expressions.
8. The performance of athletes should be graceful.
9. No props are allowed. Use of any type of props will lead to disqualification of athlete.
10. Total marks allotted for Character & Expression is 3 Marks. Deduction shall be in multiple of 0.25 marks.
11. For losing of the character each time marks will be deducted in multiple of 0.25 marks
12. Deductions in multiple of 0.25 marks for missing the appropriate participation of any body segment/expression in the entire routine.

#### **5) USE OF FLOOR**

1. The official floor area for Kalatmak Yugal Yogasana = 10\*10 m (exterior of the line) is compulsory.
2. Athlete should use maximum floor area allotted while executing the routine.
3. Touching or crossing or trespassing the boundary line/demarcated area will be penalized. If the athlete crosses the aerial part of boundary line/demarcated area without touching the floor will not lead to penalty of marks. Deductions of marks will be done for lack of use of floor area.
4. 'A' Judge will raise red flag for each trespassing of boundary line. The seating arrangement of 'A' judge will be left and right side of the FOP i.e. facing opposite of each other.
5. Total marks allotted for Use of Floor is 5 marks.
6. If the athlete is not using the whole floor area then the deduction will be in multiple of 0.25 marks with maximum of 3 marks deduction.
7. Penalty: 1 Mark will be penalized for touching or crossing or trespassing the boundary line by either one athlete or both athlete in a pair event for each time. Crossing of the line in an aerial part (if not touching floor) will not lead to penalty of marks.

## 6) RHYTHM & ARTISTIC STEPS

1. The movement of the body should correlate precisely with the musical accents and musical phrases. Body movements should emphasize the tempo of the music.
2. For Example: -
  - i. When movements are visibly emphasized before or after the accents
  - ii. When a clear accent in the music is “passed through” and not emphasized by the movement
  - iii. When movements are unintentionally after the musical phrase
  - iv. When the tempo changes and the player is in the middle of slower movements and does not reflect the change in speed or rhythm.
3. Chief Judge will raise green flag. This will be indication for athlete to start the performance.
4. Artistic steps should be continuous and connected with smooth transitions in a synchronized manner.
5. Players can use any classical, folk or traditional steps.
6. Valid acrobatic elements allowed are front walkover, back walkover, cart wheel, front roll and back roll. Other than these elements are prohibited like somersault, air jumps, etc. Penalty of - 1.00 marks will be levied for invalid each acrobatic element.
7. Dance step/Artistic steps combinations must be performed according to the tempo, rhythm, character and accents of the music in a synchronized manner.
8. The composition should be developed by technical, aesthetic and connecting elements, where one movement transitions logically and smoothly into the next without unnecessary stops or prolonged preparatory movements.
9. Unnecessary stops between movements which are not related to the rhythm or character will lead to deduction of marks.
10. Athletes are not allowed to communicate with each other during the performance. Penalty of 0.5 marks will be levied for each time communication with Co-athlete.
11. Total marks allotted for Rhythm & Artistic steps = 10 marks.
12. For each lack of flow in the steps/no confidence in the movement/lack of proper merging from one asana or posture or transition to another asana or posture or transition will lead to deduction of marks multiple of 0.25 marks each time.
13. For missing of the rhythm each time, deduction will be in multiple of 0.25 marks.

## 7) TIME

1. The time limit for Kalatmak Yugal Yogasana is 03:00 min (180 seconds).
2. The routine must finish in sync with the music getting over.
3. Time starts with music start and ends with closing gesture or performance or namaste mudra.
4. Total marks allotted for Time section is 10 marks. Among that 5 marks is for whole performance time (i.e TW) and another 5 marks is for each asana holding time (i.e TA)
5.  $TW + TA = 5 \text{ marks} + 5 \text{ marks} = 10 \text{ Marks}$
6. Two minutes thirty seconds (150 seconds) is the minimum time for the performance.
7. TW will be Zero in case of athlete completes routine before 150 seconds. Margin of 3 seconds will be considered in case of any of the T1/T2 noted TW less than 150 seconds and another T1/T2 had noted 150 seconds or more, in that case the TW will be considered as 150 seconds.
8. If the athlete completes his/her performance in between 150 to 180 seconds, then the distribution of marks will be as follows.

Time in Seconds	Marks
171 to 180 Seconds	5 Marks

161 to 170 Seconds	4 Marks
150 to 160 Seconds	3 Marks

9. After completion of 180 Seconds, if the athletes continue his/her routine then deduction/penalty of 0.5 marks will be levied for each seconds. And after 10 seconds the athlete will be disqualified.
10. Athlete has to hold every asana/formation for minimum 5 seconds. If any holding of any asana/formation is less than 5 seconds, then that asana/formation will be considered as invalid and zero marks will be allotted to that particular asana.
11. If athletes hold each asana for minimum 5 seconds then for each asana, he will get 0.5 marks. i.e  $0.5 \times 10$  asanas = 05 marks.
12. Time judge will start calculation when both athletes are in the sstithi (position) and end in the sstithi position. Time starts and ends there for TA i.e. TA will be calculated when both athlete freezes in the asana. The time will be calculated as a unit.
13. Time judge will be having 2 stopwatches. One for TW and another for TA. Both T judge will perform same task.
14. Chief will raise green flag. This will be indication for athletes to start the performance.
15. If T1 have recorded time of 5 seconds and T2 have recorded time of 4 seconds, then the Time will be rounded up for 5 seconds. If both T1 & T2 have recorded Time as 4 seconds then it will be considered as 4 seconds only.
16. The time for TW & TA must be entered in whole numbers only. Eg. If the stopwatch shows less than 6.5 then it must be considered as 6 seconds and if it is greater than or equal to 6.5 then it must be considered as 7 seconds.

## 8) ASANA DIFFICULTY CHART

1. Athletes can choose either one or both asana from the given asana chart according to their capacity but the combination of Yogasanas in the total routine must consist following categories.
  - i. Forward Bend (FBS & FBF) -2 Yogasanas
  - ii. Back Bend (BBS & BBF) - 2 Yogasanas
  - iii. Body Twisting (TBF & TBB) -2 Yogasanas
  - iv. Leg Balance (LBB & LBF) - 2 Yogasanas
  - v. Hand Balance (HBF & HBB) -2 Yogasanas
2. Athlete cannot exceed the number limit of 10 Yogasanas /posture / formations.
3. Performing one extra asana will lead to 5 marks penalty by Evaluator. Performing second extra asana will lead to disqualification.
4. Both athletes has to sequence the asanas from the difficulty level optional yogasana charts mentioned in Annexure 1 of CoP, in such a manner that, performance must consist of 2 yogasanas from each major categories. However, performing less than or more than 2 yogasanas from one major category will lead to penalty of 5 marks each time. Wherein, for missing more than 3 major categories will lead to disqualification.
5. Both athletes can perform asanas in pyramidal or in structural formation with or without body touch.
6. Pyramidal formation means one athlete above another athlete. Maximum upto 3 pyramidal formations are allowed. Pyramidal formation to be formed by using asana from the optional asana chart. However, pyramidal formation formed using base posture/ asana out of the syllabus of optional asana chart should not exceed more than 3 times. Performing 4<sup>th</sup> Pyramid using base posture/asana will lead to zero marks for that particular formation.
7. The base posture/asana out of syllabus of optional asana chart should be denoted as 'BAC' in the order of performance sheet. The base value of BAC will be same as that of top athlete. One athlete can be at base only twice. Even if an athlete is at base posture twice and performing

only 8 yogasanas, then he / she has to cover all 5 major categories. Even remaining 3 or 4 yogasanas must be from different categories.

8. In pyramidal formation top asana should be from the syllabus of optional asana charts. If not, then the formation will be invalid and lead to zero mark.
9. For non-pyramidal formation i.e structural formation, both the asana should be from the syllabus of optional asana charts.
10. Very slight variation in hand or leg positioning of the asana can be allowed in the pyramidal or structural formation. But, it should not totally change the identity of the asana.
11. There will be 50% deduction in marks for EP or SF or Both, if any asana/formation (pyramidal or structural) done with support. However, while execution support can be taken but in final position support should not be taken.
12. Pair will have to write the sequence and the Yogasana base value on the 'Athlete Order of Performance sheet' to be submitted to judge's panel.
13. Pair cannot change the sequence of asana provided in 'Athletes Order of Performance Sheet' on the spot on the stage while performance.
14. If Pair changes sequence of asana as provided on the spot on the stage while performing will lead to penalty of marks. For such one change in the performance will lead to 2 marks of penalty. Second such change will lead to penalty of 4 marks, Third change will lead to 6 marks penalty, and more than that it will lead to disqualification.
15. If Pair performs different asana other than the sequence provided by them in writing will lead to Zero (0) marks for that particular formation.
16. Evaluator will cross check the sequence of asana provided by the Pair and its base value. Evaluator 1 will check asanas of Player 1 and Evaluator 2 will check the asanas of player 2.
17. Athletes will give a greeting gesture of 'Namaste' (joining both the hands) depicting Indian culture, before starting and after ending the performance.
18. Athlete will perform facing towards Chief Judge.
19. Pre mounting of asana/formation before start of the music is not allowed.
20. Both the athlete will wear blue and red band or ribbon on both wrist, for identification.  
Player 1= Red Band/Ribbon and  
Player 2= Blue Band/Ribbon.
21. Performing same yogasana by both the players at a time will lead to invalid formation and zero marks.
22. Chief Judge will raise red flag when the athlete is disqualified.
23. Athlete cannot repeat same yogasana twice. co-athlete can perform each others asana at different sequence.

## 9) ASANA DIFFICULTY JUDGE

1. There are 4 D Judges. Marks will be provided out of 10 marks by D Judges as per micro marking systema and key judging point.
2. 10 Marks for each asana \* 10 asanas = 100 marks
3. D Judge deduct marks if the yogasana is not fulfilling the listed criteria.
4. Highest and Lowest marks will be deducted and only the average of remaining 2 D Judges will be considered.

Posture/ Formation/ Asanas	P1			P2			Average Score of Player (SP) (Out of 10 marks)	Formation Marks (FM) (Out of 10 marks)	Pair Score (PS) = (SP+FM)/2
	BV & Code	EP1	SP1	BV & Code	EP2	SP2			
1									
2									



3									
4									
5									
6									
7									
8									
9									
10									
TOTAL									

Terminology:

BV= Base Value, EP1= Executive Value of Player 1, SP1= Score of Player 1 (BV\*EP1), P1= Player 1, SP= (SP1+SP2)/2, FM = formation marks (Pyramidal/Structural), PS= Pair Score

## 10) ARTISTRY JUDGE

1. A Judge has to check parameters mentioned at point 2 to 6.
2. There will be 2 A Judges, A1 & A2. Average of both A Judges is considered.
3. Penalties will be deducted from the total score of A Judge.
4. Parameters of A Judge are as under:

Sr. No.	Components	Total Marks	Deduction	Penalty
1	Costume	1	In multiple of 0.25	NA
2	Theme & Music	1	In multiple of 0.25	NA
3	Character & Expression	3	In multiple of 0.25	NA
4	Rhythm & Artistic Steps	10	In multiple of 0.25	1.00
5	Use of Floor	5	In multiple of 0.25	1.00
Total		20		Total Penalty

## 11) TIME JUDGE

1. There are 2 T Judges, T1 & T2. Average of both T Judges will be considered.
2. T Judge will work as per criteria mentioned at point no. 7.
3. The T Judge format is as under:

Whole Performance Time (TW)			Asana Time (TA)		
Time in Seconds	Time in Minutes	Score	Sequence of Asana	Each Asana Holding Time	Marks for Each Asana
			1		
			2		
			3		
			4		
			5		
			6		
			7		
			8		
			9		
			10		
TW			TA		
TOTAL (TW+ TA)					

## 12) ATHLETE PERFORMANCE SHEET: EXAMPLE

Athlete have to submit the performance sequence sheet before the performance. It should be clearly mentioned the sequence of asanas.

Sr. No.	FORMATION	CODE & BASE VALUE			
		P1		P2	
		Code	BV	Code	BV
1	Posture/ Formation 1				
2	Posture/ Formation 2				
3	Posture/ Formation 3				
4	Posture/ Formation 4				
5	Posture/ Formation 5				
6	Posture/ Formation 6				
7	Posture/ Formation 7				
8	Posture/ Formation 8				
9	Posture/ Formation 9				
10	Posture/ Formation 10				

## 13) SAMPLE SCORE SHEET OF D JUDGE

Posture/ Formation/ Asanas	P1			P2			Average Score of Player (SP) (Out of 10 marks))	Pyramidal Formation (SF) (Out of 10 marks)	Pair Score (GS) = (SP+SF)/2
	BV & Code	EP1	SP1	BV & Code	EP2	SP2			
1	0.8	8	6.4	0.8	8	6.4	6.4	7	6.7
2	0.85	7	5.95	0.85	7	5.95	5.95	7.5	6.725
3	0.8	7.5	6	0.8	7.5	6	6	8	7
4	0.8	8	6.4	0.8	8	6.4	6.4	8	7.2
5	0.95	8	7.6	0.95	8.5	8.075	7.837	7	7.418
6	0.8	8	6.4	0.8	8.5	6.8	6.6	8	7.3
7	1.00	9	9	1.00	9	9	9	9	9
8	0.9	8.5	7.65	0.9	8.5	7.65	7.65	9	8.325
9	1.00	7	7	1.00	8	8	7.5	8	7.75
10	0.8	7.5	6	0.8	8.5	6.8	6.4	8	7.2
TOTAL									74.618

D Judge Score:

Judge	D1	D2	D3	D4
Score	74.618	75.55	75.10	76.1875
D Judge Score	75.55+75.10= 150.65/2			
	75.325			

## 14) SAMPLE ARTISTRY JUDGE SCORE SHEET

Sr. No.	Components	Base Marks	Execution Value	Penalty
1	Costume	1	0.75	NA
2	Theme & Music	1	1	NA
3	Character & Expression	3	2.75	NA
4	Rhythm & Artistic Steps	10	7.25	1.00
5	Use of Floor	5	4.5	1.00
Total		16.25		2.00
		14.25		

A Judge Score:

Judge	A1	A2
Score	14.25	15
A Judge Score	$14.25 + 15 / 2$	
	14.625	

### 15) SAMPLE TIME JUDGE SCORE SHEET

Whole Performance Time (TW)			Asana Time (TA)		
Time in Seconds	Time in Minutes	Score	Sequence of Asana	Each Asana Holding Time	Marks for Each Asana
155	2.35	3	1.	7	0.5
			2.	8	0.5
			3.	7	0.5
			4.	8	0.5
			5.	7	0.5
			6.	7	0.5
			7.	7	0.5
			8.	7	0.5
			9.	8	0.5
			10.	8	0.5
TW		3	TA		5
TOTAL (TW+ TA)			8		

T Judge Score:

Judge	T1	T2
Score	8	9
T Judge Score	$8 + 9 / 2$	
	8.5	

### 16) TOTAL FINAL SCORE SHEET

Judge	D Judge	A Judge	T Judge	Evaluator
Score	75.325	14.625	8.5	0
Total Score	D Judge + A Judge + T Judge – Evaluator			
	$75.325 + 14.625 + 8.5$			
	98.45			

# **TALATMAK YUGAL YOGASANA**

## **(RHYTHMIC YOGASANA PAIR)**

#### **4] TALATMAK YUGAL YOGASANA (RHYTHMIC YOGASANA PAIR)**

##### **1) ABOUT THE EVENT**

1. Talatmak Yugal Yogasana involves physical strength, power, agility, flexibility, grace, control, coordination and balance. The Talatmak Yugal Yogasana events will be separate for Men and Women. (No mix pair is allowed).
2. Talatmak Yugal Yogasana consists of two (2) athletes performing same asanas at a time in a synchronized manner.
3. In Talatmak Yugal Yogasana the number of Yogasana to be performed are 10 .
4. Both the athlete/s will perform same asana in a synchronized manner.
5. Body touch to each other while performing is not allowed.
6. Body touch will lead to penalty of marks.
7. Yogasanas are to be selected from the given optional asanas charts.
8. Time duration for the presentation is 150 to 180 seconds (2:30 to 3:00 minutes) for Talatmak Yugal Yogasana.
9. Both Athlete/s will maintain each posture for minimum 5 seconds during the performance.
10. The transition from one posture to the next posture should be Kalatmak and synchronized with music.
11. Athletes will give a greeting gesture of “Namaste” (joining both the hands) before starting performance.

##### **2) COSTUME FOR TALATMAK YOGASANA**

1. The costume that the players use must be of a non-transparent material.
2. The neckline of the costume should be around the neck and should not have any cuts.
3. Costume to be as per the theme and can be decorous in nature.
4. Costume for both athletes in pair event should be same or same pattern or same theme decorous.
5. The costume must be tight-fitting so as to enable the judges to evaluate the correct positions. However, decorative applications or details are allowed according to the theme as long as it does not risk the safety of the players.
6. It is allowed to wear long tights over or under the leotards or full length one-piece dresses. Costume can be half sleeves or sleeveless for male & female.
7. The hair style must be neat and clean.
8. The make-up used should not hide the identity of the player.
9. Total marks for Costume is 1 Marks.
10. Deduction by 'A' Judge in multiple of 0.25 marks for not fulfilling of criteria.

##### **3) THEME & MUSIC**

1. It is important to have a theme in the routine.
2. While performing the player must have a theme that matches with the song/ music.
3. A composition should be developed to create a unified Artistic image or guiding idea throughout the act, expressed through the fine body movements.
4. Non typical music of yogic character is not allowed. For example: Vulgar songs, item songs, rock music/song, pop music/song etc. is not allowed. The music should be decent.
5. Players can use meditational, instrumental music or folk, devotion, patriotic songs, instrumental of rock music and instrumental of pop music.
6. Players should bring the music on a USB. The USB should have only the music which has to be played and no additional recording at all. The USB should be submitted to the stage manager in advance with the following details -
  - i. Name of the players
  - ii. Chest no:
  - iii. District /State / country.

iv. Category : Artistic Yogasana Single/Artistic Yogasana Pair/ Artistic Yogasana Group/  
Rhythmic Pair

7. If the wrong music is played or if there is any interruption in the music again and again it may lead to discontinuation of the routine.
8. If the music stops due to technical setup, then the athlete will get a chance to perform again without deduction of marks.
9. Total marks allotted for Theme & Music is 1 mark. Deduction by 'A' Judge in multiple of 0.25 marks for not fulfilling of criteria.

#### **4) CHARACTER & EXPRESSION**

1. The character of the music should be chosen in respect to the age, technical level and Artistic qualities of the players and ethical norms.
2. Yogasanas should not only be series without connection to the character, theme & Expression.
3. The character should be expressed prominently during the dance steps/Artistic steps and during the transition between the two postures.
4. Expression should be an amalgamation of the strength, beauty and elegance of the movement.
5. Holistic participation of parts of the body like head, shoulder, trunk, arms, legs, including the face.
6. Supple movements should convey the character.
7. Exact response to the music with facial expressions.
8. The performance of athletes should be graceful.
9. No props are allowed. Use of any type of props will lead to disqualification of athlete.
10. Total marks allotted for Character & Expression is 3 Marks. Deduction shall be in multiple of 0.25 marks.
11. For losing of the character each time marks will be deducted in multiple of 0.25 marks
12. Deductions in multiple of 0.25 marks for missing the appropriate participation of any body segment/expression in the entire routine.

#### **5) USE OF FLOOR**

1. The official floor area for Talatmak Yugal Yogasana = 10\*10 m (exterior of the line) is compulsory.
2. Athlete should use maximum floor area allotted while executing the routine.
3. Touching or crossing or trespassing the boundary line/demarcated area will be penalized. If the athlete crosses the aerial part of boundary line/demarcated area without touching the floor will not lead to penalty of marks. Deductions of marks will be done for lack of use of floor area.
4. 'A' Judge will raise red flag for each trespassing of boundary line. The seating arrangement of 'A' judge will be left and right side of the FOP i.e. facing opposite of each other.
5. Total marks allotted for Use of Floor is 5 marks.
6. If the athlete is not using the whole floor area then the deduction will be in multiple of 0.25 marks with maximum of 3 marks deduction.
7. Penalty: 1 Mark will be penalized for touching or crossing or trespassing the boundary line by either one athlete or both athlete in a pair event for each time. Crossing of the line in an aerial part (if not touching floor) will not lead to penalty of marks.

#### **6) RHYTHM, SYNCHRONIZATION & ARTISTIC STEPS**

1. The movement of the body should correlate precisely with the musical accents and musical phrases. Body movements should emphasize the tempo of the music.
2. For Example: -
  - i. When movements are visibly emphasized before or after the accents

- ii. When a clear accent in the music is “passed through” and not emphasized by the movement
  - iii. When movements are unintentionally after the musical phrase
  - iv. When the tempo changes and the player is in the middle of slower movements and does not reflect the change in speed or rhythm.
3. Chief Judge will raise green flag. This will be indication for athlete to start the performance.
  4. Synchronization for pair is the ability to executive all the movement as a unit.
  5. Athletes has to perform all the asanas, movements and artistic steps in an identical and synchronized manner. Lack synchronization & identicalness will lead to deduction of 0.25 marks each time.
  6. Athletes are not allowed to communicate with each other during the performance. Penalty of 0.5 marks will be levied for each time communication with Co-athlete.
  7. Body touch with each other during the routine is not allowed. Penalty of 1 mark will be levied for each time body touch with co-athlete.
  8. Artistic steps should be continuous and connected with smooth transitions in a synchronized manner.
  9. Players can use any classical, folk or traditional steps.
  10. Valid acrobatic elements allowed are front walkover, back walkover, cart wheel, front roll and back roll. Other than these elements are prohibited like somersault, air jumps, etc. Penalty of - 1.00 marks will be levied for invalid each acrobatic element.
  11. Dance step/Artistic steps combinations must be performed according to the tempo, rhythm, character and accents of the music in a synchronized manner.
  12. The composition should be developed by technical, aesthetic and connecting elements, where one movement transitions logically and smoothly into the next without unnecessary stops or prolonged preparatory movements.
  13. Unnecessary stops between movements which are not related to the rhythm or character will lead to deduction of marks.
  14. Total marks allotted for Rhythm, Synchronization & Artistic steps = 10 marks.
  15. For each lack of flow in the steps/no confidence in the movement/lack of proper merging from one asana or posture or transition to another asana or posture or transition will lead to deduction of marks multiple of 0.25 marks each time.
  16. For missing of the rhythm each time, deduction will be in multiple of 0.25 marks.

## 7) TIME

1. The time limit for Talatmak Yugal Yogasana is 03:00 min (180 seconds).
2. The routine must finish in sync with the music getting over.
3. Time starts with music start and ends with closing gesture or performance or namaste mudra.
4. Total marks allotted for Time section is 10 marks. Among that 5 marks is for whole performance time (i.e TW) and another 5 marks is for each asana holding time (i.e TA)
5.  $TW + TA = 5 \text{ marks} + 5 \text{ marks} = 10 \text{ Marks}$
6. Two minutes thirty seconds (150 seconds) is the minimum time for the performance.
7. TW will be Zero in case of athlete completes routine before 150 seconds. Margin of 3 seconds will be considered in case of any of the T1/T2 noted TW less than 150 seconds and another T1/T2 had noted 150 seconds or more, in that case the TW will be considered as 150 seconds.
8. If the athlete completes his/her performance in between 150 to 180 seconds, then the distribution of marks will be as follows.

Time in Seconds	Marks
171 to 180 Seconds	5 Marks
161 to 170 Seconds	4 Marks

150 to 160 Seconds	3 Marks
--------------------	---------

9. After completion of 180 Seconds, if the athletes continue his/her routine then deduction/penalty of 0.5 marks will be levied for each seconds. And after 10 seconds the athlete will be disqualified.
10. Athlete has to hold every asana/formation for minimum 5 seconds. If any holding of any asana/formation is less than 5 seconds, then that asana/formation will be considered as invalid and zero marks will be allotted to that particular asana.
11. If athletes hold each asana for minimum 5 seconds then for each asana, he will get 0.5 marks. i.e  $0.5 \times 10$  asanas = 05 marks.
12. Time judge will start calculation when both athletes are in the sstithi (position) and end in the sstithi position. Time starts and ends there for TA i.e. TA will be calculated when both athlete freezes in the asana. The time will be calculated as a unit.
13. Time judge will be having 2 stopwatches. One for TW and another for TA. Both T judge will perform same task.
14. Chief will raise green flag. This will be indication for athletes to start the performance.
15. If T1 have recorded time of 5 seconds and T2 have recorded time of 4 seconds, then the Time will be rounded up for 5 seconds. If both T1 & T2 have recorded Time as 4 seconds then it will be considered as 4 seconds only.
16. The time for TW & TA must be entered in whole numbers only. Eg. If the stopwatch shows less than 6.5 then it must be considered as 6 seconds and if it is greater than or equal to 6.5 then it must be considered as 7 seconds.

## 8) ASANA DIFFICULTY CHART

1. Athletes may choose any Yogasana from the given chart according to their capacity but the combination of Yogasana in the total routine must consist of all ten sub categories of optional Yogasana chart.
2. Athlete cannot exceed the number limit of Yogasana /posture / formations which is in total 10.
3. Performing one extra asana will lead to 5 marks penalty by Evaluator. Performing second extra asana will lead to disqualification.
4. It is compulsory for athlete to choose 1 asana each from difficulty level optional yogasana charts mentioned in Annexure 1 of CoP. If the athletes not performing any one sub category, then 5 marks will be penalized. 10 marks penalty for missing two sub categories and 15 marks penalty for missing three sub categories. Missing more than three sub categories will lead to disqualification.
5. Chief Judge will raise red flag when the athlete is disqualified.
6. In Talatmak performance, both the athletes has to perform same asanas with same side or same leg or same hand and same direction. If not performed same, then lead to zero marks for that particular asana / formation by 'D' Judge.
7. Athlete cannot change the sequence of asana provided in 'Athletes Order of Performance Sheet' on the spot on the stage while performance.
8. If athlete changes sequence of asana as provided on the spot on the stage while performing will lead to penalty of marks. For such one change in the performance will lead to 2 marks of penalty. Second such change will lead to penalty of 4 marks, Third change will lead to 6 marks penalty, and more than that it will lead to disqualification.
9. If athlete performs different asana other than the sequence provided by him in writing will lead to Zero (0) marks for that particular asana.
10. Asana Evaluator will cross check the sequence of asana provided by the athletes and its base value.
11. The 10 asanas to be performed and selected by athlete from the below categories:



- 1) Forward Bend Yogasana
  - i. Forward Bend Standing (FBS)
  - ii. Forward Bend Floor (FBF)
- 2) Backward Bend Yogasana
  - i. Backbend Standing (BBS)
  - ii. Backbend Floor (BBF)
- 3) Twisting Body Yogasana
  - i. Twisting Body Forward Bend (TBF)
  - ii. Twisting Body Backbend (TBB)
- 4) Leg Balance Yogasana
  - i. Leg Balance Forward Bend (LBF)
  - ii. Leg Balance Backward Bend (LBB)
- 5) Hand Balance Yogasana
  - i. Hand Balance Forward Bend (HBF)
  - ii. Hand Balance Backbend (HBB)

12. Athlete will perform facing towards Chief Judge.
13. Pre mounting of asana before music starts is not allowed.
14. Evaluator will give penalty for not covering all sub categories of asanas and for change of sequence.
15. Athletes will give a greeting gesture of 'Namaste' (joining both the hands) depicting Indian culture, before starting and after ending the performance.
16. Both the athlete will wear blue and red band or ribbon on both wrists, for identification.  
Player 1= Red Band/Ribbon and  
Player 2= Blue Band/Ribbon.

## 9) ASANA DIFFICULTY JUDGE

1. There are 4 D Judges. Marks will be provided out of 10 marks by D Judges as per micro marking systema and key judging point.
2. 10 Marks for each asana \* 10 asanas = 100 marks
3. D Judge deduct marks if the yogasana is not fulfilling the listed criteria.
4. Highest and Lowest marks will be deducted and only the average of remaining 2 D Judges will be considered.

Code	Base Value of the asana	Execution Value (Out of 10 marks) for each Athlete in a pair		Average Execution value of Athlete 1 & Athlete 2	Score (Base Value * Execution Value)
		Athlete 1	Athlete 2		
TOTAL SCORE					

### 10) ARTISTRY JUDGE

1. A Judge has to check parameters mentioned at point 2 to 6.
2. There will be 2 A Judges, A1 & A2. Average of both A Judges is considered.
3. Penalties will be deducted from the total score of A Judge.
4. Parameters of A Judge are as under:

Sr. No.	Components	Total Marks	Deduction	Penalty
1	Costume	1	In multiple of 0.25	NA
2	Theme & Music	1	In multiple of 0.25	NA
3	Character & Expression	3	In multiple of 0.25	NA
4	Rhythm, Synchronization & Artistic Steps	10	In multiple of 0.25	1.00
5	Use of Floor	5	In multiple of 0.25	1.00
Total		20		Total Penalty

### 11) TIME JUDGE

1. There are 2 T Judges, T1 & T2. Average of both T Judges will be considered.
2. T Judge will work as per criteria mentioned at point no. 7.
3. The T Judge format is as under:

Whole Performance Time (TW)			Asana Time (TA)		
Time in Seconds	Time in Minutes	Score	Sequence of Asana	Each Asana Holding Time	Marks for Each Asana
			1		
			2		
			3		
			4		
			5		
			6		
			7		
			8		
			9		
			10		
TW			TA		
TOTAL (TW+ TA)					

### 12) ATHLETE'S ORDER OF PERFORMANCE SHEET: EXAMPLE

Athlete have to submit the performance sequence sheet before the performance. It should be clearly mentioned the sequence of asanas.

Yogasana Sequence	Code	Base Value
Yogasana -1	BBS-D1	0.95
Yogasana -2	BBF-C2	0.9
Yogasana -3	FBS-A2	0.8

Yogasana -4	FBF-B3	0.85
Yogasana- 5	HBf-E3	1.00
Yogasana- 6	HBB-E5	1.00
Yogasana- 7	TBF-E1	1.00
Yogasana- 8	TBB-E3	1.00
Yogasana- 9	LBF-A1	0.8
Yogasana- 10	LBB-C2	0.9

### 13) SAMPLE SCORE SHEET OF D JUDGE

Code	Base Value of the asana	Execution Value (Out of 10 marks) for each Athlete in a pair		Average Execution value of Athlete 1 & Athlete 2	Score (Base Value * Execution Value)
		Athlete 1	Athlete 2		
BBS-D1	0.95	7	8	7.5	7.125
BBF-C2	0.9	8	8	8	7.2
FBS-A2	0.8	7.5	7.5	7.5	6
FBF-B3	0.85	8	7	7.5	6.375
HBf-E3	1.00	6.5	6.5	6.5	6.5
HBB-E5	1.00	5.5	5.5	5.5	5.5
TBF-E1	1.00	6.5	6.5	6.5	6.5
TBB-E3	1.00	7	8	7.5	7.5
LBF-A1	0.8	7.5	7.5	7.5	6
LBB-C2	0.9	9	8	8.5	7.65
TOTAL SCORE					66.35

#### D Judge Score:

Judge	D1	D2	D3	D4
Score	66.35	65.5	66	66.6
D Judge Score	66.35+66/2			
	66.175			

### 14) SAMPLE ARTISTRY JUDGE SCORE SHEET

Sr. No.	Components	Base Marks	Execution Value	Penalty
1	Costume	1	0.75	NA
2	Theme & Music	1	1	NA
3	Character & Expression	3	2.75	NA
4	Rhythm & Artistic Steps	10	7.25	1.00
5	Use of Floor	5	4.5	1.00
Total		16.25		2.00
		14.25		

A Judge Score:

Judge	A1	A2
Score	14.25	14
A Judge Score	$14.25 + 14 / 2$	
	14.125	

### 15) SAMPLE TIME JUDGE SCORE SHEET

Whole Performance Time (TW)			Asana Time (TA)		
Time in Seconds	Time in Minutes	Score	Sequence of Asana	Each Asana Holding Time	Marks for Each Asana
178	2.58	5	1.	7	0.5
			2.	7	0.5
			3.	7	0.5
			4.	8	0.5
			5.	8	0.5
			6.	7	0.5
			7.	7	0.5
			8.	7	0.5
			9.	8	0.5
			10.	8	0.5
TW		5	TA		5
TOTAL (TW+ TA)			10		

T Judge Score:

Judge	T1	T2
Score	10	10
T Judge Score	$10 + 10 / 2$	
	10	

### 16) TOTAL FINAL SCORE SHEET

Judge	D Judge	A Judge	T Judge	Evaluator
Score	66.175	14.125	10	0
Total Score	D Judge + A Judge + T Judge – Evaluator			
	$66.175 + 14.125 + 10$			
	90.3			

## Optional Yogasana Charts

▪ FB-1 ▪

## Forward Bend Standings (FBS)

	FBS-A Mark - 0.80	FBS-B Mark - 0.85	FBS-C Mark - 0.90	FBS-D Mark - 0.95	FBS-E Mark - 1.0
1	 Uttanasana - II	 Padapasha- Parshvottanasana	 Adhomukh Tittibhasana	 Kardalikasana - I	 Urdhvamukha Tittibhasana
2	 Raivatakasana	 Prasarit-pash padottanasana	 Skandha-Pada- Adhomukh-Shwanasana	 Kardalikasana - II	 Sheersha-Kurmasana
3	 Parshvottanasana	 Put-Pada- Shwanasana	 Paripurna-Tittibhasana	 Panavasana	 Adhomukh- Skandhapadasana
4	 Prasarit Padottanasana-1	 Prapada-Uttana- Prushthasana	 Suptakonasana	 Ardha Baddha Padmottanasana	 Utthit-Padamula Tittibhasana
5	 Prasarit Padottanasana-2	 Padahastottanasana	 Samatvasana	 Skandha-Pada- Dandasana	 Shatapadyasana

## Optional Yogasana Charts

▪ FB-2 ▪

### Forward Bend Floor (FBF)

	FBF-A Mark - 0.80	FBF-B Mark - 0.85	FBF-C Mark - 0.90	FBF-D Mark - 0.95	FBF-E Mark - 1.0
1	 Paschimottanasana	 Upavishta-Konasana	 Saralahasta-Pinda-Padmasana	 Urdhvamukha-Paschimottanasana - 1	 Supta Tittibhasana
2	 Halasana	 Krounchasana	 Karna-Peetasana	 Timayasana	 Utthit-Ekpada-Hasta-Prushtasana
3	 Ardha-baddha-Padma-Paschimottanasana	 Salamb-Sarvangasana-1	 Baddha-Viparit-Kurmasana	 Parshva-Pindasana-Yukta-Sarvangasana	 Yoga-Nidrasana
4	 Marichyasana - 1	 Marichyasana - 2	 Pindasanayukta-Sarvangasana	 Urdhva-Padapadma-Sarvangasana	 Saraghasana
5	 Skandasana - I	 Urdhvamukha-Paschimottanasana - 2	 Bhrunasana	 Ramadootasana	 Pingalasana

## Optional Yogasana Charts

▪ BB-1 ▪

### Back Bend Standing (BBS)

	BBS-A Mark - 0.80	BBS-B Mark - 0.85	BBS-C Mark - 0.90	BBS-D Mark - 0.95	BBS-E Mark - 1.0
1	 Ardha-Chandrasana	 Nandighoshasana	 Tryanga-Mukhotanasana	 Eka-Pada-Urdhva-Dand-Dhanurasana	 Urabhrasana
2	 Bheemasana	 Veernilasana	 Adhomukh Hastottanasana	 Mahakarnasana	 Mahaneelasana
3	 Chamatkarasana	 Darukasana	 Poorna-Chakrasana	 Konarkasana	 Dimbasana
4	 Chitroshtakasana	 Gajananasana	 Chakra-Garudasana	 Eka-Pada-Lambakona-Chakrasana	 Dhwaja Dwarasana
5	 Eka-Pada-Setubandha-chakrasana	 Girijasana	 Chakravyuvhasana	 Kambalasana	 Kosha Krumikasana

## Optional Yogasana Charts

▪ BB-2 ▪

### Back Bend Floor (BBF)

	BBF-A Mark - 0.80	BBF-B Mark - 0.85	BBF-C Mark - 0.90	BBF-D Mark - 0.95	BBF-E Mark - 1.0
1	 Ushtrasana	 Laghu-Vajrasana	 Purna-Chakrabandhasana	 Shankhapalasana	 Chitrapatargasana
2	 Ekapada- Rajakapotanasana-3	 Govardhanasana	 Padma-Jhashasana	 Ekapada-Viparit- Shalbasana	 Mriga-Mukhasana
3	 Arghyasana	 Mahaveerasana	 Vayuputrasana	 Sugreevasana	 Viparita-Valkhilyasana
4	 Ekapada-Viparit- Dandasana - 1	 Padmanabhasana	 Padangushtha- Dhanurasana	 Ardha-Kapota- Vamadevasana	 Prajaktasana
5	 Shivadhanushyasana	 Poorna-Matsyasana	 Gandabherudasana	 Supta-Dimbasana	 Vibhakta-Viparita- Shalabhasana



## Optional Yogasana Charts

▪ TB-1 ▪




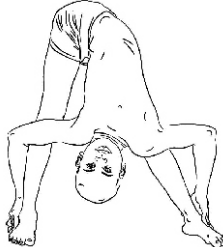


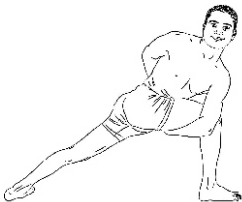



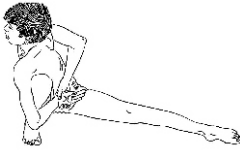


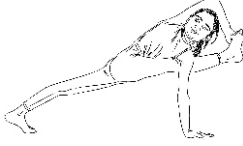
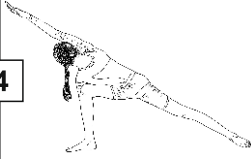

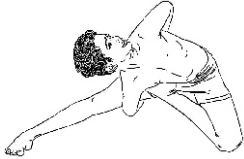






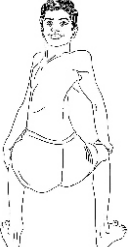
### Twisting Body Floor (TBF)

	TBF-A Mark - 0.80	TBF-B Mark - 0.85	TBF-C Mark - 0.90	TBF-D Mark - 0.95	TBF-E Mark - 1.0
1	 Parivritta - Padmasana	 Parivritta-Janu-Shirshasana	 Amit-Vikramasana	 Parivritta-Ramadootasana	 Parivritta Upavishta-Konasana
2	 Ardha-Matsyendrasana - IV	 Shoolpashasana	 Kesarisutasana	 Parivritta-Ushtrasana	 Katipada-Matsyendrasana
3	 Parighasana	 Marichyasana-III	 Parivritta-Paschimottanasana	 Marichyasana - 4	 Parivritta-Eka-Pada-Shirasana
4	 Ranaveerasana	 Uddalakasana	 Trishoolpashasana	 Ardha-Padma-Shoolpashasana	 Pushpadantasana
5	 Baddhapada-Matsendrasana	 Ardha-Matsyendrasana - 1	 Padaputa-Parivritta-Janu-Shirasana	 Paripurna-Matsyendrasana	 Utthit-Pada-Parivritta-Janu-Shirasana

## Optional Yogasana Charts

▪ TB-2 ▪

### Twisting Body Balance (TBB)

	TBB-A Mark - 0.80	TBB-B Mark - 0.85	TBB-C Mark - 0.90	TBB-D Mark - 0.95	TBB-E Mark - 1.0
1	 Parivrutta-Namanasana	 Shrugalasana	 Parivritta-Uttanasana	 Maroodasana-1	 Malayasana
2	 Himavanasana	 Baddha-Parivritta-Parshva-Konasana	 Mahendrasana	 Kanchangangasana	 Kailasasana
3	 Parivritta-Utkatasan	 Baddhapada-Parivritta-Upveshasana	 Angushta-Padottanasana	 Maheshwarasana	 Parivritta-Vishwamitrasana
4	 Parivritta-Parshva-Konasana	 Parivritta-Trikonasana	 Ardhapadma-Parivritta-Parighasana	 Nishigandhasana	 Putpada-Vishwamitrasana
5	 Vindhyasana	 Parivritta-Padottanasana	 Parivritta-Kallyasana	 Parshva-Kallyasana	 Vetalasana

## Optional Yogasana Charts

▪ LB-1 ▪


























### Leg Balance Backward Bend (LBB)

	LBB-A Mark - 0.80	LBB-B Mark - 0.85	LBB-C Mark - 0.90	LBB-D Mark - 0.95	LBB-E Mark - 1.0
1	 Saral-Natarajasana	 Natarajasana	 Dwi hastapada- Natarajasana	 Urdhva mukha- Veerabhadrasana	 Kunjarasana
2	 Hastapada-Lasyasana	 Mukta hast- Marutsakhasana	 Anta-Gulfa-Hasta- Natarajasana	 Greeva padma- Natarajasana	 Viparita-Dandayama- Tripurasana
3	 Baddha-Natarajasana	 Lasya-Natarajasana	 Yoganandana	 Sundara-Vimanasana	 Vamdeva- Tripurasana
4	 Hastanka-Lasyasana	 Raj-Vimanasana	 Shikha padma- Natarajasana	 Pratyanchyasana	 Eka padma-Tryanga- Mukhottanasana
5	 Pratiruddhasana	 Vayu-Rathasana	 Skandha padma- Natarajasana	 Tandava	 Mohini-Astasana

## Optional Yogasana Charts

▪ LB-2 ▪

### Leg balance Forward Bend (LBF)

	LBF-A Mark - 0.80	LBF-B Mark - 0.85	LBF-C Mark - 0.90	LBF-D Mark - 0.95	LBF-E Mark - 1.0
1	 Urdhva-Prasarita- Lambakonasana	 Dandayamana- Janushirasana	 Dhwajadandasana	 Ruchikasana-2	 Muktahasta- Trivikramasana
2	 Swarga-Dwijasana	 Veeerbhadrasana-III	 Parivrutta-Baddha- Ardhachandrasana	 Vamanasana	 Urdhva-Prasarit- Eipadasana - II
3	 Pasha-Lamba- Konasana	 Parivrutta-Swarga- Dwijasana	 Uttkata-Dandayamana- Janushirasana	 Pakshikasana	 Kanishasana
4	 Garudasana	 Pashstrasana	 Niralamba Vatayanasana	 Sankhyasana	 Trishoolasana
5	 Vrukshasana	 Pushpakasana	 Garuda- Vimanasana	 Bhingyasana	 Sarasasana

## Optional Yogasana Charts

▪ HB-1 ▪

### Hand Balance Forward Bend (HBF)

	HB-F-A Mark - 0.80	HB-F-B Mark - 0.85	HB-F-C Mark - 0.90	HB-F-D Mark - 0.95	HB-F-E Mark - 1.0
1	 Brahmacharyasana	 Urdhva-Kukutasana	 Adhomukh-Vrukshasana	 Dand-Tolan-Paschimottanasana	 Urdhvamukha-Hasta-Padmasana
2	 Kukkutasana	*	*	 Chakorasana	 Adhomukha-Utthit-Koormasana
3	 Bakasana	 Ashtavakrasana	 Koundinyasana	 Parivrutta-Tittibhasana	 Bramhasrasana
4	 Dwipada-Koundinyasana	*	 Tittibhasana	 Fanindrasana	*
5	 Bhallukasana	 Makshikasana	 Ekapada-Prushtha-Tittibhasana	 Utthit-Ekpada-Prushta-Sheershasana	 Parashupashasana

Note - Females are advised to practice \* asanas with caution.



## Optional Yogasana Charts

▪ HB-2 ▪

### Hand Balance Backward Bend (HBB)

	HBB-A Mark - 0.80	HBB-B Mark - 0.85	HBB-C Mark - 0.90	HBB-D Mark - 0.95	HBB-E Mark - 1.0
1	 Pinch-Mayurasana	 Padanka-Vrshikasana - II	 Ekpad-Vrushik-Shiva-Linkarasana	 Nagastrasana	 Parivrutta-Shiva-Lingakarasana
2	 Eka-Pada-Pinch-Mayoorasana	 Vruschikasana - II	 Karkotasana	 Padma-Vruschikasana	 Kakmukta-Hastasana
3	 Vruchikasana - 1	 Hasta Vyaghrasana	 Paripurnasana	 Ekpad-Kokilasana	 Dwipad-Kokilasana
4	 Jatukasana	 Padma-Pada-Vruschikasana - II	 Shiv-Lingakarasana	 Putpada-Kokilasana	 Hast-Samkonasana
5	 Ardha-Padma-Pincha-Mayoorasana	 Ekapada-Skandha-Shiva-Lingakarasana	 Ekpad-Kokila-Vruschiksana - 1	 Utthit-Lamb-Konasana	 Vibhakt-Pada-Shiva-Lingakarasana

**TRADITIONAL YOGASANA EVENT**

Sub Junior (10+ to 14 years), Junior (14+ to 18 years), Senior (18+ to 28 years),  
Senior A (28+ to 35 Years), Senior B (35+ to 45 years) & Senior C (45+ to 55 years)

Male & Female

Quarter Final Round

Compulsory Asana Chart

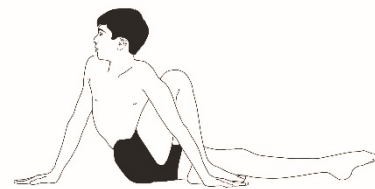
Uttanasana-II



Ushtrasana



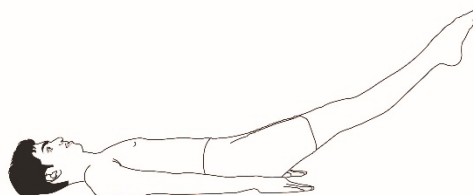
Vakrasana



Vrukshasana



Uttanpadasana

**Quarter Final Round (First Round)**

1. Athlete has to perform 5 compulsory yogasanas and 2 optional yogasanas in first round.
2. There are each 2 charts of 5 different categories. That is Forward Bend/ Backward Bend/ Twisting/ Hand Balance/ Leg Balance.
3. Athlete shall select these 2 optional asanas from different categories. Only A/B/C category of optional asanas can be performed in first round. (Please refer to the weightage of marks for each level of Yogasana (A to C). Compulsory asanas to be avoided as optional asanas. Repetition of any asana or selecting asana of same variety will result in getting 0 marks for second asanas.
4. Holding time of compulsory asana is 60 seconds.
5. Holding time of optional asana is 15 seconds.
6. Always start and end the performance with Namaste Mudra.

## TRADITIONAL YOGASANA EVENT

Sub Junior (10+to 14 years)

Boys & Girls

Semi Final Round

Compulsory Asana Chart

Halasana



Purna Bhujangasana



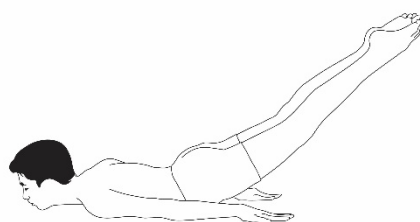
Parivrutta Janushirasana



Garudasana



Shalabhasana



### Semi Final Round (Second Round)

1. Athlete has to perform 5 compulsory yogasanas and 2 optional yogasanas in second round.
2. There are each 2 charts of 5 different categories. That is Forward Bend/ Backward Bend/ Twisting/ Hand Balance/ Leg Balance.
3. Athlete shall select these 2 optional asanas from different categories. Only A/B/C/D category of optional asanas can be performed in second round. (Please refer to the weightage of marks for each level of Yogasana (A to D). Compulsory asanas to be avoided as optional asanas. Repetition of any asana or selecting asana of same category will result in getting 0 marks for second asanas.
4. Optional asanas performed in the first round cannot be repeated in second round.
5. Holding time of compulsory asana is 45 seconds.
6. Holding time of optional asana is 15 seconds.
7. Always start and end the performance with Namaste Mudra.



## TRADITIONAL YOGASANA EVENT

Sub Junior (10+to 14 years)

Boys & Girls

Final Round

Compulsory Asana Chart

Eka Pada Skandhasana



Purna Chakrasana



Kukkutasana



Veerbhadhrasana III



### Final Round

1. Athlete has to perform 4 compulsory yogasanas and 3 optional yogasanas in final round.
2. There are each 2 charts of 5 different categories. That is Forward Bend/ Backward Bend/ Twisting/ Hand Balance/ Leg Balance.
3. Athlete shall select these 3 optional asanas from different categories. Only A/B/C/D/E category of optional asanas can be performed in final round. (Please refer to the weightage of marks for each level of Yogasana (A to E). Compulsory asanas to be avoided as optional asanas. Repetition of any asana or selecting asana of same category will result in getting 0 marks for second asanas.
4. Optional asanas performed in the Quarter Final & Semi Final round cannot be repeated in Final round.
5. Holding time of compulsory asana is 30 seconds.
6. Holding time of optional asana is 15 seconds.
7. Always start and end the performance with Namaste Mudra.

## TRADITIONAL YOGASANA EVENT

Junior (14+ to 18 years)

Boys & Girls

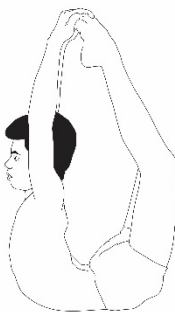
Semi Final Round

Compulsory Asana Chart

Salamb Sarvangasana



Purna Dhanurasana



Ardha Matsyendrasana IV



Vataynasana



Bakasana



### Semi Final Round (Second Round)

1. Athlete has to perform 5 compulsory yogasanas and 2 optional yogasanas in second round.
2. There are each 2 charts of 5 different categories. That is Forward Bend/ Backward Bend/ Twisting/ Hand Balance/ Leg Balance.
3. Athlete shall select these 2 optional asanas from different categories. Only A/B/C/D category of optional asanas can be performed in second round. (Please refer to the weightage of marks for each level of Yogasana (A to D). Compulsory asanas to be avoided as optional asanas. Repetition of any asana or selecting asana of same category will result in getting 0 marks for second asanas.
4. Optional asanas performed in the first round cannot be repeated in second round.
5. Holding time of compulsory asana is 45 seconds.
6. Holding time of optional asana is 15 seconds.
7. Always start and end the performance with Namaste Mudra.

## TRADITIONAL YOGASANA EVENT

Junior (14+ to 18 years)

Boys & Girls

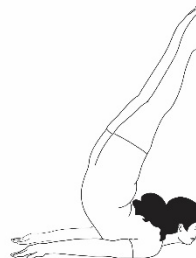
Final Round

Compulsory Asana Chart

Kurmasana



Purna Shalabhasana



Garbhapindasana



Baddha Parivrutta Parsva Konasana



### Final Round

1. Athlete has to perform 4 compulsory yogasanas and 3 optional yogasanas in final round.
2. There are each 2 charts of 5 different categories. That is Forward Bend/ Backward Bend/ Twisting/ Hand Balance/ Leg Balance.
3. Athlete shall select these 3 optional asanas from different categories. Only A/B/C/D/E category of optional asanas can be performed in final round. (Please refer to the weightage of marks for each level of Yogasana (A to E). Compulsory asanas to be avoided as optional asanas. Repetition of any asana or selecting asana of same category will result in getting 0 marks for second asanas.
4. Optional asanas performed in the Quarter Final & Semi Final round cannot be repeated in Final round.
5. Holding time of compulsory asana is 30 seconds.
6. Holding time of optional asana is 15 seconds.
7. Always start and end the performance with Namaste Mudra.