

# SCHOOL GAMES FEDERATION OF INDIA

## Guidelines for Rules, Regulation & Syllabus

### Yogasana

1. The Yogasana competition will be held for Boys and Girls section separately.
2. The age groups in both the section of Boys & Girls are as under:
  - 1) Under 14 years
  - 2) Under 17 years
  - 3) Under 19 years
3. The competition will be held as per latest Code of Points attached on the website [www.sgfi.org.in](http://www.sgfi.org.in)
4. The competition will be conducted in 4 events as under:
  - 1) Traditional Yogasana Single
  - 2) Artistic Yogasana Single
  - 3) Artistic Yogasana Pair
  - 4) Rhythmic Yogasana Pair

5. The contingent of athletes in each event will be as under:

Sr. No.	Event	Boys	Girls
1.	Traditional Yogasana Single	1	1
2.	Artistic Yogasana Single	1	1
3.	Artistic Yogasana Pair	1 Pair (2 athletes)	1 Pair (2 athletes)
4.	Rhythmic Yogasana Pair	1 Pair (2 athletes)	1 Pair (2 athletes)
	<b>Total</b>	<b>6</b>	<b>6</b>

6. One athlete can participate in maximum 3 events.
7. Cut-off date for age calculation will be as per SGFI norms.
8. Number of rounds in each event will be as under:

Sr. NO.	Event	Round 1 (Quarter Final Round)	Round 2 (Semi Final Round)	Round 3 (Final Round)
1)	Traditional Yogasana Single	✓	✓	✓
2)	Artistic Yogasana Single	X	✓	✓
3)	Artistic Yogasana Pair	X	✓	✓
4)	Rhythmic Yogasana Pair	X	✓	✓

**Note:** The number of rounds depends upon total number of participants in an event as per Code of Points, Chapter 1, Point 4 (page13).





9. Medal Count & Medal Tally is as under:

Sr. No.	Event	Medal Tally			Medal Count		
		Gold	Silver	Bronze	Gold	Silver	Bronze
1)	Traditional Yogasana Single	1	1	1	1	1	1
2)	Artistic Yogasana Single	1	1	1	1	1	1
3)	Artistic Yogasana Pair	1	1	1	2	2	2
4)	Rhythmic Yogasana Pair	1	1	1	2	2	2
	<b>Total</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>6</b>	<b>6</b>	<b>6</b>

10. Event wise syllabus is as under:

Event wise syllabus as under:

Sr. No.	Events	Details				
1)	Traditional Yogasana Single	<div><div><div>1. This is an individual event.</div><div>2. There are compulsory and optional asanas to be performed.</div><div>3. Syllabus for following age group will be followed:</div></div><table><tr><th>SGFI age category</th></tr><tr><td>For Under 14</td></tr><tr><td>For Under 17</td></tr><tr><td>For Under 19</td></tr></table><div>4. For more details refer Code of Points, Chapter 5, Point 1 (Page 47-51)</div></div>	SGFI age category	For Under 14	For Under 17	For Under 19
SGFI age category						
For Under 14						
For Under 17						
For Under 19						
2)	Artistic Yogasana Single	<div><div><div>1. This is an individual event.</div><div>2. The rules are mentioned at Chapter 5, Point 2 (Page 52-60) of Code of Points</div></div></div>				
3)	Artistic Yogasana Pair	<div><div><div>1. This is a pair event. Two athletes form the pair.</div><div>2. The rules are mentioned at Chapter 5, Point 3 (Page 61-69) of Code of Points.</div></div></div>				
4)	Rhythmic Yogasana Pair	<div><div><div>1. This is a pair event. Two athletes form the pair.</div><div>2. The rules are mentioned at Chapter 5, Point 4 (Page 70-78) of Code of Point.</div></div></div>				

11. Other necessary rules and regulations will be as per Code of Points of Yogasana .

