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### RULES

1. **ELIGIBILITY:** The competition is open to all individuals as well as members of clubs, schools, colleges, Educational institutions, any district Yoga Association or any country.

#### Pledge

There will be Pledge under organization flag of "World Real Yoga Alliance" as below:

We Swear that we will take part in the "WORLD YOGA CHAMPIONSHIP 2018" in fair competition, respecting the rules and regulations which govern them and with the desire to participate in true sportsmanship for the honour of our country and for the glory of sports.

By Host Team Captain of "World Real Yoga Alliance" adopted the Yog-asana's method as the key for the Competitive Sports and brought in to the categories of following groups.

2. **GROUP:** The competition is open to both male and female in 5 separate groups as follows:

- Group A. 8 to 12 years
- Group B. 12 to 18 years
- Group C. 18 years-25 years
- Group D. 25 years-35 years
- Group E. 35 years-45 Years

### Group F: 45 years and above

The above 6 groups are divided in to age groups which cover the age of the competitors from 8 years to 45 years and above. The details of age groups classification shown in rules and regulations of the competition separately. Confederation awards Gold, Silver, and Bronze Medals to the Winner, Runner and 2nd Runners up in all age groups as stated above. Besides this, Rolling Trophies and Titles are awarded.

3. **Proof OF AGE:** Competitor (Male & female) applying for entry shall produce a birth certificate or Identification card for proof of age. For candidates below age 18, the form must be signed by the guardian or parent. The competition is open to all individuals as well as members of clubs, schools, colleges, Educational institutions and any district Yoga Association. Every Participant has to submit his medical fitness certificate before to participate in the event.

The 1st, 2nd and 3rd place from each category in the Yoga-asana Competition will be awarded with Medals and Certificates. 4th, 5th and 6th place will be awarded with Merit Certificates. The 1st place from each group will compete for the Champion of Champions title and Runner Up. Title "The Champion of Champions" will be awarded with Trophy, Certificate, Prize and Cash Amount. The Runner Up will be awarded with Trophy, Certificate, Prize and a Cash amount. The Winner of the Artistic & Rhythmic Yoga-asana Competition will be awarded with Trophy, Certificate and Prize.

4. **PRIZE:** All participants will be awarded with certificates of participations and T-shirts.

5. **PROHIBITION:** Any stimulating drug or alcoholic beverage must not be used before/during the competition by any competitor and their use will be treated as violation of the rules. The Committee has The full right to suspend a competitor up to 5 years as disciplinary action.

6. **ENTRY FEE:** Entry Fee is US\$ 50 for NRI  
: Entry Fee is INR 2500 for Indians  
:All fee and registration will be online only.

7. **ARRIVAL:** Competitors are to report 2 hours before the competition. Competitors are liable to be Disqualified from competition for late reporting.

8. LANGUAGES: English, Hindi & Punjabi.

9. FORMAT OF COMPETITION:

Please refer to Section- 2 for details of the selected asana and elimination round.  
Please refer to Section-3 for details of Artistic and Rhythmic Yog-asana's Competition.

10. JUDGMENT:

1. Judges will be appointed by the Committee and their decisions will be final.
2. Two (2) marks will be deducted from full score if the competitor fails to complete the asana in the first attempt. Four (4) marks will be deducted from full score if the competitor fails to complete the asana in the second attempt. No mark will be awarded if the competitor fails to complete the asana on the third attempt.
3. The Judges will consider: a). Proportion of the body b). Performance regarding grace in execution & steadiness of posture c). Dress, smartness & appearance.

11. VENUE LOCATION:

Chandigarh University, NH-95 Chandigarh-Ludhiana Highway, Mohali, Punjab  
(INDIA)  
General Helpline No:+91-160-3051003 Toll Free: 1800 200 0025



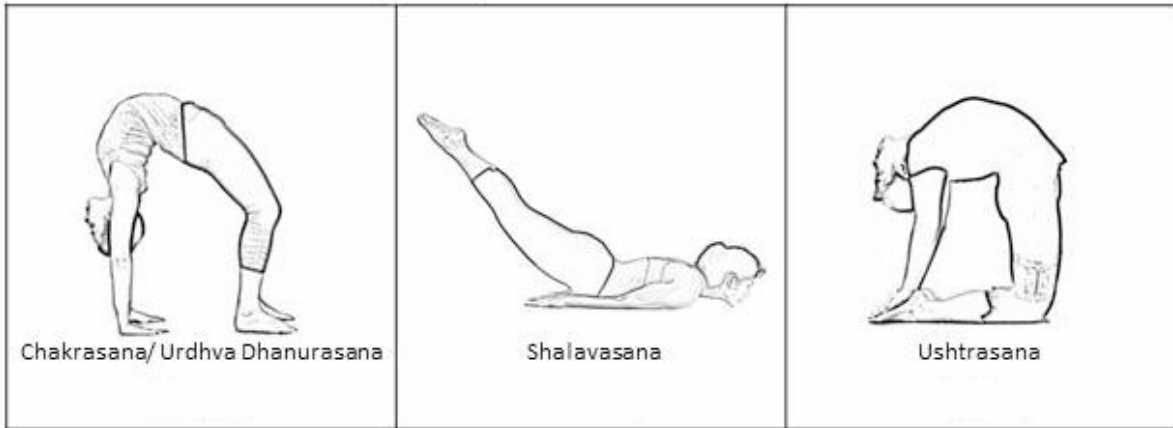
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## DETAILS OF SELECTED ASANAS & ELIMINATION ROUNDS:

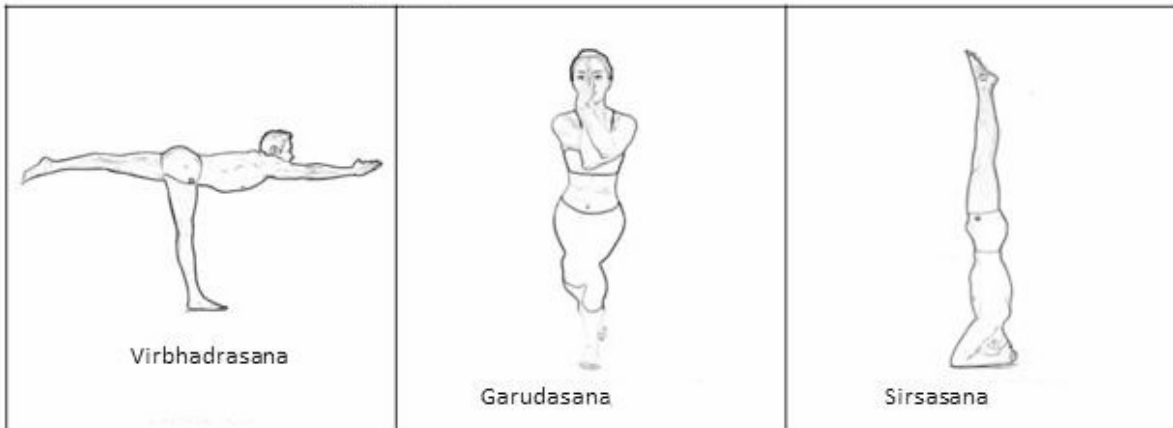
### FIRST ROUND:

According to **lottery system** Competitors have to perform one (1) asana from each category (Backbend, Balance and Forward Bend) and one (1) asana OF THEIR OWN CHOICE. (Total 4 asana)

### CATEGORY A: BACKBEND



### CATEGORY B: BALANCE



### CATEGORY C: FORWARD BEND



Competition is on the base of knock out system so Competitors who achieved "First & Second position" will be selected to compete in the second round.

### SECOND ROUND:

Competitors have to perform one asana OF THEIR OWN CHOICE from each of the 5 category below:

- A. Backbend
- B. Twisting
- C. Forward bend
- D. Arm Balance

The 1st, 2nd and 3rd place from each group will be selected from the second round.

The 1st place holder will compete for the Champion of Champions Title.

#### 12. Asana – Round-3.

##### CHAMPION OF CHAMPIONS: -

Note: in the situation of tie break for winner, Organization management will take a different performance on the spot from both competitors and management result will be the final decision.

##### Part 1:

According to the lottery system Competitors have to perform 3 asana out of the following 12 asanas plus 2 asanas of their own choice. (Total 5 asanas)

##### Part 2:

A Viva Voce test will be taken about theoretical knowledge of yoga-asanas and general knowledge related with Yoga in the Champion of Champions Title Award.

**THIRD ROUND:**  
**Champion of Champions**  
**Title Award.**

12 Asanas – choose 3.

 <p>Hasta- Vrischikasana</p>	 <p>Parvatasana</p>	 <p>Dandayaman Eka Pada Sikandasana</p>
 <p>Eka Hasta Baddha Mayurasana</p>	 <p>Koundiyasana</p>	 <p>Bibhakta Vipareet Suptasana</p>
 <p>Urdhava Mukha Paschimotthanasana</p>	 <p>Dandayaman Trivikramasana</p>	 <p>Dandayaman Janusirsasana</p>
 <p>Urdhava Kukkutasana</p>	 <p>Baddha Byaghrasana</p>	 <p>Eka Pada Chakrasana</p>

SECTION 3:  
DETAILS OF ARTISTIC YOGA COMPETITION & RHYTHMIC COMPETITION

(1) Artistic Yoga Competition: (Singles & Pairs)

: Artistic Yoga will involve the competitor(s) performing a series of asanas, choreographed with music. The competitor(s) should use a diversity of asanas including

Forward bend,  
Backward bend,  
Balancing: - Arm-balancing,  
Lying and sitting postures, etc.

It will be judged on the grace of the body movement along with the synchronization with music without break. The Competitor(s) should try to utilize all 4 corners of the stage during the performance. Competitor(s) should perform at least 8-10 asanas within the time limit of 3 minutes. For the artistic pair, both competitors must either be below 18 or above 18 years of age. The Artistic Yoga Competition will be held in the following age groups

1. Below 18 (Junior)
2. Above 18 Years (Senior)

#### (2) Rhythmic Yoga Competition (Pairs)

: Rhythmic yoga consists of either 2 female or 2 male performing in perfect synchronization of body movements with music. Rhythmic Yoga will involve the pair performing a series of asanas, including:

Forward bend,  
Backward bend,  
Leg balancing,  
Arm-balancing,  
Lying and sitting postures,

with no variations between the two. There should not be any body contact between the two competitors and they should try to utilize all 4 corners of the stage during the performance. The performance should involve at least 8-10 asanas within the time limit of 3 minutes. The Rhythmic Yoga Competition will be held in the following age groups.

1. Below 18 (Junior)
2. Above 18 Years (Senior)

#### CRITERIA FOR JUDGEMENT

The following officials shall be appointed for the management of the Competition / Championship:



- a) Competition / Championship Secretary: (One)
- b) Observer: (One)
- c) Technical Controller who shall be the Chairman / Secretary of Technical Committee: (One)
- d) Chief Judge who shall be the Chairman / Secretary of Judges Board / Referees Board / Grade 'A' Judge: (One)
- e) Judges: (Five)
- f) Scorers, one of them may be the official of participating team: (Two)
- g) Time Keeper: (One)
- h) Announcer: (One)
- i) Stage Manager: (One)

Note:-a) The officials (as mentioned in sub-clause to i') shall be 11 in numbers. The Judges Board / Referees Board shall appoint them.

#### OFFICIALS FOR THE MANAGEMENT OF CHAMPIONSHIP / COMPETITION

1. All the asana whether it is compulsory or optional, equally carries 10 marks for each.

(a) Every 10 marks for a 'Compulsory Asanas' are divided in to four parts in the following manner:

Way of performing (Starting & Returning) the asana: 2 Marks

Perfection of the posture (Correctness / Accuracy): 4 Marks

Exhibition of the posture (Stability & Tenselessness): 2 Marks

Fixed Retention Duration of the posture (Time): 2 Marks

(b) Every 10 marks for an 'Optional Asanas' are divided in to five parts in the following manner:

Way of performing (Starting & Returning) the asana: 2 Marks

Perfection of the posture (Correctness / Accuracy): 2 Marks Difficulty of the Posture: 2 Marks

Exhibition of the posture (Stability & Tenselessness): 2 Marks Fixed Retention

Duration of the posture (Time): 2 Marks

Further, order of difficulty for Optional Asana is as under:

1. Flexibility

2. Balance

3. Twisting

4. Flexibility with Balance & twisting.

(Note: Priority is to be given No. 4, then No.3, No. 2 and lastly to No. 1.)

#### CRITERIA FOR JUDGEMENT

#### MERIT AND PARTICIPATION CERTIFICATES, TROPHIES ETC

Organization shall issue merit and participation certificates to the Competitors, Manager, Coach appointed as notified officials including office bearers of the

Organization, Chairman / Convener sub-committees and other essentials officials during the Championships for all age groups. On merit certificate, Photograph of the participant may be pasted. Manager / Coach shall collect two (2) stamp size photographs from each competitor in each age group and handover to Stage Manager / Technical Committee to affix on certificates etc.

**MERIT CERTIFICATE:** – (By Organization) The Merit Certificates shall be issued to the Winner, Runner, Third Place and 4th to 6th place holders to all age group competitors. Merit Certificate shall be issued by the Organization only.

**PARTICIPATION CERTIFICATE:** - (By Host)1) Participation certificate shall be given to all competitors, managers, coaches, specified officials of all age groups and to other notified officials of the Host State Association / Organizing Committee. These certificates shall be signed by the Federation General Secretary, Honorary Secretary of Host Association, President of the State Association or Organizing Committee and Organizing Secretary of sponsoring agency if any.

(2) The participation certificates model shall be got approved in advance from Gen. Secretary of the Organization before printing by the host state Secretary / Organizing Secretary.3) The judges / officials of technical nature who attend the championship duty during any championship will be given participation certificates by WRYA or by Referee's Board.

**TROPHIES:** - (By Organization / Host) Organization will give trophies to Winner and Runners up of overall Team Championship. Rolling Trophies or permanent trophies sponsored by the Well-wishers / Donors and also Cash Award may be given as per decision of the Organization. Gold, Silver, Bronze medals shall be given to first three place holders in all age groups by Organization of Organizing Committee.