



**All India Inter-University Yoga (Men & Women) Championship 2019-2020**

**RULES & REGULATIONS**

1. Inter University Yoga Championship shall be held for both boys and Girls Sections separately in the Asanas and Kriyas (Exercises).
2. A team may consists maximum of six competitors (including one reverse). A Team consisting less than five competitors, shall not be eligible for team Championship but their performance will be considered for individual position. For team championship marks of only best five will be counted.
3. The competitors will have to retain each Yogic Exercise as follows which can be counted after attaining the final position.
  - a. One minute for each compulsory asana.
  - b. 30 seconds for each optional asana.
  - c. One round of Surya Namaskar (in twelve count).
  - d. Within two minutes each for Sutraneti/Rubberneti, Jalneti, Nauli and Shit Karma Kapalbhathi and within 10 minutes for Vastra Dhauti.
4. Yogic Exercise of Part “A” will be performed together and Yogic exercise Part “B” will be performed one by one by each member of the team.
5. Marks of Part A and Part B are as under:  
  
Part A:

a) Four compulsory Asanas	40 marks
b) Surya Namaskar	10 marks
c) Two Shat Kriyas	20 marks

  
Part B:     Three Optional Asanas                     30 marks  
**TOTAL**   **100 marks**
6. One Chief Judge plus Five Judges, a scorer and a time keeper will be appointed for each section (there should be two separate panels for men and women).
7. The sequence of participating teams shall be drawn by the Organizing University.

- 8. Dress:** The men and women competitors will wear the following dresses in their University color.  
Men - Short and Vest/Sports shirt  
Women - Short and Sports shirts/Gymnastic costume
- 9.** The judge will award the marks out of Ten to each competitor for Yogic exercise separately. The maximum and minimum marks will be deleted. The average of other awards will constitute the final score. In case more than one Judge give the same maximum or minimum score, the score awarded by only one judge will be deleted. (Maximum or Minimum).
- 10.** The judge will be free to move around in order to observe the different aspect of the posture from different angles during the retention period. He can ask any Competitor of perform any Yogic exercise again.
- 11.** The efficiency of Yogic Exercise will be judged on the basis of degree of flexibility required in each exercise, duration of retention of the position, calmness and final position maintained there in.
- 12.** All participating Universities will be submitting the list of their competitors (not more than six in each section) along with the list of Yogic exercise of their choice in meeting of managers on 5<sup>th</sup> January 2020.
- 13.** In case of a tie, it will be decided as follows:
- Aggregate of marks in compulsory Yogic exercises.
  - Aggregate of marks in optional Yogic exercises.
  - Aggregate of marks in the performance of the remaining exercises.

**Note:**

- The word “Exercise” appearing the rules means “Kriyas, Yogic asana and Suryanamaskar.”
- The details of asanas are given in the book “Light of Yoga” by B. K. S. Iyanger.

Sd/-  
**Organizing Secretary**