

## INTER SCHOOL SAHODAYA SPORTS' COMPETITION

### YOGA

#### RULES AND REGULATIONS

1. **Rules Applicable:** The tournament shall be played as per the rules and regulations of National Yoga Federation of India (NYFI). Host school will not participate in the same cluster.
2. **Eligibility:** Only bonafide students of the schools who have been on the rolls of the School from the beginning of the academic year or term shall be eligible to play in the tournament for the school team subject to below age criteria. Any School player cannot participate in the same age group for more than three SGFI:-
  - Under 14 Category - Born on or after 1.1.2005
  - Under 17 Category - Born on or after 1.1.2002
  - Under 19 Category - Born on or after 1.1.2000
3. **Documents:** The below mentioned documents are mandatory for all the participants to submit with the Organizing Secretary:
  - Duly filled (in BLOCK LETTERS only) Eligibility Form of each player.
  - Duly filled (in BLOCK LETTERS only) Summary Sheet.
  - The photograph of each player should be pasted and attested by respective Principals on the Eligibility Proforma.
  - There should be no over-writing on the Eligibility Proforma.
  - Photocopy of the Date of Birth Certificate issued by the State Government, duly attested by Gazetted Officer / Head of the Institution
  - Photocopy of the previous class Mark-sheet duly attested by Gazetted Officer/ Head of Institution.
  - Eligibility Form of each player and the Summary Sheet must be signed by the Head of the Institution with the school seal.
  - A list of participants with Name, Class and Date of Birth, attested by the Head of the institution must be sent along with the Entry Forms.
  - All the supporting papers verifying the age of the player, etc. in original shall be carried personally by the Team Manager/Coach while reporting for participation.
  - Participating team must submit team photograph of size 8"x12" including Principal, Team Manager/Coach duly countersigned by the Principal of the school.
  - Every participants should have the Medical Fitness Certificate.
  - For students/player studying in class IX and above must provide CBSE registration number given in class IX if the school is affiliated to CBSE.
  - For student/player studying in class XI/XII must provide a photocopy of class X certificate issued by the board and attested by the Principal.
4. **Grouping:** ISSC Yoga Competition will be organised for Boys & Girls sections separately. There will be three age groups for the competition as under (at the discretion of the host school):-
  - Under 14
  - Under 17
  - Under 19

Yoga Competition will be organised in following categories (Boys' & Girls'):

- Artistic
- Rhythmic

- 5. Carrying of Identity Cards:** All coaches and managers of the participating teams will keep with them the School Identity Cards / Aadhar Cards / Date of Birth Certificates of all the players and Self which need to be produced before or during the Tournament on demand, anywhere in the school campus.
- 6. Directive / Disqualification:** Any violation of the eligibility shall be severely punished with disqualification of the school in the year. However, scratching of a team at any stage shall not hamper the progress of the tournament. If any school found guilty of wrong documents / information will be debarred from all Sahodaya activities.
- 7. Protests:** Protest, if any, should be lodged with a documentary proof in writing to the Organizing Secretary within 30 minutes after the match is over accompanied with a fee of ₹500/- (in cash) (Refundable if the protest is upheld). The decision of the Chairman and Organizing Committee in all matters of dispute will be final and binding to one and all.

**8. Match:**

**Tie Breaker:**

- a. In-case of equal points, the performer's total points given by all judges will decide the winner.
- b. If a tie still remains then the performer who has more points in the optional asana will be declared the winner.
- c. If a tie still remains then the points obtained in Group 'C' asana will decide the winner.
- d. If still there are more than one competitor with equal marks, they will be declared joint winners but if the tie is for the first place, the winner will be decided by the toss of a coin.

**Selection of Teams for the Final Round:**

- e. If there are less than 15 teams, then the preliminary round will considered as final round for team events.
- f. If there are more than 15 teams then six teams will qualify for final round and final round rule will be applicable.

**Final Round Rules:** Rules for the final round for individual and team championship are as under:-

- g. The competitors will have to perform three asanas from Group 'B', 'C' as per judges' instruction. There will not be more than two asanas from one Group. The Asana performed in the preliminary round will not be repeated.
- h. The competitors will perform two asanas of their choice **excluding** compulsory 18 asanas.
- i. **Surya Namaskar** will be the compulsory asana for the final round as per Apex - B. Points to be awarded will be as follows:-

<b>Body Posture</b>	3 points	<b>Forward bend</b>	3 points	<b>Total 10 Points</b>
<b>Backward bend</b>	3 points	<b>Dress</b>	1 points	

- j. Individual Championship will be conducted separately and the best performer from the preliminary round will be selected for the final championship.

**Individual & Team Championship:**

- k. In individual Championship, the winner will get 5 marks, the runner up will get 3 marks & second runner up will get 2 marks.
- l. In team events, winning team will get 10 marks, runners up will get 6 marks and second runners up will get 4 marks.

m. The school with maximum marks will be declared the Champion School.

9. **Kit:** Track Suits, slacks, shorts will be allowed and are compulsory while performing asanas. Participants are strictly instructed to put on tight underwear's with elastics.

10. **Composition of a Team:** A team must comprise a maximum of seven plus one (at least two in each category (Rhythmic & Artistic) competitors (excluding one reserve). A team consisting of less than four competitors will not be eligible for the team championship. However, their performance will be considered for individual position(s). For the team championship, only the scores awarded to the best four players will be counted.

### 11. Categorization of Advance Asanas & Scoring

S No	Parameter	For example	Points
a)	Balance factor and flexibility of torso and waist	Standing Vruschik Asana	10
b)	Asana with only flexibility (without balance)	Dimbasana, Deepasana	8
c)	Other asana	Garudasana , Vatyanasana	6

### 12. Artistic Yoga Competition:

- Separate competition will be held for Boys & Girls in all categories: under 14, 17 & 19 years.
- Only one participant from each school, each group & each category will participate.
- The player will have to perform any five asanas of their choice from the Apex - A:

#### i. List of Asana:

S No	Asana Name	Duration	Point
aa)	Standing Vrchikasana	15 Sec.	10
ab)	Standing Linkarasana	"	"
ac)	Natrabhasana	"	"
ad)	SthambhSirsasana (Duruvasana or Bhagirathasana)	"	"
ae)	Dharajasan (Flag Postures)	"	"
af)	Standing EkapadaSkandasana	"	"
ag)	Kandapeedasana	"	"
ah)	UtthidDwipadKandasana	"	"

- Pranav Dhavni:** (Om Chanting) will also be performed by all the participants & the criteria for the allotment of marks shall be as under.

S No	Duration	Points	S No	Duration	Points
aa)	20 Sec.	1 Point	ab)	30 Sec.	2 Points
ac)	35 Sec.	3 Points	ad)	40 Sec.	4 Points
ae)	45 Sec.	5 Points	af)	50 Sec.	6 Points
ag)	60 Sec.	7 Points	ah)	70 Sec.	8 Points

a)	80 Sec.	9 Points	a)	90 Sec.	10 Points
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**13. Rhythmic Yoga Competition:** In this competition the competitor has to perform not less than 5 & not more than 8 asanas in a time limit of maximum 2.30 minutes or 150 sec.

- The competitor will show the various asanas (postures) i.e forward bending, balancing, front & backward lying postures sitting postures etc. In all the four directions with music.
- Only one competitor from each school in each group & category can participate.
- It is compulsory to show all the postures as mentioned above.
- The asanas & body movement should be synchronized with DECENT music.
- All the music arrangements like recorder, CD player or CDs are to be arranged by the competitors themselves.
- If a competitor takes more time i.e. more than 2.30 minutes, one point will be deducted from the points of each judge and loss of 3 or 5 points from the total.
- Competitor has to show all the movement of asanas with clear demonstration of asanas i.e. holding of the postures.

**NOTE:** - One competitor can take part only in one competition either Artistic or Rhythmic.

**14. Scoring:** A competitor will be awarded a maximum of 60 points and each asana will be judged out of 10 points. Detailed distribution of the points to be awarded by the judges is as under:-

S No	Details of Parameter	Points
a)	Way of performance to reach the final stage of the asana	1 Point
b)	Perfect posture of the asana	4 Points
c)	Exhibition of the asana without tension and trembling	2 Points
d)	Stay in the asana for a fixed time	2 Points
e)	Returning to the original posture	1 Point

**15. Attempts to perform Asanas:** There will be only one attempt for compulsory asana. Three attempts will be given for Optional asanas, Artistic asanas & Pranav Dhavni only. Out of three attempts the best performance will be counted. No asana will be changed or altered once fixed or obtained by the competitor.

**16. Performance Time of Asanas:** If required the host school may reduce the time limit for the asana. For example, the time limit of an asana may be reduced from two minutes to one minute. Such change, if made, will be applicable to all participants. Under no circumstances the time limit will be extended.

**17. Judging:**

- The judging criteria will include construction, holding and lasting of asana. Expression of tension or trembling will also be noted. The final pose will be accepted with a smiling face and a pleasant expression.
- Panel of Judges:**
  - ✓ The panel of Judges will comprise one chief judge, 2 judges, one scorer and two time keeper.

- ✓ The judges will write the points awarded for each asana on separate score sheets. The scorer will compile and compute the points and announce them. The maximum and the minimum marks will be deleted. The average of other remaining two will constitute the final score.
- ✓ The judges are free to observe the candidate on the carpet and, if needed, can ask the competitor to perform the asana again.

#### **18. Discipline:**

- Participation in the matches will not be allowed in the absence of the team in-charge.
- The team in-charge will be responsible for the conduct of his/her team on and off the field. Any damage done to the property of school during the stay by any participant will have to be compensated for, by the team in-charge.
- Indiscipline on the part of any team/officials/players will be viewed seriously and disciplinary action will be taken by the Technical & Disciplinary Committee.
- Any unfair and unwarranted behavior from anyone concerned may invite suspension from the tournament.
- Consumption of liquor, tobacco, cigarettes is strictly prohibited inside the School Campus and is punishable offence. Any indiscipline on the part of any team will lead to its disqualification from the tournament and the team may be asked to leave immediately.

#### **19. Reporting Time and Venue:**

- Time and Venue of the matches will be subject to change to suit the prevailing conditions. Teams, in case of any change, shall be notified accordingly.
- The participating team or participants should report at the venue 30 minutes before the scheduled time of match.
- If a participating team or participant did not reach the venue within 30 minutes after the scheduled time, walk-over will be awarded to the opponent.

**20. Carrying of Flags:** Every participating school team will bring two flags (One to be hoisted and the other for the march past) for the opening and closing ceremonies, which they will hand over to the Organizing Secretary on arrival or meeting of Coaches and Managers and will be returned after the tournament.

**21.** All the teams must be in their school uniform during all the ceremonies.

**22.** The decision of the Chief Referee and the Technical Committee will be Final and binding on all the players/teams.

**23.** No cell phones are permitted for the students in campus.

**24.** The participating team will be responsible for their belongings and are advised not to carry any expensive items with them.

**25.** The school will not be responsible for any loss, mishap, illness or accident, which occurs during the championship, nevertheless all the adequate measures will be taken.

**26.** Any team/player not fulfilling the above requirement before the commencement of the Tournaments shall not be permitted to participate.

**27.** The Managers and Coaches of the participating teams must fulfill all the formalities and clear all the dues before their departure.

**28.** The Host School reserves the right to make changes if any, in the schedule but must inform participating teams well in time.