

## **Syllabus, Rules & Regulations for All India Inter University Yogasana (Men & Women) Championship 2025-26**

Inter-University Yogasana Championship shall be held for both Men and Women sections separately.

**Event Category:-Yogasana competition will be organized in the following categories:-**

- A. Traditional Yogasana Team
- B. Traditional Yogasana Individual
- C. **Demonstration Events:-**
  - i) One Competitor for Artistic Yogasana
  - ii) One Competitor for Rhythmic Yogasana

**Important Note: - A competitor can participate in one event out of four only i.e., (Traditional Yogasana Team, Traditional Yogasana Individual, Artistic Yogasana and Rhythmic Yogasana event.)**

**Event -1: Traditional Yogasana Team (Participant – Maximum 6, 5 best competitor will be participate in this competition & 1 Competitor for reserve)**

**Event -2: Traditional Yogasana Individual (Participant -1)**

### **Part A: Compulsory Asanas (Men & Women)**

i. Surya Namaskar (12 posture will be Counts)

ii. Asanas:

- Paschimottanasana
- Sarvangasana
- Purna Dhanurasana
- Karna Pidasana
- Garudasana

**Part B: (Optional Yogasana - Select any four respectively)**

Sl No	Men	Women
1	Mayurasana	Vatayanasana
2	Padma Bakasana (Urdhva Kukkutasana)	Purna Bhujangasana
3	Hanumanasana	Purna Matsyendrasana
4	Tittibhasana	Ekapad Shirasana
5	Purna Chakrasana	Ardha Badha Padmottanasana
6	Setubandha Sarvangasana	Vibhakta Paschimottanasana
7	Vrischikasana	Natarajasana
8	Purna Shalabhasana	Ekapad Rajkapotasana
9	Omkarasana	Utthita Padahastanasana
10	Prasarit-pash Padottanasana	Udhvamukha Tittibhasana
11	Parivritta-Ushrasana	Parivritta – Vishwamitrasana
12	Tandavasana	Sankhyasana

1. A team may consist of a maximum of six competitors. A team consisting of less than five competitors, shall not be eligible for team championship. For the team championship marks of only the best five will be counted.
2. One competitor from each university in both categories (Men & Women) can perform in traditional Yogasana Individual competition.
3. The competitors will have to retain each Yogasana (Team and Individual Traditional Yogasana) as follows which will be counted after attaining the Final position.
  - One round of Surya Namaskar (in twelve posture counts).
  - One minute for each compulsory asana.
  - 45 seconds for each optional asana.
4. Surya Namaskar will be performed together and other Yogasana will be performed individually by each team member.
5. Marks for Part A and Part B are as under:

Surya Namaskar	10 marks
Five Compulsory Asanas ((Part A)	50 marks
Four Optional Asanas (Part B)	40 Marks
<b>Total</b>	<b>100 marks</b>
6. One Chief Judge plus five judges, a scorer, and a timekeeper will be appointed for each section (there should be two separate panels for men and women).
7. The organizing university shall draw the sequence of participating teams.
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 costumes.

9. The Judge will award the marks out of ten to each participant for each yogic asana separately. The maximum and minimum marks by the Judges will not be counted. The average mark of the remaining judges will be counted and it will be considered as the final score.
10. The judge will be free to move around to observe the different aspects of a posture from different angles during the retention period. He/She can ask any competitor to perform any yogic asana again.
11. The efficiency of the Yogic asana will be judged based on the degree of flexibility required in each asana, duration of retention of the position, calmness, and final position maintained therein.
12. In case of a tie, it will be decided as follows:
  - Aggregate of marks in compulsory asanas.
  - Aggregate of marks in optional asanas.
  - Aggregate of marks in the performance of the remaining asanas.

## **Demonstration Events:-**

### **1. Individual Artistic Yogasana**

- a) Separate competition will be held for men and women sections.
- b) Only one participant from each University.
- c) The player will have to perform any five asanas of their choice from the following list:

#### **i) List of Asanas**

<b>S No</b>	<b>Asana Name</b>	<b>Duration</b>	<b>Point</b>
i)	Standing Vrischikasana	20 Sec.	10
ii)	Standing Linkarasana	20 Sec.	10
iii)	Natrajasana	20 Sec.	10
iv)	Sthambh Sirsasana (Duruvasana or Bhagirathasana)	20 Sec.	10
v)	Dharwjasana (Flag Postures)	20 Sec.	10
vi)	Standing Eka Pada Skandasana	20 Sec.	10
vii)	Kandapeedasana	20 Sec.	10
viii)	Utthid Dwipad SKandasana	20 Sec.	10

#### **ii) Individual Rhythmic Yogasana**

In this competition, the competitor should perform 10 asanas in a time limit of a maximum of 2.30 minutes or 150 sec.

- d) The competitor will show the various asanas (postures) i.e. forward bending, backward bending, balancing, twisting postures, etc. to be selected by the participants his / her own choice. In all four directions with music.
- e) Only one competitor from each university in both categories (M & W) can participate.
- f) It is compulsory to show all the postures as mentioned serial number (a)
- g) The asanas & body movement should be synchronized with music.
- h) All the music arrangements like recorders, CD players, or CDs are to be arranged by the competitors themselves.
- i) If a competitor takes more than 2.30 minutes or less than 2 minutes, one point will be deducted by each judge.
- j) Competitor has to show all the movements of asanas with a clear demonstration of asanas i.e. holding of the postures (5 to 7 seconds holding time)

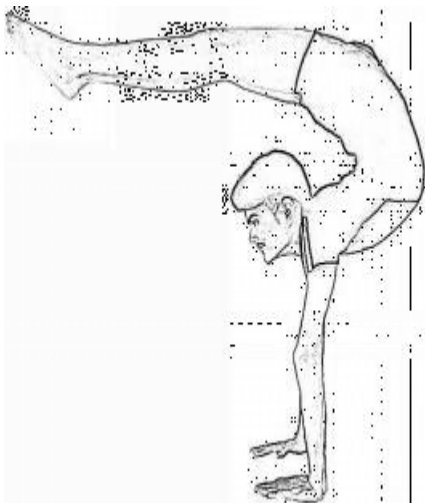
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## INDIVIDUAL ARTISTIC YOGASANA KEY POINTS



### STANDING VRISCHIKASANA

- Athletes must be in a full-hand balance position with a back bend.
- Shoulder distance between the hands.
- Knees and feet should touch each other.
- Hold feet resting on cranium.
- Face facing forward and maximum arch in the back.



### STANDING LINKARASANA

- The athlete must be in a full-hand balance position.
- Arms should be straight at shoulder level distance with fingers closed.
- Keep both legs straight forward over the head with toes pointed in front.
- Hip should not touch the back of the head.
- Face facing forward and maximum arch in the back.



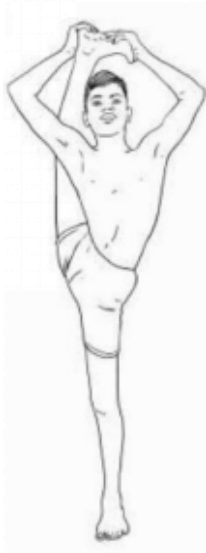
### NATARAJASANA

- Athlete must be in one leg balance in a back bend position.
- Legs must be in splits of 180° degree keeping the knee extended.
- Both hands gripping on the extended knee with pointed toes upward.
- Both upper arms must touch the ear and face facing forward.



### **STHAMBH SIRASANA**

- The athlete must be in one leg balance and the body should be straight.
- Hands, trunk, and leg should be perpendicular to the floor.
- By bending at knee keep one leg behind the back parallel to the ground.
- Head in between the hands and face facing forward.



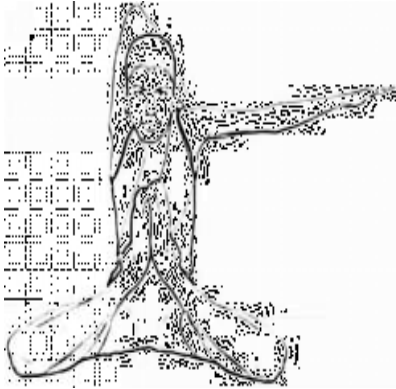
### **DHAWJASANA/FLAG POSTURE**

- Athletes must be in one-leg balance without bending at the knee.
- The other leg should be stretched straight touching the side of the head.
- Both elbows in straight alignment, gripping the heel with the same hand and toes with the other hand.
- Gaze in front keeping neck straight.



### **STANDING EKA PADA SKANDHASANA**

- Athletes must be in one-leg balance without bending at the knee. • Any one heel should touch the opposite side shoulder and toe of the folded leg stretched out.
- Back, neck, and head to be maximum straight.
- Hand folded in the front of the chest.



### **KANDAPEEDASANA**

- Heels are at the naval keeping back maximum straight.
- The toes are pointing upwards and the soles are touching the belly.
- Knees are resting on the floor.
- Keep one hand extending straight at shoulder level parallel to the floor.

• The other hand folded at the elbow is on the back of the head and palm on the shoulder of an extended hand.



### **UTTHIT DWIPAD SKANDHASANA**

- The athlete must be in a complete hand balance position.
- Shoulders are to be taken out from the crossing of legs behind the head.
- Arms parallel to each other up to shoulder width keeping fingers together.
- Back maximum straight and gaze forward.