



Lakshmibai National Institute of Physical Education, Gwalior

Deemed to be University, Ministry of Youth Affairs & Sports, Government of India
(Declared vide Govt. of India MHRD Notification NO. F.9-14/92-U.3 dated 21.09.1995 under section 3 of UGC Act, 1956)

DEPARTMENT OF YOGIC SCIENCES

Rules & Guidelines YOGASANA COMPETITION

RULES:

1. The competition is open for the all participants in two categories (Male & Female) in different age group (7 to below 15 years, 15 to below 25 years, 25 to below 35 years and 35 & above 35 years).
2. The competitors will have to retain each asana compulsory for minimum 30 seconds. The rest period between two consecutive asanas will be of 20 seconds.
3. Four compulsory asanas shall be performed without any exception and three asanas to be performed from the list of optional asanas. The lists for compulsory and optional asanas are given below:

A- Compulsory Asanas for men and women

| 7 to below 15 Years (Age group) | | 15 to below 25 Years (Age group) | |
|---------------------------------|-------------------------|------------------------------------|------------------------------------|
| Asanas for Female | Asanas for Male | Asanas for Female | Asanas for Male |
| 1. Paschimottanasana | Halasana | Vatayanasana | Garudasana |
| 2. Vatayanasana | Sarvanga Setubandhasana | Ardha Baddha Padma Paschimottasana | Vatayanasana |
| 3. Purna Dhanurasana | Hanumanasana | Ushtrasana | Ardha Matsyendrasana |
| 4. Karna Pidasana | Bhunamanasana | Baddha Padmasana | Ardha Baddha Padma Paschimottasana |

| 25 to below 35 Years (Age group) | | 35 and above 35 Years (Age group) | |
|----------------------------------|-----------------|-----------------------------------|-------------------|
| Asanas for Female | Asanas for Male | Asanas for Female | Asanas for Male |
| 1. Paschimottanasana | Halasana | Vrikshasana | Ushtrasana |
| 2. Ushtrasana | Matsyasana | Hasta Uttanasana | Garudasana |
| 3. Baddha Padmasana | Ushtrasana | Paschimottasana | Paschimottanasana |
| 4. Ardha Matsyendrasana | Chakrasana | Dhanurasana | Dhanurasana |

B- Optional Yogasanas – Select any three respectively


| 7 to below 15 Years (Age group) | | | 15 to below 25 Years (Age group) | |
|--|----------------------|------------------------|---|--------------------------|
| Asanas for Female | | Asanas for Male | Asanas for Female | Asanas for Male |
| 1. | Purna Bhujangasana | Mayurasana | Purna Shalabhasana | Padam Bakasana |
| 2. | Purna Matsendrasana | Padam Bakasana | Purna Matsyendrasana | Purna Dhanurasana |
| 3. | Ekapad Shirasana | Titibhasana | Hanumana Asana | Uthita Paschimottanasana |
| 4. | Natrajasana | Vrischikasana | Purna Chakrasana | Padam Mayurasana |
| 5. | Ekapad Rajkapotasana | Purna Shalabhasana | Purna Dhanurasana | Titibhasana |

| 25 to below 35 Years (Age group) | | | 35 and above 35 Years (Age group) | |
|---|--------------------|------------------------|--|------------------------|
| Asanas for Female | | Asanas for Male | Asanas for Female | Asanas for Male |
| 1. | Akarna Dhanurasana | Padam Sarvangasana | Matsyendrasana | Karnapidasana |
| 2. | Karnapidasana | Kurmasana | Halasana | Halasana |
| 3. | Dhanurasana | Padam Bakasana | Chakrasana | Chakrasana |
| 4. | Purna Ushtrasana | Mayurasana | Sarvangasana | Sarvangasana |
| 5. | Padam Sirshasana | Karnapidasana | Baddha Padmasana | Baddha Padmasana |

4. The participants will be judged on the basis of degree of flexibility required in each asana, duration of retention of the final position in each asana, calm and final position maintained therein.
5. Each judge will award marks out of 10 for every yogasana performed separately.
6. Final scoring will be done by the collective decision of three judges.
7. The judges will be free to move around in order to observe different aspects of a posture from different angles during the retention period. They can ask any competitor to perform any yogasana again.
8. **Dress Code:**
Men: Short & Vest / Sports T-Shirts
Women: Short & Sports T-Shirts / Gymnastic costume.

NOTE:

- Registration can be done online mode (Google Form). (Link : <https://forms.gle/WUqyLgLIWVc7dHFM6>).
- Venue of the competition is at Meditation Hall in the Department of Yogic Sciences.
- The competition will be held on 04th June, 2025, 3:00 p.m. onwards.
- Winners of the competition will be announced on 10th June, 2025 via Departmental Notice Board of Yogic Sciences Department. The Certificates / Prize to the winners will be given during the celebration of 11th International Day of Yoga.
- For further inquiry / information / query, kindly contact:


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