



**Syllabus, Rules & Regulations for
All India Inter University Yogasana (Men & Women) Championships 2022-23**

Date: 26th to 29th December 2022

Part A: Compulsory Asanas (Men & Women)

- i. Surya Namaskar (12 Counts)
- ii. Asanas: Paschimottanasana, Sarvangasana, Purna Dhanurasana, Karna Pidasana & Garudasana

Part B: (Optional Yogic Asanas - 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 Padahasthasana

1. Inter University Yogasana Championship shall be held for both boys and girls sections separately.

2. A team may consist of maximum six competitors (including one reserve). 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 asana as follows which will be counted after attaining Final position.

- One minute for each compulsory asana.
- One round of Surya Namaskar (in twelve counts).
- 45 seconds for each optional asana.

4. Surya Namaskar will be performed together and other yogic asanas 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

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 woman 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 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. In case of more than one Judge giving the same maximum or minimum score, the score awarded by only one judge will be not considered (Maximum or Minimum).

10. The judge will be free to move around in order to observe the different aspect 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 on the basis of degree of flexibility required in each asana, duration of retention of the position, calmness and final position maintained therein.

12. All the participating universities will be submitting B the list of their competitors (not more than six in each section) along with the list of yogic asana of their choice in the meeting of Managers on **25th December 2022**.

13. 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.

Note: The details of the asanas are given in the book "light on Yoga" by B. K. S. Iyengar.



PHOTOS OF ASANAS

Part A: Compulsory Asanas (Men & Women)

SURYANAMASKAR



(Step 5 Parvatasana or Dandasana both are allowed)

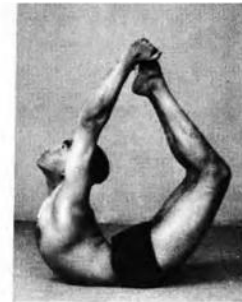
COMPULSORY ASANAS



PASCHIMOTTANASANA



SARVANGASANA



PURNA DHANURASANA



KARNA PINDASANA



GARUDASANA



Part B: (Optional Yogic Asanas - Select any four respectively)

Optional Asanas for Men (Select any Four)



MAYURAASANA



PADMABAKASANA



HANUMANASANA



TITIBHASANA



**PURNA
CHAKRASANA**



**SETUBANDH
SARVANGASANA**



VRISCHIKASANA



**PURNA
SHALABHASANA**



OMKARASANA



Optional Asanas for Women (Select any Four)



VATAYANASANA



**PURNA
BUJANGASANA**



**PURNA
MATSYENDRASANA**



**EKAPADA
SIRSASANA**



**ARDHA BADDHA
PADMOTTANASANA**



**VIBAKTHA
PASCHIMOTTANASANA**



NATARAJASANA



**EKAPADA
RAJAKAPOTASANA**



**UTTHITA
PADHASTASANA**