



YOGA FEDERATION OF INDIA

(REGD. UNDER THE SOCIETIES REGISTRATION ACT XXI OF 1860, REGD. NUMBER 1195, Dt. 14.02-90)
(Renewal under Haryana Registration & Regulation of Societies Act, 2012 Regd. No. 0067, dt. 20.02-2026)

AFFILIATED TO ASIAN YOGA FEDERATION & INTERNATIONAL YOGA SPORTS FEDERATION

RECOGNITION OF: INDIAN OLYMPIC ASSOCIATION - OCTOBER, 1998 TO FEBRUARY, 2011

REGD. OFFICE: Flat No. 501, GHS.93, SECTOR-20, PANCHKULA -134 116 (HARYANA) INDIA

e-mail: - yogafederationofindia@gmail.com | Mob.: 94174-14741, Website: - www.yogafederationofindia.com

RULES AND REGULATIONS OF SUB-JUNIOR, JUNIOR & SENIOR NATIONAL YOGA SPORTS CHAMPIONSHIP

THE NATIONAL YOGA SPORTS CHAMPIONSHIP WILL BE HELD IN THE FOLLOWING SIX CATEGORIES :

- National Yogasana Sports Competition
- National Artistic (Solo) Yoga Sports Competition
- National Artistic Pair Yoga Sports Competition
- National Rhythmic Yoga Sports Competition
- National Free Flow Yoga Sports Competition
- National Professional Yogasana Sports Competition

NATIONAL YOGASANA SPORTS COMPETITION :

Separate Yogasana Competitions for male and female competitors will be held in the following **ELEVEN AGE GROUPS.**

1	SUB JUNIOR GROUP (A)	08-10 Years Boys and Girls
2	SUB JUNIOR GROUP (B)	10-12 Years Boys and Girls
3	SUB JUNIOR GROUP (C)	12-14 Years Boys and Girls
4	JUNIOR GROUP (A)	14-16 Years Boys and Girls
5	JUNIOR GROUP (B)	16-18 Years Boys and Girls
6	SENIOR GROUP (A)	18-21 Years Men and Women
7	SENIOR GROUP (B)	21-25 Years Men and Women
8	SENIOR GROUP (C)	25-30 Years Men and Women
9	SENIOR GROUP (D)	30-35 Years Men and Women
10	SENIOR GROUP (E)	35-45 Years Men and Women
11	SENIOR GROUP (F)	Above 45 Years Men and Women

NATIONAL ARTISTIC (SOLO) YOGA SPORTS COMPETITION

NATIONAL ARTISTIC PAIR YOGA SPORTS COMPETITION

NATIONAL RHYTHMIC YOGA SPORTS COMPETITION

NATIONAL FREE FLOW YOGA SPORTS COMPETITION

AGE GROUPS:

- ❖ Junior Group - 08-18 Years
- ❖ Senior Group - 18-35 Years

NATIONAL ARTISTIC (SOLO) YOGA SPORTS COMPETITION:

- ❖ Separate competition will be held in Sub-junior & Junior Group for male and female competitors separately. **Sub-Junior Group (08-14 Years), Junior Group (14-18 Years).**
- ❖ Two male and two female competitors in Sub-Junior & Junior Group separately will be allowed to participate in the competition from each State / UT.
- ❖ Artistic (Solo) Yoga competition consists of presentation of various asanas (postures) forward bending, backward bending, hand balancing, leg balancing and twisting, performed with music.
- ❖ It is synchronization of body movement with music (without break).
- ❖ Number of postures performed will be 8-10 of competitor's choice.

- ❖ **Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).**
- ❖ **The competitor will maintain each posture for atleast 5 seconds during the performance.**
- ❖ The transition from one posture to another posture should be slow & artistic.

NATIONAL ARTISTIC PAIR YOGA SPORTS COMPETITION:

- ❖ National Artistic Pair Yoga Competition will be held for male and female separately.
- ❖ One entry of male pair and one entry of female pair will be allowed to participate from each State / UT.
- ❖ Artistic Pair Yoga consists of presentation of various Asanas (postures) forward bending, backward bending, hand balancing, leg balancing and twisting including pyramid making, performed with music.
- ❖ Both the participants will perform two different postures at a time. Performing same posture will be a disqualification.
- ❖ Body touch is allowed in the competition as per the discretion of the competitors.
- ❖ Making of pyramid will be given preference.
- ❖ Synchronization of body movements with music will be given top preference.
- ❖ Number of postures performed will be 8-10 of competitor's choice.
- ❖ **Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).**
- ❖ **The competitors will maintain each posture for atleast 5 seconds during the performance.**
- ❖ The transition from one posture to another posture should be slow, artistic and synchronized.

NATIONAL RHYTHMIC YOGA SPORTS COMPETITION:

- ❖ National Rhythmic Yoga Competition will be held for male and female separately.
- ❖ One entry of male pair and one entry of female pair will be allowed to participate from each State / UT.
- ❖ Rhythmic Yoga is also known as pair Yoga. Rhythmic Yoga Sports is the presentation of various asanas (postures) i.e. forward bending, backward bending, hand balancing, leg balancing and twisting performed with music.
- ❖ The same posture will be performed by the pair together.
- ❖ There should not be any body touch between the two competitors.
- ❖ There should be perfect synchronization of body movements with the music.
- ❖ Number of postures performed should be 08-10 of competitor's choice.
- ❖ **Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).**
- ❖ **The competitor will maintain each posture for atleast 5 seconds during the performance.**
- ❖ The transition from one posture to another should be slow, rhythmic and synchronized.

In Federation Yoga Sports Cup combined competition of male & female group of Artistic Pair & Rhythmic Yoga Competition can be held keeping in view the number of entries.

NATIONAL FREE FLOW YOGA SPORTS COMPETITION:

Number of Entries: Only One team from each State / Union Territory / Unit will be allowed to participate in the National Free Flow Yoga Sports Competition in junior age group (08-18 years) and senior age group (18-35 Years).

- ❖ The team will consist of **5 players** either all boys or all girls or boys and girls mixed.
- ❖ It is the presentation of various asanas (postures) including forward bending, backward bending, hand balancing, leg balancing and twisting postures etc. performed in dancing movements with music, preferably with some theme.
- ❖ The team can perform same postures / different postures / pyramids / free flow movements.

- ❖ There should be perfect synchronization of body movements with the music.
- ❖ Number of postures performed will be 08-10 combination of asana of competitor's choice.
- ❖ **Time duration for the presentation will be 210-240 seconds (3½ to 4 Minutes).**
- ❖ **The competitors will maintain each posture for atleast 5 seconds during the performance.**
- ❖ The transition from one posture to another should be slow, rhythmic, synchronized and in dancing movement.
- ❖ The performance in the Free Flow Yoga Sports Competition should be preferably with some theme.

SPECIAL INSTRUCTIONS

- ❖ *A competitor can participate in two out of three events i.e. Artistic (Solo), Artistic Pair, Rhythmic Yoga Competitions plus Free Flow Yoga Sports competition.*
- ❖ *Time: For starting performer should wait in standing pose but not in posture. Music will start then performer will start movement or posture. Counting of timing will start and end with the *baa* movement of the competitor/competitors.*
- ❖ *Preference will be given to the melodious, devotional and classical music.*
- ❖ *Competitor will strict their performance within the marked arena. Half mark will be deducted every time (from the marks of transition) if the competitor/s cross or touch the arena line during their performance.*
- ❖ ***The competitor/(s) have to stay atleast for 5 Seconds in each Posture / Pyramid / Formation. Therefore if the competitor/(s) do not abide by the said rule for particular Posture / Pyramid / Formation, in that case that Posture / Pyramid / Formation will deemed to be cancelled and accordingly the number of postures, type of postures & difficulty level will be counted by the panel of judges.***
- ❖ *No Prop will be allowed during the performance of Artistic (solo) Yoga Sports Competition, Artistic Pair Yoga Sports Competition, Rhythmic Yoga Sports Competition and Free Flow Yoga Sports Competition.*

NATIONAL PROFESSIONAL YOGASANA COMPETITION (MEN & WOMEN):

AGE GROUP : Separate Professional Yogasana Competition will be held in following two age groups for Men & Women.

- ❖ 21-30 years - (Men & Women)
- ❖ Above 30 years - (Men & Women)

Date of Birth:-

The cut out date for the age group of the player will be as stands on **31st December of the session of the Championship i.e. 31.12.2026** of the session (2026-27) for National /Federation Cup/ Zonal / State / District Yoga Sports Championship.

Age of Participant should be as on or in between the dates mentioned below, for their respective age groups		
Age Groups	Age as on or in between	
Sub Junior Group - (A)	08-10 Years	01.01.2017 - 31.12.2018
Sub Junior Group - (B)	10-12 Years	01.01.2015 - 31.12.2016
Sub Junior Group - (C)	12-14 Years	01.01.2013 - 31.12.2014
Junior Group- (A)	14-16 Years	01.01.2011 - 31.12.2012
Junior Group- (B)	16-18 Years	01.01.2009 - 31.12.2010

Professional Yogasana	21- 30 Years	01.01.1997 - 31.12.2005
Professional Yogasana	above 30 Years	As on or before - 31.12.1996
<i>For National Artistic Solo, Artistic Pair, Rhythmic Yoga Competition & Free Flow Yoga Sports Competition.</i>		
Sub-Junior Group (For Artistic Solo)	08-14 Years	01.01.2013 - 31.12.2018
Junior Group (For Artistic Solo)	14-18 Years	01.01.2009 - 31.12.2012
Junior Group	08-18 Years	01.01.2009 - 31.12.2018
SENIOR GROUP		
Age Groups		Age as on or in between
Senior Group - (A)	18-21 Years	01.01.2006 - 31.12.2008
Senior Group - (B)	21-25 Years	01.01.2002 - 31.12.2005
Senior Group - (C)	25-30 Years	01.01.1997 - 31.12.2001
Senior Group - (D)	30-35 Years	01.01.1992 - 31.12.1996
Senior Group - (E)	35-45 Years	01.01.1982 - 31.12.1991
Senior Group - (F)	above 45 Years	As on or before - 31.12.1981
Professional Yogasana	21- 30 Years	01.01.1997 - 31.12.2005
Professional Yogasana	above 30 Years	As on or before - 31.12.1996
Senior Artistic Solo / Artistic Pair / Rhythmic / Free Flow Yoga Sports Competition	18-35 Years	01.01.1992 - 31.12.2008

