

YOGA

(Boys & Girls)

The competition shall be conducted according to the following rules:

1. The championship will be held at Zone and National level.
2. The championship will be held in only under 14 and under 19 years age category.
3. Separate championship will be held for Boys & Girls category.
4. A team shall consist of maximum five players in each category (04 Playing + 01 Extra).
5. The competition will be held separately in Girls & Boys Category for "Team" & "Individual" Championships.
6. All members of team shall wear same colour Uniform, preferably Cycling Shorts & T-Shirts.
7. List of Asanas

Boys Category:

Titibhasana, Mrigasan, Paschimottanasana, Bhunamansana, Padahasthasana, Likarasana, Purnanabhasana, Purana Chakrasana, Dimbasana, Purna Dhanurasana, Baddha Virbhadasana, Utthita Kurmasana, Omkarasana, Purna Matsyendrasana, Urdhva Kukkutasana and compulsory Surya Namaskar (12 stages)

Girls Category:

Surya Namaskar, Paschimottan Asana, Bhadrasana, Karnapidasana, Padahasthasana, Virbhadasana, Makarasana, Purna Ushtrasana, Purna Dhanurasana, Dimbasana, Kukkutasana, Utthita Pada Hastasana, Vyagrasana, Setubandha Asana, Grabhasana and compulsory Surya Namaskar (12 stages)

8. The Organizing School shall appoint technically qualified & experienced officials for the Championship: Technical Secretary (01), Chief Judge (01), Judges (05), Scorers (02) & TimeKeeper (01). The officials shall prepare the Score-Sheet for the Championship in advance.
9. Team Championship, only 04 players out of the team shall perform together on the stage. The list of such 04 players from each team shall be submitted by the Coach/Manager of the Team before each round in the proforma provided by the Organizing School.
10. Every team shall perform compulsory Surya Namaskar (12 stages) & 05 Asanas to be selected by draw of lots. Every Performer on the stage shall be evaluated by a Judge separately. The total points scored by each Player shall be consolidated to decide the Team Championship.
11. Individual Championship – 02 Players to be nominated by each Team participating in Nationals shall be eligible to take part in the Individual Championship. Each Player shall perform compulsorily Surya Namaskar & 05 Asanas out of the remaining & to be selected by draw of lots. Every Performer shall be evaluated by 03 Judges. The points given by the 03 Judges shall be consolidated to decide the Individual Championship.
12. The competition (team as well as individual championship) shall be conducted in 02 rounds namely preliminary round & final round. And, after the preliminary round, the top 12 High Scoring Teams/individuals shall be selected for final round.

13. Scoring – Each Asana shall carry 10 marks; (i) Way of performing the asanas (starting & returning – 02 marks) (ii) Perfection of posture – 04 marks (iii) Exhibition of the posture – 02 marks & (iv) Fixed retention duration of the posture – 02 marks.
14. The Team/Individual will be given maximum 05 minutes to perform the Asanas. The final Asana posture shall be held for 20 sec.
15. All the Players while performing shall bear a Chest Number provided by the Organizing School.

CBSE School Games
U-14 Yogasana Championship Syllabus-Boys

Compulsory Surya Namaskar (12 steps)

1. Utthita Padamasana
2. Akarna Dhanura Asana
3. Utkatasana
4. Paschimuttanasana
5. Ustrasana
6. Purna Chakrasana
7. Matsyasana
8. Eka-pada Sirasana
9. Purna Bhujangasana
10. Tittivasana
11. Garudasana
12. Ekpadashiraanushirasana
13. Purnamatsendrasana
14. Karnapithasana
15. Bakasana

CBSE School Games
U-14 Yogasana Championship Syllabus-Girls

Compulsory Surya Namaskar (12 steps)

1. Baddha Padamasana
2. Gomukhasana
3. Purna Dhanurasana
4. Purna Chakrasana
5. Matyasana
6. Garvasana
7. Utthita Padamasana
8. Bhumasana
9. Purna bhujangasana
10. Halasana
11. Chatuskonasana
12. Bakasana
13. Padhasthasana
14. Tittivasana
15. Eka-pada Shirasana