

**S.N.D.T WOMEN'S UNIVERSITY**

**SR. INTER COLLEGIATE YOGASANA COMPETITION**

Syllabus, Rules & Regulations for Inter Collegiate / Inter University Yoga Championship

**Part A (Compulsory Yogic Exercises for Women)**

- I. ASANAS
  1. Paschimottanasana
  2. Sarvangasana
  3. Dhanurasana
  4. Karna Pidasana
- II. Surya Namashkar (in Twelve counts)
- III. Shat Karmas
  1. Jal Neti or Sutra Neti/ Rubber Neti
  2. Shit Karam Kapalbhathi (Jal Kapalbhathi)  
(water intake through mouth and out through nostrils)

**Part B (Optional Yogic Exercise – Select any three respectively)**

1. Vatayanasana
  2. Purna Bhujangasana
  3. Purna Matasendrasana
  4. Ekapad Shirasasana
  5. Ardha Badh Padmotanasana
  6. Vibhakta Paschimottanasana
  7. Natrajasana
  8. Ekapad Rajkapaotasana
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1. Inter University Yoga Championship shall be held for girls sections separately in the asanas and kriyas (Exercises).
  2. A team may consist maximum of 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 exercise as follows which will be counted after attaining the final position.
  - I. One minute for each compulsory asana
  - II. One round of Surya Namaskar (in twelve count)
  - III. Within two minutes each for Sutraneti/ Rubbarneti, Jalneti and Shit Karma Kapalbhati.

4. Yogic Exercise of Part A (a) will be performed together and other yogic exercise will be performed one by one by each member of the team.

5. Marks for Part A and Part B are as follows:

- a) Four compulsory Asanas - 40 marks
- b) Surya Namaskar - 10 marks
- c) Two Shat Kriyas - 20 marks

Part B: Three Optional Asanas - 30 marks

Total 100 marks

6. One Chief Judge plus five judges, a scorer and a time keeper will be appointed for each section .
7. The sequence of participating teams shall be drawn by the organizing College
8. Dress : The Women competitors will wear the following dresses in their College colour Short and sports shirts / Gymnastics costume
9. The judge will award the marks out of ten to each competitor for each yogic exercise separately. The maximum and minimum marks will be deleted. The average of other awards will constitute the final score. In case more than one judge give the same maximum or minimum score, the score awarded by only one judge will be deleted.
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 can ask any competitor to perform any yogic exercise again.
11. The efficiency of the Yogic exercise will be Judged on the basis of degree of flexibility required in each exercise , duration of retention of the position, calmness and final position maintained therein.
12. All the participating Colleges will be submitting the list of their competitors (not more than six in each section) along with the list of yogic exercise of their choice in the meeting .
13. In case of a tie, it will be decided as follows:
  - a) Aggregate of marks in compulsory Yogic exercises.
  - b) Aggregate of marks in optional Yogic exercises.
  - c) Aggregate of marks in the performance of the remaining exercises.

#### Note

1. The word “Exercise” appearing in the rules means “kriyas, Yogic asana and Surya Namaskar.”
2. The detail of asanas are given in the book “light of Yoga” by B.K.S. Iyanger.