



YOGA FEDERATION OF INDIA

(REGD. UNDER THE SOCIETIES REGISTRATION ACT XXI OF 1860, REGD. NUMBER 1195, DATED 14.02.90)

AFFILIATED TO ASIAN YOGA FEDERATION & INTERNATIONAL YOGA SPORTS FEDERATION

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

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JUDGEMENT CRITERIA

A. Judgement Criteria for National Yogasana Championship:

- The competitor will perform all the 10 Asanas (Posture) as prescribed in the syllabus by Yoga Federation of India for their respective age group and will retain in each asana for 15 seconds.
- Each Asana will carry 10 Marks.
- The division of 10 marks will be as follow:

1	The way of performance to achieve final position of the posture (marks to be given on the basis of smoothness of the movement)	1/2 mark
2	Correct position of final posture	6 marks
	i. For 1 st point of guideline	2 marks
	ii. For 2 nd point of guideline	2 marks
	iii. For 3 rd point of guideline	1 1/2 marks
	iv. For 4 th point of guideline	1/2 mark
3	Balance and calmness maintained during retention period	2 marks
4	Grace of the posture	1 mark
5	The way of performance to come back from final position (marks to be given on the basis of smoothness of the movement)	1/2 mark
	Total	10 marks

General Instructions:

- For any half posture or advance posture 5 marks will be deducted and marks will be given out of 5. For example:
 - In Badhapadmasana if one toe is gripped and the other the toe is not gripped.
 - OR** if in Garbhasana or Kukutasana one arm is not inserted in between the calf and thigh and other arm is inserted.
 - OR** if advance Chakrasana is performed instead of Chakrasana as prescribed in the syllabus.
- No marks to be given if half posture of the advance asana is performed for example:
 - Ardhamatsyendra asana is performed instead of Purnamatsyendra asana.
 - OR simple Chakrasana is performed instead of Purna Chakrasana and so on.
- While assuming the final position of asana:
 - If a competitor falls down without assuming final position of the posture then the marks will be deducted as follow:
 - Second chance will be given without deduction of marks.
 - Third attempt will be given with the deduction of 2 marks.
 - No further attempt will be given and no marks will be given.
- If a competitor falls down after assuming final posture:

No further attempt will be given. Two marks will be deducted for retention period, marks out of eight will be given.

B. Judgment criteria for judging Artistic Yogasana, Artistic Pair Yogasana, Rhythmic Yogasana and Free Flow Yogasana Dance competition.

Referees will award out of 30 marks to each competitor / pair / competitors in Artistic Yogasana, Artistic Pair Yogasana, Rhythmic Yogasana and Free Flow Yogasana Dance competition.

The division of 30 marks will be as follow:-

Time Duration		2.5 Marks
No. of Asanas/ Sequences		2.5 Marks
Type of Asanas		2.5 Marks
Difficulty level of Asanas		10 Marks
Presentation		12.5 Marks
1. Synchronization	5 Marks	
2. Costume	2.5 Marks	
3. Sequence & Transition	2.5 Marks	
4. Grace	2.5 Marks	
TOTAL		30 Marks

1. **Time Duration (2 ½ Marks):** If the competitor/s take/s
- i. **For Artistic, Artistic Pair, Rhythmic Yogasana competitions**

Time duration 150 to 180 seconds

- a) 150-160 seconds – 0.5 mark
- b) 161 - 165 seconds – 1 mark
- c) 166- 170 seconds – 1.5 marks
- d) 171 - 175 seconds – 2 marks
- e) 176 - 180 seconds – 2.5 marks
- f) Below 150 seconds and above 180 seconds 0 (Zero) marks.

- ii. **For Free Flow Yogasana Dance Competitions**

Time duration 210 to 240 seconds

- a) 210 - 220 seconds – 0.5 mark.
- b) 221 -225 seconds – 1 mark.
- c) 226- 230 seconds – 1.5 marks
- d) 231- 235 seconds – 2 marks
- e) 236 - 240 seconds – 2.5 marks.
- f) Below 210 seconds and above 240 seconds 0 (Zero) marks.

2. **Number of Asanas (2.5 Marks) :** If the competitor/s perform/s

- a) 8 asanas – 1.5 marks
- b) 9 asanas – 2 marks
- c) 10 asanas – 2.5 marks
- d) Below 8 and above 10 asanas 0 (zero) marks will be awarded.

N.B:-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 not be counted for the number of postures and accordingly the number of postures will be counted by the panel of Judges.

3. **Type of Asanas - (2.5 Marks)**

- a) Forward bending
- b) Backward bending
- c) Hands balancing
- d) One leg balancing
- e) Twisting

The referee will see whether the competitor/s perform/s various type of Asanas i.e. forward bend, backward bend, hand balance, leg balance and twisting including pyramid making, performed with music and accordingly the marks out of 2.5 has to be awarded.

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| i. All type of asanas | – | 2.5 marks |
| ii. Four type of asanas | – | 2 marks |
| iii. Three type of asanas | – | 1.5 marks |
| iv. Two type of asanas | – | 1 mark |
| v. One type of asanas | – | 0.5 mark |

4. Difficulty level of Asanas (10 Marks):

Content of difficulty:-

Type of Movements: - Forward bending, Backward bending, Twisting, Hand balance, One leg balance, Others (stretching, shoulder balance, head balance, knee balance, buttock balance etc.)

Add-on:- Extreme movement, Risk factor, Innovation.

Pyramid Formation Rules: -

(i) **Performer:** - Participant who is performing asana;

(ii) **Lifter:** - Participant who is lifting other participant/s

1. **Individual performance:-** If participant/s is/are performing Yogasana separately on ground.
2. **Ground Floor:** - If lifter is on ground and performer performing yogasana on top of that lifter.
3. **First Floor:** -If one lifter is on the ground, another lifter is on top of it and performer performs yogasana on top of it.
4. **Second Floor:** -If one lifter is on the ground, another lifter is on top of it and another lifter is on top of it and a performer performs yogasana on top of it.
5. **Third Floor:** -If one lifter is on the ground, another lifter is on top of it, another lifter is on top of it, one more lifter is on top of it and after that a performer performs yogasana on top of it.

Marking Rules: -Each movement, add-on, each added floor will have .25 points. On the ground floor pyramid, the lifter will be awarded the same points as the performer.

The asanas will be categorised in four categories:

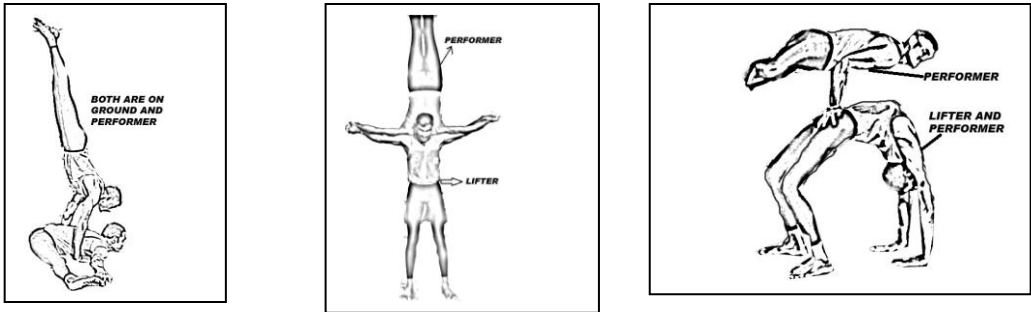
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| a. A ⁺ Category | : | 1 mark |
| b. A Category | : | .75 mark |
| c. B Category | : | .50 mark |
| d. C Category | : | .25 mark |

- A⁺ Category:** Any four contents performed by the participant/s, that performance will be placed in the 'A⁺' category and will carry 1 mark each.
- A Category:** Any three contents performed by the participant/s, that performance will be placed in the 'A' category and will carry 0.75 mark each.
- B Category:** Any two contents performed by the participant/s, that performance will be placed in the 'B' category and will carry 0.50 mark each.
- C Category:** Any one content performed by the participant/s, that performance will be placed in the 'C' category and will carry 0.25 mark each.

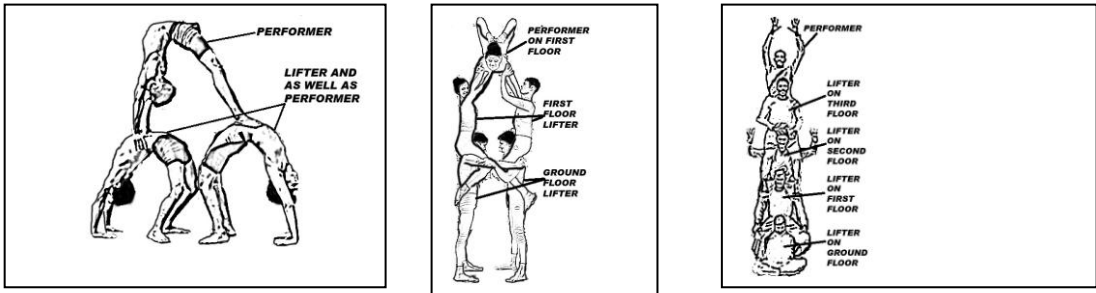
NOTE : The category of asana can be increased or decreased as per performance of the competitor for example while performing Vrischik asana (Scorpio Posture), if the competitor does not place the soles on the cranium properly or there is a gap in the knees, then instead of counting that posture in 'B' category it will be counted as 'C' category asana, similarly if the competitor/s has performed asana of 'A⁺' category with some mistakes then the asana will be counted for 'A' category and marks will be awarded accordingly.

Following criteria will be adopted for the judgement of difficulty level of asana for Artistic solo, Artistic Pair, Rhythmic & Free Flow Yogasana Dance competition:

- i) **Artistic Solo** : To judge the difficulty level of asana in the artistic solo performance, the above said criteria has to be adopted.
- ii) **Artistic Pair** : To judge the difficulty level of asana in the artistic pair performance, marks will be awarded to both the competitors of the artistic pair separately as follow:



- a) If both the competitors are performing different asanas on the floor, then it will be counted as individual performance and marks will be awarded as per above said criteria.
 - b) If competitors make pyramid and one participant is performer and another participant is only lifter then same marks will be awarded to the performer as well as lifter.
 - c) If competitors make pyramid and one participant is performer and another participant is lifter as well as performer, then the performer will be awarded the marks as per his or her performance and the lifter will be awarded 0.25 mark more than the marks awarded for his or her performance.
- iii) **Rhythmic Yogasana Sports Competition** : Although the same asana has to be performed by both the competitors in the Rhythmic Yogasana Sports Competition yet the marks to judge the difficulty order will be awarded individually to both of them as per their performance.
 - iv) **Free Flow Yogasana Dance Competition** : To judge the difficulty level of asana in the free flow yogasana dance competition performance, marks will be awarded to all the competitors as follow:



- a) If all the five competitors are performing asana on the floor, it will be counted as individual performance and marks will be awarded to each separately as per difficulty order of asana performed by them.
- b) In case of pyramid formation at ground floor, the same criteria will be adopted as per artistic pair performance.
- c) In case of pyramid formation at 1st floor, 2nd floor or 3rd floor, for every level 0.25 mark will be added to the marks awarded as per their performance and all the players involved in pyramid formation will be awarded marks according to the marks given to the performer.

N.B.: In case the competitor/s at the ground, first, second or third floor do not perform any asana, and just simply balance then no marks will be awarded to any of the competitor/s of that pyramid for the difficulty order.

5. Presentation - (12.5 Marks):- The referees have to see the costume/synchronization/ sequence & transition/grace of the competitor/s, accordingly marks have to be awarded as follow:

i)	Synchronization	5 Marks
ii)	Costume	2.5 Marks
iii)	Sequence & Transition	2.5 Marks
iv)	Grace	2.5 Marks

- i) **Synchronization:** The referees have to see whether the competitor/s is/are synchronized with the music as well as with each other performance, accordingly marks have to be awarded.
- ii) **Costume:** The referees have to see whether the costume of the competitor/s is according to the theme of lyrics/music.
- iii) **Sequence & Transition:** The transition should be slow & artistic with asana's sequenced properly in a rhythm.

Note: 0.5 mark to be deducted out of 2.5 marks of transition every time when the competitor/s touches or cross the line of arena marked for the performance.

- iv) **Grace:** Overall grace in the performance of the competitor/s has to be judged by referees and marks to be awarded accordingly.
