



(REGD. UNDER THE SOCIETIES REGISTRATION ACT XXI OF 1860, REGO. 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

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

Corresponding Address:- 380B, Meera Apartment, Devi Nagar, N S Road, Jaipur - 302019

E-mail: - info@yogafederationofindia.com Mobile No. +91-7737117757, Website: - www.yogafederationofindia.com

YOGA FEDERATION OF INDIA

RULES & REGULATIONS OF YOGASANA SPORTS COMPETITION

PREAMBLE

Pursuant to the Constitution of the **Yoga Federation of India (YFI)** and in furtherance of its objectives as the National Governing Body for Yogasana Sports in India, the Yoga Federation of India hereby establishes these **Rules & Regulations of Yogasana Sports Competition**.

Recognizing **Yogasana Sports** as a disciplined and competitive form of Yogasana, these Rules are established to provide a **uniform, fair, transparent, systematic and technically consistent framework** for the conduct of Yogasana Sports competitions organized, conducted, recognized or authorized by YFI.

For the purpose of these Rules, **Yoga Sports, known as Yogasana Sports**, means the competitive sporting discipline in which athletes demonstrate prescribed Yogasanas and Yogasana-based performances before qualified Judges and Technical Officials in accordance with established sporting standards, competition rules and technical requirements.

These Rules recognize that Yogasana Sports combines the **traditional foundation of Yogasana with the principles of organized competitive sport**, including technical performance, precision, stability, control, discipline, fair judging, sporting integrity and athlete development.

The Rules are intended to establish common standards for:

- Eligibility and registration of athletes;
- Age and gender categories;
- Participation and representation;
- Order of participation and performance sequence;
- Traditional and Musical Yogasana events;
- Asana selection and performance requirements;
- Judging, scoring and ranking;
- Technical Officials and competition management;
- Discipline and sportsmanship;
- Appeals and technical review;
- Athlete safety and medical requirements;
- Anti-doping and clean sport; and
- Other matters necessary for the proper and orderly conduct of Yogasana Sports competitions.

The **YFI Asana Syllabus** shall prescribe the recognized Yogasanas, their classifications, compulsory and optional Asanas, technical requirements and other applicable technical standards.

The **YFI Technical/Competition Manual**, where issued, may prescribe detailed procedures relating to judging, scoring, competition officials, Field of Play, score sheets, technical procedures and other matters necessary for the conduct of competitions.

Competition-specific requirements may be issued through an official **Competition Circular or Technical Instruction**, provided that such requirements are consistent with the Constitution of YFI and these Rules.

These Rules shall ensure that all competitions under the authority of YFI are conducted in accordance with the principles of **fair play, equal opportunity, transparency, accountability, technical excellence, athlete welfare, discipline, sportsmanship and integrity of Yogasana Sports**.



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Accordingly, these Rules & Regulations shall constitute the **common regulatory framework for the conduct of YFI National and other YFI-recognized or authorized Yogasana Sports Competitions** and shall be binding upon all athletes, coaches, team managers, Judges, Jury Members, Technical Officials, State/UT/Unit Associations, organizers and other persons participating in or associated with such competitions.

PART I – GENERAL PROVISIONS

1. SCOPE AND APPLICATION

1.1

These **Rules & Regulations of Yogasana Sports Competition** shall govern the conduct of all Yogasana Sports competitions organized, conducted, recognized or authorized by the **Yoga Federation of India (YFI)**.

1.2

These Rules shall apply to all persons and bodies participating in, conducting or associated with a YFI competition, including:

- Athletes/Players;
- Coaches;
- Team Managers;
- Judges;
- Jury Members;
- Technical Officials;
- State/UT/Unit Associations;
- Organizing Committees;
- Competition Officials; and
- Volunteers and other authorized persons associated with the competition.

The existing YFI rules similarly apply the framework to athletes, judges, referees and officials and require compliance with the prescribed competition guidelines.

1.3

These Rules shall establish the common framework for:

- Eligibility and registration;
- Age and gender categories;
- Participation and representation;
- Order of participation and Performance Sequence;
- Competition format;
- Traditional Yogasana Events;
- Musical Yogasana Events;
- Asana selection and performance requirements;
- Judging and scoring;
- Ranking and tie-break procedures;
- Technical Officials and competition management;
- Discipline and sportsmanship;
- Appeals and technical review;
- Medical, safety and risk requirements;
- Anti-doping; and
- Penalties and sanctions.

1.4



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The **YFI Asana Syllabus** shall prescribe the detailed technical requirements relating to individual Asanas, including compulsory Asanas, optional Asanas, categories, difficulty, weightage and other technical requirements.

1.5

The **YFI Technical/Competition Manual**, where issued, may prescribe detailed procedures relating to judging, scoring, Technical Officials, Field of Play, score sheets and other technical matters.

1.6

All athletes, coaches, officials and participating Units shall be deemed to have accepted and agreed to comply with these Rules and all applicable YFI competition documents upon entering or participating in a YFI competition.

1.7

These Rules shall apply to YFI National Championships and, where specifically adopted or authorized by YFI, to State, Union Territory, District and other recognized competitions.

2. OBJECTIVES

The principal objective of these Rules is to establish a **uniform, fair, transparent and technically consistent system for Yogasana Sports competition**.

YFI shall seek through these Rules to:

2.1

Promote and develop **Yogasana Sports as a competitive sport** and establish a clear framework for its organized conduct.

2.2

Ensure that competitions are conducted according to uniform **technical, administrative and sporting standards**.

2.3

Ensure **fair play, fair judging and equal opportunity** for all eligible athletes and participating Units.

2.4

Provide clear requirements for athletes, coaches, team managers, Judges and Technical Officials.

2.5

Establish a common framework for **technical evaluation, judging, scoring and ranking**.

2.6

Promote discipline, sportsmanship, integrity, respect and professional conduct among all participants.

2.7

Protect the **health, safety and welfare of athletes** during competition.

2.8

Promote clean sport and compliance with applicable anti-doping requirements.

2.9

Encourage the continuous development of athletes, coaches, Judges and Technical Officials.

2.10

Maintain proper records of participation, performances, scores, rankings and official results.

2.11

Promote transparency in registration, Performance Sequence, judging, scoring, results and appeals.

2.12

Develop a consistent competition system capable of being applied across different levels of Yogasana Sports.



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These objectives are consistent with the existing YFI rules, which emphasize uniform technical and administrative standards, fair judging, athlete guidance, discipline, safety, clean sport, development and transparent competition procedures.

3. DEFINITIONS

For the purpose of these Rules, unless the context otherwise requires, the following terms shall have the meanings assigned to them below:

3.1 YFI

“YFI” means the **Yoga Federation of India**, the National Governing Body responsible for regulating, developing and promoting Yogasana Sports in accordance with its Constitution and applicable law.

3.2 Yogasana Sports

“Yogasana Sports” means the competitive sporting discipline governed and regulated by YFI in which athletes perform prescribed or permitted Yogasanas, movements, sequences or combinations according to the applicable competition Rules.

3.3 Yogasana

“Yogasana” means a prescribed or recognized yogic posture performed and maintained in accordance with the technical requirements of the applicable YFI Asana Syllabus.

3.4 Athlete / Player

“Athlete” or “Player” means a person who is duly eligible, registered and authorized to participate in a YFI competition.

3.5 Coach

“Coach” means an authorized person responsible for the training, preparation and competition-related guidance of an athlete or team.

3.6 Team Manager

“Team Manager” means the person officially designated by a State/UT/Unit to manage and represent its participating athletes and coordinate with the Competition Authority.

3.7 Unit

“Unit” means a State, Union Territory or other association/body recognized or authorized by YFI to participate in a YFI competition.

3.8 Competition

“Competition” means a Yogasana Sports event organized, conducted, recognized or authorized by YFI.

3.9 Championship

“Championship” means an officially recognized YFI competition conducted for determining rankings, medals, titles or other official sporting results.

3.10 Event

“Event” means a specific competitive discipline conducted within a Championship, including Traditional Yogasana, Artistic Solo, Artistic Pair, Rhythmic Pair, Group Yogasana or Vinyas Flow.

3.11 Asana Syllabus

“Asana Syllabus” means the officially approved YFI document prescribing the recognized Asanas and their applicable technical requirements.

3.12 Compulsory Asana

“Compulsory Asana” means an Asana that an athlete is required to perform as prescribed for the applicable event and category.

3.13 Optional Asana

“Optional Asana” means an Asana selected by an athlete from the permitted YFI Asana Syllabus in accordance with the Rules applicable to the event and category.



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3.14 Single Performance

“Single Performance” means the one official performance opportunity allotted to an athlete, pair or team in an event for determining the competition result.

3.15 Field of Play / Competition Arena

“Field of Play” or “Competition Arena” means the designated and marked area in which an athlete, pair or team performs the competition.

3.16 Technical Official

“Technical Official” means a person appointed or authorized by YFI to perform a technical, judging, scoring, timekeeping, Field of Play or other official function.

3.17 Judge

“Judge” means an authorized official responsible for evaluating an athlete's performance according to the applicable judging criteria.

3.18 Chief Judge / Chief Referee

“Chief Judge” or “Chief Referee” means the senior technical official responsible for supervision and coordination of judging and technical matters assigned under the competition regulations.

3.19 Jury

“Jury” means the body or officials constituted by YFI to supervise, review or decide technical matters, objections, appeals or other matters assigned under these Rules.

3.20 Draw of Lots

“Draw of Lots” means a transparent lottery or random selection procedure used to determine the order of participation of States/UTs/Units or athletes, as prescribed by these Rules.

3.21 Performance Sequence

“Performance Sequence” means the officially determined order in which participating States/UTs/Units, athletes, pairs or teams shall perform.

3.22 Mean Score

“Mean Score” means the official score calculated from the prescribed Judges' marks after exclusion of the highest and lowest applicable scores, in accordance with the scoring procedure.

3.23 Final Score

“Final Score” means the score officially recorded for an athlete, pair or team after application of the prescribed judging procedure, deductions, penalties and other applicable adjustments.

3.24 Ranking

“Ranking” means the order of athletes, pairs or teams determined on the basis of their official Final Scores and applicable tie-break procedures.

3.25 Tie-Break

“Tie-Break” means the prescribed method used to determine the ranking of two or more athletes, pairs or teams having equal Final Scores.

3.26 Appeal

“Appeal” means a formal request submitted by an authorized person for review of an identifiable technical, procedural, scoring or other permitted competition error.

3.27 Disqualification

“Disqualification” means the cancellation of an athlete's, pair's or team's eligibility to continue in a competition or the cancellation of a relevant performance or result due to violation of applicable Rules.

3.28 Competition Circular

“Competition Circular” means the official document issued for a particular competition containing competition-specific information and requirements, including dates, venue, eligibility, entries, categories, participation limits, schedule and other instructions.

3.29 Technical Instruction



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“Technical Instruction” means an official instruction issued by the competent YFI technical authority to clarify or regulate a technical matter before or during a competition.

3.30 Technical/Competition Manual

“Technical/Competition Manual” means the YFI document containing detailed technical and operational procedures applicable to the conduct of competitions.

4. AUTHORITY OF YFI

4.1

The **Yoga Federation of India (YFI)** shall be the governing authority for Yogasana Sports competitions conducted under its jurisdiction.

4.2

YFI shall have authority to:

- Establish, maintain and amend these Rules & Regulations;
- Prescribe, approve and amend the YFI Asana Syllabus;
- Recognize and authorize competitions;
- Prescribe competition categories, events and formats;
- Appoint or approve Judges and Technical Officials;
- Regulate athlete and Unit participation;
- Establish judging, scoring and ranking procedures;
- Determine technical and competition standards;
- Supervise National Championships and other competitions under its authority;
- Issue Competition Circulars, Technical Instructions and regulations;
- Establish procedures for appeals, disputes and technical reviews; and
- Take appropriate action in cases of violation of these Rules.

These powers are substantially reflected in the existing YFI rules, which assign YFI responsibility for rules, syllabus, competitions, officials, participation, judging, technical standards, appeals and violations.

4.3

The **Technical Committee or competent technical authority of YFI** shall be responsible for the technical interpretation and application of these Rules and the YFI Asana Syllabus, subject to the YFI Constitution.

4.4

Where a technical matter arises during a competition that is not specifically provided for in these Rules or the applicable Technical/Competition Manual, the competent YFI technical authority may issue a decision consistent with the Constitution, these Rules and the principles of fair and uniform competition.

4.5

No organizer, State/UT/Unit, athlete, coach, Judge or other participant shall introduce or apply a rule that conflicts with the YFI Constitution or these Rules in a competition conducted under YFI authority.

4.6

YFI may issue **competition-specific regulations** where necessary to address the particular requirements of a Championship, provided that such regulations are consistent with the YFI Constitution and these Rules.

4.7

Any amendment, clarification or Technical Instruction issued by the competent authority of YFI shall form part of the applicable competition regulations from the effective date specified therein.

4.8



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In case of an apparent conflict between a general provision of these Rules and a duly issued competition-specific technical instruction, the specific provision applicable to that competition shall prevail, provided that it is consistent with the YFI Constitution.

5. COMPETITION DOCUMENTS

5.1

YFI competitions shall be governed by a structured hierarchy of official documents so that the principal Rule Book establishes the common framework while detailed technical and competition procedures may be prescribed separately.

5.2

The principal competition documents shall be:

a. YFI Constitution

The supreme governing document of YFI.

b. YFI Rules & Regulations of Yogasana Sports Competition

The principal rules governing the general conduct of YFI competitions.

c. YFI Asana Syllabus

The technical document prescribing recognized Asanas, classifications, compulsory and optional Asanas and applicable technical requirements.

d. YFI Technical/Competition Manual

The document prescribing detailed technical and operational procedures, where issued.

e. Competition Circular

The official requirements applicable to a particular Championship or competition.

f. Technical Instructions

Specific instructions issued by the competent YFI technical authority for clarification or implementation of technical matters.

5.3

The **YFI Rules & Regulations** shall establish the general framework relating to:

- Competition structure;
- Participation;
- Eligibility;
- Performance Sequence;
- Event formats;
- Officials;
- Judging principles;
- Scoring and ranking;
- Discipline;
- Appeals;
- Safety; and
- Competition administration.

5.4

The **YFI Asana Syllabus** shall govern the technical identity and requirements of Asanas and shall be treated as an integral technical document of the YFI competition system.

5.5

The **Competition Circular** may prescribe:

- Competition dates and venue;
- Entry deadlines;
- Registration procedure;
- Age and gender categories applicable to the competition;
- Participation limits;
- Competition schedule;
- Accommodation and travel information, where applicable;



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h. Technical requirements; and

i. Other competition-specific instructions.

The existing YFI document similarly provides for competition-specific information through Competition Circulars and related regulations.

5.6

YFI may prescribe standard forms for:

- Athlete registration;
- Accreditation;
- Medical fitness;
- Risk declaration;
- Athlete replacement;
- Appeal;
- Technical protest;
- Scoring correction; and
- Other competition requirements.

5.7

All participants shall comply with the documents applicable to the relevant competition.

5.8

In case of an apparent inconsistency between applicable competition documents, the matter shall be referred to the competent YFI authority for interpretation in accordance with the **YFI Constitution, these Rules and the principles of fair and uniform competition.**

5.9

No Competition Circular, Technical Instruction or competition-specific regulation shall override the YFI Constitution. Any such document shall operate within the authority granted by the Constitution and these Rules.

PART II – COMPETITION STRUCTURE

6. CATEGORIES OF COMPETITION

6.1

The **YFI Yogasana Sports Championship** shall ordinarily comprise the following competitive events:

- Traditional Yogasana Sports Competition – Non-Musical**
- Artistic Solo Yogasana Sports Competition – Musical**
- Artistic Pair Yogasana Sports Competition – Musical**
- Rhythmic Yogasana Sports Competition – Musical**
- Group Yogasana Sports Competition – Musical**
- Vinyas Flow Yogasana Sports Competition – Musical**

These six events are reflected in both YFI rule documents.

6.2

The events may be conducted separately according to the applicable **age and gender categories** prescribed by YFI.

6.3

YFI may introduce, discontinue, modify or add any event or competition category through an officially issued Competition Circular or Technical Regulation.

6.4

The detailed technical requirements relating to Asanas, movements, sequences, performance, judging and scoring shall be governed by the **YFI Asana Syllabus** and applicable Technical/Competition Manual.



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7. AGE CATEGORIES

7.1

YFI Yogasana Sports competitions shall ordinarily be conducted in the following age categories:

Age Category

Category	Non-Musical Event	Musical	Category
Sub-Junior A	8 TO 10 Age	Sub-Junior	8 to 14 Age
Sub-Junior B	10 TO 12 Age		
Sub-Junior B	12 TO 14 Age		
Junior A	14 TO 16 Age	Junior	14 to 18 Age
Junior B	16 TO 18 Age		
Senior A	18 TO 21 Age	Senior	18 to 35 Age
Senior B	21 TO 25 Age		
Senior C	25 TO 30 Age		
Senior D	30 TO 35 Age		
Veteran A	35 to 45 Age		
Veteran B	45 Above Age		

7.2

The age of an athlete shall be calculated with reference to **31 December of the competition year.**

7.3

An athlete shall participate only in the age category for which the athlete is eligible on the prescribed cut-off date.

7.4

An athlete from a lower age category shall not be permitted to participate in a higher age category, and an athlete shall not participate in a lower age category than the category determined by the applicable age criteria.

7.5

No relaxation of the prescribed age shall ordinarily be permitted unless specifically authorized by YFI.

7.6

Valid age proof issued by a competent Government authority shall be mandatory for registration and age verification.

7.7

Where the age, identity or eligibility of an athlete cannot be satisfactorily verified, YFI may refuse participation or take appropriate action in accordance with these Rules.

8. GENDER CATEGORIES

8.1

Individual Yogasana competitions shall ordinarily be conducted separately for **Male and Female** athletes.

8.2

Artistic Solo shall be conducted separately for Male and Female athletes.

8.3

Artistic Pair shall ordinarily comprise separate **Male Pair and Female Pair** categories.



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8.4

Rhythmic Pair shall ordinarily comprise separate **Male Pair and Female Pair** categories.

8.5

Group Yogasana may be conducted as **Male, Female or Mixed Group**, as specified in the Competition Circular for the particular Championship.

8.6

YFI may prescribe a different gender format for a particular event where required by the competition structure or approved regulations.

8.7

No athlete shall participate in a gender category other than the category in which the athlete is officially registered.

9. ELIGIBILITY AND REGISTRATION

9.1

Only athletes duly registered through a **YFI-affiliated and eligible State/UT/Unit** shall be permitted to participate in a YFI National Championship, unless otherwise specifically authorized by YFI.

9.2

Every athlete shall satisfy the applicable requirements relating to:

- Age
- Identity
- Citizenship or sports nationality, where applicable
- Affiliation and representation
- Registration
- Medical fitness and risk requirements; and
- Any other requirement prescribed by YFI.

These requirements are substantially reflected in the existing YFI rules.

9.3

Every athlete shall be registered within the prescribed deadline and through the registration system or procedure notified by YFI.

9.4

The concerned State/UT/Unit shall be responsible for ensuring the **correctness, authenticity and completeness** of the information and documents submitted for its athletes.

9.5

YFI may verify the age, identity, affiliation, eligibility and registration status of any athlete before or during the competition.

9.6

An athlete whose eligibility, age, identity or registration cannot be satisfactorily verified may be refused participation or disqualified in accordance with these Rules.

9.7

Late entries, replacements and corrections shall be permitted only in accordance with the applicable Competition Circular and YFI regulations.

9.8

Participation in a YFI competition shall constitute acceptance of the **YFI Constitution, these Rules & Regulations, YFI Asana Syllabus, Technical/Competition Manual and applicable Competition Circulars**.

10. NUMBER OF PARTICIPANTS AND PARTICIPATION LIMITS



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10.1 Traditional Yogasana – Non-Musical

A maximum of **two (2) athletes** in each applicable age and gender category from each **State/UT/Unit** shall be permitted to participate in the Traditional Yogasana Event.

This reflects the participant limit contained in the existing YFI rules.

10.2 Musical Events

Athletes participating in the Traditional Yogasana – Non-Musical Event may also participate in Musical Yogasana Events, subject to the event-specific participation limits.

10.3 Additional Musical Participants

In addition to athletes participating in the Traditional Yogasana Event, each State/UT/Unit may nominate a maximum of **Top Ten (10) additional athletes** who are not participating in the Traditional Yogasana Event and qualify in musical event of their respective State championship, subject to the applicable event requirements.

10.4 Clarification

The limit of ten (10) additional athletes under Article 10.3 shall apply only to athletes who are **additional Musical Event participants**.

An athlete already participating in Traditional Yogasana who also participates in a Musical Event shall not be counted within this additional ten-athlete limit.

10.5 Event-Specific Participation

Unless otherwise modified by YFI:

- Artistic Solo:** Maximum number of athletes per State/UT/Unit as prescribed by YFI;
- Artistic Pair:** One eligible pair per applicable category;
- Rhythmic Pair:** One eligible pair per applicable category;
- Group Yogasana:** One team per State/UT/Unit;
- Vinyas Flow:** One athlete per State/UT/Unit.

10.6

No athlete shall participate in more events than permitted by YFI for the particular Championship.

10.7

No athlete shall represent more than **one State/UT/Unit** in the same Championship.

10.8

The final number of participants and event-wise participation limits shall be specified in the Competition Circular where necessary.

11. PERFORMANCE SEQUENCE DRAW

11.1

To ensure **fairness, transparency and equal opportunity**, the order of performance of participating States/UTs/Units shall be determined through a **Draw of Lots**.

11.2

At each YFI National Championship, a Draw of Lots shall be conducted among the participating States/UTs/Units to determine their **Performance Sequence for the subsequent National Championship**.

11.3

The Draw shall ordinarily be conducted during the previous National Championship in the presence of Team Managers, Coaches, Captains or authorized representatives of participating States/UTs/Units.

11.4



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Each participating State/UT/Unit shall be allotted a number through the Draw of Lots, and the number allotted shall determine its order of performance in the subsequent National Championship.

11.5

The Draw shall be conducted through a transparent lottery/chit or other approved random-selection procedure.

11.6

Where a State/UT/Unit participates in more than one event, the allotted Performance Sequence shall ordinarily apply to its applicable events, unless YFI prescribes a separate draw for a particular event.

11.7

The Draw shall be conducted by an authorized YFI official or committee, and the result shall be properly recorded and officially communicated.

11.8

A State/UT/Unit joining the competition after the Draw, or any situation not covered by the Draw, shall be assigned a Performance Sequence through a transparent procedure approved by YFI.

11.9

In exceptional circumstances, the Competition Director may make a necessary modification to the Performance Sequence, subject to approval of the competent YFI authority.

11.10

Once the Performance Sequence has been officially published, all participating athletes, pairs and teams shall follow the assigned order.

The existing YFI draft specifically establishes the Draw of Lots at the previous National Championship for determining the sequence at the subsequent National Championship.

12. SINGLE PERFORMANCE COMPETITION FORMAT

12.1

YFI Yogasana Sports competitions shall ordinarily be conducted through **one single performance**.

12.2

There shall be **no Preliminary Round, Quarter-Final, Semi-Final or Final Round** in the ordinary YFI competition system.

12.3

Every eligible athlete, pair or team shall be given **one official opportunity to perform**, and the result shall be determined on the basis of that performance.

12.4

The competition shall operate on the principle of:

One Athlete – One Performance – One Official Result.

12.5

The Performance Sequence determined under Article 11 shall decide the order in which athletes, pairs or teams shall appear for their performance.

12.6

The performance of each athlete, pair or team shall be evaluated by the appointed Judges in accordance with these Rules, the YFI Asana Syllabus and applicable Technical/Competition Manual.

12.7

Once a performance has been completed, the marks recorded for that performance shall constitute the official competition score, subject to permitted deductions, scoring correction, appeal or technical review.

12.8



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A re-performance shall not ordinarily be permitted.

12.9

Where a performance is materially affected by a verified **technical failure, interruption or other circumstance beyond the control of the athlete**, the Chief Judge/Competition Director may, with approval of the competent YFI authority, permit the affected performance to be repeated.

12.10

A re-performance permitted under Article 12.9 shall be conducted under conditions prescribed by the Chief Judge and shall be recorded as an official technical decision.

13. SCORING, RANKING AND TIE-BREAK

13.1 Judges' Scores

Each athlete, pair or team shall be evaluated independently by the appointed Judges according to the applicable judging criteria.

13.2 Calculation of Mean Score

Where **four Judges** are appointed for scoring, the marks awarded by all four Judges shall first be recorded.

The **highest and lowest Judge scores shall be excluded**, and the remaining two Judge scores shall be used to calculate the athlete's **Mean Score**.

Mean Score = (Second Highest Score + Second Lowest Score) ÷ 2

13.3 Official Competition Score

The Mean Score, after application of applicable technical deductions, penalties and other authorized adjustments, shall constitute the athlete's **Official Competition Score**.

13.4 Ranking

Athletes, pairs or teams shall be ranked in descending order according to their Official Competition Score.

The highest Official Competition Score shall obtain the first position, followed successively by the next highest scores.

13.5 First Tie-Break – Optional Asana Marks

If two or more athletes obtain the same Official Competition Score, the **total marks obtained in the Optional Asanas** shall be compared.

The athlete obtaining the higher Optional Asana Score shall be ranked higher.

For Traditional Yogasana, the Optional Asana Score shall be calculated from the four Optional Asanas performed by the athlete.

13.6

For consistency, the Optional Asana Score used for tie-breaking shall be calculated using the same Judge-score elimination and averaging procedure prescribed under Article 13.2, unless a different procedure is specifically prescribed in the YFI Technical/Competition Manual.

13.7 Second Tie-Break – Total Asana Marks

If the tie remains after application of Article 13.5, the **Total Asana Marks** obtained by the athlete shall be compared.

The Total Asana Marks shall comprise the marks obtained across all Asanas performed in the competition, before the application of the tie-break comparison.

The athlete obtaining the higher Total Asana Marks shall be ranked higher.



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13.8 Third Tie-Break – Re-Performance

If the scores remain equal after application of Articles 13.5 and 13.7, the tied athletes shall perform again for the purpose of determining the final ranking.

13.9

The re-performance shall be conducted under the direction of the Chief Judge/Competition Director and in accordance with the technical procedure prescribed by YFI.

13.10

Only the athletes whose ranking is affected by the tie shall participate in the re-performance.

13.11

The result of the re-performance shall determine the final ranking between the tied athletes.

13.12

Where a tie affects a medal position, official ranking or any other position for which a clear result is required, the above tie-break procedure shall be applied.

13.13

The final ranking determined after application of the prescribed tie-break procedure shall be entered in the official competition results.

14. FIELD OF PLAY / COMPETITION ARENA

14.1

Every YFI competition shall be conducted on a clearly marked, safe and suitable **Field of Play (FOP)/Competition Arena**.

14.2 Non-Musical Event

The Competition Arena for the **Traditional Yogasana – Non-Musical Event** shall be: **8 feet × 8 feet**



14.3 Musical Events

The Competition Arena for **Musical Yogasana Events** shall be: **20 feet × 20 feet**





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14.4

The dimensions specified under Articles 14.2 and 14.3 shall be measured within the clearly identified performance boundaries. The Competition Arena shall have clearly visible boundary markings so that athletes, Judges and Technical Officials can identify the limits of the performance area.

14.5

The surface of the Competition Arena shall be level, stable for safe Yogasana performance.

14.6

Mats, flooring and other competition equipment used within the Competition Arena shall comply with the specifications approved or prescribed by YFI.

14.7

Adequate clear space shall be maintained around the Competition Arena for the safety of athletes, Judges, Technical Officials and authorized personnel.

14.8

Judges, Jury Members, Technical Officials, Coaches and other authorized persons shall remain in their designated positions during the performance.

14.10

No unauthorized person, equipment, object or prop shall be placed inside the Competition Arena.

14.11

Where an athlete crosses or touches the designated boundary during a Musical Yogasana performance, the applicable deduction shall be imposed in accordance with the YFI Technical/Competition Manual. The existing YFI rules provide for a boundary deduction in Musical Events.

14.12

The Competition Director may temporarily suspend or modify the arrangement of the Competition Arena where necessary because of **safety, venue, technical or operational circumstances**, subject to approval of the competent YFI authority.

PART III – TRADITIONAL YOGASANA

15. NATURE OF EVENT

15.1

Traditional Yogasana shall be a **Non-Musical Yogasana Sports Competition** in which athletes perform prescribed Yogasanas in a defined sequence and are evaluated on technical execution, perfection, stability, holding, body control, grace and overall presentation.

15.2

The event shall be conducted in accordance with the **YFI Asana Syllabus** applicable to the athlete's age and gender category.

15.3

Traditional Yogasana shall be performed **without music, choreography, props or unrelated movements**.

15.4



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The purpose of the event shall be to assess the athlete's ability to perform prescribed Yogasanas with **correct technique, precision, stability, control, composure and discipline.**

15.5

Every athlete shall receive **one single performance opportunity**, and the result shall be determined from that performance in accordance with Part II of these Rules.

16. ASANA STRUCTURE

16.1

Each athlete shall perform **ten (10) Asanas** in the Traditional Yogasana Event.

16.2

The ten Asanas shall consist of:

- Six (6) Compulsory Asanas – C1 to C6;** and
- Four (4) Optional Asanas.**

16.3

The Compulsory Asanas shall be prescribed by YFI for the applicable age and gender category.

16.4

The Optional Asanas shall be selected from the Optional Asana groups prescribed in the applicable YFI Asana Syllabus.

16.5

The approved Asana names, technical requirements, classifications, variations, difficulty levels and other technical details shall be prescribed in the **YFI Asana Syllabus**, which shall operate as a separate technical document.

16.6

The Asana Syllabus applicable to the competition year shall be the authoritative reference for the identification and technical performance of each Asana.

17. COMPULSORY ASANAS

17.1

Six Compulsory Asanas, designated **C1, C2, C3, C4, C5 and C6**, shall be prescribed for each applicable category.

17.2

All Compulsory Asanas shall be performed in the **prescribed sequence.**

17.3

The athlete shall perform each Compulsory Asana in the correct form and prescribed variation specified in the YFI Asana Syllabus.

17.4

A Compulsory Asana shall not be substituted with an Optional Asana or any other Asana or variation.

17.5

A Compulsory Asana performed incorrectly, omitted or replaced shall be subject to the applicable deduction, invalidation or other action prescribed under these Rules and the YFI Asana Syllabus.

17.6

The Compulsory Asana list applicable to each age and gender category shall be published or made available through the YFI Asana Syllabus or applicable Competition Circular.

18. OPTIONAL ASANAS

18.1



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The Optional Asanas shall be divided into **three groups** according to the approved YFI Asana Syllabus:

- a. **Group 1 – G1**
- b. **Group 2 – G2**
- c. **Group 3 – G3**

18.2

Each group shall contain 4 Optional Asanas prescribed for the relevant age and gender category.

18.3

Each athlete shall perform **four (4) Optional Asanas out of 12 Optional Asanas**.

18.4

The Optional Asanas shall be selected in accordance with Article 19.

18.5

An Optional Asana shall be valid only when it is included in the approved YFI Asana Syllabus applicable to the athlete.

18.6

The Optional Asana selected by an athlete shall be capable of being clearly identified by its prescribed name/code and shall correspond to the Asana declared by the athlete.

19. SELECTION OF OPTIONAL ASANAS

19.1

Each athlete shall select **four (4) Optional Asanas** from the approved Optional Asana groups.

19.2

At least **one Optional Asana** shall be selected from each of the three groups – G1, G2 and G3.

19.3

The fourth Optional Asana may be selected from **any one of the three groups**.

19.4

No Optional Asana shall be repeated.

19.5

A Compulsory Asana shall not be selected or performed as an Optional Asana.

19.6

The Optional Asanas selected by the athlete shall be declared in the **Order of Performance Sheet** before the competition, in the manner prescribed by YFI.

19.7

Once the Order of Performance Sheet has been officially submitted, the athlete shall perform the declared Optional Asanas in the declared order.

19.8

Any change in the declared Optional Asana sequence shall constitute a **Sequence Violation** and shall attract the applicable penalty under Article 23.

The basic selection principle—one Asana from each group, fourth from any group, with no repetition—is directly supported by the existing YFI rules.

20. PERFORMANCE SEQUENCE

20.1

The Traditional Yogasana performance shall consist of:

Six Compulsory Asanas followed by four selected Optional Asanas.

20.2

The six Compulsory Asanas shall always be performed in their prescribed order:

C1 → C2 → C3 → C4 → C5 → C6



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20.3

The four Optional Asanas shall be performed in the order declared by the athlete in the Order of Performance Sheet.

20.4

The athlete shall enter into and exit from each Asana through controlled movement and shall maintain appropriate body alignment and stability throughout the performance.

20.5

After submission of the Order of Performance Sheet, an athlete shall not change, replace, omit or rearrange any declared Asana except where specifically authorized by the Competition Authority.

20.6

The **Performance Sequence Draw under Article 11** determines **when an athlete/State/Unit performs in relation to other participants**. It shall not determine the sequence of Asanas performed by the athlete.

20.7

The Asana sequence prescribed under this Article shall apply independently of the State/Unit Performance Sequence Draw.

21. HOLDING TIME

21.1

Each Asana shall be held for a minimum of **15 seconds**.

This retains the holding requirement contained in the existing YFI Rules.

21.2

The holding time shall commence only after the athlete has achieved the required final position of the Asana and has established reasonable stability.

21.3

The athlete shall maintain the prescribed posture throughout the required holding period.

21.4

Prematurely leaving the final position, excessive movement, loss of balance or failure to maintain the required posture may affect the Holding and Stability evaluation and may attract applicable deductions.

21.5

The detailed method of timekeeping, timing signals and recording of holding time may be prescribed in the YFI Technical/Competition Manual.

21.6

Unless specifically amended by an official YFI regulation, the **15-second holding requirement shall apply uniformly to all ten Asanas**.

22. MARKING AND EVALUATION

22.1

Each Asana shall be evaluated independently by the appointed Judges/Evaluators.

22.2

Judging shall be based on the technical requirements prescribed in the **YFI Asana Syllabus** and the applicable Technical/Competition Manual.

22.3

The principal evaluation components shall include:



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- a. **Execution** – controlled and smooth entry into and exit from the Asana;
- b. **Perfection** – correctness of posture, alignment and prescribed technical points;
- c. **Holding and Stability** – steadiness, balance, control and absence of unnecessary movement; and
- d. **Grace and Muscle Relaxation** – body control, composure, visible relaxation and overall presentation.

These four components are contained in the existing YFI marking framework.

22.4

Execution shall consider the quality and smoothness of mounting into the Asana and controlled dismounting from the final position.

22.5

Perfection shall be evaluated according to the specific technical requirements and judging points prescribed for the particular Asana.

22.6

Holding and Stability shall consider:

- a. Balance during retention;
- b. Calmness and steadiness;
- c. Body control;
- d. Stability of the required position; and
- e. Absence of unnecessary movement or trembling.

22.7

Grace and Muscle Relaxation shall consider:

- a. Body control;
- b. Visible muscular relaxation;
- c. Calm and composed presentation; and
- d. Overall aesthetic execution.

22.8

The **marks, weightage and detailed micro-marking criteria** applicable to each Asana shall be prescribed in the YFI Asana Syllabus and/or Technical/Competition Manual.

22.9

The existing YFI rules provide a per-Asana framework of **8–10 marks**, with Execution, Perfection, Holding & Stability and Grace & Muscle Relaxation as the principal components.

22.10

The exact weightage applicable to Compulsory and Optional Asanas shall be the weightage officially prescribed by YFI for the relevant competition year.

22.11

Judges shall evaluate only the performance actually presented by the athlete and shall not award marks for an Asana or technical element that has not been correctly performed.

22.12

Judges shall make their evaluations independently and without influence from the athlete's reputation, previous performance, State/Unit, coach or any other external consideration.

23. INVALID PERFORMANCE AND DEDUCTIONS

23.1

An Asana may be declared **Invalid** where the athlete performs an Asana that does not correspond to the prescribed or declared Asana for that position.

23.2

An Invalid Asana shall receive **zero marks for that particular Asana**, unless the nature of the violation requires disqualification under these Rules.



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23.3

The following may result in invalidation, deduction or other applicable penalty:

- Performing an Asana other than the declared Asana
- Performing a Compulsory Asana as an Optional Asana
- Repeating an Optional Asana
- Failing to satisfy the required Optional Asana group selection
- Performing an Asana not included in the applicable YFI Asana Syllabus
- Performing an unauthorized or materially incorrect variation
- Changing the declared Asana sequence
- Failing to maintain the prescribed holding time
- Omitting a required Asana
- Performing a half posture where a complete posture is required
- Any other technical violation prescribed by YFI.

23.4 – Wrong Asana

If an athlete performs an Asana different from the Asana recorded for that position in the Order of Performance Sheet, that particular Asana shall be treated as **Invalid and shall receive zero marks**.

This principle is also contained in the existing YFI/Yogasana competition provisions.

23.5 – Sequence Violation

Where an athlete changes the declared sequence during the performance, the following progressive penalties shall apply:

- a. **First change – 2 marks deduction;**
- b. **Second change – 4 marks deduction;**
- c. **Third change – 6 marks deduction;**
- d. **More than three changes – Disqualification.**

The progressive 2/4/6-mark penalty structure is present in the existing competition rules.

23.6 – Optional Category Violation

Where an athlete fails to satisfy the required Optional Asana group coverage, the applicable deduction shall be imposed in accordance with the YFI Asana Syllabus or Technical/Competition Manual.

23.7 – Half Posture or Wrong Variation

A half posture, materially incorrect variation or failure to satisfy the prescribed technical requirements shall attract the applicable deduction or invalidation prescribed in the YFI Asana Syllabus.

23.8 – Insufficient Holding

Failure to maintain the prescribed **15-second holding time** may affect the Holding and Stability marks and may result in the deduction or invalidation prescribed by YFI.

23.9

An athlete may be disqualified for serious or repeated violations, including:

- a. Deliberate manipulation of the competition procedure;
- b. Repeated invalid performances;
- c. Repeated sequence violations;
- d. Misrepresentation of an Asana or eligibility information;
- e. Serious misconduct; or
- f. Any other ground prescribed under these Rules.

23.10

All deductions and invalidations shall be properly recorded by the designated Judge/Evaluator and reflected in the official scoring record.

23.11



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No deduction or invalidation shall be imposed arbitrarily. Every technical deduction shall be based on these Rules, the approved **YFI Asana Syllabus**, Technical/Competition Manual or duly issued Competition Circular.

PART IV – MUSICAL YOGASANA EVENTS

Musical Yogasana events combine Yogasana with **music, rhythm, movement, coordination, choreography and artistic presentation**. The detailed technical and judging requirements shall be governed by the YFI Asana Syllabus and applicable Technical/Competition Manual. The existing YFI rules recognize five Musical Event formats covered below.

24. ARTISTIC SOLO

24.1

Artistic Solo shall be an individual Musical Yogasana competition in which an athlete performs a choreographed sequence of Yogasanas with music.

24.2

The event shall be conducted separately for **Male and Female** athletes.

24.3

Each athlete shall perform a planned combination of Yogasanas, transitions and artistic movements in accordance with the YFI Asana Syllabus.

24.4

There shall be no prescribed compulsory Asana list for the Artistic Solo event. Athletes may select Asanas according to their ability, subject to the approved YFI technical requirements.

24.5

The performance shall ordinarily contain **6 to 10 Asanas**.

24.6

The performance duration shall be **150 to 180 seconds**.

24.7

Each Asana shall be held for a minimum of **5 seconds** to be counted as an Asana for evaluation.

24.8

Artistic movements and controlled transitions may be used to connect the Asanas and enhance artistic presentation.

24.9

The performance shall be evaluated on technical execution, difficulty, control, transitions, rhythm, presentation and artistic quality.

25. ARTISTIC PAIR

25.1

Artistic Pair shall be a Musical Yogasana competition performed by **two athletes as a pair**.

25.2

The event shall ordinarily be conducted separately for **Male Pairs and Female Pairs**.

25.3

Each State/UT/Unit may enter the number of pairs prescribed by YFI for the particular Championship.

25.4

The two athletes may perform **different Asanas simultaneously**.

25.5

The same Asana shall not ordinarily be performed simultaneously by both athletes, as this event is distinguished from Rhythmic Pair.

25.6



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Body contact between partners shall be permitted where required for an artistic movement, formation or supported performance, but shall not be compulsory.

25.7

Floor formations, partner formations and pyramidal or supported formations may form part of the performance.

25.8

A minimum of **four (4) formation/pyramid sequences** shall be included.

25.9

The performance shall ordinarily contain **6 to 10 Asanas**.

25.10

The performance duration shall be **150 to 180 seconds**.

25.11

Each Asana shall be held for a minimum of **5 seconds** to be counted for evaluation.

25.12

The performance shall be evaluated on technical quality, difficulty, coordination, formations, transitions, rhythm, artistic presentation and overall execution.

26. RHYTHMIC PAIR

26.1

Rhythmic Pair shall be a Musical Yogasana competition performed by **two athletes performing as a synchronized pair**.

26.2

The event shall ordinarily be conducted separately for **Male Pairs and Female Pairs**.

26.3

The two athletes shall perform the **same Asana simultaneously**.

26.4

The performance shall emphasize **synchronization and mirror-image execution**.

26.5

Physical contact between the two athletes shall not be permitted.

26.6

Synchronization shall be maintained during Asana performance, transitions and movements.

26.7

The performance shall ordinarily contain **6 to 10 Asanas**.

26.8

The performance duration shall be **150 to 180 seconds**.

26.9

Each Asana shall be held for a minimum of **5 seconds** to be counted for evaluation.

26.10

Transitions shall be controlled, rhythmic and synchronized with the partner and music.

26.11

The performance shall be evaluated on technical execution, synchronization, precision, difficulty, rhythm, transitions, control and presentation.

The existing YFI rules distinguish Rhythmic Pair from Artistic Pair by requiring the same Asana simultaneously, mirror-image performance and synchronization, with no body contact.

27. GROUP YOGASANA

27.1



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Group Yogasana shall be a Musical Yogasana competition performed by a team of **five (5) athletes**.

27.2

Each State/UT/Unit shall ordinarily be permitted **one Group team** in each applicable category.

27.3

The Group may comprise Male, Female or Mixed athletes according to the category specified by YFI for the particular Championship.

27.4

The team shall consist of exactly **five athletes**. No additional or substitute athlete shall participate in the performance except as permitted by YFI.

27.5

The performance may include:

- a. Same or different Asanas performed by different athletes;
- b. Synchronized movements;
- c. Floor formations;
- d. Partner formations;
- e. Pyramids; and
- f. Controlled free-flow movements connecting the performance.

27.6

A minimum of **four (4) pyramid or formation sequences** shall be included.

27.7

Physical contact between team members shall be permitted where required for formations, pyramids or artistic presentation.

27.8

The performance may be based on an approved **theme or concept**, provided that Yogasana remains the principal component of the performance.

27.9

Synchronization and coordinated team performance shall be essential components of the event.

27.10

The performance shall ordinarily contain **6 to 10 Asana combinations**.

27.11

The performance duration shall be **210 to 240 seconds**.

27.12

Each Asana shall be held for a minimum of **5 seconds** to be counted for evaluation.

27.13

The performance shall be evaluated on technical execution, synchronization, formations, difficulty, coordination, transitions, rhythm, artistic presentation and overall team performance.

The existing YFI rules prescribe a five-player Group, four minimum pyramid/formation sequences, synchronization, 6–10 Asana combinations and 210–240 seconds.

28. VINYAS FLOW

28.1

Vinyas Flow shall be an individual Musical Yogasana event based on **continuous and controlled movement from one Asana to another**.

28.2

Each State/UT/Unit shall ordinarily be permitted **one athlete** in the Vinyas Flow event.

28.3

The athlete shall perform a continuous sequence of **6 to 10 Asanas**.



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28.4

The performance duration shall be **120 to 150 seconds**.

28.5

Each Asana shall be held for a minimum of **5 seconds** to be counted for evaluation.

28.6

The transition from one Asana to another shall be direct, controlled and purposeful.

28.7

The athlete shall maintain continuity, balance, control, technical precision throughout performance.

28.8

Dance movements, decorative movements or unrelated movements shall not be inserted between Asanas merely to extend or interrupt the Vinyas Flow.

28.9

The performance shall be evaluated primarily on continuity, technical execution, control, balance, precision, difficulty and quality of transitions.

These provisions follow the existing YFI Vinyas Flow framework, which specifies 6–10 Asanas, 120–150 seconds, minimum 5-second holding and direct controlled transitions.

29. COMMON RULES FOR MUSICAL EVENTS

29.1 Music

All Musical Yogasana performances shall be performed with music. The music shall support the rhythm, choreography and presentation of the performance.

29.2 Selection of Asanas

Except where otherwise prescribed by YFI, there shall be **no fixed compulsory Asana list** for Musical Yogasana Events. Athletes may select Asanas according to their capability and performance concept, subject to the YFI Musical Asana rules.

29.3 Asana Validity

Every Asana performed shall conform to an Asana recognized under the applicable YFI Asana Syllabus.

29.4 Minimum Holding

An Asana shall be counted for evaluation only when the required final position is maintained for at least **5 seconds**. An Asana not held for the minimum period may be observed but shall not be counted for the Asana-count component.

29.5 Number of Asanas

Musical Events shall ordinarily contain **6 to 10 Asanas**.

29.6 Performance Duration

The following duration shall apply:

Event	Duration
Artistic Solo	150–180 seconds
Artistic Pair	150–180 seconds
Rhythmic Pair	150–180 seconds
Group Yogasana	210–240 seconds
Vinyas Flow	120–150 seconds

The existing YFI rules prescribe these event-specific time ranges.

29.7 Timing



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Performance timing shall commence at the designated starting signal/Bao and shall conclude at the designated ending signal/Bao.

29.8 Excess or Short Duration

Performance outside the prescribed minimum or maximum duration shall attract the applicable scoring consequence prescribed in the YFI Technical/Competition Manual.

29.9 Difficulty

Difficulty shall be assessed on the basis of the **actual performance**, including the complexity of the Asana, number and nature of movements, transitions and combination of postural elements.

The existing YFI rules specifically provide that Musical-event difficulty is assessed according to actual performance, transitions, complexity, number of movements and combination of postural elements.

29.10 Transitions

Transitions shall be controlled and appropriate to the particular event. In Artistic events, artistic transitions may be used; in Rhythmic Pair they shall remain synchronized; and in Vinyas Flow they shall maintain continuous flow.

29.11 Synchronization

Synchronization shall be mandatory in Pair and Group events wherever the event requires coordinated performance.

29.12 Boundary

The performance shall remain within the designated **20 feet × 20 feet Competition Arena** prescribed under Article 14.

29.13

Crossing or touching the designated boundary shall attract the applicable deduction prescribed by YFI. The existing YFI rules provide a boundary deduction for Musical Events.

29.14 Props

No unauthorized **props, objects or equipment** shall be used as part of a Musical Yogasana performance.

29.15 Safety

No movement, formation, pyramid or transition shall be performed in a manner that creates an unreasonable safety risk to the athlete or other participants.

29.16 Music Submission

Music shall be submitted, checked and operated according to the procedure prescribed by the Competition Authority. The athlete/team shall be responsible for providing the correct music within the prescribed deadline.

29.17 Music Failure

In case of a verified technical failure of the official music system, the Competition Director/Chief Judge may stop the performance and take an appropriate decision regarding continuation or re-performance.

29.18 Costume

Costume shall be suitable for Yogasana performance, allow free and safe movement, and comply with any requirements prescribed by YFI.

29.19 Event-Specific Rules

Where a provision of an individual Musical Event conflicts with a general provision of this Article, the **event-specific provision shall prevail**.

29.20 Technical Regulations

Detailed scoring, difficulty assessment, time calculation, Asana counting, synchronization assessment and other technical matters shall be prescribed in the **YFI Asana Syllabus and Technical/Competition Manual**.

29.21 Participation Limit



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Participation in Musical Events shall remain subject to the participant limits prescribed under **Article 10** and the applicable Competition Circular.

29.22 Fair Play

All athletes, pairs and teams shall perform fairly and shall not intentionally manipulate timing, Asana counting, formations, synchronization or other elements for the purpose of gaining an unfair advantage.

29.23

The Competition Director and Chief Judge may issue necessary technical instructions during the competition, provided such instructions are consistent with the **YFI Constitution, these Rules & Regulations, the YFI Asana Syllabus and approved Technical Regulations.**

PART V – OFFICIALS AND COMPETITION MANAGEMENT

30. TECHNICAL OFFICIALS

30.1

YFI shall appoint or approve the Technical Officials required for the proper and fair conduct of each National Championship and YFI-recognized competition.

30.2

The Competition Panel shall ordinarily comprise the following officials:

A. Non-Musical / Traditional Event

- 1 Chief Judge
- 4 Judges
- 1 Announcer
- 1 Timekeeper
- 1 Stage Marshal
- 1 Document Checker
- 1 Manual/Laptop Scorer

B. Musical Events

- 1 Chief Judge
- 4 Judges
- 2 Asana Count Judges
- 2 Difficulty Checker Judges
- 1 Timekeeper
- 1 Stage Marshal
- 1 Announcer
- 1 Document Checker
- 1 Manual/Laptop Scorer
- Music System and Music Player/Operator

This composition reflects the existing YFI competition panel requirements.

30.3

YFI may appoint additional Technical Officials or support personnel where required by the size, nature or technical requirements of a competition.

30.4

Only officials duly appointed, authorized or recognized by YFI shall officiate in a YFI National Championship.

30.5



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All Technical Officials shall act independently, impartially and in accordance with the YFI Constitution, Rules & Regulations, Asana Syllabus, Technical/Competition Manual and applicable Competition Circulars.

30.6

Officials shall disclose any actual or potential conflict of interest and shall not participate in a matter where such conflict materially affects their impartiality.

31. JUDGES AND JURY

31.1

Judges shall evaluate performances strictly according to the applicable YFI Rules, Asana Syllabus and Technical/Competition Manual.

31.2

Judges shall evaluate only the performance actually presented and shall not be influenced by the athlete's name, State/UT/Unit, reputation, previous results or ranking.

31.3

Each Judge shall independently record and submit marks and deductions through the prescribed scoring procedure.

31.4

The **Chief Judge** shall supervise and coordinate the judging panel and ensure consistent application of the applicable technical standards.

31.5

For Musical Events, Asana Count Judges shall verify the number of qualifying Asanas performed, and Difficulty Checker Judges shall assess the applicable difficulty requirements.

31.6

The Jury shall consider technical disputes, protests, judging-related matters and other matters referred to it under these Rules.

31.7

A Judge or Jury member having a direct conflict of interest in a matter under consideration shall disclose such conflict and, where required, withdraw from that matter.

31.8

Judges and Jury members shall maintain confidentiality regarding scores, deliberations and technical matters until officially released.

31.9

A decision of the Jury within its jurisdiction shall be final, subject to the appeal and review provisions of YFI.

These principles are consistent with the existing YFI draft provisions on independent judging, Chief Judge supervision, Jury jurisdiction and conflict of interest.

32. DUTIES AND RESPONSIBILITIES OF OFFICIALS

32.1 Competition Director

The Competition Director shall:

- supervise the overall conduct of the competition;
- ensure compliance with the approved competition format and schedule;
- coordinate Technical Officials and competition staff;
- ensure that the Field of Play is properly prepared;
- supervise official draws, meetings and competition procedures;



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- f. address unforeseen operational or technical matters within the authority granted by YFI;
- g. coordinate with the Chief Judge, Jury and Organizing Committee; and
- h. ensure that official results are properly compiled and released.

32.2 Chief Judge

The Chief Judge shall:

- a. supervise the Judges;
- b. ensure uniform application of judging standards;
- c. coordinate technical decisions during the competition;
- d. monitor deductions and invalid performances;
- e. address technical questions arising during competition; and
- f. report significant technical matters to the Competition Director or Jury.

32.3 Judges/Evaluators

Judges shall:

- evaluate performances independently and impartially;
- apply the prescribed technical criteria;
- award marks and deductions correctly;
- identify invalid performances where applicable;
- accurately record their scores; and
- comply with lawful instructions of the Chief Judge.

32.4 Jury

The Jury shall:

- consider technical disputes referred to it;
- examine valid protests or appeals within its jurisdiction;
- ensure that decisions are consistent with YFI Rules;
- review technical or scoring irregularities when referred; and
- communicate or record its decision through the authorized competition authority.

32.5 Timekeeper

The Timekeeper shall:

- accurately record prescribed performance and holding times;
- provide timing signals where required; and
- report timing violations to the designated authority.

32.6 Stage Marshal

The Stage Marshal shall:

- call athletes according to the official Performance Sequence;
- ensure athletes report at the designated time;
- maintain orderly entry and exit from the Field of Play; and
- coordinate athlete movement with the Competition Director.

32.7 Document Checker

The Document Checker shall:

- verify athlete and Unit documents;
- check registration and eligibility requirements;
- identify discrepancies before or during competition; and
- report suspected irregularities to the authorized authority.

32.8 Scorer/Scoring Official

The Scorer shall:

- collect and enter marks submitted by Judges;
- apply authorized deductions and scoring procedures;
- verify calculations;



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- prepare official result sheets; and
- maintain official scoring records.

32.9 Announcer

The Announcer shall:

- announce athletes and competition proceedings;
- announce the prescribed Performance Sequence; and make only such competition announcements as authorized by the Competition Director or Chief Judge.

32.10 Music Official

For Musical Events, the Music Official shall:

- operate or coordinate approved music playback;
- ensure that the correct music is played for the concerned athlete, pair or team;
- coordinate music timing with the competition officials; and
- immediately report technical interruptions or errors.

33. ATHLETE, COACH AND TEAM MANAGER RESPONSIBILITIES

33.1 Athlete Responsibilities

Every athlete shall:

- comply with the YFI Constitution, Rules & Regulations and applicable competition instructions;
- compete only in the category and event for which the athlete is eligible and registered;
- report to the designated area at the prescribed time;
- perform according to the approved YFI Asana Syllabus;
- follow the applicable Performance Sequence;
- maintain discipline, sportsmanship and proper conduct;
- follow instructions of authorized officials;
- use only permitted equipment, attire and materials;
- avoid conduct that may endanger themselves or any other participant; and
- respect Judges, Officials, Coaches, competitors and other participants.

33.2 Coach and Team Manager Responsibilities

The Coach/Team Manager shall:

- ensure that athletes understand and comply with the applicable Rules;
- verify athlete eligibility and submitted information;
- ensure timely reporting of athletes;
- submit required documents and performance information within prescribed deadlines;
- communicate with competition officials on behalf of athletes where permitted;
- maintain discipline among team members;
- ensure compliance with safety and medical requirements; and
- refrain from interfering with judging or attempting to influence officials.

33.3 Conduct Towards Officials

No athlete, Coach, Team Manager or Unit representative shall:

- abuse, threaten or intimidate a Judge or Technical Official;
- improperly approach or influence a Judge regarding marks or results;
- interfere with the scoring or competition process; or
- attempt to manipulate the official result.

33.4



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Any misconduct, deliberate rule violation, obstruction of competition or attempt to influence the competition may result in deduction, removal from the Field of Play, suspension, disqualification or disciplinary action under YFI regulations.

34. COMPETITION RECORDS AND OFFICIAL RESULTS

34.1

YFI shall maintain official records of National Championships and other competitions conducted or recognized by YFI.

34.2

Official competition records may include:

- Athlete registration and eligibility records;
- State/UT/Unit participation records;
- Performance Sequence Draw records;
- Order of Performance Sheets;
- Judges' score sheets;
- Deductions and invalid-performance records;
- Appeal and protest records;
- h. Final rankings and medal results; and
- Other official competition documents.

34.3

The Scoring Official shall prepare competition results from the marks officially submitted by the Judges and after applying all authorized deductions.

34.4

All calculations and results shall be verified by the designated competition authority before official publication.

34.5

The official result shall contain, as applicable:

- Athlete/Pair/Team name;
- State/UT/Unit;
- Event and age/gender category;
- Marks obtained;
- Applicable deductions;
- Final score; and
- Rank and medal position.

34.6

In case of a tie, the tie-breaking procedure prescribed under **Article 13** shall be applied.

34.7

Results shall become official upon publication or declaration by the authorized YFI competition authority, subject to any appeal or review permitted under these Rules.

34.8

YFI may maintain historical competition records, rankings, records and statistical data for the development and administration of Yogasana Sports.

34.9

Competition records shall be preserved and managed in accordance with YFI's applicable administrative, transparency, data-protection and record-retention requirements.

34.10

No unofficial score, verbal announcement, provisional ranking or preliminary result shall be treated as the final official result until confirmed by the authorized YFI competition authority.



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PART VI – DISCIPLINE, APPEAL AND INTEGRITY

35. DISCIPLINE AND CONDUCT

35.1

Every athlete, Coach, Team Manager, Official, State/UT/Unit representative and other person participating in a YFI competition shall maintain **discipline, sportsmanship, integrity and respect** throughout the competition.

35.2

All participants shall comply with:

- YFI Constitution;
- YFI Rules & Regulations;
- YFI Asana Syllabus;
- Technical/Competition Manual;
- Competition Circulars and official instructions; and
- directions issued by authorized Competition Officials.

35.3

The following shall constitute a disciplinary violation:

- abusive, threatening or disorderly behaviour;
- disrespect or improper conduct towards Judges, Officials, athletes or organizers;
- attempting to influence or interfere with judging or scoring;
- deliberate violation of competition rules;
- submission of false, misleading or fraudulent information or documents;
- deliberate obstruction or disruption of competition proceedings;
- unauthorized entry into restricted competition areas;
- damage to competition property or facilities;
- conduct prejudicial to the reputation or integrity of Yogasana Sports; or
- any other conduct prohibited under YFI regulations.

35.4

No athlete, Coach, Team Manager or Unit representative shall approach, communicate with or otherwise attempt to influence a Judge regarding marks, deductions or results except through an authorized procedure.

35.5

Officials may take immediate reasonable measures to maintain order and ensure the safe and fair conduct of the competition.

35.6

Serious or repeated misconduct may be referred to the competent YFI disciplinary authority for further action.

The above provisions are consistent with the conduct and disciplinary framework already contained in the YFI Rules draft.

36. APPEAL AND TECHNICAL REVIEW

36.1 Right to Appeal

An appeal may be submitted where the Coach or Team Manager reasonably believes that an identifiable error has occurred in:

- marking;
- scoring or calculation;
- application or omission of a deduction;
- technical assessment;



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- assessment of holding time;
- recording or transfer of marks; or
- application of the applicable Competition or Technical Regulations.

36.2

An appeal shall relate **only to the appellant's own performance**. No athlete, Coach, Team Manager or Unit may appeal against another athlete's or team's performance.

36.3

An athlete shall not submit an appeal directly where the prescribed procedure requires the appeal to be submitted through the authorized Coach or Team Manager.

36.4 Time Limit

An appeal shall be submitted:

- in writing;
- within **one (1) hour** of completion of the concerned performance; and
- before declaration of the official result.

An appeal submitted after the prescribed deadline shall not be accepted.

36.5 Appeal Form and Fee

- Every appeal shall be submitted in the prescribed Appeal Form.
- The appeal shall identify the athlete, event, Asana(s) concerned and specific grounds of appeal.
- An appeal may cover **one (1) to a maximum of five (5) Asanas** from the same performance.
- The appeal fee shall be **₹500/- per Asana**, subject to a maximum of five Asanas.
- The applicable fee shall be paid before the appeal is considered.
- The fee attributable to an Asana shall be refunded where the Jury determines that the marks for that Asana require correction.

36.6 Video Evidence

- The appellant should provide adequate video evidence of every Asana included in the appeal.
- The video should, as far as practicable, show the complete execution, including entry, execution, required hold, transition and exit.
- Video coverage from multiple suitable angles is recommended.
- Where adequate video evidence is unavailable, the Jury shall not be required to reconsider an Asana solely on oral claims.
- No athlete shall be permitted to re-perform an Asana solely for the purpose of an appeal.

36.7 Grounds for Appeal

An appeal shall identify a specific and material error. A general claim that an athlete **"deserved higher marks"**, without identifying an identifiable error, shall not constitute sufficient grounds for appeal.

36.8 Technical Review

The Jury or designated competent authority may review relevant score sheets, calculations, technical records, video evidence and other available competition records for the purpose of determining a valid appeal or technical irregularity.

36.9

Where a technical or scoring error is established, the official record and result shall be corrected in accordance with the decision of the competent authority.

36.10



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The decision of the Jury within its jurisdiction shall be final, subject to any further review expressly permitted under the YFI Constitution or applicable regulations.

37. ANTI-DOPING

37.1

All athletes participating in YFI-recognized competitions shall comply with the **applicable anti-doping rules and regulations** governing the competition.

37.2

Athletes, Coaches, Team Managers and Units shall cooperate with authorized anti-doping authorities and testing procedures.

37.3

The use, possession, administration or attempted use of any prohibited substance or method shall be dealt with in accordance with the applicable anti-doping regulations.

37.4

Where an anti-doping matter arises, YFI shall follow the applicable rules, procedures, testing requirements and sanctions of the competent anti-doping authority.

37.5

An athlete or other person subject to anti-doping proceedings shall have the rights and responsibilities provided under the applicable anti-doping framework.

37.6

YFI may issue separate anti-doping regulations or incorporate the applicable national and international anti-doping requirements into its Competition Regulations.

38. MEDICAL, SAFETY AND RISK REQUIREMENTS

38.1

The safety and well-being of athletes and all persons participating in a YFI competition shall be given priority.

38.2

Athletes shall participate only when medically and physically fit to compete.

38.3

YFI or the Organizing Committee may require medical or fitness documentation where prescribed for a particular competition.

38.4

Appropriate first-aid and emergency medical arrangements shall be made available at the competition venue according to the requirements of the competition.

38.5

The Field of Play shall be maintained in a safe and suitable condition, with appropriate flooring, clear boundaries and adequate space for the prescribed event.

38.6

No athlete shall perform any movement, transition, formation or pyramid that creates an unreasonable risk of injury to the athlete or another participant.

38.7

Technical Officials may stop or suspend a performance where they reasonably consider that:

- a. an athlete is injured or medically unfit to continue;
- b. the performance creates a serious safety risk;



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- c. the Field of Play becomes unsafe; or
- d. an emergency or technical condition prevents safe continuation.

38.8

In Pair and Group Events, athletes shall be responsible for maintaining safe coordination during supported movements, formations and pyramids.

38.9

Any injury or medical incident occurring during competition shall be reported to the designated Medical or Competition Official and recorded where required.

38.10

The Competition Director may suspend, modify or temporarily stop competition where necessary to protect the safety of participants or officials.

38.11

Detailed medical, emergency and risk-management procedures may be prescribed in the applicable Competition Manual or Competition Circular.

39. PENALTIES AND SANCTIONS

39.1

Any violation of the YFI Constitution, Rules & Regulations, Asana Syllabus, Technical/Competition Manual or official Competition Regulations may result in an appropriate penalty or sanction.

39.2

Depending upon the nature and seriousness of the violation, penalties or sanctions may include:

- warning;
- deduction of marks;
- invalidation of an Asana or performance;
- removal from the Field of Play;
- disqualification from an event;
- disqualification of a pair or team;
- suspension from participation;
- withdrawal or cancellation of a result or medal;
- disciplinary proceedings; or
- any other sanction authorized under YFI regulations.

39.3

The penalty imposed shall be proportionate to the nature, seriousness and circumstances of the violation.

39.4

Technical deductions arising directly from performance shall be applied in accordance with the applicable Asana Syllabus or Technical/Competition Manual.

39.5

A deliberate attempt to manipulate scores, results, Performance Sequence, athlete eligibility or competition records shall be treated as a serious violation.

39.6

False age, identity, eligibility or registration information may result in disqualification and referral for disciplinary action.

39.7

Where a violation affects a pair or team, YFI may impose the applicable sanction on the individual athlete, pair, team, State/UT/Unit or responsible representative, as appropriate.

39.8



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Before imposing a serious disciplinary sanction, the concerned person or Unit shall, where required under YFI regulations, be given an opportunity to respond to the allegation.

39.9

A penalty or sanction imposed under this Article shall be recorded in the official competition or disciplinary records where applicable.

39.10

Nothing in this Article shall prevent YFI from imposing additional disciplinary measures under its Constitution, Disciplinary Regulations or other applicable rules.

PART VII – FINAL PROVISIONS

40. INTERPRETATION

40.1

These Rules & Regulations shall be read and interpreted together with the **YFI Constitution, YFI Asana Syllabus, Technical/Competition Manual and applicable Competition Circulars.**

40.2

In case of any doubt regarding the meaning, application or interpretation of any provision of these Rules, the matter shall be referred to the **competent authority of YFI.**

40.3

The interpretation issued by the competent YFI authority shall be applied for the concerned competition and shall be binding on all athletes, Coaches, Team Managers, Officials and participating States/UTs/Units, subject to the provisions of the YFI Constitution.

40.4

Where a matter is not specifically provided for in these Rules, the competent YFI authority may issue an appropriate direction or decision, provided that such decision is consistent with the **YFI Constitution and the principles of fair competition.**

40.5

The English version of these Rules shall be the authoritative version for interpretation and official application.

41. AMENDMENT OF RULES

41.1

These Rules & Regulations may be amended, revised, supplemented or replaced by the **competent authority of YFI** in accordance with the YFI Constitution and applicable governance requirements.

41.2

Any amendment shall be consistent with:

- the YFI Constitution
- applicable law and regulations
- recognized principles of sports governance
- the technical and administrative requirements of Yogasana Sports.

41.3

YFI may issue amendments, technical updates, Competition Regulations or Competition Circulars where necessary to address changes in competition structure, technical requirements, safety, judging, eligibility or administration.

41.4

An amendment shall become effective from the date specified in the amendment or from such other date as determined by the competent YFI authority.

41.5



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The **YFI Asana Syllabus and Technical/Competition Manual** may be updated separately, where permitted, without requiring a complete revision of these Rules & Regulations, provided that such update does not conflict with these Rules or the YFI Constitution.

41.6

All participating States/UTs/Units, athletes, Coaches, Team Managers and Officials shall comply with duly approved amendments and official technical instructions from their effective date.

42. FINAL AUTHORITY

42.1

YFI shall be the final governing authority for the conduct, regulation and administration of **Yogasana Sports competitions conducted or recognized by YFI**, subject to its Constitution and applicable law.

42.2

The **General Body, Executive Board and other competent authorities of YFI**, as provided under the YFI Constitution, shall exercise their respective powers and responsibilities in accordance with the Constitution.

42.3

The Competition Director, Chief Judge, Jury and other Competition Officials shall exercise only such powers as are delegated to them under the YFI Constitution, these Rules & Regulations and applicable Competition Regulations.

42.4

No Competition Official, State/UT/Unit, athlete, Coach or Team Manager may issue a direction or decision contrary to the YFI Constitution or these Rules.

42.5

In the event of any conflict between these Rules & Regulations and the **YFI Constitution**, the YFI Constitution shall prevail.

42.6

In the event of a conflict between these Rules and a technical provision contained in the **YFI Asana Syllabus or Technical/Competition Manual**, these Rules shall prevail unless the Rules expressly authorize the technical document to regulate that particular matter.

42.7

All decisions and directions issued by competent YFI authorities within their respective jurisdiction shall be binding on participating States/UTs/Units, athletes, Coaches, Team Managers and Officials.

42.8

Nothing in these Rules shall limit any right of appeal, review or remedy expressly provided under the **YFI Constitution, applicable law or duly approved YFI regulations**.

42.9

These Rules & Regulations shall remain in force until amended, replaced or withdrawn by the competent authority of YFI.

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SCHEDULE I

COMPETITION EVENTS

1. General

- 1.1. The Yoga Federation of India (YFI) shall conduct and recognize Yogasana Sports Competitions in the events specified in this Schedule.
- 1.2. The competitions shall be classified into **Non-Musical Yogasana** and **Musical Yogasana** events.
- 1.3. All competitions shall be conducted in accordance with the **YFI Rules & Regulations of Yogasana Sports Competition**, the applicable **YFI Asana Syllabus**, and the technical instructions issued by YFI from time to time.

2. Competition Events

Sl. No.	Competition Event	Nature	Participation
1	Traditional Yogasana Sports Competition	Non-Musical	Individual
2	Artistic Solo Yogasana Sports Competition	Musical	Individual
3	Artistic Pair Yogasana Sports Competition	Musical	Pair
4	Rhythmic Pair Yogasana Sports Competition	Musical	Pair
5	Group Yogasana Sports Competition	Musical	Group of 5 Athletes
6	Vinyas Flow Yogasana Sports Competition	Musical	Individual

3. Traditional Yogasana Sports Competition

- 3.1. Traditional Yogasana is a **Non-Musical Yogasana Sports Competition** performed individually.
- 3.2. Each athlete shall perform **10 Asanas**, consisting of:
 - a. **6 Compulsory Asanas**; and
 - b. **4 Optional Asanas**.
- 3.3. The Compulsory and Optional Asanas shall be selected and performed in accordance with the applicable **YFI Asana Syllabus**.
- 3.4. The athlete shall perform the Asanas in the prescribed sequence and holding requirements specified in the Rules and applicable technical documents.
- 3.5. Traditional Yogasana shall be evaluated primarily on technical execution, perfection, holding and stability, grace, muscle relaxation and other applicable criteria prescribed by YFI.

4. Artistic Solo Yogasana Sports Competition

- 4.1. Artistic Solo is an **individual Musical Yogasana Sports Competition**.
- 4.2. The athlete shall perform a planned combination of Yogasanas, transitions and artistic movements with music.
- 4.3. The performance shall ordinarily contain **6 to 10 Asanas**.
- 4.4. The performance duration shall be **150 to 180 seconds**.
- 4.5. An Asana shall ordinarily be held for a minimum of **5 seconds** to be counted as a performed Asana.

5. Artistic Pair Yogasana Sports Competition

- 5.1. Artistic Pair is a **Musical Yogasana Sports Competition performed by two athletes**.
- 5.2. The performance may include individual and combined Yogasana movements, transitions, formations and supported artistic movements.



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- 5.3. The performance shall ordinarily contain **6 to 10 Asanas**.
- 5.4. The performance duration shall be **150 to 180 seconds**.
- 5.5. A minimum of **4 formation/pyramid sequences** shall ordinarily be included.
- 5.6. An Asana shall ordinarily be held for a minimum of **5 seconds** to be counted.

6. Rhythmic Pair Yogasana Sports Competition

- 6.1. Rhythmic Pair is a **Musical Yogasana Sports Competition performed by two athletes in synchronization**.
- 6.2. The athletes shall perform Yogasanas simultaneously, with emphasis on synchronization, precision, rhythm and coordinated transitions.
- 6.3. Physical contact between the athletes shall not be permitted.
- 6.4. The performance shall ordinarily contain **6 to 10 Asanas**.
- 6.5. The performance duration shall be **150 to 180 seconds**.
- 6.6. An Asana shall ordinarily be held for a minimum of **5 seconds** to be counted.

7. Group Yogasana Sports Competition

- 7.1. Group Yogasana is a **Musical Yogasana Sports Competition performed by five athletes**.
- 7.2. The performance may include synchronized Yogasanas, coordinated movements, formations, pyramids and artistic transitions.
- 7.3. The performance shall ordinarily contain **6 to 10 Asanas**.
- 7.4. The performance duration shall be **210 to 240 seconds**.
- 7.5. A minimum of **4 formation/pyramid sequences** shall ordinarily be included.
- 7.6. An Asana shall ordinarily be held for a minimum of **5 seconds** to be counted.

8. Vinyas Flow Yogasana Sports Competition

- 8.1. Vinyas Flow is an **individual Musical Yogasana Sports Competition** based on a continuous sequence of Yogasanas.
- 8.2. The athlete shall perform a continuous and controlled flow of Yogasanas with appropriate transitions.
- 8.3. The performance shall ordinarily contain **6 to 10 Asanas**.
- 8.4. The performance duration shall be **120 to 150 seconds**.
- 8.5. An Asana shall ordinarily be held for a minimum of **5 seconds** to be counted.
- 8.6. The transitions between Asanas shall maintain continuity, control, balance and technical quality.

9. Common Provisions

- 9.1. All Asanas performed in any YFI competition shall be selected from the applicable **YFI Asana Syllabus**, unless otherwise specifically permitted by YFI.
- 9.2. The applicable age and gender categories shall be as prescribed in the YFI Rules and the relevant Competition Circular.
- 9.3. Detailed technical requirements, Asana classification, difficulty, judging criteria, deductions and scoring shall be governed by the applicable **YFI Asana Syllabus** and **Technical/Competition Manual**.
- 9.4. Where an event-specific provision differs from a general provision, the **event-specific provision shall apply**.
- 9.5. YFI may specify, through an official Competition Circular, the events and categories to be conducted in a particular National Championship or other competition.



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SCHEDULE II

YFI ASANA SYLLABUS

1. Status and Application

- 1.1. This Schedule constitutes the **YFI Asana Syllabus** for Yogasana Sports competitions conducted or recognized by the Yoga Federation of India (YFI).
- 1.2. The Syllabus shall be read together with the **YFI Rules & Regulations of Yogasana Sports Competition**, applicable Competition Circulars and the YFI Technical/Competition Manual.
- 1.3. This Schedule prescribes the Asana requirements for **Traditional Yogasana Sports Competition (Non-Musical)** and establishes the technical framework for Asana selection and evaluation in Musical Yogasana Events.
- 1.4. The age-wise Asana tables approved by YFI shall constitute the applicable Traditional Yogasana syllabus for the relevant competition year.

PART A – TRADITIONAL YOGASANA

2. Traditional Asana Structure

- 2.1. Each athlete shall perform **10 (Ten) Asanas**.
- 2.2. The 10 Asanas shall comprise:
 - a. **6 Compulsory Asanas – C1 to C6**; and
 - b. **4 Optional Asanas**.
- 2.3. The six Compulsory Asanas prescribed for the athlete's applicable age category shall be performed in the prescribed order.
- 2.4. The Optional Asanas shall be selected from the three approved groups:
 - **Group 1 – G1**
 - **Group 2 – G2**
 - **Group 3 – G3**
- 2.5. The athlete shall select:
 - a. minimum **one Asana from G1**;
 - b. minimum **one Asana from G2**;
 - c. minimum **one Asana from G3**; and
 - d. the fourth Optional Asana from any one of the three groups.
- 2.6. No Optional Asana shall be repeated.
- 2.7. A Compulsory Asana shall not be selected as an Optional Asana.
- 2.8. The uploaded syllabus specifies the same 10-Asana structure and G1/G2/G3 selection requirement across its age-wise tables.

3. Traditional Asana Performance

- 3.1. The six Compulsory Asanas shall be performed in the prescribed sequence **C1, C2, C3, C4, C5 and C6**.
- 3.2. The four selected Optional Asanas shall be performed in the order declared by the athlete before the competition.
- 3.3. Each Asana shall be performed according to the prescribed form, variation and technical requirements applicable to that Asana.
- 3.4. Each Asana shall be held for a minimum of **15 seconds**, unless YFI specifically prescribes otherwise for a particular competition.
- 3.5. The athlete shall demonstrate:



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- a. correct posture;
 - b. proper alignment;
 - c. controlled entry and exit;
 - d. stability and balance;
 - e. appropriate holding;
 - f. body control;
 - g. grace and composure; and
 - h. muscle relaxation appropriate to the posture.
- 3.6. The detailed technical points shown against each Asana in the age-wise syllabus shall be used by Judges for technical evaluation.

4. Optional Asana Mark Structure

4.1. The Optional Asanas shall carry the following maximum marks:

Optional Position	Maximum Marks
O1	8
O2	9
O3	10
O4	10

4.2. The syllabus provides the following guideline distribution for the four perfection guidelines:

Guideline	Marks
Guideline 1	2
Guideline 2	2
Guideline 3	1.5
Guideline 4	0.5
Total	6

4.3. The detailed marking components and applicable deductions shall be governed by the Rules and YFI Technical/Competition Manual.

The uploaded syllabus expressly provides the O1–O4 allocation of 8, 9, 10 and 10 marks and the four guideline distribution.

PART B – AGE-WISE TRADITIONAL ASANA SYLLABUS

5. Sub-Junior – 8 to 10 Years

Compulsory Asanas



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Code	Asana
C1	Bhujangasanam
C2	Shashangasanam
C3	BadhVakrasanam
C4	UtthitPadmasanam
C5	Vrikshasanam
C6	Parigrahasanam

Optional Asanas

Group	O1	O2	O3	O4
G1	Katibadh Bhujangasanam	Padangusth Dhanurasanam	Rajkapotasanam	Ekapadah Ardh Chakrasanam
G2	Ardh Badhpadam Pashchimottanasanam	Ekapadah Bhuj Bhunamanasanam	Kukkutasanam	UrdhvaPrasarita Eka Padahastasanam
G3	Srij Anuprasth Padangusthasanam	Pasasanam	Utthit Ekapadah Sikandhasanam	Srij Rijukonasanam

The uploaded syllabus identifies these six Compulsory Asanas and twelve Optional Asanas for the 8–10 category.

6. Sub-Junior – 10 to 12 Years Compulsory Asanas

Code	Asana
C1	Dhanurasanam
C2	Pashchimotaaanasanam
C3	Akarn Dhanurasanam
C4	Koundinyasanam
C5	Garudasanam
C6	Parsavkonasanam

Optional Asanas

Group	O1	O2	O3	O4
G1	Purn Supt Vajrasanam	Ekapadah Vyagraasanam	Katibadh Srij Bhujangasanam	Ek-Pad-Ardh-Chakrasana
G2	Supt Titibhasanam	Srij Hanumanasanam	Ekapadah Vajr Padhastasanam	Chakorasanam
G3	ParivartitUtthita Parsvkonasanam	Purn Matsyendrasanam	Parivartit Supt Prasvkonasana 2	Ek Pad Bhuj Koundinyasana

The age-wise table is set out in the uploaded syllabus on pages 3–4.



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7. Junior – 12 to 14 Years

Compulsory Asanas

Code	Asana
C1	Purn Dhanurasanam
C2	Padhastasanam
C3	Parivartit Trikonasanam
C4	Bakasanam
C5	Veer Bhadrasanam 3
C6	Ekapadah Skandhasanam

Optional Asanas

Group	O1	O2	O3	O4
G1	SrijUstrasanam	Natrajasana	Purn Chakrasanam	Ek Pad Likarasanam
G2	Marichayasanam 6	Vriksh Padhastasana	Urdh Titibhasana	Kurpar-Chakorasana
G3	Vamdevasana	Ek Pad Skandh SrijUtthit Pashchimotanasana	UtkatSrijDandayamanJanushirsasana	Ek Pad Koundiniyasana 2

The uploaded syllabus gives this category as 12–14 years and provides the above six compulsory and twelve optional Asanas.

8. Junior – 14 to 16 Years

Compulsory Asanas

Code	Asana
C1	Kurpar Chaturang Vrishchikasanam
C2	Utthit Pashchimotanasnaasanam
C3	Parivartiti Badh Parsvkonasanam
C4	Gulf Padam Bakasanam
C5	Dandayman Janusirsasanam
C6	Hanumanasanam

Optional Asanas

Group	O1	O2	O3	O4
G1	Urdhav Shalbhasanam	EkapadahVipritDandasana m	Purn Natrajasanam 2	Karatal Padam Vrashchikasanam
G2	Ardhpadam SrijUtthit Pashchimotanasnaasanam	BadhTitibhasanam	Ekapadah Prushth Padhastasana m	Ekapadah KukkutKagasanam
G3	VibhaktParivartitVakrasana	EkapadahSrijMakshikasana	Nartakasanam	SrijVishvamitrasana



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Group	O1	O2	O3	O4
	m	m		m

The 14–16 age table appears in the uploaded syllabus on pages 7–8.

9. Junior – 16 to 18 Years

Compulsory Asanas

Code	Asana
C1	Gherandasanam
C2	ArdhBadhPadamottanasanam
C3	Marichayasanam 4
C4	UtthitDiwi Pada Sikandhasanam
C5	BadhDandyanJanusirshasanam
C6	Ekapadah Skandh Chaturangasanam

Optional Asanas

Group	O1	O2	O3	O4
G1	Kartal Hast Samkonasanam	Kartal Vrishchikasanam	Gandabherundasanam	Purn Natrajasanam
G2	ParivartitPrasaritPadottanasanam	EkapadahPrushthPadottanasanam	UrdhvaPrasaritaKatibadh Eka Padahastasanam	UtthitUrdhvPashchimotanasanam
G3	Vishvamisraasanam	DandyanEkapadah Bhuj Padasanam	Purn Parsv Chakra Utkatasanam	Utthit Yoga Nidrasana

These entries are contained in the 16–18 age table of the uploaded syllabus.

10. Senior – 18 to 21 Years

Compulsory Asanas

Code	Asana
C1	Ekapadah Purn Chakrasanam 1
C2	Ekapadah Prushth Pashchimottanasanam
C3	ArdhBadh Padam Parigrahasanam
C4	Titibhasanam
C5	Katibadh Saral Natrajasanam
C6	Trivikramasanam

Optional Asanas

Group	O1	O2	O3	O4
G1	Sirsa Padasanam	KatibadhRajkapotasanam	Likarasanam	Ekapadah Purn Chakrasanam 2
G2	Parivartit Supt Parsvkonasanam 3	EkapadahPrushth	UtkatDandyan	KurparYoganidrasanam



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Group	O1	O2	O3	O4
		Padhastotanasanam	Janushirasanasanam	
G3	ParivartitPrasaritPadangusthasanam	KatibadhVishvamitrasanam	Durvasanam	Shalabh Konasanam

The uploaded syllabus provides this 18–21 age category on pages 11–12.

11. Senior – 21 to 25 Years

Compulsory Asanas

Code	Asana
C1	Ekapadah Purn Dhanurasanam
C2	Adho Mukha ArdhTitibhasanam
C3	ArdhMatsyendrasanam
C4	Kurpar Padam Bakasanam
C5	Dandyanam Dhanurasanam
C6	ParivartitArdhChandrasana

Optional Asanas

Group	O1	O2	O3	O4
G1	Purn Shalbhasanam	Vyagraasanam	Griva Natrajasanam	Vibhakt Viprit Suptasanam
G2	Dwi Pada Sikandhasanam	Supt Konasanam	PuratahTrivikramasanam	Ekapadah Skandh Bakasanam
G3	UtthitParivartitUtkatasanam	EkapadahKatibadh Hast Vrishikasanam	UrdhPrasaritEkapadasanam	ParivartitUtthitPashchimotanasanam

The uploaded syllabus provides this age group and its Asanas on pages 13–14.

12. Senior – 25 to 30 Years

Compulsory Asanas

Code	Asana
C1	Ekapadah Chakrasanam
C2	Vibhakt Pashchimotanasanam
C3	Badh Ardh Matsyendrasanam
C4	Asthvakrasanam
C5	Badh Hasta Trivikramasanam
C6	Ardh Chandrasanam

Optional Asanas

Group	O1	O2	O3	O4
G1	Ardh Vajr Chakrasanam 2	Kurpar Vyagraasanam	Chakrabandhasanam	Purn Veer Bhadrasanam 1
G2	Urdh Mukha Pashchimotanasanam	Badh Parivartit Hast Padasanam	Omkarasanam	Kagasanam
G3	Urdh Hast Parivartit Parsvkonasanam	Vajr Veerbhadrasanam	Padam Ardh Swalambh Sarvangasanam	Dwi Pad Koundiniyasanam



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These entries are specified in the uploaded syllabus for 25–30 years.

13. Senior – 30 to 35 Years

Compulsory Asanas

Code	Asana
C1	Chakrasanam
C2	Marichayasanam 2
C3	SrijPrasarit Padottanasanam
C4	Tolasanam
C5	Ardh Padam Padamottanasanam
C6	Vashishtasanam

Optional Asanas

Group	O1	O2	O3	O4
G1	EkapadahBadhRajkapotasanam	Ardh Vajr Chakrasanam 1	EkapadahKatibadhChakrasanam	Kurpar Padam Vyagraasanam
G2	Karanpidasanam	PrapadPadottanasanam	KurparVipritTadasanam	EkapadahKoundiniyasanam 1
G3	SrijEkapadah Ardh Rajkapotasanam	Vatayanasanam	UtplutiDandasanam	Parivartit Supt Prasvkonasanam 1

The 30–35 age table is contained on pages 17–18 of the uploaded syllabus.

14. Senior – 35 to 45 Years

Compulsory Asanas

Code	Asana
C1	Matsyasanam
C2	Krounchananam
C3	ParivarititPashchimotanasanam
C4	Padam Sarvangasanam
C5	Utthita Hasta Padangusthasanam
C6	Trikonasanam

Optional Asanas

Group	O1	O2	O3	O4
G1	Paryankasanam	Ekapadah Setubandh Sarvangasanam	Padam Bhujangasanam	Prushtha Vrikshasanam
G2	SrijVibhakt Pashchimotanasanam	Vriksh ArdhUttanasanam	Kurmasanam	Padam Karnpidasanam
G3	SrijBadhKonasanam	BadhGoumukhasanam	Padam Shirshasanam	Sirsha Padangusthasana



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The uploaded syllabus specifies this 35–45 category, with the same table also mentioning the professional 25–40 category.

15. Senior – Above 45 Years Compulsory Asanas

Code	Asana
C1	Ushtrasanam
C2	Halasanam
C3	Parivartit Janu Sirasanam 1
C4	Sarvangasanam
C5	Dhruvasanam
C6	PrasaritaPadottanasanam

Optional Asanas

Group	O1	O2	O3	O4
G1	Bhekasanam	Urdh Mukha Svanasanam	Saral Natrajasanam	Setubandh Sarvangasanam
G2	Veer Bhadrasanam 2	Adho Mukha Svanasanam	Sahaj Kurmasanam	Sirshasanam
G3	Urdh Badh Konasanam	Srij Ashvsanchalasanam	Parivartit Hast Padangusthasanam	Kashayapasanam

The final pages of the uploaded syllabus provide this Above-45 table and also identify the Professional 40+ category.

PART C – TECHNICAL GUIDELINES FOR TRADITIONAL ASANAS

16. Asana Identification

16.1. Every Asana appearing in the approved Traditional syllabus shall have an official YFI Asana name and, where assigned, a unique **YRS Asana Code**.

16.2. The approved name, illustration, technical guidelines and prescribed variation shall constitute the reference standard for judging.

16.3. The technical points shown against each Asana in the approved syllabus shall be considered while evaluating perfection of posture, alignment, execution and stability.

16.4. An athlete shall not replace a prescribed Compulsory Asana with another Asana.

17. Technical Evaluation

17.1. Traditional Asanas shall be evaluated primarily on:

- Execution;
- Perfection of Posture;
- Holding and Stability;
- Alignment and Control;



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- Grace and Muscle Relaxation; and
- compliance with the prescribed Asana.

17.2. Judges shall evaluate the actual performance of the athlete against the applicable YFI technical standard.

17.3. Detailed judging guidelines, deductions and scoring procedures may be prescribed in the YFI Technical/Competition Manual.

PART D – MUSICAL YOGASANA EVENTS

18. Open Asana Principle

18.1. **Musical Yogasana shall be an Open Asana Performance System.**

18.2. There shall be **no closed, compulsory or restricted list of Asanas** for Artistic Solo, Artistic Pair, Rhythmic Pair, Group Yogasana or Vinyas Flow, unless specifically prescribed by YFI for a particular competition.

18.3. Athletes shall have the freedom to select Asanas according to their:

- ability;
- flexibility;
- strength;
- balance;
- control;
- creativity;
- performance concept; and
- artistic presentation.

18.4. An athlete shall **not be restricted to the Asanas prescribed for the athlete's age category in the Traditional Yogasana syllabus** when participating in a Musical Yogasana event.

18.5. YFI shall encourage **innovation, creativity, originality and progressive development of Yogasana Sports** in Musical Events.

18.6. Athletes may combine different Yogasanas, transitions, movements, formations and sequences to create an original performance.

18.7. The absence of a closed Asana list shall not reduce the requirement of technical correctness, safety, control or identifiable Yogasana performance.

19. Asana Selection in Musical Events

19.1. Athletes shall select their Asanas freely according to the requirements of the respective Musical Event.

19.2. There shall be no requirement to perform the six Traditional Compulsory Asanas.

19.3. There shall be no requirement to select Asanas from G1, G2 or G3.

19.4. The Traditional O1–O4 Optional Asana classification shall **not apply as an Asana-selection restriction** to Musical Events.

19.5. Difficulty shall be determined from the **actual performance**, taking into consideration the complexity of the Asana, movements, transitions, combinations, balance, control and overall technical execution.

19.6. Innovation or originality shall not by itself substitute for correct Yogasana technique.

20. Event-Specific Musical Requirements

Event	Basic Asana Framework
Artistic Solo	Individual creative Yogasana performance
Artistic Pair	Two-athlete artistic performance with formations and coordinated movement



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Event	Basic Asana Framework
Rhythmic Pair	Two-athlete synchronized performance
Group Yogasana	Five-athlete coordinated group performance
Vinyas Flow	Individual continuous Yogasana flow

20.1. The applicable performance duration, minimum number of Asanas, minimum holding requirement, formations, synchronization and other event requirements shall be governed by **Articles 24–29 of the Rules** and the applicable Technical/Competition Manual.

20.2. The Musical Events shall remain open to innovation and shall not be converted into a prescribed Asana-list competition unless YFI expressly decides otherwise.

21. Holding Requirement in Musical Events

21.1. An Asana shall ordinarily be held for the minimum duration prescribed in the Rules or Technical/Competition Manual to be counted for Asana evaluation.

21.2. The current YFI framework provides a **minimum 5-second hold** for an Asana to be counted in Musical Events.

21.3. Transitions between Asanas may be used for artistic and technical presentation but shall not be treated as separate Asanas unless otherwise prescribed.

22. Innovation and Creativity

22.1. YFI recognizes innovation and creativity as important characteristics of Musical Yogasana Sports.

22.2. Athletes may develop new combinations, transitions, formations and presentation concepts.

22.3. Innovation shall be encouraged provided that:

- the performance remains fundamentally Yogasana-based;
- movements are controlled and technically appropriate;
- the performance does not create unreasonable risk;
- formations are safely executed; and
- the performance complies with the applicable Rules.

22.4. Creativity shall be evaluated together with technical execution, difficulty, control, synchronization, transitions, rhythm and artistic presentation.

23. Safety and Technical Recognition

23.1. An innovative movement or variation may be performed in a Musical Event; however, the athlete shall remain responsible for its safe execution.

23.2. Judges may consider the technically identifiable characteristics of the performed Asana while assessing difficulty and execution.

23.3. Unsafe, uncontrolled or prohibited movements may attract deduction or other action under the Rules and Technical/Competition Manual.

23.4. YFI may issue technical guidance concerning newly developed or innovative Asanas without converting the Musical Events into a closed syllabus.

24. Amendment and Updating of the Syllabus

24.1. YFI may revise the Traditional age-wise Asana syllabus from time to time.

24.2. YFI may add, remove, replace, rename or reclassify Asanas where technically or administratively required.



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24.3. Changes to the Traditional syllabus shall be notified before the applicable competition, wherever practicable.

24.4. The Musical Asana framework shall remain open and innovation-oriented notwithstanding periodic updates to the Traditional syllabus.

24.5. The latest YFI-approved version applicable to the competition year shall prevail.

SCHEDULE III

PERFORMANCE SEQUENCE DRAW

1. Purpose

1.1. The Performance Sequence Draw shall determine the order in which participating **States, Union Territories and YFI-recognized Units** shall present their athletes, pairs or teams in the subsequent National Yogasana Sports Championship.

1.2. The purpose of the draw is to ensure a **transparent, impartial and predetermined performance sequence** for all participating States, Union Territories and Units.

1.3. The Performance Sequence Draw shall be conducted by YFI in accordance with this Schedule and the applicable Competition Circular.

2. Timing of the Draw

2.1. The Performance Sequence Draw for a National Championship shall ordinarily be conducted during the **immediately preceding National Championship**.

2.2. The draw shall be conducted after the participating States, Union Territories and recognized Units for the relevant Championship have been identified, wherever practicable.

2.3. The draw shall ordinarily be conducted in the presence of Team Managers, Coaches, Captains or authorized representatives of participating States/Units.

2.4. Result of draw shall establish performance sequence for **subsequent National Championship**.

2.5. The procedure is consistent with the existing YFI framework under which representatives select numbers by draw and the allotted number determines the performance sequence.

3. Draw Procedure

3.1. Each eligible participating State, Union Territory or YFI-recognized Unit shall be assigned a unique number for the draw.

3.2. The numbers shall be placed in a transparent lottery/draw system.

3.3. An authorized representative of each participating State/Unit may draw one number.

3.4. The number allotted to the State/Unit shall determine its position in the Performance Sequence.

3.5. The first number shall perform first, the second number second, and so on in ascending numerical order.

3.6. The complete draw result shall be recorded in an official **Performance Sequence Draw Sheet**.

3.7. Once officially recorded, the draw shall ordinarily remain valid for the subsequent National Championship.

4. Application of Performance Sequence

4.1. The sequence determined through the draw shall ordinarily apply to all competition events conducted during the subsequent National Championship.



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4.2. The sequence shall determine the order of presentation of athletes, pairs or teams representing each State/Unit.

4.3. The Performance Sequence Draw shall not determine the order of Asanas within an athlete's performance.

4.4. The order of Asanas shall be governed separately by applicable Competition Rules and Asana Syllabus.

4.5. YFI may conduct a separate draw for a particular event where the nature, schedule or technical requirements of that event require a separate sequence.

5. Late or Newly Participating States/Units

5.1. A State, Union Territory or recognized Unit that was not included in the original draw may be assigned a supplementary sequence number.

5.2. Such assignment shall be made through a transparent and documented procedure determined by YFI.

5.3. A newly recognized or newly eligible Unit shall not be given preferential performance position without a recorded and valid reason.

5.4. The supplementary sequence shall be incorporated into the official Performance Sequence Sheet.

6. Publication and Record

6.1. The result of the Performance Sequence Draw shall be signed or authenticated by the authorized YFI officials conducting the draw.

6.2. The final sequence shall be communicated to participating States/Units and incorporated into the official competition records.

6.3. YFI may publish the Performance Sequence through the official Competition Circular, website, digital platform or other authorized means.

6.4. The official Draw Sheet shall form part of the permanent competition records maintained by YFI.

7. Exceptional Modification

7.1. The Performance Sequence shall not ordinarily be changed after the draw.

7.2. In exceptional circumstances, including administrative, technical, safety, scheduling or force-majeure conditions, the **Competition Director**, with the approval of the competent YFI authority, may modify the sequence.

7.3. Any such modification shall:

- a. be based on a recorded reason;
- b. be applied fairly and without discrimination; and
- c. be entered into the official competition record.

7.4. No modification shall be made merely to provide competitive advantage to any athlete, State, Union Territory or Unit.

8. Athlete-Level Performance Order

8.1. The State/Unit Performance Sequence Draw shall not ordinarily determine the order of individual athletes within the same State/Unit.

8.2. The order of athletes, pairs or teams within a State/Unit shall be determined by the competition management procedure notified by YFI.

8.3. Where YFI requires an athlete-level draw, such draw shall be conducted separately and transparently.



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9. Finality of Draw

9.1. Participation in the Performance Sequence Draw shall constitute acceptance of the procedure prescribed under this Schedule.

9.2. Objections relating solely to the preference for an earlier or later performance position shall not ordinarily constitute grounds for changing the draw.

9.3. Any genuine procedural irregularity in the conduct or recording of the draw shall be reported to the Competition Director or competent YFI authority before commencement of the affected competition.

9.4. The decision of the competent YFI authority regarding the validity and implementation of the draw shall be final, subject to the provisions of the YFI Constitution and applicable Rules.

SCHEDULE IV

TECHNICAL OFFICIALS AND COMPETITION PANEL

1. Appointment and Authority

1.1. The Yoga Federation of India (YFI) shall appoint or approve the Technical Officials required for the proper conduct of each National Championship and YFI-recognized competition.

1.2. Only officials duly appointed, authorized or recognized by YFI shall officiate in a YFI competition.

1.3. The number and composition of officials may be increased or modified according to the nature, size, number of participants and technical requirements of a competition.

1.4. All Technical Officials shall act independently, impartially and in accordance with the YFI Constitution, Rules & Regulations, Asana Syllabus, Technical/Competition Manual and applicable Competition Circulars.

The existing YFI Rules specifically provide for separate panels for Non-Musical and Musical Events.

2. Competition Panel – Traditional Yogasana

The minimum competition panel for the **Traditional Yogasana Sports Competition (Non-Musical)** shall ordinarily comprise:

Sl. No.	Official	Number
1	Chief Judge	1
2	Judges	4
3	Announcer	1
4	Timekeeper	1
5	Stage Marshal	1
6	Document Checker	1
7	Manual/Laptop Scorer	1

This composition is based on the existing YFI competition panel requirements.

3. Competition Panel – Musical Yogasana

The minimum competition panel for **Musical Yogasana Events** shall ordinarily comprise:

Sl. No.	Official	Number
1	Chief Judge	1
2	Judges	4
3	Asana Count Judges	2



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Sl. No.	Official	Number
4	Difficulty Checker Judges	2
5	Timekeeper	1
6	Stage Marshal	1
7	Announcer	1
8	Document Checker	1
9	Manual/Laptop Scorer	1
10	Music System/Music Player/Operator	As required

This composition follows the existing YFI Musical Event panel.

4. Competition Director

4.1. The Competition Director shall be responsible for the overall operational conduct of the competition within the authority delegated by YFI.

4.2. The Competition Director shall:

- supervise the overall conduct of the competition;
- ensure compliance with the approved competition format and schedule;
- coordinate the Technical Officials and competition staff;
- ensure that the Field of Play is ready and suitable;
- conduct or supervise official draws, meetings and competition procedures;
- address unforeseen operational or technical situations within the authority granted by YFI;
- coordinate with the Chief Judge, Jury and Organizing Committee; and
- ensure that official results are properly compiled and released.

These responsibilities are reflected in the existing YFI Rules.

5. Chief Judge

5.1. The Chief Judge shall supervise and coordinate the judging panel.

5.2. The Chief Judge shall:

- supervise the Judges/Evaluators;
- ensure consistent application of judging standards;
- coordinate technical decisions during the competition;
- monitor applicable deductions and invalid performances;
- address technical questions arising during competition; and
- report significant technical matters to the Competition Director or Jury.

5.3. The Chief Judge shall not interfere with the independent marking of individual Judges except where action is specifically authorized under the Rules.

The existing YFI Rules provide that the Chief Judge coordinates the judging panel and ensures uniform application of technical rules.

6. Judges / Evaluators

6.1. Judges shall evaluate each performance independently and impartially.

6.2. Judges shall apply the criteria prescribed in the YFI Rules, Asana Syllabus and Technical/Competition Manual.

6.3. Judges shall:

- evaluate the performance actually presented;
- award marks according to the applicable criteria;



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- c. apply authorized deductions;
- d. identify invalid performances where applicable;
- e. accurately record their marks; and
- f. comply with legitimate technical instructions of the Chief Judge.

6.4. A Judge shall not be influenced by the athlete's name, State/Unit, previous result, reputation or ranking.

6.5. Judges shall maintain confidentiality regarding marks and technical deliberations until officially released.

The independence and impartiality requirements are expressly reflected in the existing YFI Rules.

7. Jury

7.1. YFI may constitute a Jury to deal with technical disputes, judging-related matters, protests, appeals and other matters assigned under the Rules.

7.2. The Jury shall:

- a. consider technical disputes referred to it;
- b. examine valid protests or appeals within its jurisdiction;
- c. ensure that decisions are consistent with YFI Rules;
- d. review technical or scoring irregularities when properly referred; and
- e. record or communicate its decision through the authorized competition authority.

7.3. A Jury member having a direct conflict of interest shall disclose such conflict and shall not participate in the matter where required.

7.4. Decisions of the Jury within its jurisdiction shall be final, subject to the applicable appeal and review provisions of YFI.

8. Asana Count Judges – Musical Events

8.1. Two Asana Count Judges shall ordinarily be appointed for Musical Yogasana Events.

8.2. They shall identify and record the Asanas performed during the performance in accordance with the applicable technical requirements.

8.3. They shall verify the number and sequence of Asanas where such verification is required.

8.4. Their observations shall be recorded through the prescribed competition scoring or technical form.

8.5. The detailed counting procedure shall be prescribed in the Technical/Competition Manual.

9. Difficulty Checker Judges – Musical Events

9.1. Two Difficulty Checker Judges shall ordinarily be appointed for Musical Yogasana Events.

9.2. They shall assess the technical difficulty of the Asanas and performance elements in accordance with the applicable YFI technical criteria.

9.3. Difficulty shall be assessed from the **actual performance**, including the complexity and number of movements, transitions and combinations of postural elements.

9.4. The Difficulty Checker Judges shall record their assessment independently.

9.5. Detailed difficulty assessment and scoring shall be governed by the applicable Technical/Competition Manual.

The principle that Musical Event difficulty is assessed from the actual performance, including movements, transitions and combinations, is already included in the YFI Rules.

10. Timekeeper

10.1. The Timekeeper shall accurately record the prescribed performance and holding times.

10.2. The Timekeeper shall:



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AFFILIATED TO ASIAN YOGA FEDERATION & INTERNATIONAL YOGA SPORTS FEDERATION

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- a. start and stop timing in accordance with the prescribed procedure;
 - b. record performance duration;
 - c. provide timing signals where required; and
 - d. report timing violations to the designated official.
- 10.3. Musical Event timing shall be recorded in accordance with the applicable event requirements.

11. Stage Marshal

11.1. The Stage Marshal shall manage the orderly movement of athletes to and from the Field of Play.

11.2. The Stage Marshal shall:

- a. call athletes according to the official Performance Sequence;
- b. ensure athletes report at the designated time;
- c. maintain orderly entry and exit from the Field of Play; and
- d. coordinate athlete movement with the Competition Director.

12. Document / Eligibility Checker

12.1. The Document Checker shall verify the eligibility and required documents of athletes and participating States/Units.

12.2. The Document Checker shall:

- verify athlete identity and eligibility documents;
- check registration details;
- identify discrepancies;
- verify required declarations or forms; and
- report suspected irregularities to the authorized YFI authority.

13. Scorer / Scoring Official

13.1. The Scorer shall be responsible for accurate recording and calculation of competition scores.

13.2. The Scorer shall:

- collect marks submitted by Judges;
- enter marks into the prescribed scoring system;
- apply authorized deductions;
- calculate scores in accordance with Schedule V;
- verify calculations;
- prepare official result sheets; and
- maintain official scoring records.

13.3. The Scorer shall not independently alter a Judge's marks.

13.4. Any apparent calculation or recording error shall be referred to the appropriate authority for verification.

14. Announcer

14.1. The Announcer shall make official announcements relating to the competition.

14.2. The Announcer may announce:

- athlete/pair/team names;
- State/UT/Unit;
- performance sequence;
- d.competition proceedings;
- e. instructions authorized by the Competition Director or Chief Judge; and



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- f. official results when authorized.

14.3. The Announcer shall not make comments or announcements that may influence judging or competitors.

15. Music / Audio Official

15.1. A Music/Audio Official shall be appointed for Musical Yogasana Events.

15.2. The Music/Audio Official shall:

- receive and verify approved competition music;
- ensure correct music is played for the designated athlete/pair/team;
- coordinate playback with the competition officials;
- operate or supervise the music system;
- report technical problems immediately; and
- maintain an orderly music sequence.

15.3. The procedure for music submission, playback failure, interruption and re-performance shall be governed by the applicable Competition Circular or Technical/Competition Manual.

16. General Duties and Conduct of Officials

16.1. All Technical Officials shall perform their duties with impartiality, integrity and professional conduct.

16.2. No Technical Official shall:

- influence another Judge's independent score;
- disclose confidential marks before authorized release;
- improperly communicate with athletes or coaches during performance;
- show favoritism toward any athlete, State, Unit or team; or
- participate in a matter where a declared conflict of interest prevents impartial performance.

16.3. Officials shall maintain confidentiality of competition records, scores, deliberations and technical matters until officially released.

16.4. Officials shall comply with all applicable YFI policies concerning discipline, integrity and conflict of interest.

17. Modification of Competition Panel

17.1. The panel specified in this Schedule represents the **standard minimum competition structure**.

17.2. YFI may appoint additional Technical Officials, support staff or specialist officials where required by:

- the number of participants;
- the number of competition arenas;
- the event format;
- technological or scoring requirements;
- safety and medical requirements; or
- any other operational requirement.

17.3. YFI may modify the number or composition of officials for a particular competition through an official Competition Circular.

17.4. Such modification shall not affect the fundamental principles of independent judging, transparency and fair competition.

The existing YFI Rules expressly permit modification of the number and composition of officials according to the event, number of participants and competition requirements.



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18. Official Panel Summary

A. Traditional Yogasana – Non-Musical

1 Chief Judge + 4 Judges + 1 Announcer + 1 Timekeeper + 1 Stage Marshal + 1 Document Checker + 1 Manual/Laptop Scorer

B. Musical Yogasana

1 Chief Judge + 4 Judges + 2 Asana Count Judges + 2 Difficulty Checker Judges + 1 Timekeeper + 1 Stage Marshal + 1 Announcer + 1 Document Checker + 1 Manual/Laptop Scorer + Music System/Operator

SCHEDULE V

SCORING AND TIE-BREAK PROCEDURE

1. General

- 1.1. All YFI Yogasana Sports Competitions shall be scored in accordance with the applicable **YFI Rules & Regulations, Asana Syllabus and Technical/Competition Manual**.
- 1.2. Judges shall evaluate each performance independently and shall award marks only on the basis of the performance actually presented by the athlete, pair or group.
- 1.3. The scoring system shall ensure consistency, transparency, impartiality and accurate calculation of the final competition result.
- 1.4. The detailed criteria and marking components applicable to each event shall be specified in the relevant **Score Sheet, Asana Syllabus or Technical/Competition Manual**.

2. Judge Panel

- 2.1. The standard judging panel shall consist of **four Judges**, under the supervision of the Chief Judge.
- 2.2. Each Judge shall independently record the score awarded to the athlete, pair or group.
- 2.3. A Judge shall not alter another Judge's score.
- 2.4. The Chief Judge shall supervise the proper application of the judging standards but shall not arbitrarily change the independent marks awarded by a Judge.

3. Calculation of Judge Score

- 3.1. After all four Judges have submitted their marks, the scores shall be arranged from **highest to lowest**.
- 3.2. The **highest Judge score** and the **lowest Judge score** shall be excluded from the calculation of the official mean.
- 3.3. The remaining two Judge scores shall be used to calculate the Mean Score.

Formula

Mean Score = (Second Highest Score + Second Lowest Score) ÷ 2

- 3.4. The Mean Score shall constitute the base score before applicable technical deductions.

4. Technical Deductions

- 4.1. Applicable technical, sequence, boundary, timing, invalid-performance or other authorized deductions shall be applied in accordance with the YFI Rules, Asana Syllabus and Technical/Competition Manual.
- 4.2. Deductions shall be recorded separately from the Judge marks.



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4.3. No deduction shall be imposed unless it is authorized under the applicable YFI rules or technical provisions.

4.4. Where an Asana or performance is declared invalid under the Rules, the applicable score shall be recorded as prescribed by the Rules and Technical/Competition Manual.

5. Official Competition Score

5.1. The Official Competition Score shall be calculated after applying all applicable deductions to the Mean Score.

Formula

Official Competition Score = Mean Score – Applicable Deductions

5.2. The Official Competition Score shall be used for determining the final ranking.

5.3. The Scorer shall verify all calculations before the official result is released.

5.4. Any identified calculation or recording error shall be corrected through the authorized competition procedure.

6. Traditional Yogasana Scoring

6.1. Each of the ten Asanas shall be evaluated independently.

6.2. The applicable Traditional Yogasana score shall consider the prescribed technical components, including:

- Execution;
- Perfection;
- Holding & Stability; and
- Grace & Muscle Relaxation.

6.3. The applicable marks for Compulsory and Optional Asanas shall be as prescribed in the approved YFI Asana Syllabus and Score Sheet.

6.4. The six Compulsory Asanas and four Optional Asanas shall be separately identifiable in the Judge Score Sheet.

6.5. The Optional Asana marks shall be separately recorded because they are required for the first tie-break procedure.

6.6. The total marks obtained across the applicable Asanas shall be recorded as the **Total Marks** for tie-break purposes.

7. Musical Yogasana Scoring

7.1. Artistic Solo, Artistic Pair, Rhythmic Pair, Group Yogasana and Vinyas Flow shall be evaluated according to the criteria applicable to the respective event.

7.2. The evaluation may include the applicable technical, difficulty, execution, coordination, synchronization, transition, rhythm, control and artistic/presentation criteria prescribed by YFI.

7.3. The scoring criteria shall recognize the actual performance and shall not restrict innovation and creativity where such innovation complies with the Rules.

7.4. The detailed event-wise marking criteria shall be provided in the respective YFI Score Sheet and Technical/Competition Manual.

7.5. The same four-Judge averaging principle prescribed under this Schedule shall ordinarily apply unless YFI specifically approves a different scoring procedure for a particular event.

8. Ranking

8.1. Competitors shall be ranked according to their **Official Competition Score**.

8.2. The competitor obtaining the highest Official Competition Score shall be placed first.



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8.3. The remaining competitors shall be ranked in descending order of their Official Competition Scores.

8.4. Where two or more competitors obtain the same Official Competition Score, the tie-break procedure under this Schedule shall apply.

9. Tie-Break Procedure

Where two or more athletes, pairs or groups obtain the same Official Competition Score, the tie shall be resolved in the following order:

First Tie-Break – Optional Asana Marks

9.1. The competitor having the **higher Optional Asana Marks** shall be placed higher.

9.2. This comparison shall be made from the Optional Asana marks recorded in the official scoring record.

Second Tie-Break – Total Marks

9.3. If the tie continues, the competitor having the **higher Total Marks** shall be placed higher.

9.4. Total Marks shall be determined from the applicable official score sheet before the final deductions used for the Official Competition Score.

Third Tie-Break – Re-Performance

9.5. If the competitors remain tied after the first and second tie-breaks, the tied competitors shall perform again.

9.6. The re-performance shall be conducted under the direction of the Competition Director and Chief Judge.

9.7. The procedure and conditions for such re-performance shall be determined by the Competition Director in accordance with the applicable Rules and technical requirements.

9.8. The result of the re-performance shall determine the final ranking of the tied competitors.

10. Tie-Break Sequence

The tie-breaking order shall therefore be:

Official Competition Score

↓

1st – Higher Optional Asana Marks

↓

2nd – Higher Total Marks

↓

3rd – Re-Performance

↓

Final Ranking

11. Re-Performance

11.1. Re-performance under the tie-break procedure shall be conducted only where the tie remains unresolved after the prescribed scoring comparisons.

11.2. The Competition Director shall determine the time and order of re-performance in consultation with the Chief Judge.

11.3. The re-performance shall be conducted under the same applicable technical and safety requirements.

11.4. The marks obtained in the re-performance shall be recorded separately.

11.5. The final decision resulting from the re-performance shall be entered into the official result record.



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11.6. Re-performance shall not ordinarily be permitted merely because an athlete, coach or team considers the original performance score unsatisfactory.

12. Score Recording

12.1. Each Judge shall submit an individual Judge Score Sheet.

12.2. The Scorer shall enter all four Judge scores into the **Master Score Calculation Sheet**.

12.3. The Master Score Calculation Sheet shall identify:

- Judge 1 Score;
- Judge 2 Score;
- Judge 3 Score;
- Judge 4 Score;
- Highest Score excluded;
- Lowest Score excluded;
- Second Highest Score;
- Second Lowest Score;
- Mean Score;
- Applicable Deductions;
- Official Competition Score; and
- Rank.

12.4. The official scoring record shall be checked before publication of results.

13. Correction of Scoring Errors

13.1. A calculation, transcription or recording error identified before the official result is released shall be corrected by the authorized scoring officials after verification.

13.2. A correction shall not constitute a change in the independent marks awarded by a Judge.

13.3. Errors discovered after publication shall be dealt with under the applicable **Appeal and Technical Review provisions** of the YFI Rules.

13.4. All approved corrections shall be documented and retained as part of the official competition record.

14. Final Result

14.1. The final result shall contain, as applicable:

- Name of Athlete/Pair/Group;
- State/UT/Unit;
- Event;
- Age/Gender Category;
- Judge Scores;
- Mean Score;
- Applicable Deductions;
- Official Competition Score;
- Tie-Break information, where applicable;
- Final Rank; and
- Medal/Position, where applicable.

14.2. The official result shall be released only after completion of the prescribed scoring and verification procedure.

14.3. The official result shall form part of the permanent competition records of YFI.

15. Authority of Technical Documents



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15.1. This Schedule establishes the **general scoring and tie-break framework**.

15.2. The exact event-wise scoring components, maximum marks, deductions and technical assessment criteria shall be prescribed in the applicable **YFI Asana Syllabus, Score Sheets and Technical/Competition Manual**.

15.3. In case of a technical matter not expressly covered by this Schedule, the applicable YFI Rules and authorized Technical/Competition Manual shall apply.

15.4. No event-specific scoring provision shall override the fundamental scoring and tie-break principles established by the YFI Rules unless expressly approved by the competent YFI authority.

SCHEDULE VI

COMPETITION FORMS

1. General

1.1. The forms prescribed under this Schedule shall be used for the registration, verification, performance declaration, scoring, result preparation, appeal and official record of YFI Yogasana Sports Competitions.

1.2. YFI may prescribe physical, digital or electronically generated versions of these forms.

1.3. The format of a form may be modified by YFI for administrative or technological requirements, provided that the essential information and record required under these Rules is maintained.

1.4. All forms submitted or generated during a competition shall form part of the official competition records.

1.5. Forms relating to technical scoring shall be completed only by the designated Technical Officials.

2. List of Competition Forms

The standard YFI Competition Forms shall include:

Form No.	Form Name
VI-A	Athlete Registration Form
VI-B	Eligibility & Document Verification Form
VI-C	Order of Performance / Asana Declaration Form
VI-D	Traditional Yogasana Judge Score Sheet
VI-E	Artistic Solo Judge Score Sheet
VI-F	Artistic Pair Judge Score Sheet
VI-G	Rhythmic Pair Judge Score Sheet
VI-H	Group Yogasana Judge Score Sheet
VI-I	Vinyas Flow Judge Score Sheet
VI-J	Master Score Calculation Sheet
VI-K	Official Result Sheet
VI-L	Appeal / Technical Review Form



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3. Form VI-A – Athlete Registration Form

3.1. The Athlete Registration Form shall contain the information required for participation in a YFI competition.

3.2. The form shall ordinarily include:

- Name of Athlete;
- Date of Birth;
- Gender;
- Age Category;
- State/UT/Unit;
- Event(s);
- Athlete/Registration Number;
- Contact details, where required;
- Coach/Team Manager details;
- required declarations; and
- signature/authorization of the athlete or authorized representative.

4. Form VI-B – Eligibility & Document Verification Form

4.1. The Eligibility & Document Verification Form shall be used by the Document/Eligibility Checker.

4.2. The form shall record verification of:

- identity;
- date of birth/age eligibility;
- registration;
- State/UT/Unit representation;
- required certificates and documents; and
- other eligibility requirements prescribed by YFI.

4.3. Any discrepancy shall be recorded and reported to the competent authority before participation wherever practicable.

5. Form VI-C – Order of Performance / Asana Declaration Form

5.1. This form shall be used to declare the Asanas to be performed where the applicable Rules require advance declaration.

5.2. For Traditional Yogasana, the form shall ordinarily contain:

No.	Asana Code	Asana Name	Category
1	C1		Compulsory
2	C2		Compulsory
3	C3		Compulsory
4	C4		Compulsory
5	C5		Compulsory
6	C6		Compulsory
7	O1		Optional
8	O2		Optional
9	O3		Optional
10	O4		Optional



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5.3. The athlete/authorized representative shall verify the declared sequence before submission.

5.4. Once submitted, the declared sequence shall be followed during the performance, subject to the provisions of the Rules.

5.5. The form shall be signed or electronically authenticated by the athlete/authorized representative and the designated competition official.

6. Form VI-D – Traditional Yogasana Judge Score Sheet

6.1. A separate Judge Score Sheet shall be provided to each Judge for Traditional Yogasana.

6.2. The form shall provide space for recording the marks for all **6 Compulsory and 4 Optional Asanas**.

6.3. The applicable marking components shall include, as prescribed by YFI:

- Execution;
- b. Perfection;
- c. Holding & Stability;
- d. Grace & Muscle Relaxation; and
- e. applicable deductions.

6.4. The exact marks and technical assessment shall be as prescribed in the applicable YFI scoring system and technical documents.

6.5. The Judge shall sign or authenticate the completed score sheet.

7. Form VI-E – Artistic Solo Judge Score Sheet

7.1. This form shall be used by Judges for the Artistic Solo event.

7.2. The form shall provide for assessment of the applicable technical and artistic elements of the performance.

7.3. The form may include, as applicable:

- Asana Execution;
- b. Difficulty;
- c. Asana Perfection;
- d. Transitions;
- e. Body Control & Stability;
- f. Rhythm and Musical Coordination;
- g. Artistic Presentation;
- h. Grace and Expression; and
- i. applicable deductions.

8. Form VI-F – Artistic Pair Judge Score Sheet

8.1. This form shall be used for the Artistic Pair event.

8.2. The form shall provide for assessment of the pair performance, including applicable:

- Technical Execution;
- Difficulty;
- Asana Perfection;
- Pair Coordination;
- Formation/Pyramid;
- Transitions;
- Rhythm;
- Artistic Presentation;
- Control; and
- applicable deductions.



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9. Form VI-G – Rhythmic Pair Judge Score Sheet

9.1. This form shall be used for the Rhythmic Pair event.

9.2. The form shall provide for assessment of the applicable:

- Technical Execution;
- Difficulty;
- Asana Perfection;
- Synchronization;
- Precision;
- Transitions;
- Rhythm;
- Body Control & Stability;
- Presentation; and
- applicable deductions.

10. Form VI-H – Group Yogasana Judge Score Sheet

10.1. This form shall be used for the Group Yogasana event.

10.2. The form shall provide for assessment of the applicable:

- Technical Execution;
- Difficulty;
- Asana Perfection;
- Synchronization;
- Formation/Pyramid;
- Team Coordination;
- Transitions;
- Rhythm;
- Artistic Presentation; and
- applicable deductions.

11. Form VI-I – Vinyas Flow Judge Score Sheet

11.1. This form shall be used for the Vinyas Flow event.

11.2. The form shall provide for assessment of:

- Technical Execution;
- Difficulty;
- Asana Perfection;
- Continuity of Flow;
- Transitions;
- Balance & Stability;
- Body Control;
- Rhythm;
- Presentation; and
- applicable deductions.

11.3. Particular importance shall be given to continuity and controlled transitions, consistent with the nature of Vinyas Flow.

12. Form VI-J – Master Score Calculation Sheet

12.1. The Master Score Calculation Sheet shall be maintained by the Scorer.

12.2. It shall record the scores submitted by all four Judges.



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12.3. The form shall contain, as applicable:

Particular	Score
Judge 1	
Judge 2	
Judge 3	
Judge 4	
Highest Score – Excluded	
Lowest Score – Excluded	
Second Highest Score	
Second Lowest Score	
Mean Score	
Applicable Deductions	
Official Competition Score	
Rank	

12.4. The Scorer shall calculate the result in accordance with **Schedule V – Scoring and Tie-Break Procedure**.

12.5. The completed sheet shall be verified by the designated scoring authority before release of the official result.

13. Form VI-K – Official Result Sheet

13.1. The Official Result Sheet shall contain the final result of the relevant competition.

13.2. It shall ordinarily contain:

Rank Athlete/Pair/Group State/UT/Unit Final Score Medal/Position

13.3. Where required, the result sheet shall also record:

- Judge scores;
- Mean Score;
- deductions;
- tie-break information; and
- re-performance result.

13.4. The Official Result Sheet shall be authenticated by the authorized competition officials.

14. Form VI-L – Appeal / Technical Review Form

14.1. The Appeal/Technical Review Form shall be used for submitting an appeal or technical review request permitted under the YFI Rules.

14.2. The form shall identify:

- Athlete/Pair/Group;
- Event and Category;
- Performance number;
- specific Asana or performance matter concerned;
- nature of alleged error;
- supporting evidence, where available;
- prescribed appeal fee;



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E-mail: - info@yogafederationofindia.com Mobile No. +91-7737117757, Website: - www.yogafederationofindia.com

- date and time of submission; and
- decision of the competent authority.

14.3. Appeals shall be dealt with in accordance with the applicable provisions of the YFI Rules.

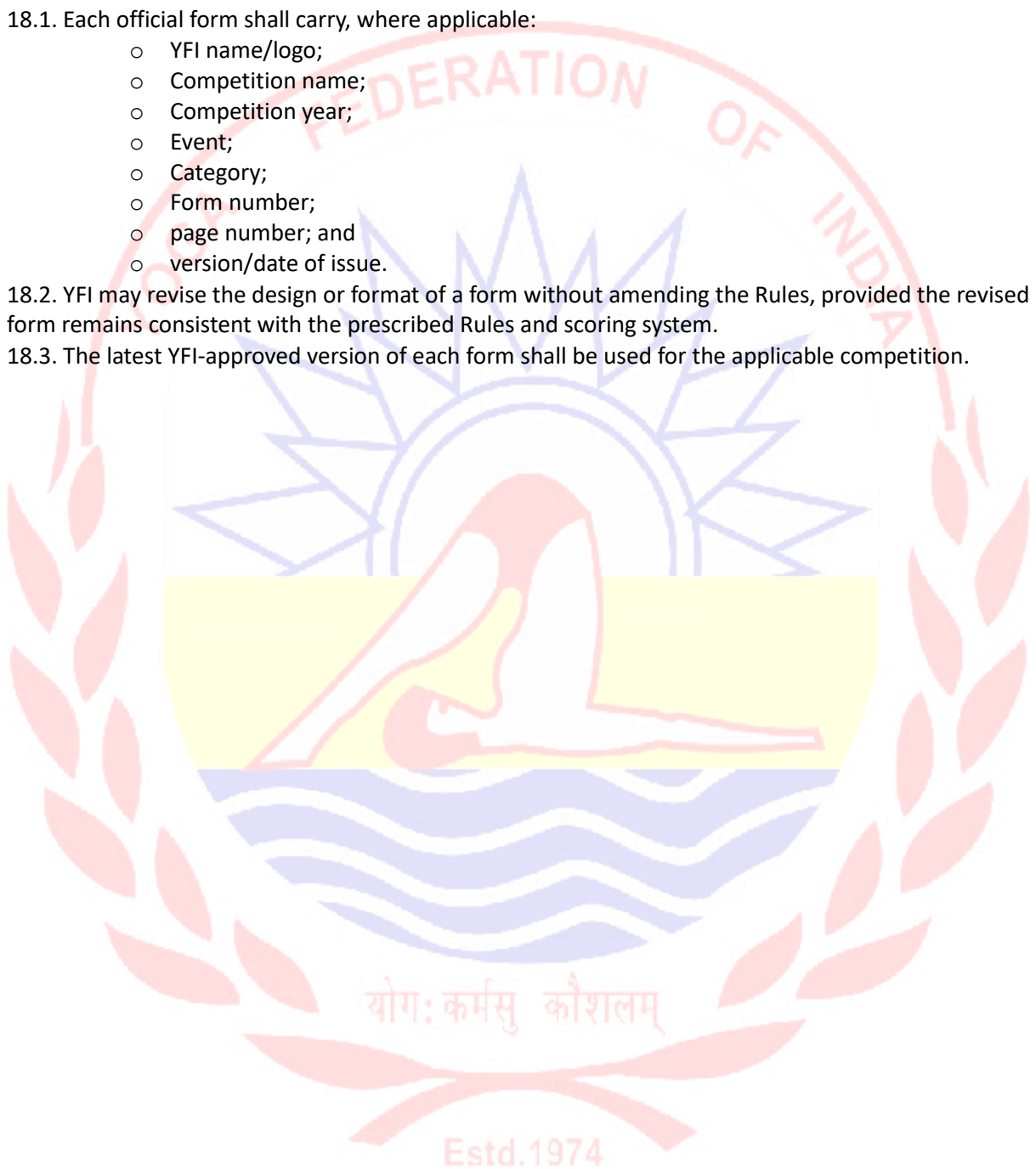
15. Form Control

18.1. Each official form shall carry, where applicable:

- YFI name/logo;
- Competition name;
- Competition year;
- Event;
- Category;
- Form number;
- page number; and
- version/date of issue.

18.2. YFI may revise the design or format of a form without amending the Rules, provided the revised form remains consistent with the prescribed Rules and scoring system.

18.3. The latest YFI-approved version of each form shall be used for the applicable competition.





YOGA FEDERATION OF INDIA

Annexure – 13

(REGD. UNDER THE SOCIETIES REGISTRATION ACT XXI OF 1860, REGO. 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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Schedule VII – Forms

ENROLMENT FORM

PLAYER'S/REFEREE/OFFICE BEARERS-YFI/STATE PRESIDENT/SECRETARY/MEMBERS

(To be filled in Capital Letters)

Latest Passport
size coloured
photo of the
candidate

Name of State :
Capacity :
Name of Applicant :
Date of Birth : Sex: Blood Group:
Address :
Mobile No. : E-mail:
Qualification :
Occupation :



Specimen Signature of the Candidate



Specimen Signature of the Candidate

Signature of Candidate

Dated:

Signature: - President/Secretary/Manager

Name:

Name of the Association/Unit:

I hereby declare that:

1. All information and documents submitted by me are true and correct.
2. I am eligible for the registered event and age category.
3. I shall follow the YFI Rules, Asana Syllabus and all competition instructions.
4. I shall follow the prescribed performance and Asana sequence.
5. I shall maintain discipline and sportsmanship throughout the competition.
6. I shall not interfere with or improperly communicate with Judges or Officials.
7. I accept that my performance will be evaluated according to YFI rules and criteria.
8. I shall comply with applicable anti-doping, safety and medical requirements.
9. I accept the decisions of the competent YFI authorities, subject to the prescribed appeal process.
10. I understand that violation of the rules or submission of false information may result in disqualification or disciplinary action.
11. I authorize YFI/Organizer to use my name, results, photographs and videos for official records, promotion and development of Yogasana Sports, as permitted by applicable rules and law.

Athlete Confirmation:

I have read, understood and accepted the above declaration and agree to abide by the YFI Rules and Regulations.



YOGA FEDERATION OF INDIA

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Traditional Yogasana Explanatory Score Sheet

Name of Competition / Age Category															
Badge no.															
Name of Player															
Asana Name/ Number:-						Asana Name/ Number:-									
Execution						Execution									
1		0.75		0.5		0.25		1		0.75		0.5		0.25	
Perfection						Perfection									
6		5.75		5.5		5.25		6		5.75		5.5		5.25	
5		4.75		4.5		4.25		5		4.75		4.5		4.25	
4		3.75		3.5		3.25		4		3.75		3.5		3.25	
3		2.75		2.5		2.25		3		2.75		2.5		2.25	
2		1.75		1.5		1.25		2		1.75		1.5		1.25	
1		0.75		0.5		0.25		1		0.75		0.5		0.25	
Holding						Holding									
2		1.75		1.5		1.25		2		1.75		1.5		1.25	
1		0.75		0.5		0.25		1		0.75		0.5		0.25	
Grace						Grace									
1		0.75		0.5		0.25		1		0.75		0.5		0.25	

Traditional Yogasana Detailed Explanatory Score Sheet

Traditional Yogasana Explanatory Score Sheet												
Age Group						State						
Player Name						Gender						
Sr						Asana 1						
Execution	1	0.75	0.5	0.25		Execution	1	0.75	0.5	0.25		
Guideline1	2	1.75	1.5	1.25	1	0.75	0.5	0.25				
Guideline 2	2	1.75	1.5	1.25	1	0.75	0.5	0.25				
Guideline 3	1.5	1.25	1	0.75	0.5	0.25						
Guideline 4	0.5	0.25										
Stability	2	1.75	1.5	1.25	1	0.75	0.5	0.25				
Grace	1	0.75	0.5	0.25								
Asana 2						Asana 3						
Execution	1	0.75	0.5	0.25		Execution	1	0.75	0.5	0.25		
Guideline1	2	1.75	1.5	1.25	1	0.75	0.5	0.25				
Guideline 2	2	1.75	1.5	1.25	1	0.75	0.5	0.25				
Guideline 3	1.5	1.25	1	0.75	0.5	0.25						
Guideline 4	0.5	0.25										
Stability	2	1.75	1.5	1.25	1	0.75	0.5	0.25				
Grace	1	0.75	0.5	0.25								
Asana 3						Asana 4						
Execution	1	0.75	0.5	0.25		Execution	1	0.75	0.5	0.25		
Guideline1	2	1.75	1.5	1.25	1	0.75	0.5	0.25				
Guideline 2	2	1.75	1.5	1.25	1	0.75	0.5	0.25				
Guideline 3	1.5	1.25	1	0.75	0.5	0.25						
Guideline 4	0.5	0.25										
Stability	2	1.75	1.5	1.25	1	0.75	0.5	0.25				
Grace	1	0.75	0.5	0.25								
Asana 4						Asana 5						
Execution	1	0.75	0.5	0.25		Execution	1	0.75	0.5	0.25		
Guideline1	2	1.75	1.5	1.25	1	0.75	0.5	0.25				
Guideline 2	2	1.75	1.5	1.25	1	0.75	0.5	0.25				
Guideline 3	1.5	1.25	1	0.75	0.5	0.25						
Guideline 4	0.5	0.25										
Stability	2	1.75	1.5	1.25	1	0.75	0.5	0.25				
Grace	1	0.75	0.5	0.25								
Asana 5						Asana 6						
Execution	1	0.75	0.5	0.25		Execution	1	0.75	0.5	0.25		
Guideline1	2	1.75	1.5	1.25	1	0.75	0.5	0.25				
Guideline 2	2	1.75	1.5	1.25	1	0.75	0.5	0.25				
Guideline 3	1.5	1.25	1	0.75	0.5	0.25						
Guideline 4	0.5	0.25										
Stability	2	1.75	1.5	1.25	1	0.75	0.5	0.25				
Grace	1	0.75	0.5	0.25								



YOGA FEDERATION OF INDIA

Annexure – 13

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YFI National Yogasana Traditional Yogasana Score Slip Date and Venue

Competition Name

Age Group

Gender

Sr No.

State

Name

Particular	Judge1	Judge 2	Judge 3	Judge 4	Total Marks	Means Marks
Asana 1						
Asana 2						
Asana 3						
Asana 4						
Asana 5						
Asana 6						
Asana 7						
Asana 8						
Asana 9						
Asana 10						
Total						

Traditional Yogasana Master score sheet/ Tie Breaker Sheet

Venue and Date

Competition Name						Gender	
Sr. No.	Player Name	Player Reg No.	Unit/ State	Mean Marks	Total Marks	Opt A Marks	Rank
1							

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Yoga Federation of India

Aritstic Solo / Vinyas Yogasana Flow Explanatory Sheet

Group Junior/ Senior							Gender Male/ Female				State					
Name							Serail No.									
Difficulty															Calculation	
A 1	A+	A	B+	B	C+	C	A No.	A+	A	B+	B	C+	C	A+		
A 1	A+	A	B+	B	C+	C	1	1.5	1.25	1	0.75	0.5	0.25	A+		
A 2	A+	A	B+	B	C+	C	2	3	2.5	2	1.5	1	0.5	A		
A 3	A+	A	B+	B	C+	C	3	4.5	3.75	3	2.25	1.5	0.75	B+		
A 4	A+	A	B+	B	C+	C	4	6	5	4	3	2	1	B		
A 5	A+	A	B+	B	C+	C	5	7.5	6.25	5	3.75	2.5	1.25	C+		
A 6	A+	A	B+	B	C+	C	6	9	7.5	6	4.5	3	1.5	C		
A 7	A+	A	B+	B	C+	C	7	10.5	8.75	7	5.25	3.5	1.75	TOTAL		
A 8	A+	A	B+	B	C+	C	8	12	10	8	6	4	2			
A 9	A+	A	B+	B	C+	C	9	13.5	11.25	9	6.75	4.5	2.25	TIME		
A 10	A+	A	B+	B	C+	C	10	15	12.5	10	7.5	5	2.5			
TIME														Number Of Asana		
2.31 - 2.40 = .5			2.41 - 2.45 = 1			2.46 - 2.50 = 1.5			2.51 - 2.55 = 2			2.56 - 3.00=2.5				
Number Of Asana							Type Of Asana							Type Of Asana		
<6 = 0	6 = .5	7 = 1	8 = 1.5		9 = 2	10 = 2.5	1 = .5	2 = 1	3 = 1.5	4 = 2	5 = 2.5					
Presentation														Presentation		
Synchronization(5)			Transition (2.5)			Costume (2.5)			Grace(2.5)							



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Musical Pair Explanatory Sheet

Group Junior/ Senior						Gender Male/ Female						State										
Name												Serail No.										
Player 1						Player 2							A+	A	B+	B	C+	C	Calculation			
A 1	A+	A	B+	B	C+	C	A 1	A+	A	B+	B	C+	C	1	0.75	0.625	0.5	0.4	0.25	0.125	A+	
A 2	A+	A	B+	B	C+	C	A 2	A+	A	B+	B	C+	C	2	1.5	1.25	1	0.8	0.5	0.25	A	
A 3	A+	A	B+	B	C+	C	A 3	A+	A	B+	B	C+	C	3	2.25	1.875	1.5	1.1	0.75	0.375	B+	
A 4	A+	A	B+	B	C+	C	A 4	A+	A	B+	B	C+	C	4	3	2.5	2	1.5	1	0.5	B	
A 5	A+	A	B+	B	C+	C	A 5	A+	A	B+	B	C+	C	5	3.75	3.125	2.5	1.9	1.25	0.625	C+	
A 6	A+	A	B+	B	C+	C	A 6	A+	A	B+	B	C+	C	6	4.5	3.75	3	2.3	1.5	0.75	C	
A 7	A+	A	B+	B	C+	C	A 7	A+	A	B+	B	C+	C	7	5.25	4.375	3.5	2.6	1.75	0.875	TOTAL	
A 8	A+	A	B+	B	C+	C	A 8	A+	A	B+	B	C+	C	8	6	5	4	3	2	1	TIME	
A 9	A+	A	B+	B	C+	C	A 9	A+	A	B+	B	C+	C	9	6.75	5.625	4.5	3.4	2.25	1.125		
A 10	A+	A	B+	B	C+	C	A 10	A+	A	B+	B	C+	C	10	7.5	6.25	5	3.8	2.5	1.25		
Number Of Asana						Type Of Asana						11	8.25	6.875	5.5	4.1	2.75	1.375	Number Of Asana			
<6 = 0						1 = .5						12	9	7.5	6	4.5	3	1.5				
6 = .5						2 = 1						13	9.75	8.125	6.5	4.9	3.25	1.625				
7 = 1						3 = 1.5						14	10.5	8.75	7	5.3	3.5	1.75				
8 = 1.5						4 = 2						15	11.3	9.375	7.5	5.6	3.75	1.875	Type Of Asana			
9= 2						5 = 2.5						16	12	10	8	6	4	2				
10 = 2.5												17	12.8	10.63	8.5	6.4	4.25	2.125				
						Time						18	13.5	11.25	9	6.8	4.5	2.25	Presentation			
Presentation						2.31 - 2.40 = .5						19	14.3	11.88	9.5	7.1	4.75	2.375				
Synchronization(5)						2.41 - 2.45 = 1						20	15	12.5	10	7.5	5	2.5				
Transition (2.5)						2.46 - 2.50 = 1.5																
Costume (2.5)						2.51 - 2.55 = 2																
Grace(2.5)						2.56 - 3.00=2.5																



Group Yogasana Sports Explanatory Sheet

Group Junior/ Senior							Gender Male/ Female														State																								
Name																					Serail No.																								
	Participant 1					Participant 2					Participant 3					Participant 4					Participant 5						A+	A	B+	B	C+	C		A+	A	B+	B	C+	C						
A 1	A+	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	1	0.3	0.25	0.2	0.15	0.1	0.05	26	7.8	6.5	5.2	3.9	2.6	1.3
A 2	A+	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	2	0.6	0.5	0.4	0.3	0.2	0.1	27	8.1	6.75	5.4	4.05	2.7	1.35
A 3	A+	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	3	0.9	0.75	0.6	0.45	0.3	0.15	28	8.4	7	5.6	4.2	2.8	1.4
A 4	A+	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	4	1.2	1	0.8	0.6	0.4	0.2	29	8.7	7.25	5.8	4.35	2.9	1.45
A 5	A+	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	5	1.5	1.25	1	0.75	0.5	0.25	30	9	7.5	6	4.5	3	1.5
A 6	A+	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	6	1.8	1.5	1.2	0.9	0.6	0.3	31	9.3	7.75	6.2	4.65	3.1	1.55
A 7	A+	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	7	2.1	1.75	1.4	1.05	0.7	0.35	32	9.6	8	6.4	4.8	3.2	1.6
A 8	A+	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	8	2.4	2	1.6	1.2	0.8	0.4	33	9.9	8.25	6.6	4.95	3.3	1.65
A 9	A+	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	9	2.7	2.25	1.8	1.35	0.9	0.45	34	10	8.5	6.8	5.1	3.4	1.7
A 10	A+	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	A+	A	B+	B	C+	C	10	3	2.5	2	1.5	1	0.5	35	11	8.75	7	5.25	3.5	1.75
Number Of Asana													Type Of Asana													11	3.3	2.75	2.2	1.65	1.1	0.55	36	11	9	7.2	5.4	3.6	1.8						
< 6 = 0													1 - : - .5													12	3.6	3	2.4	1.8	1.2	0.6	37	11	9.25	7.4	5.55	3.7	1.85						
6 = .5													2 - : - 1													13	3.9	3.25	2.6	1.95	1.3	0.65	38	11	9.5	7.6	5.7	3.8	1.9						
7= 1													3 - : - 1.5													14	4.2	3.5	2.8	2.1	1.4	0.7	39	12	9.75	7.8	5.85	3.9	1.95						
8 - : - 1.5													4 - : - 2													15	4.5	3.75	3	2.25	1.5	0.75	40	12	10	8	6	4	2						
9 - : - 2													5 - : - 2.5													16	4.8	4	3.2	2.4	1.6	0.8	41	12	10.3	8.2	6.15	4.1	2.05						
10 - : - 2.5																										17	5.1	4.25	3.4	2.55	1.7	0.85	42	13	10.5	8.4	6.3	4.2	2.1						
																										18	5.4	4.5	3.6	2.7	1.8	0.9	43	13	10.8	8.6	6.45	4.3	2.15						
																										19	5.7	4.75	3.8	2.85	1.9	0.95	44	13	11	8.8	6.6	4.4	2.2						
Time																										20	6	5	4	3	2	1	45	14	11.3	9	6.75	4.5	2.25						
2.31 - 2.40 - 5													Presentation													21	6.3	5.25	4.2	3.15	2.1	1.05	46	14	11.5	9.2	6.9	4.6	2.3						



YOGA FEDERATION OF INDIA

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Yoga Federation of India

ASANA COUNTING SCORE SLIP

Event Name			Gender Male/ Female				Junior/ Senior						
S. No	Participant Name	Badgel No.	State Name	Asana 1	Asana 2	Asana 3	Asana 4	Asana 5	Asana 6	Asana 7	Asana 8	Asana 9	Asana 10
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													

YFI National Yogasana

Musical Yogasana Score Slip

Date and Venue

Competition Name

Age Group

Gender

Sr No.

State

Name



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(REGD. UNDER THE SOCIETIES REGISTRATION ACT XXI OF 1860, REGO. NUMBER 1195, DATED 14.02-90)

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

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

Corresponding Address:- 380B, Meera Apartment, Devi Nagar, N S Road, Jaipur - 302019

E-mail: - info@yogafederationofindia.com Mobile No. +91-7737117757, Website: - www.yogafederationofindia.com

Musical Yogasana Master score sheet / Tie Breaker Sheet

Venue and Date

Competition Name						Gender	
Sr. No.	Player Name	Player Reg No.	Unit/ State	Mean Marks	Total Marks	Presentation Marks	Rank
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							



YOGA FEDERATION OF INDIA

Annexure – 13

(REGD. UNDER THE SOCIETIES REGISTRATION ACT XXI OF 1860, REGO. NUMBER 1195, DATED 14.02-90)

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Appeal / Technical Review Form

14.1. The Appeal/Technical Review Form shall be used for submitting an appeal or technical review request permitted under the YFI Rules.

14.2. The form shall identify:

Appeal Form	
Name of Player	
Badge No / Sequence No	
Approx time Of performance	
Time of Appeal	
Non- Musical/ Musical	
Event and Category	
Specific Asana or performance matter concerned	
Nature of alleged error	
Supporting evidence, where available	
How many appeals do you want to make?	
Prescribed appeal fee	
Decision of the competent authority	

14.3. Appeals shall be dealt with in accordance with the applicable provisions of the YFI Rules.

Estd.1974