

University of Pune

Guidelines for Inter Collegiate / Inter Zonal / Inter University Yog Asanas and Kriyas Championship (Men & Women)

PURPOSE AND GOAL :

1. The primary purpose and goal of these rules and regulations is to provide an objective & transparent means of evaluating yogic exercises.
2. To provide information about the technical aspect, the mode of conduct and scientific approach towards the methodical way of indging the yogic exercises.
3. To serve as a guide for the players, coaches and judges.
4. To have the performance judged correctly, fairly and in accordance with the stipulation of the rules.

CHAMPIONSHIP It shall be held as under :

- Yog Asanas and Kriyas hence forth will be named as yogic exercise.
- The rules and regulations shall be applicable for both section viz men and women.
- The competition will eventually start with prayer or "Omkar's" citation.

PANEL OF JUDGES : There will be two panel of judges separately for men and women.

DRESS CODE : The male and female players shall wear the type of Uniform that may not obstruct any view of the Yogic exercises. Preferably the uniform will be as under -

- Men : Yoga costume / Short and Vest / Sports Shirt
Women : Gymnastics Costume and Yoga costume or Short and sports shirt

COMPETITION SYLLABUS :

- | | | |
|--|-------------|--------------|
| 1. Kriyas (Shat Karmas) | 2 Exercises | 7 AM |
| 2. Surya Namaskar - 12 counts with Mantra recitation on each count | 1 round | 10 AM onward |
| 3. Compulsory Asanas | 4 Exercises | 10 AM onward |
| 4. Optional Asanas
(Out of text of boys & girls) | 3 Exercises | 10 AM onward |

TEXT OF THE SYLLABUS :

1. SHAT KARMAS (FOR WOMEN ONLY)

- a. Jai Neti or Sutra Neti
- b. Shit Karam Kapalbhathi (Jal Kapalbhathi)
(Water intake through mouth and out through nostrils)

(FOR MEN ONLY)

- a. Shat Karam Kapalbhathi (Jal Kapalbhathi)
- b. Vastra Dhauti (muslin cloth 6 to 7 m. in length and 8 cm in width)

Or

Nauli (Vam, Dakshin and Madhyam)

2. SURYA NAMASKAR (FOR MEN AND WOMEN)

(in twelve counts with recitation of Mantra on each count)

3. COMPULSARY ASANAS (FOR MEN AND WOMEN)

- a. Paschimottanasan
- b. Sarvangasana
- c. Dhanurasana
- d. Karna Pidansan

Note : This sequence will be maintained.

4. OPTIONAL ASANAS (FOR MEN) (Any three respectively)

- a. Mayur Asana
- b. Padambakasana (Urdhva Kukuttasana)
- c. Hanuman Asana
- d. Titibha Asana
- e. Purna Chakra Badhasana
- f. Setubandh Sarvangasana
- g. Vrischik Asana
- h. Purna Shalabhasana (Feet may or may not touch the head)

FOR WOMEN :

- a. Vatayan Asan
- b. Purna Bhujangasan
- c. Purna Matseyndrasan
- d. Ekpad Shirshasan
- e. Ardhbandh Padamanasan
- f. Vibhakta Pashchimotanasan
- g. Natraj Asan (Feet may or may not touch the head)
- h. Ekpad Rajkapotasan

RIGHTS AND RESPONSIBILITIES :

A. CHIEF JUDGE :

1. To be responsible for the working of his panel of judges including scorers and time keepers.
2. To check the difference of the middle scorers according to the allowable difference.
3. To check the scores of the judges after each exercise. In case of too high or too low marks, he will immediately intervene.
4. To check too and too low award he will logically suggest the tainted judge to change / correct the score.
5. In case no agreement is reached, he may call the other judges for consultations to arrive at an agreeable score. If still the judge does not agree, he may be excluded and another judge may replace him from amongst time keeper and scorer.
6. To make use of the base score / replacement score where the tainted judge does not agree.
7. To check the awarded score which must either be in full numeral or with 0.5 point e.g. 7.5 point or 8.0 points for each exercises.

B. JUDGES :

1. To be aware of the Yogic exercises, its classifications, its rules and regulations and other related technical information necessary for him to carry out his duties efficiently in the competition.
2. To be an expert to understand the intent, purpose, interpretation and application of each rule.
3. To evaluate each exercise objectively, accurately, consistently, ethically, fairly and quickly and to adhere any judging related instruction by the appropriate authority.
4. To be competent of completing required score sheets and facilitating the efficient running of the competition.
5. To confine to his work and respond to the chief judge on asking in accordance with the rules to meet its logical end.

C. TIME KEEPER :

1. To keep the time of the exercise according to rules.
2. To announce the time of compulsory exercises at 30 secs, 40 secs, 50 secs and finish of the time. Optional exercises at – 10 secs, 20 secs and finish of the time.
3. To announce the timing of the shatkarmas at 6 intervals as specified in the rules.
4. To announce the start of the exercise as READY STARTING POSITION and START..... when time finishes either RING THE BELL OR SAY RELAX.

D. SCORER :

1. To complete the consolidated score sheet before the next team leave the podium.
2. To announce the score achieved by the team and hand over a copy of the result sheet to the coach / manager of the team.
3. To check the scores of the individual judges score sheets.

E. YOG PLAYERS :

1. To have exercise judged in accordance with the rules, objectively and fairly.
2. To ensure public interest and to make the result transparent the score achieved by a team, should be displayed / announced before the next team leaves the podium so that the players can assess their performance relatively.
3. To be attired in a manner so as not to hamper the view of performance.
4. He must present himself at his allotted place in a proper manner and thereby to acknowledge the Chief of the Jury at the commencement and conclusion of the exercises.
5. To refrain from speaking with active judges during the competition.
6. To refrain from delaying the competition and from any other undisciplined or abusive behaviour.

COMPOSITION OF JURY AND CALCULATION OF SCORE :

All Yogic exercises will be judged from 0 to 10. A panel of five judges, two scorers and one time keeper shall compose a Jury for both men and women section separately. Out of seven judges one will be designated as the Chief Judge of the composed Jury. The marks of the six judges will be considered for evaluation from which two scores the highest and the lowest will be deleted and the middle four scores will be averaged. The score of the Chief Judge will only be used in case of too high or too low score, to find out the Base Score or to replace the tainted score

	CJ	J1	J2	J3	J4	J5	J6	MT	AgS
e.g. calculation of score	82	85	84	88	87	90	80	344	86
Calculation of score with Base Score	86	90	88	86	82	82	78	338	84.5

$$\text{By using Base Score} = \frac{\text{CJ} + \text{AgS}}{2} = \frac{86 + 84.5}{2} = 85.25 \text{ final score}$$

By Using Replacement Score	8	7.5	8.5	9	8	8	7.5	32.5	8.125
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Note : Rounding of score will apply at last stage.

ALLOWABLE DIFFERENCE :

The scores awarded by the judges must have the allowable different amongst the middle scorers both in aggregate and individual score.

Aggression Difference :

- 5 marks in case the total score is above 85.
- 6 marks in case the total score is above 70 and below 85.
- 7 marks in case the total score is above 55 and below 70.
- 8 marks in case the total score is below 55.

Individual Difference :

- .5 mark in case the score is above 7.
- 1 mark in case the score is below 7.

Base Score / Replacement Score. This will only come into force when the tainted judge does not agree. If such mistake occurs repeatedly, the tainted judge be excluded on the advise of the Chief Judge from the panel of the judges and be replaced with the time keeper to fill the vacancy.

CHECK ON SCORE :

The Chief Judge will be free to check the score of each judge during the performance of the Asanas and the Kriyas after each exercise. In case of any favour or disfavour i.e. too low or too high score the Chief Judge will immediately intervene with logical solution and resolve amicably by making adjustments. He will record his dissensions on the affected score. The trained judge inspire of the repeated advise of the Chief Judge if does not adhere to the instructions he may be excluded from the panel of the judges and replace with the time keeper at next performance.

JUDGE PLACEMENT :

The Judges are not supposed to stick at a particular place, rather will be free to move about in order to see the various technical aspects of the posture from different angels but without touching the performer during the retention period. In case, need be he may ask any of the competitors to repeat any Yogic exercise after the retention period is completed.

DETAILED ENTRY :

All the participating universities will be submitting their list of participants not more than six in each section along with the list of the Yogic exercises of their choice atleast ten days before the commencement of the tournament.

TIE BREAKING RULE :

In case of the tie it will resolved as under :-

Team Championship :

- A. Aggregate of marks in Kriyas and Surya Namaskar.
- B. Aggregate of marks in Compulsory Yogic exercises.
- C. Aggregate of marks in Optional Yogic exercises.

Individual Championship :

The same motto will apply and the tie will not be broken.

Note : The details of Asanas, Methodical Ascents and Decents, Technical Aspects, Classification identification astricks are given in the book "Light on Yoga" by B.K.S. Iyenger.

JUDGE CODE

SHAT KARMAS (KRIYAS) : These exercises, apart from other essentialities, have special emphasis on the time taken by the competitor in its performance, thus pronouncing it the most important aspect of the judgement. In other words the least time taken to perform Kriyas indicates its mastery, command and authority. This can only be possible if prolonged sessions of practice have been carried out. In this way it further enhances fluency and flow of the respective Kriyas and enables the incumbent to perform in lesser time to yield maximum marks. Time related distribution of marks appended below :-

Time Upto Sec.	SUTRA NETI MARKS	JAL NETI MARKS	KAPALBHATI / NAULI KARMA MARKS	TIME UPTO MINUTES	DHAUTI MARKS
20	10	8	10	2	10
40	9	7	9	4	9
60	8	6	8	6	8
80	7	5	7	8	7
100	6	4	6	9	6
120	5	3	5	10	5

OTHER ASPECTS :

- NETI & DHAUTI must be performed while in sitting stance and KAPALBHATI & NAULI in a standing stance.
- While performing KAPALBHATI there should be no forward bending at the trunk.
- Upright position of the face is to be maintained in NETI & DHAUTI
- No bubble, no impurity, no hesitation, no thin flow, no intermittent flow
- DHAUTI must be spread while swallowing in
- DHAUTI swallowed must be shown in standing position and then taken out without any impurity accompanying it.
- DHAUTI performance with Nauli Chakras to get Bonus.
- NAULI KARMA performance with the BANDHAS is must
- NAULI KARMA : Five parts performance L,M,R,CW,ACW each of 2 marks

YOG ASANAS :

All the Asanas may be compulsory or optional have been denoted by different aestic (*) numbers indicating the intensity there of in the book LIGHT ON YOGA by BKS Iyenger. These aestrics (*) mark the difficulty of the various Asanas. The technical execution of each Asana and methodical instructions have been given in the book. These become the basis of the judgement criteria. To further facilitate the judges the assigned difficulties have been classified as 'A', 'B', 'C'. The Asanas indicating Aestrics (*) upto 15 are in 'A' difficulty, from 16 to 30 in 'B' difficulty and above 30 in 'C' difficulty.

Classification	'A'	'B'	'C'
Points Upto	8	9	10
Compulsory Asanas (Boys & Girls)	PASCHIMOTAN (6)	--	PURANDHANUR (43)
	SARVANG (2)	--	--
	KARANPID (1)	--	--
Optional Asanas (Boys)	MAYUR (9)	PADAMBAK (18)	PURANCHAKAR (60)
	SETUBAND (10)	TITIBHA (22)	PURANSHALABH (48)
	--	--	HANUMAN (36)
	--	--	VARISHCHAK (32)
Optional Asanas (Girls)	VATYAN (11)	KAPOT (30)	PURAN MATSEYENDER (38)
	ARDHBADH PADAM (9)	--	PURAN BHUJANG (38)
	VIBHAKTA (14)	--	NATRAJ (58)
	EKPAAD SHIRSH (15)	--	--

Note : The compulsory Asanas and Surya Namaskar are since to be awarded out of 10 each, therefore the six marks short of the award per hand shall be awarded towards Team Performance. This award is maximum possible 30 points per team. The following factors will determine the Team Performance award. Each factor will carry equal marks :-

- Total degree of flexibility
- Mutual Cohesion, Coordination & Uniformity
- Stability and Calmness
- Executorial Approach (Method and Technique)
- Connection, Rhythm and Aesthetic sense
- Final posture

EVALUATION OF THE ASANAS :

Each Asana will be awarded from 0-10 points. The judges will therefore, initially award all Asanas out of 10 but while awarding the final score, they will mentally construe and idea of **classification deduction**. The evaluation is further distributed as under :-

- Technical Execution (Presentation) 4 points
- Complete Posture 4 points
- Retention period 2 points

EXPLANATION :

- Technical Execution (Presentation) 4 points : It involves methodical approach in its presentation which further depends on i) Arriving to the posture, ii) Alighting from the posture, iii) Expression, iv) Breathing

b) Complete Posture 4 points : Attainment of the final posture and while being in this position certain aspects deem necessary to be taken into consideration to constitute a complete posture. i) Stability in the posture, ii) Calmness & tranquillity, iii) Exactness and correctness, iv) Smoothness and degree of flexibility, v) Body alignment, its angles and beauty.

c) Retention 2 points : All postures are required to be held for the allotted time period.

TIME	1 Minute each	Compulsory Asanas
	30 seconds each	Optional Asanas
	Upto 2 minutes	Neti, Nauli, Kapalbhati
	Upto 10 minutes	Dhauti

During retention period no shivering, no untoward movement, consistent breathing, calm face expression and proper body language is essential.

SURYA NAMASKAR – 12 counts (Boys & Girls) :- This exercise is a combination of various moves, that is why it has to be combined rhythmically in proper coordination with due attention on likeness & uniformity, aesthetic, proper breathing, flexibility and strength further keeping in mind, during the course of performance, the requisite body alignment. The deviation will receive penalty out of Team Performance Award. The recitation of Mantra at each count is an essentiality.

NOTE : KRIYAS AND ASANAS

First attempt out of 10, Second attempt out of 8, Third attempt out of 6 along with classification deduction.

TECHNICAL EXECUTION AND BODY POSITION ERRORS :

1. Each exercise is to be performed as defined in the text (prescribed book) with perfection.
2. All deviation from correct performance are considered errors in execution and must be evaluated accordingly by the judges. The amount of deduction small, medium, large errors is determined by the degree of deviation from the correct performance.
3. Such deduction will apply only once in an exercise.
4. In case of fall during the performance of Asanas it will be considered as second attempt if performed after first fall and third attempt if performed after second fall.

ERRORS	SMALL (0.5)	MEDIUM (1.0)	LARGE (2.0)
Kriyas (Kapal Bhati and Nauli) No Standing Stance	Bent Knee / Half Squat	Sitting Stance	Bending Forward
No locks in Nauli	One lock missing	All the locks missing	----
Nauli (L,M,R,CW,ACW)	----	----	Missing of each of the five parts every time
Neti and Dhauti (No Sitting stance)	Half Squat and improper sitting	Standing Stance	No upright face
Dhauti	After swallowing not in standing stance	Not spread while swallowing	----

Unequal flow in Kapal Bhati and Jal Neti	----	Each	----
Sutra Neti taken out	----	Not through mouth each	----
Sutra / Jal Neti	----	----	Only one nostril performance
Impurity, Bubbles, Hesitation, Intermittent flow, Thin flow	Each	----	----
Asanas and Surya Namaskar	----	----	----
Recitation of Mantra	Each missing part	Partially	No
Application of Force	+	+	+
Non distinct position of arms, legs and head	Each	----	----
Insufficient flexibility	+	----	----
Lack of Cohesion, Coordination, Uniformity, A likeness, Rhythm, Connection, Approach	Each	----	----
No stability and calmness	+	----	----
Improper ascent and decent	Each	----	----
Unusual breathing	-	----	----
Shivering	-	----	----
Poor posture or body position and non aesthetic	+	+	+
Time held	Half time	< half time	Not held

Note : Incomplete exercise – no point for complete posture and retention.

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12 सूर्य नमस्कार मंत्र

1. ॐ मित्राय नमः

2. ॐ रवये नमः

3. ॐ सूर्याय नमः

4. ॐ भानवे नमः

5. ॐ खगय नमः

6. ॐ पुष्ये नमः

7. ॐ हिरण्यगर्भाय नमः

8. ॐ मारिचाय नमः

9. ॐ आदित्याय नमः

10. ॐ सावित्रे नमः

11. ॐ आर्काय नमः

12. ॐ अश्विन्याय नमः

Compulsory Asanas for Men & Women

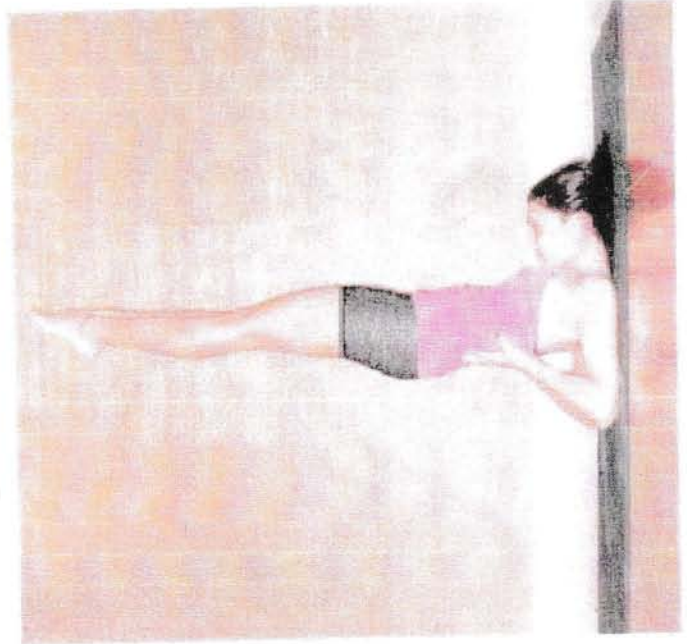
Compulsory Asanas for Men & Women



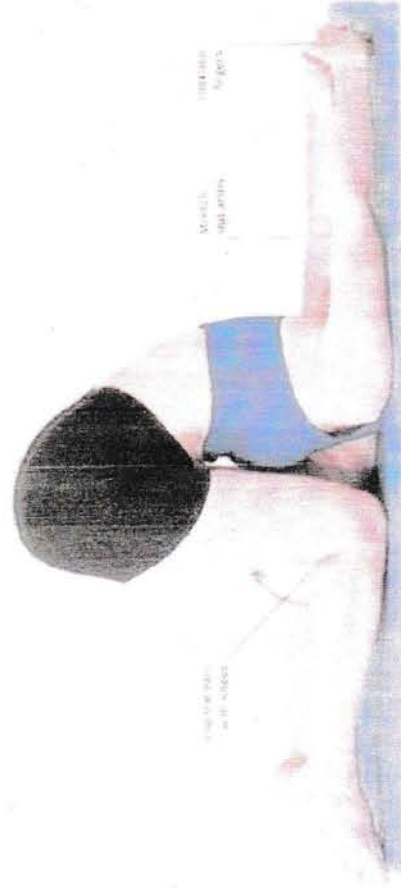
Dhanurasana



Paschimottasana



Sarvangasana



Karna Pidansana

Optional Asanas for Men

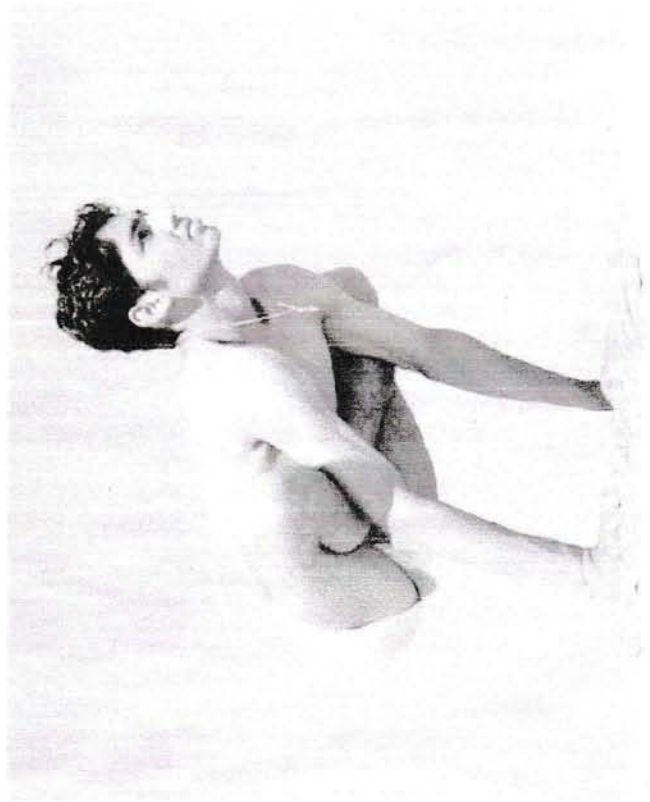
Optional Asanas for Men



Purna Shalabhasana



Titibha Asana



Padambakasana



Setubandh Sarvangasana



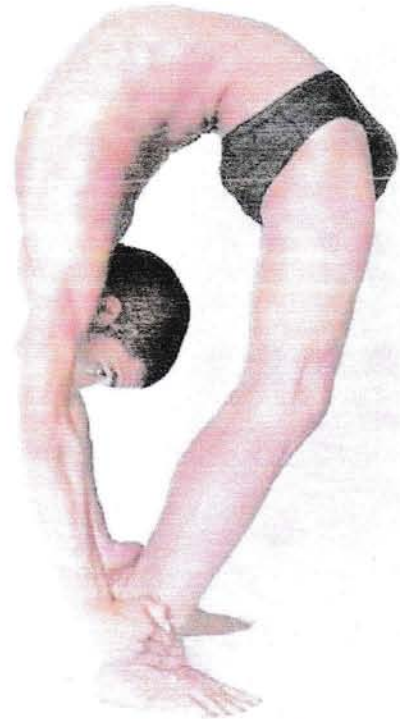
Mayur Asana



Hanuman Asana



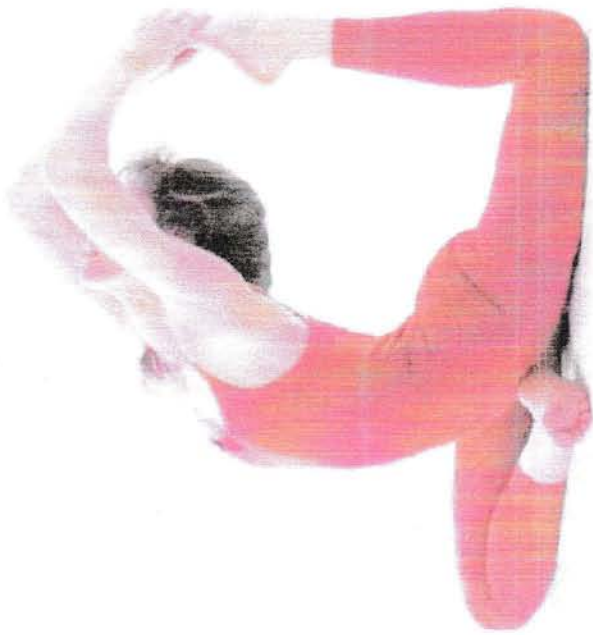
Vrischik Asana



Purna Chakra Badhasana

Optional Asanas for Women

Optional Asanas for Women



Ekpad Rajkapotasana



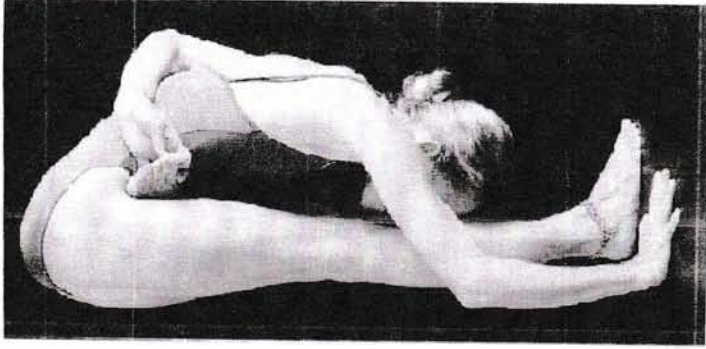
Purna Bhujangasan



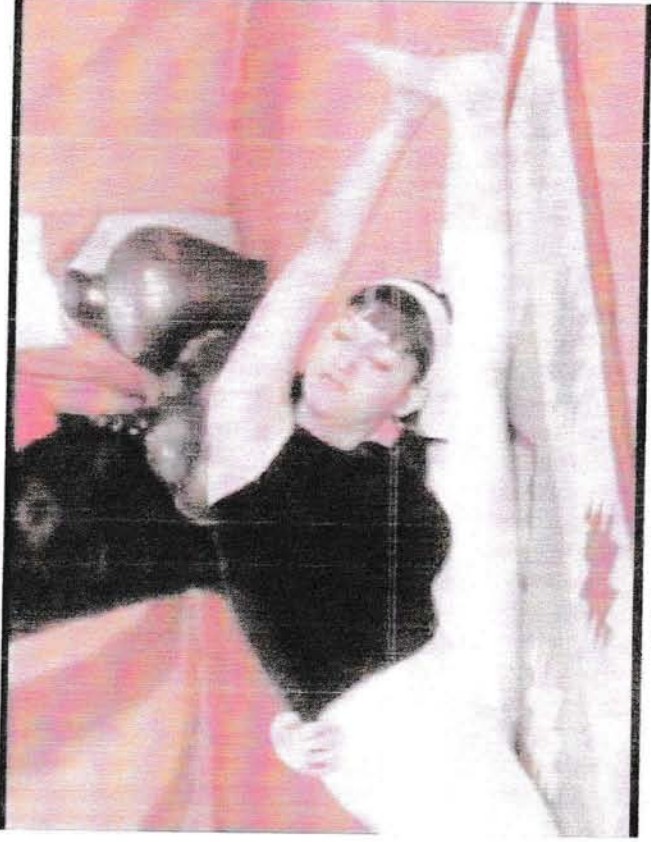
Purna Matseyndrasana



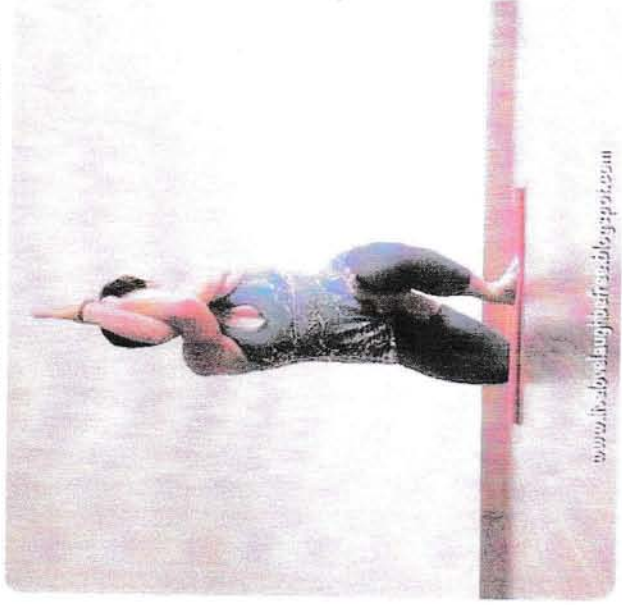
Natraj Asan



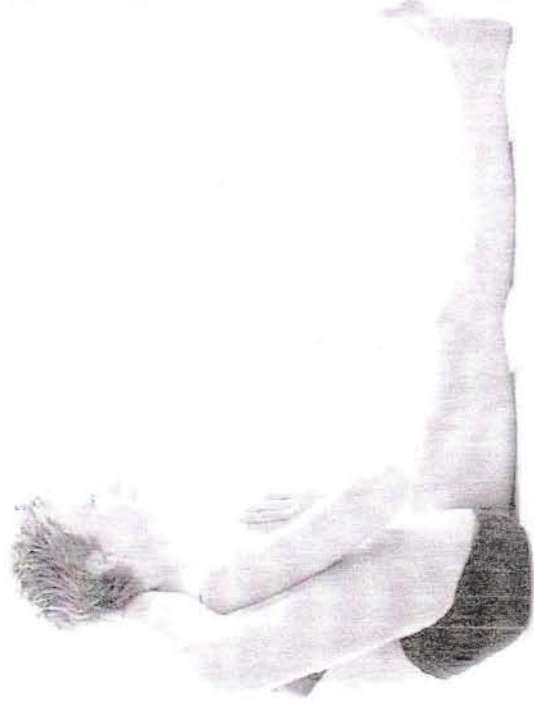
Ardhbandh Padmanasan



Vibhakta Pashchimotanasan



Vatayan Asan



Ekpad Shirshasan

12 सूर्य नमस्कार मंत्र

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