

# TAMIL NADU PHYSICAL EDUCATION & SPORTS UNIVERSITY (Health Centre) TAMILNADU YOGA COMMITTEE



*Yoga Fest  
2023*

## NATIONAL LEVEL YOGA COMPETITION

### Yoga Awards & Yoga World Records Official Attempt

#### COMMON CATEGORY

Group 1: Below 6 Years ,Group 2: 6 to 8 Years  
Group 3: 9 to 12 Years, Group 4: 13 to 17 Years  
Group 5: 18 to 25 Years, Group 6: 25 to 35 Years,  
Group 7: 36 to 50 Years, Group 8: 50 above



#### SPECIAL CATEGORY

Group 1: 8 to 10 Years , Group 2: 11 to 14 Years ,  
Group 3: 15 to 19 Years, Group 4: 20 to 25 Years

Event Date: OCT 29, 2023

Time: 8 Am - 6 Pm

Location: Chennai

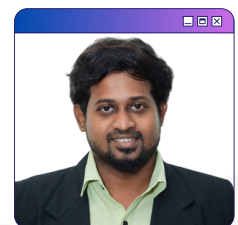
## Head Of Event



MR E. DHILIPAN



MR F. JEYAKUMAR



MR N PASUPATHY

**VENUE:** Tamil Nadu Physical Education and Sports University Melakottaiyur, Chennai - 600127

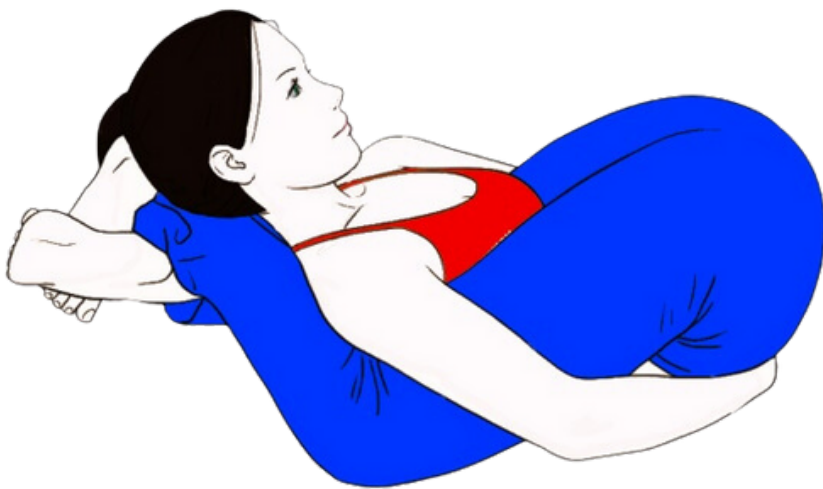


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**COMMON CATEGORY**

**ASANA LIST:**

1. TRIKONASANA
2. VIRABHADRASANA 2
3. PASCHIMOTTANASANA
4. USTRASANA
5. KURMASANA
6. MATSYASANA
7. YOGANIDRASANA
8. ARDHA MATSYENDRASANA

**ASANA SELECTION:**

- Each participant is required to perform a total of 5 asanas.
- Participants must choose 4 asanas from the provided chart of approved asanas.
- Additionally, participants are allowed to choose 1 asana of their own choice.

**AGE CATEGORY**

- Group 1: Below 6 Years (own choice Asanas)
- Group 2: 6 to 8 Years
- Group 3: 9 to 12 Years
- Group 4: 13 to 17 Years
- Group 5: 18 to 25 Years
- Group 6: 26 to 35 Years
- Group 7: 36 to 50 Years
- Group 8: 50 above (own choice Asanas)



**SPECIAL CATEGORY**

AGE: 8 TO 10 YEARS

ASANA LIST: A IMAGES



**SPECIAL CATEGORY**

AGE: 8 TO 10 YEARS

ASANA LIST: B IMAGES



**ASANA LIST: A**

- 1.PASCHIMOTTANASANA
- 2.CHAKRASANA
- 3.USTRASANA
- 4.GARBHASANA
- 5.ARDHA MATSYENDRASANA

**ASANA LIST: B**

- 1.VRIKSHASANA
- 2.BADDHA PADMA ASANA
- 3.KAPOTASANA
- 4.SARVANGASANA
- 5.DHANURASANA

**ASANA SELECTION:**

- Each participant is required to perform a total of 7 asanas.
- Participants must choose 5 asanas from the provided chart ( Any A & B) of approved asanas.
- If choose A grade asana eligible to get maximum 9 marks
- If choose B grade asana eligible to get maximum 8 marks
- Additionally, participants are allowed to choose 2 asanas of their own choice.





**SPECIAL CATEGORY**

**AGE: 11 TO 14 YEARS**

**ASANA LIST: A IMAGES**



**SPECIAL CATEGORY**

**AGE: 11 TO 14 YEARS**

**ASANA LIST: B IMAGES**



**ASANA LIST: A**

- 1.PURNA DHANURASANA
- 2.PURNA USTRASANA
- 3.PURNA CHAKRASANA
- 4.KUKKUTASANA
- 5.YOGANIDRASANA

**ASANA LIST: B**

- 1.UTTHITA HASTA PADANGUSTHASANA
- 2.PADAHASTASANA
- 3.VAMADEVASANA
- 4.VIBHAKTA
- PASCHIMOTTANASANA
- 5.PADMA SARVANGASANA

**ASANA SELECTION:**

- Each participant is required to perform a total of 7 asanas.
- Participants must choose 5 asanas from the provided chart ( Any A & B) of approved asanas.
- If choose A grade asana eligible to get maximum 9 marks
- If choose B grade asana eligible to get maximum 8 marks
- Additionally, participants are allowed to choose 2 asanas of their own choice.



**SPECIAL CATEGORY**

AGE: 15 TO 19 YEARS

ASANA LIST: A IMAGES



**SPECIAL CATEGORY**

AGE: 15 TO 19 YEARS

ASANA LIST: B IMAGES



**ASANA LIST: A**

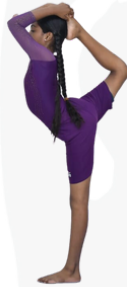
- 1.VRUSCHIKASANA
- 2.DIMBASANA
- 3.PURNA MATSYENDRASANA
- 4.PADAM BAKASANA
- 5.TRIVIKRAMASANA

**ASANA LIST: B**

- 1.SIRASASANA
- 2.URDHVAMUKHA  
TITTIBHASANA
- 3.BHUMASANA
- 4.HANUMANASANA
- 5.PADANGUSTA DHANURASANA

**ASANA SELECTION:**

- Each participant is required to perform a total of 7 asanas.
- Participants must choose 5 asanas from the provided chart ( Any A & B) of approved asanas.
- If choose A grade asana eligible to get maximum 9 marks
- If choose B grade asana eligible to get maximum 8 marks
- Additionally, participants are allowed to choose 2 asanas of their own choice.



**SPECIAL CATEGORY**

AGE: 20 TO 25 YEARS

ASANA LIST: A IMAGES



**SPECIAL CATEGORY**

AGE: 20 TO 25 YEARS

ASANA LIST: B IMAGES



**ASANA LIST: A**

- 1.URDHVA MUKA TITTIBHASANA
- 2.KOUNDINYASANA
- 3.PADAM BAKASANA
- 4.PURNA MATSYENDRASANA
- 5.NATARAJASANA

**ASANA LIST: B**

- 1.PURNA CHAKRASANA
- 2.VIBHAKTA PACHIMOTTANASNA
- 3.SARVANGASANA
- 4.PADANGUSTHA DHANURASANA
- 5.SIRASASANA

**ASANA SELECTION:**

- Each participant is required to perform a total of 7 asanas.
- Participants must choose 5 asanas from the provided chart ( Any A & B) of approved asanas.
- If choose A grade asana eligible to get maximum 9 marks
- If choose B grade asana eligible to get maximum 8 marks
- Additionally, participants are allowed to choose 2 asanas of their own choice.

## THE RULES FOR A YOGA CHAMPIONSHIP WITH TWO ROUNDS.

Round 1:

Competitors must perform 5 different asanas:

- 1 hand balance
- 1 back bending
- 1 forward bending
- 1 twisting pose
- 1 leg balance

From this round, 6 champions will be selected to advance to Round 2.

Round 2:

In this round, competitors will perform Artistic Yoga for 2 and a half minutes. They must cover 4 corners and 1 center of the performance area.

They should include the following asanas:

- 2 forward poses
- 2 backward poses
- 2 hand balances
- 2 twisting poses
- 2 leg balances

After both rounds are completed, the total score is calculated by adding the scores from Round 1 and Round 2.

Finally, the champion of the competition is determined based on these total scores.

**DATE:** OCTOBER 29, 2023

**VENUE:** TAMIL NADU PHYSICAL EDUCATION AND SPORTS  
UNIVERSITY MELAKOTTAIYUR, CHENNAI - 600127



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## **GENERAL RULES AND REGULATIONS**

- 1. THE COMPETITION IS OPEN TO ALL INDIVIDUALS AS WELL AS MEMBERS OF CLUBS, SCHOOLS, COLLEGES, EDUCATIONAL INSTITUTIONS, AND ANY DISTRICT YOGA ASSOCIATION.**
- 2. COMPETITORS (MALE AND FEMALE) APPLYING FOR ENTRY SHALL PRODUCE A BIRTH CERTIFICATE OR IDENTIFICATION CARD AS PROOF OF AGE.**
- 3. DRESS CODE:  
BOYS: SHORTS OR SKIN TIGHTS ARE THE ONLY BOTTOM WEAR. T-SHIRTS ARE NOT ALLOWED.  
GIRLS: GYMNASTICS WEAR OR SKIN-TIGHT TOP AND BOTTOM**
- 4. ENTRY FEES: 1. COMMON CATEGORY - 500 INR | 2. SPECIAL CATEGORY - 700 INR**
- 5. TNYC YOGA AWARD: TEACHERS OF STUDENTS PARTICIPATING IN THE COMPETITION WILL BE AWARDED**
- 6. NOVA WORLD RECORDS REGISTRATION FEES APPLICABLE.**
- 7. PRIZE: ALL PARTICIPANTS WILL BE AWARDED A RANKING BASED MERIT CERTIFICATE AND AN ATTRACTIVE SHIELD TROPHY**
- 8. THE 1ST, 2ND, AND 3RD PLACE WINNERS FROM EACH CATEGORY IN THE YOGASANA COMPETITION WILL BE AWARDED A MERIT CERTIFICATE AND AN ATTRACTIVE TROPHY.**
- 9. THE 1ST, 2ND, AND 3RD PLACE WINNER FROM THE SPECIAL CATEGORY GROUP ONLY IS ELIGIBLE TO ENTER THE "CHAMPIONS OF CHAMPIONS" TITLE ( CHAMPIONS OF CHAMPIONS OF THE ERA - 2023 )**
- 10. JUDGES WILL BE APPOINTED BY THE TNYC COMMITTEE, AND THEIR DECISIONS WILL BE FINAL.**
- 11. SCHOOL WITH A MAXIMUM NUMBER OF PARTICIPANTS WILL BE AWARDED A SPECIAL MEMENTO.**
- 12. LUNCH WILL BE PROVIDED BY THE ORGANIZER TO ALL PARTICIPANTS & MASTERS ONLY. LUNCH WILL BE SERVED AT 1 P.M. ONLY THE INSTRUCTOR OR GUARDIANS OF THE STUDENTS SHOULD OBTAIN FROM THE ORGANIZERS.**
- 13. COMPETITION WILL BE CONDUCTED AS PER RULES AND REGULATION THE DECISION OF THE ORGANIZING COMMITTEE AND JUDGES WILL BE FINAL.**
- 14. PARENTS AND GUESTS ARE NOT ALLOWED INSIDE THE YOGA COMPETITION.**
- 15. ALL PARTICIPANTS SHOULD REPORT BY 8:30 A.M. WE ARE NOT PROVIDING ANY ACCOMMODATION OR TRANSPORTATION.**
- 16. TNYC: NEVER AND EVER OFFER UNWANTED BACKSTAGE CERTIFICATES AND PRIZES.**
- 17. LAST DATE OF REGISTRATION: OCT 25, 2023.**

**DATE:** OCTOBER 29, 2023

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