Tamil Nadu Physical Education & Sports University (Health Centre)
Tamilnadu Yoga Committee

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

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

D: 80568 97127   J: 88383 63528   P: 80560 77922   H.O: 8248289578
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.

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

**AGE CATEGORY**
- Group 1: Below 6 Years (own choice Asanas)
- Group 2: 6 to 8 Years
- Group 3: 9 to 12 Years
- Group 4: 3 to 17 Years
- Group 5: 8 to 25 Years
- Group 6: 25 to 35 Years
- Group 7: 36 to 50 Years
- Group 8: 50 above (own choice Asanas)
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.

**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

**AGE: 8 TO 10 YEARS**
**ASANA LIST: A IMAGES**

**ASANA LIST: B IMAGES**

**SPECIAL CATEGORY**

**AGE: 8 TO 10 YEARS**

**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.

ASANA LIST: A
1. PURNA DHANURASANA
2. PURNA USTRASANA
3. PURNA CHAKRASANA
4. KUKUTASANA
5. YOGANIDRASANA

ASANA LIST: B
1. UTTHITA HASTA PADANGUSTHASANA
2. PADAHAHTASANA
3. VAMADEVASANA
4. VIBHAKTA PASCHIMOTTANASANA
5. PADMA SARVANGASANA

SPECIAL CATEGORY
Age: 11 to 14 Years
ASANA LIST: A IMAGES

SPECIAL CATEGORY
Age: 11 to 14 Years
ASANA LIST: B IMAGES
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.
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.

**Asana Selection:**

**Asana List: A**
1. Urdhva Mukha Tittibhasana
2. Koundinyasana
3. Padam Bakasana
4. Purna Matsyendrasana
5. Natarajarasana

**Asana List: B**
1. Purna Chakrasana
2. Vibhakta
3. Pachimottanasana
4. Sarvangasana
5. Padangushtha
6. Dhanurasana
7. Sirsasana

**Special Category**

Age: 20 to 25 Years
Asana List: A images
Asana List: B images
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.
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.


**DATE:** October 29, 2023  **VENUE:** Tamil Nadu Physical Education and Sports University Melakottaiyur, Chennai - 600127

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