



Competition Rules

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The WYSF

The World Yogasana Sports Federation (WYSF), founded in 2020, is the world-governing body of the sport of Yogasana. The WYSF supervises the staging of World Championships and several other world title events sanctioned by the WYSF.

Outfit

- One-piece outfit, above the knee and elbow for everyone (men and women).

Players are not permitted to wear any additional jewelry such as a headband or bracelet or any other ornament, in addition, the Player's dress must be identical to that seen in the picture.



Conduct/Discipline

- Everyone has to discipline our self on the stage.
- Only give our performance, no other (movement) performances are allowed.
- Electronic devices, including time-keeping devices, cell phones, watch, may not be present on or near the Player during his performance.
- No coach, team member or official may speak or point (in any way) with an Player during the performance of the performance.
- Players must keep themselves present in the competition hall.
- Everyone keep themselves in discipline at the time of competition and must behave properly.

Asanas: Submissions, Sequence and Execution

- An Player has to perform six (6) asanas.
- The order in which they will be Performed will have to be submitted at the time of registration of the competition.
- During registration, Players are required to confirm their sequence of asanas and must identify any poses they wish to perform with additional/less skill.
- Players are not allowed to change their routine.
- If an Player changes a pose during the routine, they will scored zero (0) for the pose as a result of perform.
- If the Player performs any asana out of the rule book than they will given for that (0).
- Players are allowed to change their routine for finals or semi-finals.
- Every asana have their recommended execution in the poster guidelines.
- Player have to execute every asana according to poster guidelines.
- Penalties will be given if entry and exit to the asana is not same.
- A cross (X) will be marked on the stage. Deductions will be made for performance going away from the mark.

Postures: Timing, Execution and Breathing

- Each asana should be held in one place without moving for at least three (3) seconds.
- In order not to receive the penalty without time, the asana must be held still for at least five (5) seconds without moving.
- Once the asana reaches a pose, the time judge will determine the stability and start time and measure the duration of the asana.
- Furthermore, going deeper into a pose will not be considered as maintaining stability. Time will be measured only after stopping at one position.

Format for Mini (Above 6 Yr/Below 10 Yr), Sub Junior (Above 10 Yr/Below 14 Yr), Junior (Above 14 Yr/Below 18 Yr), Senior (Above 18 Yr/Below 30 Yr), Master (Above 30 Yr)

- Player must have to complete six asanas in three minutes in the order they submitted during registration.
- Player must have to select one (1) asana from each of the six (6) categories listed below.
 1. Forward Bend
 2. Backbend Compressions
 3. Friction
 4. Twisting
 5. Balancing
 6. Transposition
- Failure to perform one (1) asana from each category will incur a four (4) point deduction for each missing category.
- The categories can be performed in any order.
- The player must perform each skill (Balance, Flexibility and Strength) twice. If they fail to perform skills twice than there is two (2) point deduction for each skill not performed twice.
- Player have to complete his performance in three minutes.

Judges

- The judges will be approved by World Yogasana Sports Federation. One who is conducting himself properly and scoring honestly and fairly to all.
- The judging team must consist of one head judge, three judges, one time judge and one announcer.

Judging

- The asana should reach a Minimum Expression as described in the Posture Guidelines for minimum marks. Full expression of the asana must be achieved as described in the Posture Guidelines for full marks.
- The asana must be held for minimum 3 seconds for minimum marks. The asana must be held still for a minimum of 5 seconds in stillness for full marks.
- The exit of the asana exactly opposite to the way as the asana was entered, with control the entire time.
- Deductions made by the Time Judge for a individual asana are as follows:

- 5 seconds or more: no time deduction.
 - 4- 4.99 seconds:-0.5 points deducted.
 - 3- 3.99 seconds:-1 points deducted.
 - 2.99 seconds or less: 0 points deducted.
- At the end of three (3) minutes of the performance, the timekeeper will audibly call “time” so that both the judging panel and the player can hear.
 - The player must not take more than four (4) minutes in total.
 - If “time” is indicated, the score for all asanas performed after that is zero.
 - If “time” is said to be after the completion of a asana, and has been stopped for at least three (3) seconds and on failure to return from that asana, only one (1) mark will deduct for failing to complete the performance within three minutes.
- There is deduction for:-
 - Entering and Exiting the asana without control.
 - Exit of the asana is different with the entry of the asana.
 - Incorrect grip position as described in the Posture Guidelines.
 - loud landings (sound of any body part).
 - Finishing performance away from the X marked on stage.
- Head Judge will determine the Extra/Less skill of the asana and this decision cannot be appealed.
 - There is no second chance for any posture, If player fails in first try than they will scored zero in that posture.
 - Player raise their appeal within 15 minutes from end of their category
 - To appeal, a written appeal must be submitted along with that \$100. If the appeal is decided in favor of the player, the fee will be refunded to him. If the appeal fails, the money will be given to WYSF.
 - Written appeal and fee will have to be submitted to the announcer or the appointed person.
 - The decision of the Head Judge will be final and cannot be appealed against.
- Appeals can be made only for the following:
 - Time judge error.
 - Score sheet calculation error.
 - Score publication error.
 - Failure of the judging panel to correctly implement a rule of a posture.
 - An Appeal cannot be made relating to the Judging Panel’s technical evaluation of the asana.

Disqualification

Player will disqualify from the event if they tested positive to banned substances.

Players must at all times conduct themselves with courtesy; Disqualification will apply in cases of harassment or bullying (physically, verbally or psychologically).



SYLLABUS

FORWARD BEND

JANUSHIRSHASANA
Difficulty — 3



PARSHVOTTANASANA
Difficulty — 4



MARICHYASANA 1
Difficulty — 4



GARBHA PINDASANA
Difficulty — 3



KURMASANA
Difficulty — 5



HALASANA
Difficulty — 5



KARNAPIDASANA
Difficulty — 5



TITIVASANA
Difficulty — 5



SHASHANKASANA
Difficulty — 6



ARDH BADDHA PADMOTTANASANA
Difficulty — 6



UPVISHTA KONASANA
Difficulty — 6



DANDAYAMANA JANUSHIRASANA
Difficulty — 7



POORNA UTTHITA KURMASANA
Difficulty — 8



BACKBEND COMPRESSIONS

HASTA UTTANASANA
Difficulty — 3



USHTRASANA
Difficulty — 3



BHUJANGASANA
Difficulty — 3



SALABHASANA
Difficulty — 4



MATSYASANA
Difficulty — 5



EK PAD RAJKAPOTASANA 1
Difficulty — 5



DHANURASANA
Difficulty — 6



CHAKRASANA
Difficulty — 5



EKA PADA URDHVA DHANURASANA
Difficulty — 6



KAPOTASANA
Difficulty — 7



RAJKAPOTASANA
Difficulty — 7



GANDA BHERUNDANDASANA
Difficulty — 7



DANDAYAMANA DHANURASANA
Difficulty — 7



NATARAJASANA
Difficulty — 8



POORNA DHANURASANA
Difficulty — 8



TIRIANG MUKHOTTANASANA
Difficulty — 8



VIPRIT PASCHIMOTTANASANA
Difficulty — 8



FRICITION

VIRASANA
Difficulty — 2



MALASANA
Difficulty — 2



PAVANAMUKTASANA
Difficulty — 2



ARDHA CHANDRASANA
Difficulty — 3



ADHO MUKHA SVANASANA
Difficulty — 3



HASTA CHATURKONASANA
Difficulty — 3



PRASARITA PADOTTANASANA
Difficulty — 3



TULADANDASANA
Difficulty — 3



GARUDASANA
Difficulty — 3



UTKATASANA
Difficulty — 3



PRANASANA
Difficulty — 4



VIKSHASANA
Difficulty — 4



PADANGUSTHASANA
Difficulty — 4



TRIKONASANA
Difficulty — 4



PADAHASTASANA
Difficulty — 4



FRICITION

BADDHA PADMASANA
Difficulty — 5



GOMUKHASANA
Difficulty — 5



EKA PADA SIRASANA
Difficulty — 5



HANUMANASANA
Difficulty — 5



GUPTA PADMASANA
Difficulty — 5



BHUNAMANASANA
Difficulty — 6



PASCHIMOTTANASANA
Difficulty — 6



AKARNA DHANURASANA
Difficulty — 7



VATAYANASANA
Difficulty — 7



URDHVA MUKHA PASCHIMOTTANASANA
Difficulty — 7



DHWAJAASANA
Difficulty — 8



GORAKSHASANA
Difficulty — 8



DURVASANA
Difficulty — 9



GOKHILANANA PARVATASANA
Difficulty — 10



TWISTING

PARIVRTTA TRIKONASANA
Difficulty — 5



PARIVRTTA PARSVAKONASANA
Difficulty — 5



ARDHA MATSYENDRASANA
Difficulty — 6



MARICHYASANA 3
Difficulty — 6



KAMARMARODASANA
Difficulty — 7



MARICHYASANA 4
Difficulty — 7



PARIPURNA MATSYENDRASANA
Difficulty — 8



BALANCING

KUKKUTASANA
Difficulty — 6



EKA PADA KOUNDINYASANA B
Difficulty — 6



TULASANA
Difficulty — 6



EKA PADA GALAVASANA
Difficulty — 6



PADMA MAYURASANA
Difficulty — 6



ANGUSTASANA
Difficulty — 7



URDHVA KUKKUTASANA
Difficulty — 7



BAKASANA
Difficulty — 7



MAYURASANA
Difficulty — 7



BADDHA MAYURASANA
Difficulty — 8



EKA HASTA PADMA MAYURASANA
Difficulty — 8



OMKARSANA
Difficulty — 9



GOKHILANANA MAYURASANA
Difficulty — 9



TRANSPOSITION

SHIRSASANA
Difficulty — 5



SARVANGASANA
Difficulty — 5



PADMA SHIRSHASANA
Difficulty — 6



PADMA SARVANGASANA
Difficulty — 6



GAND BHERUNDASANA
Difficulty — 7



PINCHA MAYURASANA
Difficulty — 7



ADHO MUKHA VRKSASANA
Difficulty — 8



PADMA VYAGHRASANA
Difficulty — 8



VYAGHRA VRISCHIKASANA
Difficulty — 8



VYAGHRA PADMA LIKAR
Difficulty — 9



ADHO MUKHA VRISCHIKASANA
Difficulty — 9



URDHVA HASTA GOKHILANANASANA
Difficulty — 10



URDHVA HASTA PADMA LIKARASANA
Difficulty — 10



URDHVA HASTA KANTHLIKARASANA
Difficulty — 10



URDHVA HASTA EK PAD KOKILASANA
Difficulty — 10



URDHVA HASTA LIKARASANA
Difficulty — 10

