

GOVT. OF NATIONAL CAPITAL TERRITORY OF DELHI  
DIRECTORATE OF EDUCATION: PHYSICAL EDUCATION BRANCH  
CHHATARSAL STADIUM: MODEL TOWN: DELHI - 110009

No.F.42/DE/PE/2017/ 9468-9517

Dated: 27/9/17

To,

All District Deputy Director of Education,  
Directorate of Education,  
Govt. of NCT of Delhi  
Delhi/New Delhi.

Sub: Schedule of Inter Zonal Yoga Competitions 2017-18.

Respected Sir/Madam,

Like previous years, Inter Zonal yogasana Competition will be held in three groups i.e. Senior, Junior & Sub Junior. (Separately for Boys & Girls) The Individual, Rhythmic and artistic yoga competitions will be held from October 11<sup>th</sup>, 2017 at Chhatrasal Stadium, Model Town Delhi-110009 at 08.00 am. The dates of group yoga competition will be informed later on.

It is therefore, requested to all the DDEs/zonal SPEs/zonal convenors to forward the names of zonal winners to the undersigned by October 9<sup>th</sup>, 2017 positively. For individual category first three winners of the zone shall participate and for artistic and rhythmic competitions only zonal winner will participate. The schedule of competition is as under:

S. No.	Date	Events
1	11.10.2017	Preliminary round for individual, all categories Boys & Girls. (The holding of any asana on hand stand and Bhunamanasan for 5 seconds is compulsory )
2	12.10.2017	Senior Boys (Individual) & Junior Boys (Individual)
3	13.10.2017	Sub Junior Boys (Individual) & Senior Girls (Individual)
4	14.10.2017	Boys (Artistic) & Girls (Artistic) all categories.
5	16.10.2017	Junior Girls (Individual) & Sub Junior Girls (Individual)
6	23.10.2017	Girls (Rhythmic) & Boys (Rhythmic) all categories.

Note:

1. SGFI rules will be followed for all above competitions.
2. Each zone must participate in Individual, Rhythmic & Artistic yoga competitions.
3. It is compulsory for all participants to bring their identity card.
4. The entries must be sent in the prescribed performa.

5. In Rhythmic Competition the participant will bring their own music system, adjusted with time.
6. In individual competition maximum three entries from each zone is allowed.
7. The participant must report before 08.00 am for taking his/her place (draw)
8. SGFI rules are enclosed.



27/9/17

(HARJEET KAUR)

Dy. Director of Education (PE&NI)

Copy forwarded to:

1. All Spl. DEs
2. All Addl. DEs
3. All RDEs
4. All DDEs
5. All ADES
6. All SPEs
7. All HOSs
8. PS to Secy. (Edn.)
9. PS to Director (Edn.)
10. Os (IT) with the request to place the circular on website.

## ENTRY PERFORMA (YOGA COMPETITION)

Group: Senior/Junior/Sub Junior

Category: Boys/Girls

Name of Zone.....

Individual Competitions					
S. No.	Name of Student	Father's Name	Class	D.O.B.	ID No.
1					
2					
3					
Rhythmic Competitions					
S. No.	Name of Student	Father's Name	Class	D.O.B.	ID No.
1					
Artistic Competitions					
S. No.	Name of Student	Father's Name	Class	D.O.B.	ID No.
1					

Signature of Coach/Teacher

Signature of Convener/Secretary

Signature of SPE (Zone)

## **RULES AND REGULATION**

(for Inter Zonal Yoga Competition 2017-2018)

### Rules

1. Inter Zonal Yogasanas Competition will be held for Boys and Girls Section separately. There will be three groups in both the sections as under:
  - ❖ Under 14 years
  - ❖ Under 17 years
  - ❖ Under 19 years
2. The Following yoga Competitions will be organized at Inter Zonal level
  - A. Individual Yoga Competition
  - B. Individual Artistic Yoga Competition.
  - C. Rhythmic Yoga Competition.
  - D. Group Yoga Competition.

A- In Individual yoga Competition maximum three students, in Rhythmic and artistic one student, can participate from each zone.

There are 18 Asanas for Group as well as Individual Yoga Competitions these 18 Asanas are divided in three groups i.e. A, B, C. The list of the Asanas is given below:

### GROUP-A

- (i) Paschimottanasana (**Note:** Elbow must touch the floor.)
- (ii) Sarvangasana
- (iii) Matsyasana
- (iv) Dhanurasana (**Note:** Competitors can perform Purna Dhanurasana.)
- (v) Purna Matsyendrasana
- (vi) Uttan Padasana

### GROUP-B

- (i) Puran Chakrasana (**Note:** Finger should touch the heels.)
- (ii) Garbhasana
- (iii) Kukkutasana
- (iv) Bakasana
- (v) Bhumasana
- (vi) Purna Shalabhasana

### GROUP-C

- (i) Vyaghrasana
- (ii) Urdhava Kukkutasana
- (iii) Sankhyasana (**Note:** Knee should not touch the floor.)
- (iv) Utith Padhastasana
- (v) Utith Tittibhasana
- (vi) Shirasana

3. The Asanas of group 'A' are to be performed and hold on for age group below 14 years-1 minute and age below 17 years and 19 years – 2 minutes.
4. The Asanas of group 'B' are to be performed and retained for 20 (twenty) seconds for age group below 14 years. While for below 17 and 19 years Asanas are to be performed and retained for 30 (thirty) seconds.
5. The Asanas of group 'C' are to be performed and retained for 15 (fifteen) seconds for under 14 years and 20 (twenty) seconds for 17 and 19 years age groups.
6. At the time of competition Asanas from group 'A' & group 'B' will be given by draw system on the spot. While in group 'C' any one asana can be selected by the performer.
7. Three compulsory Asanas are to be performed from the given list of eighteen Asanas in Group 'A', 'B' and 'C' in additions to this, any two other Asanas of the player's choice will be performed excluding these 18 Asanas. Thus total 5 Asanas are to be performed by all the competitors. Each Asana will contain 10 marks and thus a competitor will be given marks out of a total of 50 marks.
8. A competitor will be allowed a maximum of three attempts for optional Asanas, no further attempt will be granted for compulsory Asanas.
9. No asana will be changed once chosen or selected by the competitor.
10. Marking scheme will include the formation, the holding and the lasting of an asana. Expression of tension and trembling will also be noted. The final pose will be accepted with smiling face and pleasant expression.
11. Each asana will be of 10 marks. The details of distribution of these 10 marks will be given by the judges as under:
 

❖ Way to perform to reach the final of the asana	[ 1 Mark]
❖ Perfect posture of the asana.	[4 Marks]
❖ Display of the asana without tension and trembling.	[2 Marks]
❖ Stay in asana for fixed time.	[2 Marks]
❖ Returning to original position.	[1 Mark]
12. For optional or voluntary asana, category will be clarified as 'A', 'B' and 'C' grade. 'A' grade will include asanas which has balance factor and flexibility of torso and waist. It will also include risk factor. For example the standing Vrikshasana.

Asanas with only flexibility (without balance) will be 'B' grade. For example Dimbasana and Asana with only balance (without flexibility) will also be in 'B' grade. For example Vrikshasana (Hand Stand). Other asanas are in 'C' grade. For the 'A' grade asana marking will be out of 10 marks, for 'B' grade out of 8 marks and for 'C' grade marking will be out of 6 marks. The category of the asanas will be decided by the panel of judges on their discretion.

13. Five judges, a scorer and a time keeper will form a panel of judges. There will be the panels of judges one for boys and one for girls sections. One chief judge will also be part of the judgment and he has the power to alter the decision of one or all the judges for the sake of justice.
14. The judge will award marks out of 10 marks to each asana competitor for each asana separately, the maximum and minimum marks will be deleted (highest and

lowest) and the average of other remaining three judges will constitute the final result.

15. The judges are free to observe the candidate on the carpet and if needed can order the competitor to perform the asana again. In Zonal Competition the organizers may change the numbers of judges as required.

**DRESS:**

16. Track suit will not be allowed while performing asanas. Yoga costumes are compulsory during the asanas.

❖ Surya Namaskar is a compulsory asana in the final of individual yoga competitions. The marking will be as under:

A total of 10 marks as per following division:

▪ Body Posture	3 Marks
▪ Forward bend	3 Marks
▪ Backward bend	3 Marks
▪ Dress	1 Mark

17. The date of birth, eligibility and protest will be according to the SGFI rules and norms.

18. The numbers of the medals for Artistic and Rhythmic Yoga Competitions are as follows:

	<b>G</b>	<b>S</b>	<b>B</b>
1. Artistic Yoga Competition	6	6	6
2. Rhythmic Yoga Competition	6	6	6

**B. Artistic Yoga Competition:**

- (i) Separate Competition will be held for boys and girls in each category under 14, 17 and 19 years.

(ii) One participant from each zone in each group and each category will participant.

(iii) The Players will have to perform any five asanas of their choice from the following:

**(A)**

(i) Standing Varschikana

(ii) Standing Linkarasana

(iii) Natrajasana

(iv) Sthambh Sirasan (*Dhruvasana or Bhagirthasana*)

*(This asan is also known as a standing Ekpad Skandhasana)*

(v) Dhwasasana (Flag Posture)

(vi) Utthit Dwipad Skandhasana

(vii) Kand Pidasana

Holding time of each asana is 15 sec. for all groups and categories.

Points will be awarded out of 10.

**(B)** Pranava Dhavni will also be performed by all the participants and the allotment of marks shall be under for two rechakas (exhale) only.

(i)	20 sec.	1 point
(ii)	30 sec.	2 points
(iii)	35 sec.	3 points
(iv)	40 sec.	4 points
(v)	45 sec.	5 points
(vi)	50 sec.	6 points
(vii)	60 sec.	7 points
(viii)	70 sec.	8 points
(ix)	80 sec.	9 points
(x)	90 sec.	10 points

**N. B.** The time of two rechakas will be considered.

2. Rhythmic Yoga Competition:

In this competition the competitor has to perform not less than 8 and not more than 15 asanas in a time maximum 2.30 minutes or 1.50 seconds.

- (i) The competitor will show the various asanas (posture) i.e. forwarding bending, balancing, front and backward lying posture, sitting postures etc. in all the four directions with music.
- (ii) It is compulsory to show all the postures (described as above).
- (iii) One competitor from each zonal in each group and category.
- (iv) The asanas and body movement should be synchronized with music.
- (v) All the music arrangements like recorded CD player or CD are to be arranged by the competitor themselves.
- (vi) If a competitor takes more time i.e., more than 2.30 minutes or less time i.e. 1.50 sec. one point will be deducted.
- (vii) A player has to show all the movement of asanas with clear demonstration of asanas i.e., holding of the postures.

**D. Group Yoga Competition:**

In Group Yoga Competition sixteen to twenty students can participate from each zone in each Category (Sub Junior, Junior, Senior) of Boys and Girls.

The Team has to perform any twelve Asanas from the eighteen asanas of the group A, B, and C.