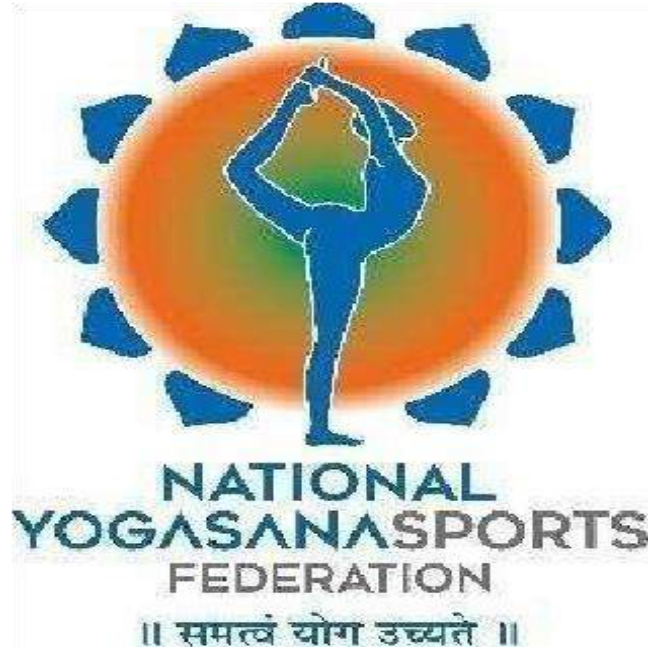



# NATIONAL YOGASANA SPORTS FEDERATION



## *2021-2022 CODE OF POINTS*

# *ARTISTIC YOGASANA PAIR*

  
महा सचिव / Secretary General  
राष्ट्रीय योगासन खेल महासघ  
National Yogasana Sports Federation  
पंजीकरण संख्या एस / एनडी / 1042 / 2020  
Registration No S/ND/1042/2020  
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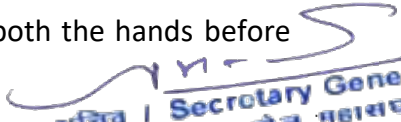
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## 1. ABOUT THE COMPETITION

- i. Artistic yogasana involves physical strength, power, agility, flexibility, grace, control, coordination and balance. The Artistic Yogasana events will be separate for Men and Women. (No mix pair is allowed).
- ii. Artistic Yogasana Pair event consist of two (2) athletes.
- iii. In Artistic yogasana pair the number of Yogasanas/formations performed should be 10.
- iv. Yogasanas/formations of postures can be selected from the given chart.
- v. Artistic Yogasana Pair consist of presentation of various asanas as mentioned in point no. 8.
- vi. Both the athletes will perform two different postures/asanas at a time. Artistic Yogasana pair is the ability to execute all the movement as a unit.
- vii. Performing same postures by both athletes at same time is prohibited and will lead to penalty.
- viii. Pyramidal formation or postures/ asanas one above the other is allowed. But the formations/postures to be made from given asanas provided in charts at point no. 8.
- ix. Time duration for the presentation will be 150 to 180 seconds for Artistic Yogasana Pair.
- x. The Athlete/s will maintain each posture/ formation for 5 to 7 seconds during the performance.
- xi. The transition from one posture to the next posture should be Artistic and synchronized.
- xii. Athletes will give a greeting gesture of “Namaste” (joining both the hands before starting performance).

## 2. COSTUME FOR ARTISTIC YOGASANA

- i. The costume that the players use must be of a non-transparent material.
- ii. The neckline of the costume should be around the neck and should not have any cuts.
- iii. Costume may be according to the theme, tasteful and decorous.
- iv. Costume for both athletes in pair event should be same or same pattern or same theme decorous.
- v. The costume must be tight-fitting so as to enable the judges to evaluate the correct positions. However, decorative applications or details are allowed according to the theme as long as it does not risk the safety of the players.
- vi. It is allowed to wear long tights over or under the leotards or full length one-piece dresses.
- vii. The hair style must be neat and clean.

  
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viii. The make-up used should not hide the identity of the player.

Total marks for Costume is 5 Marks.

Deduction by 'A' Judge in multiple of 0.5/1.00 marks for not fulfilling of criteria by 'A' Judge.

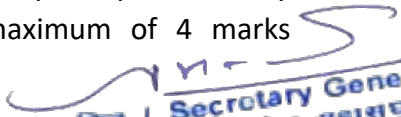
### 3. THEME, CHARACTER & EXPRESSION

- i. It is important to have a theme in the routine.
- ii. While performing the player must present a theme that matches with the song/music.
- iii. A composition should be developed to create a unified artistic image or guiding idea throughout the act, expressed through the fine body movements.
- iv. The character of the music should be chosen in respect to the age, technical level and artistic qualities of the players and ethical norms.
- v. Yogasanas should not only be series without connection to the character, theme & Expression.
- vi. The character should be expressed prominently during the dance steps/artistic steps and during the transition between the two postures.
- vii. Expression should be an amalgamation of the strength, beauty and elegance of the movement.
- viii. Holistic participation of parts of the body like head, shoulder, trunk, arms, legs, including the face.
- ix. Supple movements should convey the character.
- x. Exact response to the music with facial expressions.
- xi. The performance of athletes should be graceful.
- xii. No props are allowed. Use of any type of props will lead to disqualification of athlete.

Total marks allotted for Theme, Character & Expression is 10 marks.

Deduction by 'A' Judge:

- i. If theme is not matching song then 1 to 2 marks will be deducted in multiple of 0.50/1.00 marks.
- ii. Each time Character is lost then 1 marks will be deducted each time.
- iii. For losing character more than three times will lead to deduction of maximum up to 4 marks.
- iv. Deductions in multiple of 1 marks for missing the appropriate participation of any body segment/expression in the entire routine with maximum of 4 marks deduction.

  
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## 4. RHYTHM & MUSIC

- i. The movement of the body should correlate precisely with the musical accents and musical phrases. Body movements should emphasize the tempo of the music.

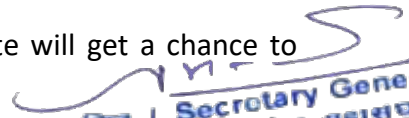
For Example: -

- When movements are visibly emphasized before or after the accents
  - When a clear accent in the music is “passed through” and not emphasized by the movement
  - When movements are unintentionally after the musical phrase
  - When the tempo changes and the player is in the middle of slower movements and does not reflect the change in speed or rhythm.
- ii. An indicative sound signal may be given before start of music
  - iii. Non typical music of yogic character is not allowed. For example: Vulgar songs, item songs, rock music/song, pop music/song, etc. is not allowed. The music should be decent.
  - iv. Players can use meditational, instrumental music or folk, devotion, patriotic songs, instrumental of rock music and instrumental of pop music.
  - v. Players should bring the music on a USB. The USB should have only the music which has to be played and no additional recording at all. The USB should be submitted to the stage manager in advance with the following details -
    - a. Name of the players
    - b. Chest no:
    - c. District /State / country.
    - d. Category : Artistic Yogasana Single/Artistic Yogasana Pair/ Artistic Yogasan Group/ Rhythmic Pair
  - vi. If the wrong music is played or if there is any interruption in the music again and again it may lead to discontinuation of the routine.
  - vii. If the music stops due to technical setup, then the athlete will get a chance to perform again without deduction of marks.

Total marks allotted for Rhythm & Music is 10 marks.

Deduction by ‘A’ Judge:

- i. If the rhythm is missed once then deduction of 1 marks.
- ii. If the rhythm is missed more than one time then deduction of 2 to 3 marks.
- iii. If the rhythm is missed more than 5 times then the deduction of maximum of 8 marks.
- iv. Deduction of 1 to 2 marks for violating the above points 4.iii to 4.vi.

  
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## 5. USE OF FLOOR

- i. The official floor area for Artistic Yogasana Single = 10\*10 m (exterior of the line) is compulsory.
- ii. Athletes should use maximum floor area allotted while executing the routine.
- iii. Touching or crossing or trespassing the boundary line/demarcated area either by one athlete or by both the athlete in pair will be penalized. If the athlete/s crosses the aerial part of boundary line/demarcated area without touching the floor will not lead to penalty of marks. Deductions of marks will be done for lack of use of floor area.

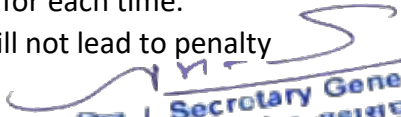
Total marks allotted for Use of Floor is 5 marks.

Deduction by 'A' Judge:

- i. If the athlete is not using the whole floor area then the deduction will be in multiple of 1 marks with maximum of 3 marks deduction.

Penalty:

- i. 1.00 marks will be penalised for touching or crossing or trespassing the boundary line by either one athlete or both the athlete in a pair event for each time. Crossing of the line in an aerial part (if not touching floor) will not lead to penalty of marks.



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## 6. ARTISTIC STEPS

- i. Artistic steps are mandatory in the routine.
- ii. Artistic Yogasana pair is the ability to execute all the movement as a unit.
- iii. Artistic steps should be continuous and connected with smooth transitions.
- iv. Players can use any classical, folk or traditional steps.
- v. Any acrobatic elements other than front walkover, back walkover, cart wheel, front roll and back roll is prohibited. Penalty of -1.00 marks will be levied for each acrobatic elements.  
Eg: flips, summersaults, air jumps, etc.
- vi. Valid acrobatic elements for movements from one place to another is as Front walk over, back walk over, cart wheel, front roll and back roll (maximum of each 2 can be used).
- vii. Dance step/artistic steps combinations must be performed according to the tempo, rhythm, character and accents of the music.
- viii. The composition should be developed by technical, aesthetic and connecting elements, where one movement transitions logically and smoothly into the next without unnecessary stops or prolonged preparatory movements.

- ix. Unnecessary stops between movements which are not related to the rhythm or character will lead to deduction of marks.

Total marks allotted for Artistic steps is 10 marks.

Deduction by 'A' Judge:

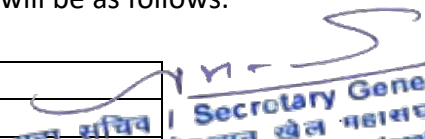
- i. For each lack of flow in the steps/no confidence in the movement/ lack of proper merging from one asana or posture or transition to another asana or posture or transition. Will lead to deduction of marks in multiple of 1 marks.
- ii. Deduction of marks for each invalid artistic step.

## 7. TIME

- i. The time limit for Artistic Yogasana Single is 03:00 min (180 seconds).
- ii. An informative bell or ring at 02:30 min (150 seconds) will be provided.
- iii. The routine must finish in sync with the music getting over.
- iv. Time starts with music start and with music / closing gesture.
- v. Total marks allotted for Time section is 10 marks. Among that 5 marks is for whole performance time (i.e TW) and another 5 marks is for each asana holding time (i.e TA)  

$$TW + TA = 5 \text{ marks} + 5 \text{ marks} = 10 \text{ Marks}$$
- vi. 02:30 minutes (150 seconds) is the qualifying time for the performance.
- vii. If athlete completes his/her performance before 150 seconds then zero (0) marks will be allotted.
- viii. If the athlete completes his/her performance in between 150 to 180 seconds, then the athlete will get 5 marks.
- ix. After completing of 180 seconds (03:00 minutes), if the athletes continues his/her routine then penalty of -0.5 marks will be levied for each seconds. And after 10 seconds the athlete will be disqualified.
- x. Athlete has to hold every asana for 5 to 7 seconds.
- xi. If athletes hold each asana for 5 to 7 seconds then for each asana, he will get 0.5 marks. i.e  $0.5 * 10 \text{ asanas} = 05 \text{ marks}$ .
- xii. If asana is held less than 5 seconds then the marks will be as follows:

Holding Time of Asana	Marks
5 to 7 Seconds	0.5
4 seconds	0.3
3 seconds	0.2
2 seconds	0.1
1 second	0.0

  
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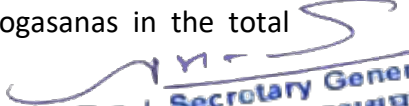
- xiii. If athlete start their routine before the music starts then penalty of -0.2 marks for each additional second with maximum of 2 marks will be levied.



- xiv. If the music ends and athlete continues their routine then penalty of -0.2 marks with each additional seconds with maximum of 2 marks will be levied.

## 8. ASANA DIFFICULTY CHART

- i. Athletes can choose either one or both asana from the given asana chart according to their capacity but the combination of Yogasanas in the total routine must consist following categories.
- 1) Leg Balance - 2
  - 2) Hand Balance - 2
  - 3) Back Bend - 2
  - 4) Forward Bend - 2
  - 5) Body Twisting - 2
- ii. Players cannot exceed the number limit of Yogasanas/posture/formations which is in total 10.
- iii. Both athlete can sequence the asanas from the given tables from below asana chart mentioned at point no. 8.1 to 8.10, choosing one each from each tables of different categories. If the athletes not performing any one category then 5 marks will be penalised for each missing category, 10 marks penalty for missing two categories and 15 marks penalty for missing three categories. Missing more than three category will lead to disqualification.
- iv. Both athletes can perform two different asanas at different locations in the arena or at same place with body touch or in a pyramidal structure/formation (i.e one asana upon the other asana).
- v. Athletes has to perform asanas from the given asana chart. Athletes can perform different asanas at different location or at same location with or without body touch or in a pyramidal formation.
- vi. In pyramidal/structural formation at least one asana has to be performed from the given chart, if one asana is supportive or base asana for the another asana.
- vii. One or both athletes in a pair can choose one or both asanas from the given asana chart for the pyramidal/ structural formation.
- viii. The athlete can also use base posture for the formation of pyramidal structure or formation. Value of base posture will be same as the asana combination along with it (but in a storied/layered formation). Base posture can be other than asana provided in the syllabus only for pyramidal formation.
- ix. For the pyramidal formation, the base value of asana will be same for both athletes in the pyramid/structure. And the base value will be counted which is highest for any asana in the pyramidal/structural formation.  
Example: If one athlete is performing LBF-E1 on the top of FBF-B1 then the highest value among them will be considered for both the athletes. LBF-E1 base

  
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value is 1.00 and FBF-B1 base value is 0.6, then the base value of the pyramidal formation/structure will be 1.00 for both the athletes, as it is highest.

- x. Athletes has to select asanas from the given asana charts only.
- xi. Pair will have to write the sequence and the Yogasana base value on the 'Athlete Order of Performance sheet' to be submitted to judge's panel.
- xii. Pair cannot change the sequence of asana provided in 'Athletes Order of Performance Sheet' on the spot on the stage while performance.
- xiii. If Pair changes sequence of asana as provided on the spot on the stage while performing will lead to penalty of marks. For such one change in the performance will lead to 2 marks of penalty. Second such change will lead to penalty of 4 marks, Third change will lead to 6 marks penalty, and more than that it will lead to disqualification.
- xiv. If Pair performs different asana other than the sequence provided by him in writing will lead to Zero (0) marks.
- xv. One special Referee will be allocated to perform duty to cross check the sequence of asana provided by the Pair and its base value.
- xvi. Athletes will give a greeting gesture of "Namaste" (joining both the hands) depicting Indian culture, before starting performance.
- xvii. The 10 asanas to be performed and selected by athlete from the below categories:

1) Leg Balance

8.1 Single leg balance Forwardbend(LBF)

8.2 Single leg balance Backwardbend(LBB)

2) Hand Balance

8.3 Hand balance Forwardbend(HBF)

8.4 Hand balance Backwardbend(HBB)

3) Back Bend

8.5 Backbend Standing(BBS)

8.6 Backbend Floor(BBF)

4) Forward Bend

8.7 Forwardbend Standing(FBS)

8.8 Forwardbend Floor(FBF)

5) Body Twisting

8.9 Twisting body Balance(TBB)

8.10 Twisting body Floor(TBF)

FBS-A  
Mark - 0.6

FBS-B  
Mark - 0.7

FBS-C  
Mark - 0.8

FBS-D  
Mark - 0.9

FBS-E  
Mark - 1.0

1	 Uttanasana - II	 Padapasha- Parshvottanasana	 Adhomukh Tittibhasana	 Kardalikasana - I	 Urdhvamukha Tittibhasana
2	 Malayāsana	 Prasarit-pash padottanasana	 Skandha-Pada- Adhomukh-Shwanasana	 Kardalikasana - II	 Sheersha-Kurmasana
3	 Parshvottanasana	 Put-Pada- Shwanasana	 Paripurna-Tittibhasana	 Panavasana	 Adhomukh- Skandhapadasana
4	 Prasarit Padottanasana-1	 Prapada-Uttana- Prushthasana	 Suptakonasana	 Ardha Baddha Padmottanasana	 Utthit-Padamula Tittibhasana
5	 Prasarit Padottanasana-2	 Padahastottanasana	 Samatvasana	 Skandha-Pada- Dandasana	 Shatapadyasana

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FBF-A  
Mark - 0.6

FBF-B  
Mark - 0.7

FBF-C  
Mark - 0.8

FBF-D  
Mark - 0.9

FBF-E  
Mark - 1.0

1	 Paschimottanasana	 Upavishta- Konasana	 Saralahasta- Pinda-Padmasana	 Urdhvamukha- Paschimottanasana - 1	 Supta Tittibhasana
2	 Halasana	 Krounchasana	 Karna-Peedasana	 Timayasana	 Utthit-Ekpada- Hasta-Prushtasana
3	 Ardha-baddha-Padma- Paschimottanasana	 Salamb- Sarvangasana-1	 Baddha-Viparit- Kurmasana	 Parshva-Pindasana- Yukta-Sarvangasana	 Yoga-Nidrasana
4	 Marichyasana - 1	 Marichyasana - 2	 Pindasanayukta- Sarvangasana	 Urdhva-Padapadma- Sarvangasana	 Saraghasana
5	 Skandasana - I	 Urdhvamukha- Paschimottanasana - 2	 Bhrunasana	 Ramadootasana	 Pingalasan



# NATIONAL YOGASANA SPORTS FEDERATION

## Optional Yogasana Charts

(Regd.)

BB-1

### Back Bend Standing (BBS)

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BBS-A  
Mark - 0.6

BBS-B  
Mark - 0.7

BBS-C  
Mark - 0.8

BBS-D  
Mark - 0.9

BBS-E  
Mark - 1.0

1	 Ardha-Chandrasana	 Nandighoshasana	 Tryanga-Mukhotanasana	 Eka-Pada-Urdhva-Dand-Dhanurasana	 Urabhrasana
2	 Bheemasana	 Veernilasana	 Sooryanamaskarasana	 Mahakarnasana	 Mahaneelasana
3	 Chamatkarasana	 Darukasana	 Poorna-Chakrasana	 Konarkasana	 Dimbasana
4	 Chitroshtakasana	 Gajanasana	 Chakra-Garudasana	 Eka-Pada-Lambakona-Chakrasana	 Dhwaja Dwarasana
5	 Eka-Pada-Setubandha-chakrasana	 Girijasana	 Chakravayuvhasana	 Kambalāsana	 Kosha Krumikasana



BBF-A  
Mark - 0.6

BBF-B  
Mark - 0.7

BBF-C  
Mark - 0.8

BBF-D  
Mark - 0.9

BBF-E  
Mark - 1.0

1	 Ushtrasana	 Laghu-Vajrasana	 Purna-Chakrabandhasana	 Shankhapalāsana	 Chitrapatāngāsana
2	 Ekapada-Rajakapotasana-3	 Govardhanāsana	 Ardha-Kapota-Vamadevasana	 Ekapada-Viparita-Shalāsana	 Mriga-Mukhasana
3	 Sharangāsana	 Mahaveerasana	 Vayuputrasana	 Sugreevasana	 Viparita-Valkhilyāsana
4	 Ekapada-Viparita-Dandasana - 1	 Padmanabhasana	 Padangushtha-Dhanurasana	 Padma-Jhashāsana	 Prajaktāsana
5	 Shivadhanushyāsana	 Poorna-Matsyasana	 Gandabherundasana	 Supta-Dimbasana	 Vibhakta-Viparita-Shalabhasana



# NATIONAL YOGASANA SPORTS FEDERATION

## Optional Yogasana Charts

(Regd.)

— TB-1 —

### Twisting Body Floor (TBF)

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TBF-A  
Mark - 0.6

TBF-B  
Mark - 0.7

TBF-C  
Mark - 0.8

TBF-D  
Mark - 0.9

TBF-E  
Mark - 1.0

1	 Parivritta - Padmasana	 Parivritta-Janu-Shirshasana	 Ardha-Matsyendrasana - 1	 Parivritta-Ramadootasana	 Parivritta Upavishta-Konasana
2	 Ardha-Matsyendrasana - IV	 Shoolpashasana	 Kesarisutasana	 Parivritta-Ushtrasana	 Katipada-Matsyendrasana
3	 Parighasana	 Marichyasana-III	 Parivritta-Paschimottanasana	 Marichyasana - 4	 Parivritta-Eka-Pada-Shirasana
4	 Ranaveerasana	 Uddalakasana	 Trishoolpashasana	 Ardha-Padma-Shoolpashasana	 Pushpadantasana
5	 Baddhapada-Matsendrasana	 Amit-Vikramasana	 Padaputa-Parivritta-Janu-Shirasana	 Paripurna-Matsyendrasana	 Utthit-Pada-Parivritta-Janu-Shirasana



# NATIONAL YOGASANA SPORTS FEDERATION

## Optional Yogasana Charts

(Regd.)

— TB-2 —

### Twisting Body Balance (TBB)

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 68 Ashoka Road New Delhi-110001












TBB-A  
Mark - 0.6

TBB-B  
Mark - 0.7

TBB-C  
Mark - 0.8

TBB-D  
Mark - 0.9

TBB-E  
Mark - 1.0

1	 Parivrutta-Namanasana	 Shrugalāsana	 Parivritta-Uttanasana	 Maroodāsana-1	 Malayāsana
2	 Himavānasana	 Baddha-Parivritta-Parshva-Konasana	 Mahendrasana	 Kanchangangāsana	 Kailāsana
3	 Parivritta-Utkāsan	 Baddhapada-Parivritta-Upveshasana	 Angushta-Padottanasana	 Maheshwarāsana	 Parivritta-Vishwamitrasana
4	 Parivritta-Parshva-Konasana	 Parivritta-Trikonasana	 Ardhapadma-Parivritta-Parighāsana	 Nishigandhasana	 Putpada-Vishwamitrasana
5	 Vindhyāsana	 Parivritta-Padottanasana	 Parivritta-Kallyāsana	 Parshva-Kallyāsana	 Vetalāsana



LBB-A  
Mark - 0.6

LBB-B  
Mark - 0.7

LBB-C  
Mark - 0.8

LBB-D  
Mark - 0.9

LBB-E  
Mark - 1.0

1	 Saral-Natrajasana	 Natarajasana	 Dwihastapada- Natarajasana	 Urdhvamukha- Veerabhadrasana	 Kunjarasana
2	 Hastapada-Lasyasana	 Muktahast- Marutsakhasana	 Anta-Gulfa-Hasta- Natarajasana	 Greevapada- Natarajasana	 Viparit-Dandayaman- Tripurasana
3	 Baddha-Natrajasana	 Lasya-Natrajasana	 Yoganandasana	 Sundara-Vimanasana	 Vamdeva- Tripurasana
4	 Hastanka-Lasyasana	 Raj-Vimanasana	 Shikhapada-Natrajasana	 Pratyanchyasana	 Ekapada-Tryanga- Mukhottanasana
5	 Pratiruddhasana	 Vayu-Rathasana	 Skandhapada- Natrajasana	 Tandavasana	 Mohini-Astrasana






LBF-A  
Mark - 0.6

LBF-B  
Mark - 0.7

LBF-C  
Mark - 0.8

LBF-D  
Mark - 0.9

LBF-E  
Mark - 1.0

1	 Urdhva-Prasarita- Lambakonasana	 Dandayamana- Janushirasana	 Dhwajadandasana	 Ruchikasana-2	 Muktahasta- Trivikramasana
2	 Swarga-Dwijasana	 Veerbhandrasana-III	 Parivrutta-Baddha- Ardhachandrasana	 Vamanasana	 Urdhva-Prasarit- Eipadasana - II
3	 Pasha-Lamba- Konasana	 Parivrutta-Swarga- Dwijasana	 Uttkata-Dandayamana- Janushirasana	 Pakshikasana	 Kanishasana
4	 Garudasana	 Pashstrasana	 Niralamba- Vatayanasana	 Sankhyasana	 Trishoolasana
5	 Vrukshasana (Namaskara)	 Pushpakasana	 Garuda- Vimanasana	 Bhingyasana	 Sarasasana

HB-F-A  
Mark - 0.6

HB-F-B  
Mark - 0.7

HB-F-C  
Mark - 0.8

HB-F-D  
Mark - 0.9

HB-F-E  
Mark - 1.0

1	 Brahmacharyasana	 Urdhva-Kukutasana	 Adhomukh-Vrukshasana	 Dand-Tolan-Paschimottanasana	 Urdhvamukha-Hasta-Padmasana
2	 Kukutasana	 Mayoorasana	 Ekapada-Vaksha-Mayoorasana	 Chakorasana	 Adhomukha-Utthit-Koormasana
3	 Bakasana	 Ashtavakrasana	 Koundinyasana	 Parivrutta-Tittibhasana	 Bramhastrasana
4	 Dwipada-Koundinyasana	 Padma-Mayoorasana	 Tittibhasana	 Fanindrasana	 Ekahasta-Padma-Mayoorasana
5	 Bhallukasana	 Makshikasana	 Ekapada-Prushtha-Tittibhasana	 Utthit-Ekpada-Prushtha-Sheershasana	 Parashupashasana





NATIONAL  
YOGASANA SPORTS  
FEDERATION  
॥ ससर्वं योग उच्छते ॥

# NATIONAL YOGASANA SPORTS FEDERATION

## Optional Yogasana Charts

(Regd.)

• HB-2 •

### Hand Balance Backward Bend (HBB)

गणराज्य / Secretary General  
राष्ट्रीय योगासन खेल महासंघ  
National Yogasana Sports Federation  
पंजीकरण नं. एन / एनडी / 1047 / 2020  
Registration No SINDI/042/2020  
68 आशुका रोड नई दिल्ली 110001  
68 Ashoka Road New Delhi-110001

HBB-A  
Mark - 0.6

HBB-B  
Mark - 0.7

HBB-C  
Mark - 0.8

HBB-D  
Mark - 0.9

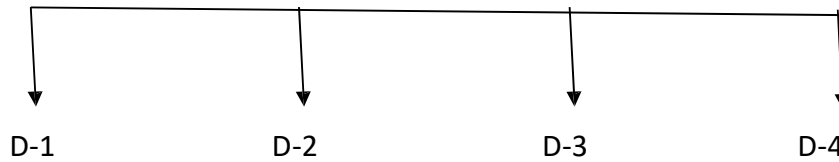
HBB-E  
Mark - 1.0

1	 Pinch-Mayurasana	 Padanka-Vrshikasana - II	 Ekipad-Vrushik-Shiva-Linkarasana	 Nagastrasana	 Parivrutta-Shiva-Lingakarasana
2	 Eka-Pada-Pinch-Mayoorasana	 Vruschikasana - II	 Karkotasana	 Padma-Vruschikasana	 Kakmukta-Hastasana
3	 Vruchikasana - 1	 Adhomukh-Vrikshasana	 Paripurnasana	 Ekipad-Kokilasana	 Dwipad-Kokilasana
4	 Jatukasana	 Padma-Pada-Vruschikasana - II	 Shiv-Lingakarasana	 Putpada-Kokilasana	 Hast-Samkonasana
5	 Ardha-Padma-Pincha-Mayoorasana	 Ekapada-Skandha-Shiva-Lingakarasana	 Ekipad-Kokila-Vruschiksana - 1	 Utthit-Lamb-Konasana	 Vibhakt-Pada-Shiva-Lingakarasana

## 9. JUDGE AND JUDGING SYSTEM

### 9.1 ASANA DIFFICULTY JUDGE

#### ASANA DIFFICULTY JUDGE (D Judge)



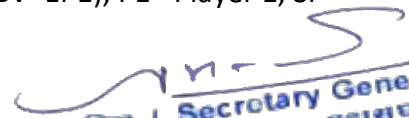
#### Work of D Judge (Asana Difficulty Judge)

- To observe the perfection of Yogasana as mentioned in the point no. 8 according to the rules and key points.
- D Judge will provide marks to the asana out of 10 as per the micro marking system.
- 10 marks for each asana \* 10 asanas = 100 marks
- To deduct marks if the Yogasana is not fulfilling the listed criteria.
- To count that the number of Yogasanas performed do not exceed 10.
- Highest and lowest marks will be deducted and only the mean of marks given by remaining 2 judges will be considered.

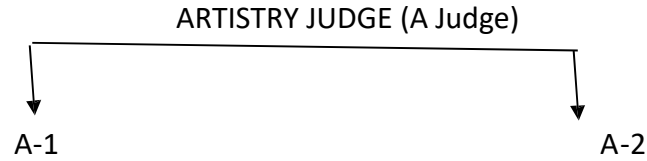
Posture/ Formation/ Asanas	P1			P2			Average Score of Player (SP) (Out of 10 marks))	Pyramidal Formation (PF) (Out of 10 marks)	Pair Score (GS) = (SP+PF)/2	Penalty for change of sequence	Penalty for not covering all categories
	BV & Code	EP1	SP1	BV & Code	EP2	Sp2					
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
TOTAL										Total Penalty	

#### Terminology:

BV= Base Value, EP1= Executive Value of Player 1, SP1= Score of Player 1 (BV\*EP1), P1= Player 1, SP= (SP1+SP2)/2, PF= Pyramidal/Structural formation, PS= Pair Score.

  
 महा सचिव / Secretary General  
 राष्ट्रीय योगासन खेल महासंघ  
 National Yogasana Sports Federation  
 पंजीकरण संख्या एस / एनडी / 1042 / 2020  
 Registration No S/NO/1042/2020  
 68 अशोक रोड नई दिल्ली - 110001  
 68 Ashoka Road New Delhi-110001

## 9.2 ARTISTRY JUDGE

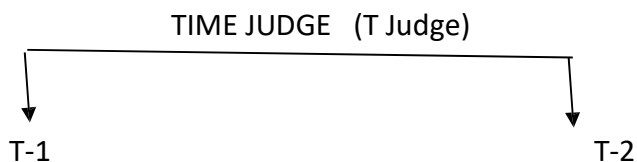


### WORK OF ARTISTRY and ASTHETIC JUDGE

- i. Artistry Judge (A Judge) has to check the parameters mentioned in point no. 2 to 6.
- ii. Following are the components of the Artistry and aesthetic judging which the judge A1 and A2 have to observe and deduct the marks accordingly.
- iii. Penalties will be deducted from total score given by 'A' Judge.

Sr. NO.	Component	Total Marks	Deduction	Penalty
1	Costume	5	In multiple of 0.5/1.00	NA
2	Theme, Character & Expressions	10	In multiple of 0.5/1.00	NA
3	Rhythm & Music	10	In multiple of 0.5/1.00	NA
4	Use of Floor	5	In multiple of 0.5/1.00	1.00
5	Artistic Steps	10	In multiple of 0.5/1.00	1.00
<b>TOTAL</b>		<b>40</b>		<b>Total Penalty</b>

### 9.3 TIME JUDGE



- i. Average of two Time Judge (T Judge will be taken).
- ii. T Judge will work as per the criteria's mentioned in point no. 9.
- iii. Penalty will be deducted from total score given by 'T' Judge.

Whole performance Time (TW)			Asana Time (TA)				
Time in Seconds	Time in minutes	Score	penalty		Sequence of Asana	Holding time of each asana	Marks for holding asana
					1		
					2		
					3		
					4		
					5		
					6		
					7		
					8		
					9		
					10		
<b>TOTAL(TW)</b>			<b>Total Penalty</b>		<b>TOTAL(TA)</b>		
<b>TOTAL (TW+TA)</b>							



## 10. ATHLETE/S ORDER OF PERFORMANCE SHEET: EXAMPLE

Players have to submit the performance sequence sheet before the performance. It should clearly mention the sequence of Asana and the sequence of the dance steps.

Example:

Sr. No.	FORMATION	CODE & BASE VALUE			
		P1		P2	
		Code	BV	Code	BV
1	Posture/ Formation 1				
2	Posture/ Formation 2				
3	Posture/ Formation 3				
4	Posture/ Formation 4				
5	Posture/ Formation 5				
6	Posture/ Formation 6				
7	Posture/ Formation 7				
8	Posture/ Formation 8				
9	Posture/ Formation 9				
10	Posture/ Formation 10				

## 11. SAMPLE SCORE SHEET OF D JUDGE

Posture/ Formation/ Asanas	P1			P2			Average Score of Player (SP) (Out of 10 marks)	Pyramidal Formation (PF) (Out of 10 marks)	Pair Score (GS) = (SP+PF)/2	Penalty	
	BV & Code	EP1	SP1	BV & Code	EP2	SP2					
1	0.6	8	4.8	0.6	8	4.8	4.8	7	5.9		
2	0.7	7	4.9	0.7	7	4.9	4.9	7.5	12.4		
3	0.8	7.5	6	0.8	7.5	6	6	8	7		
4	0.8	8	6.4	0.6	8	4.8	5.6	8	6.8		
5	0.9	8	7.2	0.9	8.5	7.65	7.425	7	7.2125		
6	0.8	8	6.4	0.8	8.5	6.8	6.6	8	14.6		
7	1.00	9	9	1.00	9	9	9	9	9		
8	0.9	8.5	7.65	0.9	8.5	7.65	7.65	9	8.325		
9	1.00	7	7	1.00	8	8	7.5	8	7.75		
10	0.8	7.5	6	0.8	8.5	6.8	6.4	8	7.2		
<b>TOTAL</b>									86.1875	<b>Total Penalty</b>	

### SCORE TALLY EXAMLE

#### D Judge

Judge	D1	D2	D3	D4
Score	86.1875	<del>85.55</del>	<del>87.10</del>	86.1875
<b>D Judge Score</b>	$86.1875 + 86.1875 = 172.375/2$			
	<b>86.1875- Penalty</b>			
Total Score of D Judge	<b>86.1875-0</b>			
	<b>86.1875</b>			

## 12. SAMPLE ARTISTRY JUDGE SCORE SHEET

Sr. No.	Component	Base value	Execution Value	Penalty
1	Costume	5	1.5	NA
2	Theme, Character & Expression	10	7	NA
3	Rhythm & Music	10	7.5	NA
4	Use of Floor	5	4	1.00
5	Artistic Steps	10	7	1.00
<b>TOTAL</b>			<b>27</b>	<b>2.00</b>

### SCORE TALLY EXAMLE

#### A Judge

Judge	A1	A2
Score	27	27.6
<b>A Judge Score</b>	$27 + 27.6 = 54.6/2$	
	<b>27.3- Penalty</b>	
Total A Judge Score	<b>27.3-2</b>	
	<b>25.3</b>	

## 13. SAMPLE TIME JUDGE SCORE SHEET

Whole performance Time (TW)				Asana Time (TA)		
Time in Seconds	Time in minutes	Score	Penalty	Sequence of Asana	Holding time of each asana	Marks for holding asana
178	2.58	5	-	1	5	0.5
				2	6	0.5
				3	7	0.5
				4	5	0.5
				5	4	0.3
				6	3	0.2
				7	6	0.5
				8	7	0.5
				9	5	0.5
				10	5	0.5
<b>TOTAL</b>		<b>5</b>	<b>-</b>	<b>TOTAL</b>	<b>4.5</b>	
<b>TOTAL (TW+TA)</b>				<b>9.5</b>		

### SCORE TALLY EXAMLE

#### T Judge

Judge	T1	T2
Score	9.5	9.6
<b>T Judge Score</b>	9.5 + 9.6 = 19.1/2	
	<b>9.55- Penalty</b>	
Total T Judge Score	<b>9.55-0</b>	
	<b>9.55</b>	

## 14. TOTAL FINAL SCORE SHEET

Judge	D Judge	A Judge	T Judge
Score	86.1875	27	9.55
TOTAL SCORE	D Judge + A Judge + T Judge		
	86.1875 + 25.3 + 9.55		
	121.0375		

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