

NATIONAL YOGASANA SPORTS FEDERATION

NATIONAL INDIVIDUAL YOGASANA SPORTS CHAMPIONSHIP SYLLABUS

JUNIOR BOYS (Age 14+ to 18 Years) Quarter Final Round COMPULSORY YOGASANA CHART

1. VIRANCHYASANA - I



2. UPAVISHTA-KONASANA



3. POORNA-SHALABHASANA



4. PARIPURNA-MATSYENDRASANA



5. TITTIBHASANA



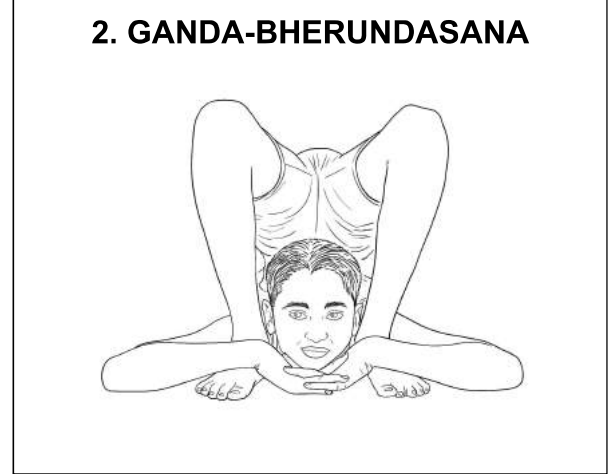
Quarter Final Round (First Round)

- Competitor has to perform 5 compulsory Yogasanas and 2 optional Yogasanas in 1st round.
- Optional Yogasana charts are available on Website of NYSF. There are each 2 charts of 5 different varieties. That is Forward Bend/ Backward Bend/ Twisting/ Hand Balance / Leg Balance.
- Competitor shall select these 2 optional Yogasanas from different varieties. Only A/ B/ C category optional Yogasanas can be performed in the first round. Compulsory Yogasanas to be avoided as optional Yogasana.
- Please refer the weightage of marks for each level of Yogasana (A to C)
- Holding time of Compulsory Yogasana is 60 seconds.
- Holding time of Optional Yogasanas is 15 seconds.
- Always start and end your Yogasana performance with Namaste Mudra.

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JUNIOR BOYS (Age 14+ to 18 Years) Semi Final Round COMPULSORY ASANA CHART



Semi Final Round (Second Round)

- Competitor has to perform 4 compulsory Yogasanas and 3 optional Yogasanas in 2nd round.
- Optional Yogasana charts are available on Website of NYSF. There are each 2 charts of 5 different varieties. That is Forward Bend/ Backward Bend/ Twisting/ Hand Balance / Leg Balance.
- Competitor shall select these 3 optional Yogasanas from different varieties. Only A / B / C / D category optional Yogasanas can be performed in the second round. Compulsory Yogasanas to be avoided as optional Yogasana.
- Please refer the weightage of marks for each level of Yogasana (A to D) mentioned in the charts.
- Holding time of Compulsory Yogasana is 30 seconds.
- Holding time of Optional Yogasanas is 15 seconds.
- Optional Yogasanas performed in the first round can't be repeated in second round.
- Always start and end your Yogasana performance with Namaste Mudra.


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 National Yogasana Sports Federation
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 Registration No SINDI 042/2020
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JUNIOR BOYS (Age 14+ to 18 Years) Final Round COMPULSORY YOGASANA CHART

1. CHAKRABANDHASANA

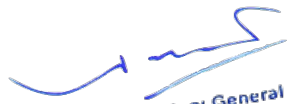


2. TRIVIKRAMASANA



Final Round (Third Round)

- Competitor has to perform 2 compulsory Yogasanas and 5 optional Yogasanas in 3rd round.
- Optional Yogasana charts are available on Website of NYSF. There are each 2 charts of 5 different varieties. That is forward Bend/ Backward Bend/ Twisting/ Hand Balance / Leg Balance.
- Competitor shall select these 5 optional Yogasanas from different varieties. Only A/ B/ C / D / E category optional Yogasanas can be performed in the final round. Compulsory Yogasanas to be avoided as optional Yogasana.
- Please refer the weightage of marks for each level of Yogasana (A to E) mentioned in the charts.
- Holding time of Compulsory Yogasana is 15 seconds.
- Holding time of Optional Yogasanas is 15 seconds.
- Optional Yogasanas performed in the first and second round can't be repeated in the third round.
- Always start and end your Yogasana performance with Namaste Mudra.


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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	 Skandasan - I	 Urdhvamukha- Paschimottanasana - 2	 Bhrunasana	 Ramadootasana	 Pingalasan



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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

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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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
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FEDERATION
॥ सत्यं योग उच्यते ॥

NATIONAL YOGASANA SPORTS FEDERATION

Optional Yogasana Charts

(Regd.)

• HB-2 •

Hand Balance Backward Bend (HBB)

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HBB-A
Mark - 0.6

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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	 Ekipada-Skandha-Shiva-Lingakarasana	 Ekipad-Kokila-Vruschiksana - 1	 Utthit-Lamb-Konasana	 Vibhakt-Pada-Shiva-Lingakarasana