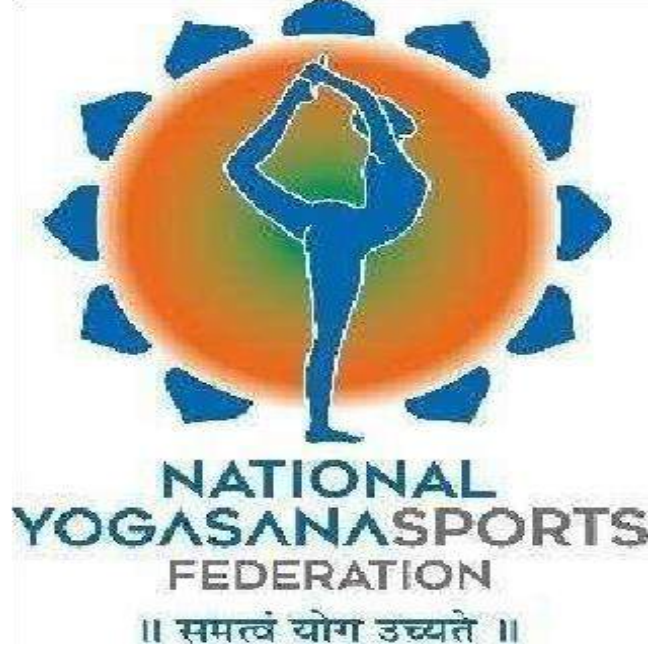
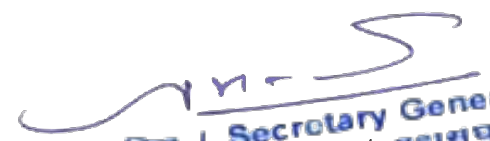


# NATIONAL YOGASANA SPORTS FEDERATION



## *2021-2022 CODE OF POINTS*

# *RHYTHMIC YOGASANA PAIR*

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

- i. Rhythmic yogasana Pair involves physical strength, power, agility, flexibility, grace, control, coordination and balance. The Rhythmic Yogasana Pair events will be separate for Men and Women. (No mix pair is allowed).
- ii. Rhythmic Yogasana Pair has the following categories:
  - a. Rhythmic Yogasana Pair (Men/Women)
- iii. Rhythmic Yogasana Pair consist of two (2) athletes performing same asanas at a time just like a mirror image in a synchronized manner.
- iv. In Rhythmic Yogasana Pair the number of Yogasanas performed should be 10 as mentioned in point no. 9.
- v. Both the athlete/s will perform same asana in a synchronised manner like a mirror images.
- vi. Body touch to each other while performing is not allowed.
- vii. Body touch will lead to penalty and deduction of marks.
- viii. Yogasanas can be selected from the given chart at point no. 8.
- ix. Time duration for the presentation will be 150 to 180 seconds (2:30 to 3:00 minutes) for Rhythmic Yogasana Pair.
- x. Both Athlete/s will maintain each posture 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 RHYTHMIC 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.
- viii. The make-up used should not hide the identity of the player.

Total marks for Costume is 2 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 5 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 0.5 marks will be deducted each time.
- iii. For losing character more than three times will lead to deduction of maximum up to 2 marks.
- iv. Deductions in multiple of 0.5 marks for missing the appropriate participation of any body segment/expression in the entire routine with maximum of 2 marks deduction.

### 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.

## 5. SYNCHRONIZATION

- i. Synchronization for pair is the ability to execute all the movement as a unit.
- ii. Competitors have to perform all identical Yogasanas in pair.

- iii. There should be perfect synchronization and harmony between the athletes performing in pair.
- iv. Athletes are not allowed to communicate with each other during the routine.
- v. Body touch with each other during the routine is not allowed. Penalty will be levied for each time body touch with co-athlete in the pair performance.

Total Marks allotted for Synchronization is 8 marks.

Deduction by 'A' Judge:

- i. If the synchronization is missed once then deduction of 1 marks.
- ii. If the synchronization is missed more than one time then deduction of 2 to 3 marks.
- iii. If the synchronization is missed more than 5 times then the deduction of maximum of 8 marks.

Penalty by 'A' Judge:

- i. Penalty of 1 mark will be levied for each time body touch with co-athlete.

## 6. 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:

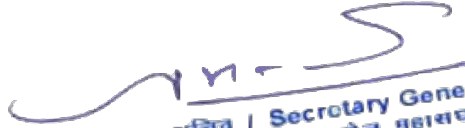
- i. If the athlete/s is not using the whole floor area then the deduction will be in multiple of 1 marks with maximum of 3 marks deduction.

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 02.each time. Crossing of the line in an aerial part (if not touching floor) will not lead to penalty of marks.

## 7. ARTISTIC STEPS

- i. Artistic steps are mandatory in the routine.

  
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- ii. Artistic steps should be continuous and connected with smooth transitions.
- iii. Players can use any classical, folk or traditional steps.
- iv. 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.
- v. 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).
- vi. Dance step/artistic steps combinations must be performed according to the tempo, rhythm, character and accents of the music.
- vii. 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.
- viii. Unnecessary stops between movements which are not related to the rhythm or character will lead to deduction of marks.

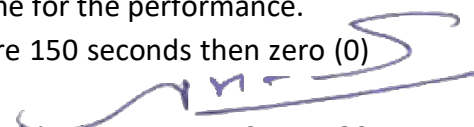
Total marks allotted for Artistic steps is 10 marks.

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.

## 8. TIME

- i. The time limit for Rhythmic Yogasana Pair is 03:00 min (180 seconds).
- ii. An informative bell or ring at 2:30 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 athletes completes his/her performance before 150 seconds then zero (0) marks will be allotted.
- viii. If the athletes completes his/her performance in between 150 to 180 seconds, then the athlete will get 5 marks.

  
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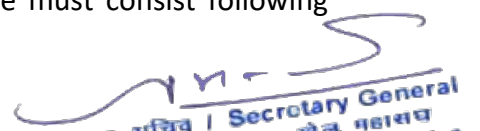
- ix. After completing of 180 seconds (03.00 minutes), if the athletes continues his/her routine then penalty of -0.5 marks will be levied for each seconds. And after 10 seconds the athlete will be disqualified.
- x. Athletes has to hold every asana for 5 to 7 seconds.
- xi. If athletes hold each asana for 5 to 7 seconds then for each asana, he will get 0.5 marks. i.e  $0.5 \times 10$  asanas= 05 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

- xiii. If athletes 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 athletes continues their routine then penalty of -0.2 marks with each additional seconds with maximum of 2 marks will be levied.

## 9. ASANA DIFFICULTY CHART

- i. Athletes may choose any Yogasanas form the given chart according 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. Athletes cannot exceed the number limit of Yogasanas which is in total 10.
- iii. Athletes 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. It is compulsory to perform asanas from given asana chart.
- v. In rhythmic performance, both the athletes has to perform same asanas with same side or same leg or same hand. For not performing same sided asana, 1 mark will penalised for each time.

  
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- vi. Athletes 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.
- vii. Athletes cannot change the sequence of asana provided in 'Athletes Order of Performance Sheet' on the spot on the stage while performance.
- viii. If athletes 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.
- ix. If athletes performs different asana other than the sequence provided by him in writing will lead to Zero (0) marks.
- x. One special Referee will be allocated to perform duty to cross check the sequence of asana provided by the athletes and its base value.
- xi. Sample Performance sheet to be submitted by the athlete is given in the same document at point no. 11.
- xii. The 10 asanas to be performed and selected by athlete from the below categories:

1) Leg Balance

9.1 Single Leg balance Forwardbend(LBF)

9.2 Single Leg balance Backwardbend(LBB)

2) Hand Balance

9.3 Hand balance Forwardbend(HBF)

9.4 Hand balance Backwardbend(HBB)

3) Back Bend

9.5 Backbend Standing(BBS)

9.6 Backbend Floor(BBF)

4) Forward Bend

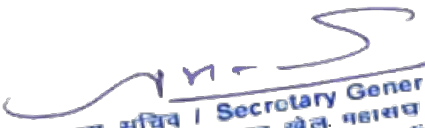
9.7 Forwardbend Standing(FBS)

9.8 Forwardbend Floor(FBF)

5) Body Twisting

9.9 Twisting body Balance(TBB)

9.10 Twisting body Floor(TBF)

  
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# NATIONAL YOGASANA SPORTS FEDERATION

## Optional Yogasana Charts

(Regd.)

— FB-1 —

### Forward Bend Standings (FBS)

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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	 Skandasana - I	 Urdhavamukha- 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	 Kambalasan	 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



# NATIONAL YOGASANA SPORTS FEDERATION

## Optional Yogasana Charts

(Regd.)

LB-1

### Leg Balance Backward Bend (LBB)

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 पंजीकरण संख्या एन / एनएस / 1047 / 2020  
 Registration No SINDI/042/2020  
 68 आशोक रोड नई दिल्ली 110001  
 68 Ashoka Road New Delhi-110001

















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





NATIONAL  
YOGASANA SPORTS  
FEDERATION  
॥ सर्वत्र योग उच्यते ॥

# NATIONAL YOGASANA SPORTS FEDERATION

## Optional Yogasana Charts

(Regd.)

LB-2

### Single Leg balance Forward Bend (LBF)

भारत राशिय / Secretary General  
राष्ट्रीय योगासन खेल महासंघ  
National Yogasana Sports Federation  
जीकरण संख्या एन / एनडी / 1047 / 2020  
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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

HBB-A  
Mark - 0.6

HBB-B  
Mark - 0.7

HBB-C  
Mark - 0.8

HBB-D  
Mark - 0.9

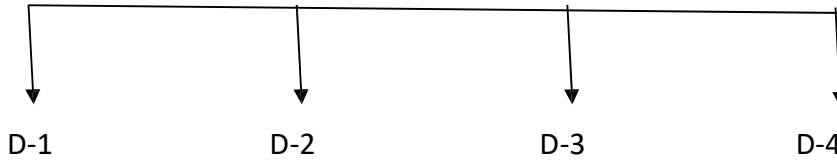
HBB-E  
Mark - 1.0

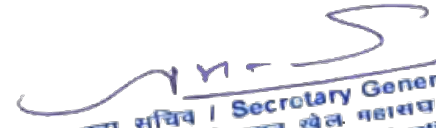
1	 Pinch-Mayurasana	 Padanka-Vrshikasana - II	 Ekipad-Vrushik-Shiva-Linkarasana	 Nagastrasana	 Parivrutta-Shiva-Lingakarasana
2	 Eka-Pada-Pinch-Mayoorasana	 Vruschikasana - II	 Karkotasana	 Padma-Vruschikasana	 Kakmukta-Hastasana
3	 Vruchikasana - 1	 Adhomukh-Vrikshasana	 Paripurnasana	 Ekipad-Kokilasana	 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

## 10. JUDGE AND JUDGING SYSTEM

### 10.1 ASANA DIFFICULTY JUDGE

ASANA DIFFICULTY JUDGE (D Judge)



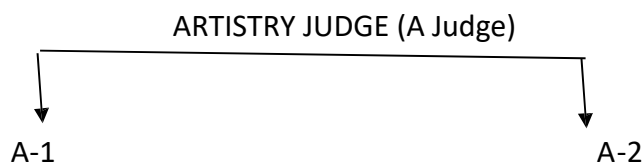
  
 महा सचिव / Secretary General  
 राष्ट्रीय योगासन खेल महासंघ  
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Work of D Judge (Asana Difficulty Judge)

- To observe the perfection of Yogasana as mentioned in the point no. 9 according to the rules and key judging 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
- D Judge will 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.
- Penalties will be deducted from total marks given by D Judge.

Code	Base Value of the asana	Execution Value (Out of 10 marks) for each Athlete in a pair		Average Execution value of Athlete 1 & Athlete 2	Score (Base Value * Execution Value)	Penalty for Change of Sequence	Penalty for not covering all Categories
		Athlete 1	Athlete 2				
<b>TOTAL SCORE</b>						<b>Total Penalty</b>	

## 10.2 ARTISTRY JUDGE

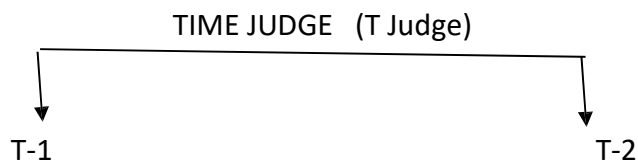


### WORK OF ARTISTRY and ASTHETIC JUDGE

- i. Artistry Judge (A Judge) has to check the parameters mentioned in point no. 2 to 8.
- 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	2	In multiple of 0.5/1.00	NA
2	Theme, Character & Expression	5	In multiple of 0.5/1.00	NA
3	Rhythm & Music	10	In multiple of 0.5/1.00	NA
4	Synchronization	8	In multiple of 0.5/1.00	1.00
5	Use of Floor	5	In multiple of 0.5/1.00	<b>1.00</b>
6	Artistic Steps	10	In multiple of 0.5/1.00	1.00
<b>TOTAL</b>		<b>40</b>		<b>Total Penalty</b>

## 10.3 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 of athlete.
- iv. Penalties 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>						

## 11. 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:

YOGASANA SEQUENCE	CODE	BASE VALUE
Yogasana -1 (Back Bend)	BBS – D1	0.9
Yogasana -2 (Back Bend)	BBF – C2	0.8
Yogasana -3 (Forward Bend)	FBS- A2	0.5
Yogasana -4 (Forward Bend)	FBF – B3	0.6
Yogasana - 5 (Hand Balance )	HBF – E3	1.00
Yogasana – 6 (Hand Balance)	HBB – E5	1.00
Yogasana -7 (Body Twist)	TBF – E1	1.00
Yogasana - 8 (Body Twist)	TBB – E3	1.00
Yogasana - 9 ( Leg Balance )	LBF- A1	0.5
Yogasana – 10 (Leg Balance)	LBB- C2	0.8

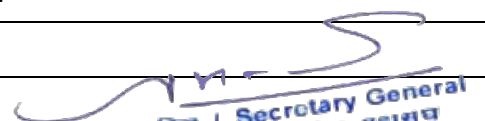
## 12. SAMPLE SCORE SHEET OF D JUDGE

Code	Base Value	Execution Value (Out of 10 marks) of Athlete 1	Execution Value(Out of 10 marks) of Athlete 2	Average Execution value of Athlete 1 & 2	Score (Base Value* Average Execution Value)	Penalty	
BBS-D1	0.9	7	8	7.5	6.75		
BBF-C2	0.8	8	8	8	6.4		
FBS-A2	0.5	7.5	7.5	7.5	3.75		
FBF-B3	0.6	8	7	7.5	4.5		
HBF-E3	1.00	6.5	6.5	6.5	6.5	2	
HBB-E5	1.00	5.5	5.5	5.5	5.5		
TBF-E1	1.00	6.5	6.5	6.5	6.5		
TBB-E1	1.00	7	8	7.5	7.5		
LBF-A1	0.5	7.5	7.5	7.5	3.75		
LBB-C2	0.8	9	8	8.5	6.8		
<b>TOTAL SCORE</b>					<b>57.95</b>	<b>Total Penalty</b>	<b>2</b>

### SCORE TALLY EXAMLE

#### D Judge

Judge	D1	D2	D3	D4
Score	56	<del>55.5</del>	<del>57.95</del>	56.6
<b>D Judge Score</b>	$56+56.6 = 112.6/2$			
	<b>56.3- Penalty</b>			
Total Score of D Judge	<b>56.3-2</b>			
	<b>54.3</b>			

  
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### 13. SAMPLE ARTISTRY JUDGE SCORE SHEET

Sr. No.	Component	Base value	Execution Value	Penalty	
1	Costume	2	1.5	NA	
2	Theme, Character & Expression	5	3	NA	
3	Rhythm & Music	10	6	NA	
4	Synchronization	8	6.5	1.00	
5	Use of Floor	5	4	1.00	
6	Artistic Steps	10	7	1.00	
<b>TOTAL</b>			<b>28</b>	<b>Total Penalty</b>	<b>3.00</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>27.3-3</b>	
	<b>24.3</b>	

## 14. 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>	

## 15. TOTAL FINAL SCORE SHEET

Judge	D Judge	A Judge	T Judge
Score	54.3	24.3	9.55
TOTAL SCORE	<i>D Judge + A Judge + T Judge</i>		
	54.3 + 24.3 + 9.55		
	88.15		

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