

**SYLLABUS, RULES AND REGULATIONS FOR  
HARYANASTATE INTER COLLEGE YOGA CHAMPIONSHIP  
SESSION 2019-20 ONWARDS**

Ist Round	Yogic Exercises for Men and Women	(12 Counts in maximum three minutes)
	1. Surya Namaskar	DURATION: One minute each Assan
	2. Sarvang Asan	
	3. Paschimottan Asan	
	4. Purn Dhanur Asan	
	5. Karanpid Asan	
IInd Round	For Men	For Women
(Duration 30 Seconds each Assan)	1. Setu Band Sarvang Asan	1. Vatayan Asan
	2. Hanuman Asan	2. Ekpad Rajkapot Asan
IInd Round	1. Setu Band Sarvang Asan	1. Vatayan Asan
(Duration 30 Second Each Assan)	2. Hanuman Asan	2. Ekpad Rajkapot Asan
	3. Padam Bakk Asan	3. Natraj Asan
	4. Mayur Asan	4. Vibhakat Paschimottan Asan
IV Round	1. Setu Band Sarvang Asan	1. Vatayan Asan
Duration 30 Seconds Each Assan)	2. Hanuman Asan	2. Ekpad Rajkapot Asan
	3. Padam Bakk Asan	3. Natraj Asan
	4. Mayur Asan	4. Vibhakat Paschimottan Asan
	5. Vrischik Asan	5. Purn Bhujang Asan
	6. Titibh Asan	6. Ardh Padmottan Asan
V Round	1. Setu Band Sarvang Asan	1. Vatayan Asan
Duration 30 seconds each Assan	2. Hanuman Asan	2. Ekpad Rajkapot Asan
	3. Padam Bakk Asan	3. Natraj Asan
	4. Mayur Asan	4. Vibhakat Paschimottan Asan
	5. Vrischik Asan	5. Purn Bhujang Asan
	6. Titibh Asan	6. Ardh Baddh Padmottan Asan
	7. Purn Shalbh Asan	7. Purn Matsender Asan
	8. Purn Chakar Asan	8. Ekpad Sirsh Asan



## RULES AND REGULATIONS

1. Haryana State Yoga Championship will be held for Boys and Girls separately.
2. There will be two type of Championship i.e. Team Championship and Individual Championship.
3. There will be a team of six players (including one reserve). The marks of best five players will be counted.
4. Each Yogic Exercise/Asana will be of 10 marks.
5. If any reserve players does not participate than he/she will not be given any benefit or certificate. The participation of each player is compulsory.
6. All participants should be ready 10 minutes before their turns.
7. All participants should be in discipline. Indiscipline players can be debarred.
8. All participants should be in proper uniform/Sports kit for Championship. They should have following uniform.
  1. Short
  2. T-Shirt
  3. Track Suit
9. There will be one Chief Judge, four judges, one time keeper and one scorar will be appointed for each section.
10. Marking will be done by four judges. The minimum and maximum total marks given by two judges will be deleted and rest of the marks given by other two judges will be counted and result will be prepared accordingly.
11. The following points will be observed by the judges for marking:  
Final pose, Way to get final <sup>Pose,</sup> Flexibility, Stability, Face impression, Vibration, Tension etc.
12. The following timings will be observed for Yogic Exercises:
  1. Surya Namasar - Maximum three minutes for each team
  2. Asanas for 1st Round - One minutes Retention
  3. Asanas for II, III, IV and V round - 30 seconds Retention
13. The competitors will be allowed maximum two attempts/chance more. For taking the chance attempt the 2 marks will be deducted for each attempt.

- 14. The judges will be authorised to ask the player/team for returning from Asan at any stage.
- 15. The decision of Chief Judge/Judges will be final.
- 16. If less than 16 teams participate in one section than there will be only four rounds (except 2nd round). If more than 16 teams and less than 32 teams participates than all five rounds will be held.
- 17. For individual championship the best percentage in any round will be counted.
- 18. In Team Championship those teams will won they will be given cash prize for each round. In individual champisonship only medals will be given.
- 19. For Eligibility of participating teams the rules of AIU will be followed.

## INTER COLLEGE STATE YOGA CHAMPIONSHIP

## SYLLABUS FOR GIRLS AND BOYS

## SURYA NAMASHKAR (12 COUNT)

## (234) SARVANGASANA

1. LEGS, HIPS UPTO SHOULDERS IN STRAIGHT LINE.
2. ELBOWS IN STRAIGHT LINE TO SHOULDERS WIDTH
3. HANDS PLACED ON BACK PARALLEL TO EACH OTHER
4. CHIN TOUCHING CHEST, TOES POINTING UPWARD
5. LEGS SHOULD NOT CROSS THE EYES LEVEL

## (155) PASCHIMOTTANASANA

1. KNEES ON THE GROUND
2. TOES POINTING UP TO BE GRIPPED WITH THUMB AND INDEX FINGER, OTHER THREE FINGERS FOLDED INSIDE
3. BACK MAXIMUM STRETCHED WITH ABDOMEN, CHEST FOREHEAD TOUCHING LEGS.
4. ELBOWS ON THE GROUND.

## (246) KARNA PIDASANA

1. KNEES AND SHOULDERS SHOULD TOUCH EACH OTHER
2. BACK AND THIGHS MAXIMUM STRAIGHT
3. ARMS AND LEGS IN OPPOSITE DIRECTION
4. INTER LOCKED HANDS

## (555) PURNADHANURASANA

1. KNEE MAXIMUM CLOSED
2. LEGS AND ARMS STRETCHED UPWARD, BALANCE ON NAVEL.
3. HEAD IN BETWEEN BOTH THE ARMS, GAZE IN FRONT
4. CATCH THE FEET WITH BOTH HANDS SEPARATELY

5

## INTER COLLEGE STATE YOGA CHAMPIONSHIP

## SYLLABUS FOR BOYS

**(476) HANUMANA ASANA**

1. BOTH LEGS STRETCHED, TOES POINTING OUTSIDE
2. BACK, NECK AND HEAD STRAIGHT
3. HAND FOLDED IN FRONT OF CHEST.
4. GAZE FORWARD.
5. CENTER PORTION TOUCH THE GROUND

**(395) TITIBHASANA**

1. BOTH PALMS ON THE GROUND WITH FINGERS TOGETHER.
2. ARMS PARALLEL TO EACH OTHER UPTO SHOULDER WIDTH.
3. BACK MAXIMUM STRAIGHT, GAZE FORWARD.
4. LEGS STRETCHED AND STRAIGHT, TOUCHING THE BACK OF THE SHOULDERS.

**(358) MAYURASANA**

1. GAZE FORWARD
2. LEGS, CHEST SHOULD BE PARREL TO THE GROUND
3. HAND SHOULD BE PARREL

**(259) SETU BANDH SARVANGASANA**

1. SHOULDERS AND ELBOWS IN ONE LINE WITH CHIN TOUCHING THE CHEST.
2. PALMS ON THE BACK, TRUNK MAXIMUM STRAIGHT.
3. LEGS MUST BE STRAIGHT.
4. HEELS & TOES TOUCHING THE GROUND

**(584) PURNA SHALABHASANA (VIPRIT SHALABHASANA)**

1. KNEES, HEELS AND TOES TOGETHER.
2. SHOULDERS & CHIN SHOULD TOUCH THE GROUND.
3. ARMS PARALLED TO EACH OTHER AT SHOULDERS WIDTH WITH PALMS FACING DOWN
4. FEET FINGER TOUCH THE GROUND.

**(419) PADAM BAKASANA**

1. PALMS PLACED ON GROUND AT SHOULDERS WIDTH, WITH FINGERS CLOSED.
2. ASSUME PADAMASANA.
3. KNEES TO BE RAISED UPTO ARMPIT
4. HEAD SHOULD BE STRAIGHT

**(536) VRISCHIKASANA**

1. HAND SHOULD SHOULDER WIDTH AND PARREL TO EACH OTHER.
2. KNEES SHOULD CLOSE
3. FEET ON HEAD

**(586) PURNA CHAKRASANA**

1. GAP IN TWO LEGS APPROX 1/2 FEET.
2. GRIPPING OF ANKLES WITH HANDS.
3. TOES PARREL TO EACH OTHER.
4. HEAD PLACED IN BETWEEN ARMS WITH EAR TOUCHING THE ARMS.

## INTER COLLEGE STATE YOGA CHAMPIONSHIP

## SYLLABUS FOR GIRLS

## (59) VATAYANASANA

1. BACK, NECK AND HEAD TO BE STRAIGHT.
2. HANDS TOGETHER IN FRONT OF NOSE, SHOULDERS MAXIMUM STRAIGHT
3. IF RIGHT ARM IS ABOVE LEFT ARM, LEFT THIGH ON THE RIGHT THIGH.
4. FOLDED KNEE SHOULD TOUCH THE HEEL OF THE OTHER FOOT

## .363.VIBHAKTA PASCHIMOTTANASANA

1. TOE POINTING UPWARD.
2. KNEES ON THE GROUND.
3. CHEST, SHOULDERS AND CHIN SHOULD TOUCH THE GROUND

## (53) ARDH BADDHA PADMOTTANASANA

1. LEG ON THE GROUND MAXIMUM STRAIGHT.
2. TOE TO BE GRIPPED BY THUMB AND INDEX FINGER FROM BACK, OTHER FINGERS FOLDED.
3. BACK MAXIMUM STRETCHED WITH FOREHEAD TOUCHING THE LEG
4. THE FOLDED KNEE IN ARDHA PADMASANA ALIGNMENT WITH OTHER LEG

## (546) RAJKAPOTASANA (EK PAD) (EK PAD)

1. FORWARD LEG SHOULD FOLD
2. BACKWARD LEG FOLD ON 90 DEGREE ANGLE
3. ELBOWS SHOULD CLOSE
4. FOREHEAD TOUCH BACK LEG HEEL

## (552) PURNA BHUJANGASANA

1. CRANIUM OF HEAD SHOULD BE PLACED IN THE ARCH OF FEET.
2. KNEES, HEELS AND TOES TOGETHER.
3. NAVAL ON THE GROUND.
4. PALMS ON THE GROUND WITH ELBOWS

## (589) NATRAJASANA

1. LEG ON GROUND MAXIMUM STRAIGHT
2. ONE LEG SHOULD FOLD BACK SIDE AND RAISE ON 90 DEGREE ANGLE
3. THUMB OF BACK LEG CATCH WITH FINGER AND THUMB OF ONE HAND
4. SECOND HAND SHOULD RAISE IN SHOULDER LINE

## (371) EKA PADA SIRSASANA

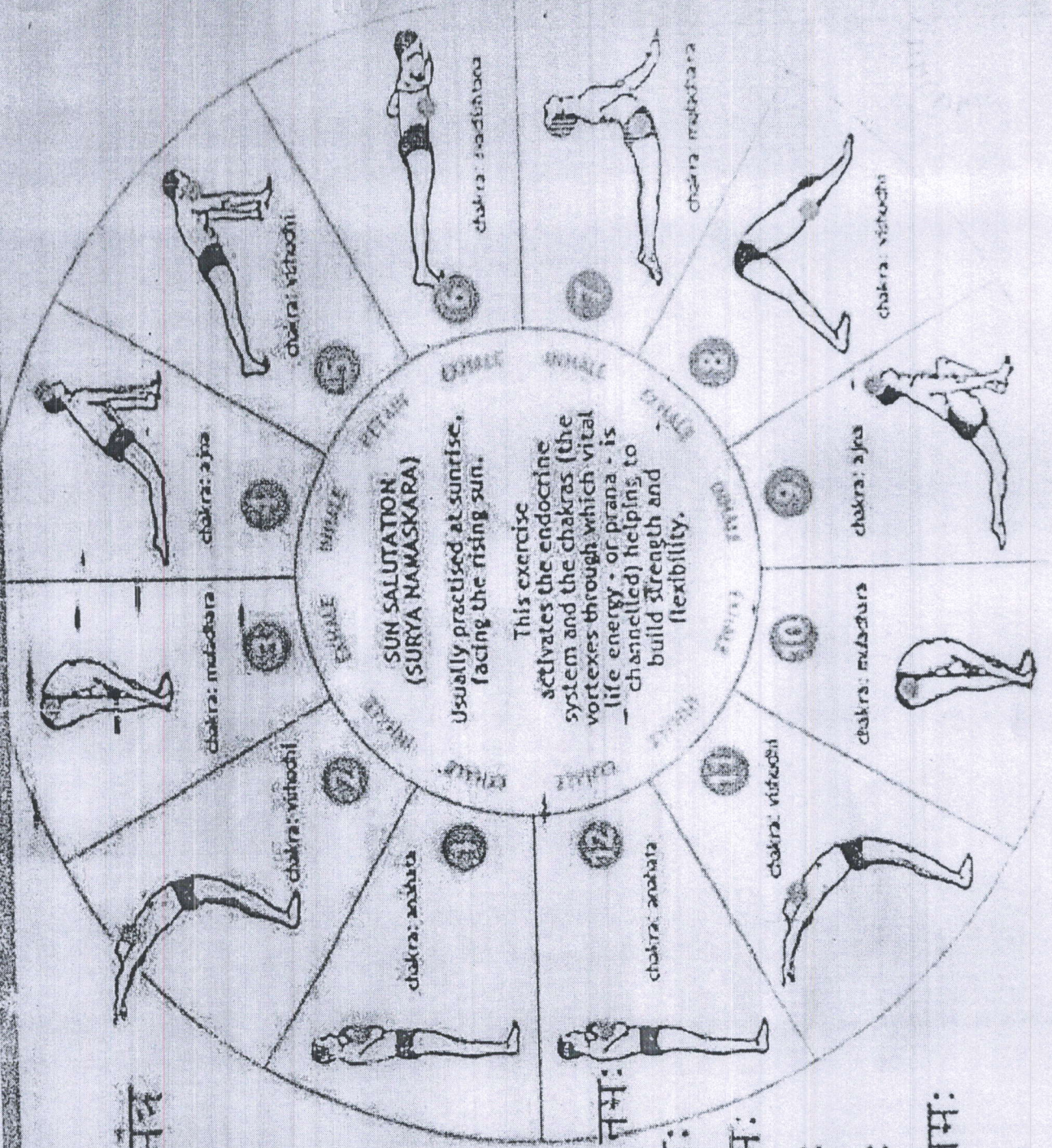
1. BACK, NECK AND HEAD TO BE MAXIMUM STRAIGHT.
2. TOE OF THE STRETCHED LEG POINTING UP WITH KNEE TOUCHING GROUND
3. HANDS FOLDED IN FRONT OF CHEST.
4. HEEL MAXIMUM DOWNWARD OPPOSITE SIDE SHOULDER.

## (313) PURNA MATSYENDRASANA

1. BOTH BUTTOCKS ON THE GROUND.
2. MAXIMUM TWISTING OF THE TRUNK WITH SHOULDERS IN A STRAIGHT LINE.
3. SECOND HAND MUST BE ON OTHER THIGH FROM BACK SIDE.
4. GRIPPING OF TOE WITH THUMB AND INDEX FINGER.

# 7 SURYA NAMASKAR

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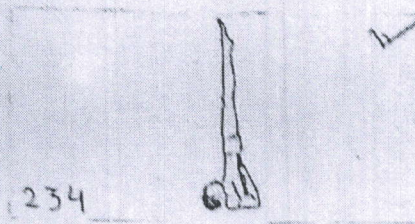


## 12 सूर्य नमस्कार मंत्र

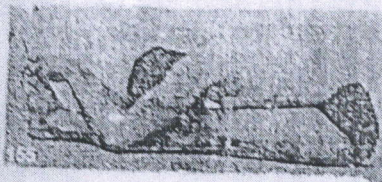
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2. ॐ रवये नमः
3. ॐ सूर्याय नमः
4. ॐ भानवे नमः
5. ॐ खगये नमः
6. ॐ पूर्णणे नमः
7. ॐ हिरण्यगर्भाय नमः
8. ॐ मारिचाय नमः
9. ॐ आदित्याय नमः
10. ॐ सावित्रे नमः
11. ॐ आर्काय नमः
12. ॐ भास्कराय नमः

① INTER COLLEGE STATE YOGA CHAMPIONSHIP ②

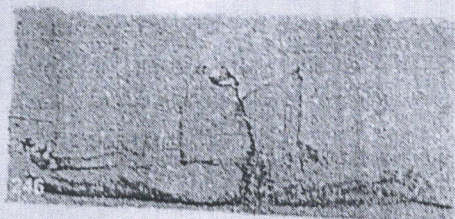
SYLLABUS FOR GIRLS AND BOYS



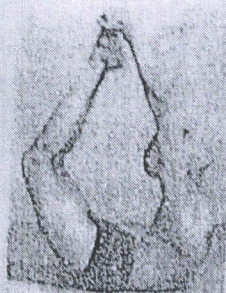
SARVANG  
ASAN



PASCHIMOTTAN  
ASAN



KARANPID  
ASAN



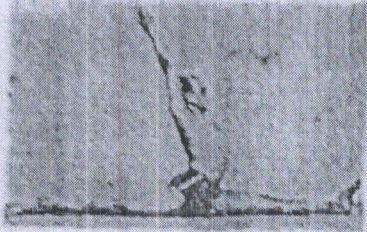
DHANUR  
ASAN



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# SYLLABUS FOR BOYS :-

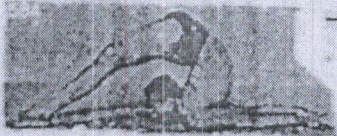
HANUMAN ASAN



MAYUR ASAN



PURAN SALABH ASAN

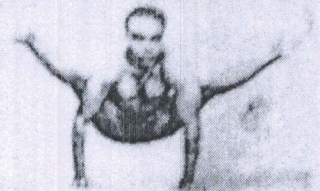


VRISCHIK ASAN

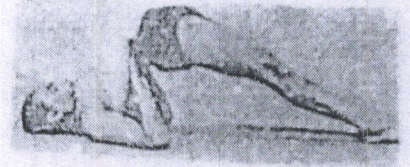


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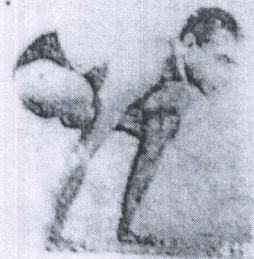
TITIBH ASAN



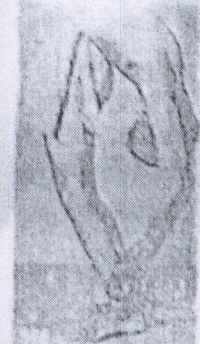
SETUBANDSARVANG ASAN



PADAMBARK ASAN

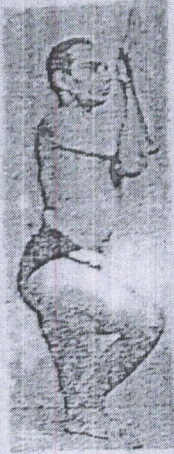


PURAN CHAKAR ASAN

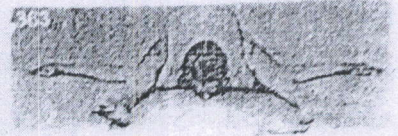


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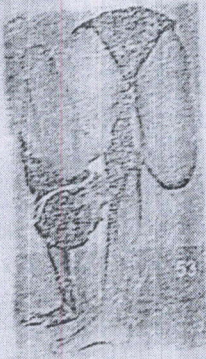
VATSYAN ASANA



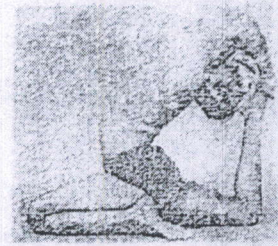
VIBHAKT PASCHIMOTTAN ASANA



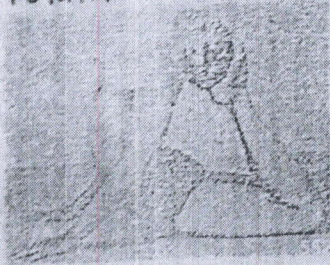
ARDH BADDH PADMOTTAN ASANA



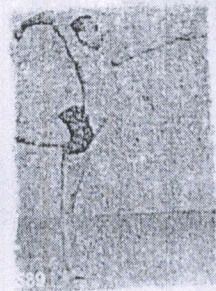
EK PAD RAJ KAPOT ASANA



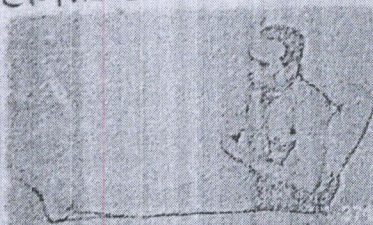
PURAN BHUJANG ASANA



NATRAJ ASANA



EK PAD SIRSH ASANA



PURAN MATSENDER ASANA

