

Director Higher Education, Haryana  
Nehru Stadium, Sector-5,  
Panchkula

To

1. The Registrar, All State Universities (in Haryana)
2. The Principal, Govt. Colleges/ Govt. Aided Colleges /Self Financed College (in the State of Haryana)

Memo No.: 13/1-2017 NPE (2)

Dated: Panchkula, the 31/8/2017

**Subject:-** Regarding Rules & Regulations for Inter College State Badminton Tournament and selected Asanas for Inter College State Yoga Tournament for the year 2017-18.

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Kindly refer to the subject cited above.

It is informed that the Rules & Regulations and Syllabus for Inter College State Yoga Tournament for the year 2017-18 is as under:-

**RULES AND REGULATIONS FOR INTER-COLLEGE YOGA STATE CHAMPIONSHIP/TOURNAMENT FOR THE YEAR 2017-18**

1. Inter College State Yoga Championship shall be held for both boys and girls sections separately in the Asanas and Yogic exercise.
2. A team may consist of maximum of six competitors (including one reserve). A team consisting less than five competitors, shall not be eligible for Team Championship. For team championship marks of one best five will be counted. Individual position will not be considered in the said Tournament.
3. The competitors will have to retain each yogic exercise as follows which will be counted after attaining the final position.  
Part A: A1 - One Round (in twelve count)  
A2 - One minute each
4. Yogic exercise of Part A (a) will be performed together and other exercises will be performed one by one by each member & the team.
5. Marks for part A and part B are as under  

<b>Part A</b>	
Four compulsory Asanas	60 marks
Surya Namaskar	10 marks
<b>Part B</b>	
Three optional Asanas	30 marks
<b>Total</b>	<b>100 marks</b>
6. One Chief Judge plus five Judges, a Scorer & a Time keeper will be appointed for each session (there should be two panels).
7. Draws and fixtures of teams shall be drawn by the organizing committee.

8. Dress: Male & Female competitor will wear the following dresses in their college color.

Male: Short & Vest/Sports Shirt      Female: Short & Sports Shirt/Gymnastic Costume

9. The judges will award the marks out of ten to each competitor for each yogic exercise separately. The maximum & minimum marks will be deleted. The average of other remaining three will constitute the final score. The score awarded by only one judge and other will be counted maximum & minimum.

10. The judges will be free to move in order to see the aspect of the posture from different angles during the retention period. He can ask any competitor to perform any yogic exercise again.

11. The efficiency of the yogic exercise will be judged on the basis of degree of flexibility required in each exercise, duration of retention of the position, calmness and final position maintained therein.

12. All the participating Colleges will be submitting the list of their competitor (not more than six in each section) along with the list of yogic exercise of their choice five days before the commencement of the tournament.

13. In the case of a tie, it will be decided as follow

- Aggregate if marks in compulsory Yogic exercise
- Aggregate of marks in optional Yogic exercise
- Aggregate of marks in the performance of the remaining exercise

Note:

1. The detail of Asanas are given in the book "Light of Yog" by B.K.S. Iyanger.
2. Tournament will be conducted on the basis of knock out pattern.

**SELECTED ASANAS FOR INTER-COLLEGE YOGA STATE CHAMPIONSHIP/  
TOURNAMENT FOR YEAR 2017-18**

Part A (Compulsory Yogic Exercise) for Men & Women	Part B (Optional Yogic Exercise do any three maintain time 30 seconds)	
1. SURYA NAMASKAR (for men & women, in Twelve Counts)  2. ASANAS (for men & women) <ul style="list-style-type: none"> <li>• Sarvangasan (Fig. 234)</li> <li>• Paschimottanasan (Fig. 555)</li> <li>• Karnapidanasan (Fig. 246)</li> </ul>	MEN	WOMEN
	1. Mayurasan (Fig. 354) 2. Padambakasan (Urdhva Kukuttasan) (Fig. 418) 3. Hanumanasan (Fig. 476 A) 4. Tittibhasan (Fig. 395) 5. Purna Chakra Badhasan (Fig. 586) 6. Setubandh Sarvangasan (Fig. 259) 7. vrischikasan (Fig. 537) 8. Purna Salabhasan (Fig. 584)	1. Vatayansan (Fig. 58) 2. Purna Bhujangasan (Fig. 552) 3. Purna Matsyendrasan (Fig. 339) 4. Eka Pada Sirsasan (Fig. 371) 5. Ardhabadh Padmottanasan (Fig. 52) 6. Vibhakta Pashchimothanasan (Fig. 363) 7. Natrajasan (Fig. 590)

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**RULES AND REGULATIONS FOR INTER-COLLEGE BADMINTON STATE  
CHAMPIONSHIP/TOURNAMENT FOR THE YEAR 2017-18**

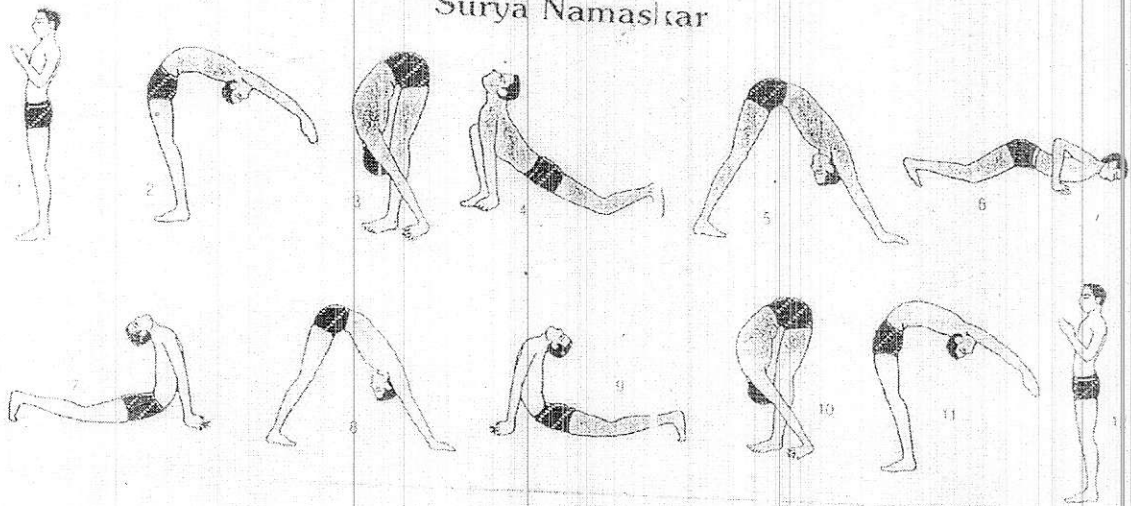
1. Inter College State Badminton Championship shall be held for both boys and girls sections separately.
2. A men team may consist of maximum of seven competitors and a women team consist five competitors respectively. Individual position will not be considered in the said Tournament.
3. Tournament will be conducted on the basis of knock out pattern.
4. All the teams will bring their own shuttle cocks for their matches.
5. Shuttle-cocks will be used (AS-2) Yonex.
6. Draws and fixtures of teams shall be drawn by the organizing college.
7. According to the number of entries host/organizer will be authorized to take necessary changes to smoothly conduct the tournament.
8. To contact for team entry and more detail to host college (S.A.Jain College, Ambla City) on contact No. 9416154844 and email at [sajaincollege@rediffmail.com](mailto:sajaincollege@rediffmail.com).

Kuldeep WZ  
31/8/17

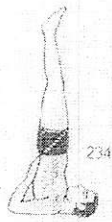
Deputy Director Sports  
for Director, Higher Education, Haryana  
Panchkula

*[Signature]*

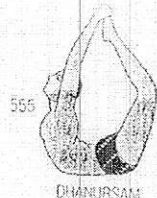
## Surya Namaskar



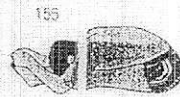
## Compulsary Asanas



SARVANGASANA



DHANURASANA



PASCHIMOTTASANA



KARNAPHIRASANA

## Optional Asanas for Men



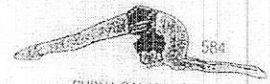
MARJARYASANA



HIRTUMANASANA



PINDASANA



PURNA SALABHASANA



SETUBANDHI SARVANGASANA



PURNA CHAKRABANDHASANA

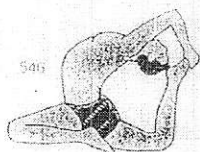


VRISCHIKASANA



TITTIBHASANA

## Optional Asanas for Women



EKA PADA RAJAPOTASANA



PURNA BHUJANGASANA



NATARJASANA



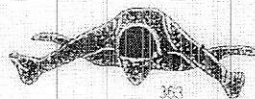
VATARJYASANA



ARDHRATYAJAGRASANA



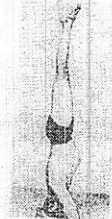
EKA PADA SHIRSASANA



VIBHAKTA PASCHIMOTTASANA



PURNA MATSYENDRASANA



PASCHIMOTTASANA