



INTERNATIONAL YOGA COMMITTEE

Affiliated Member

INTERNATIONAL NON-OLYMPIC COMMITTEE

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RULES AND REGULATION OF IYC YOGA SPORTS CHAMPIONSHIP

The IYC Yoga Sports Championship will be conducted as per the following **Six Events** and Age Groups as per rules & regulations and syllabus of the IYC which can be downloaded from the website of International Yoga Committee-IYC. (www.iyc-yoga.org)

1. **IYC YOGASANA SPORTS COMPETITION**
2. **IYC ARTISTIC YOGA COMPETITION**
3. **IYC ARTISTIC PAIR YOGA COMPETITION**
4. **IYC RHYTHMIC YOGA COMPETITION**
5. **IYC FREE FLOW YOGA DANCE COMPETITION**
6. **IYC PROFESSIONAL YOGASANA COMPETITION**

- **IYC YOGASANA SPORTS COMPETITION**

Separate Yogasana Competitions for male and female competitors will be conducted as per the following **SEVEN AGE GROUPS**. Competitor will perform **7 Asanas out of 10** of their choice as per the syllabus of their respective age groups. Competitor will maintain in each asana for **15 seconds** during the competition.

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|-------|-------------------------------|---|------------------------------|
| (i) | SUB JUNIOR GROUP - (A) | - | 08-11 Years Boys and Girls |
| (ii) | SUB JUNIOR GROUP - (B) | - | 11-14 Years Boys and Girls |
| (iii) | JUNIOR GROUP | - | 14-17 Years Boys and Girls |
| (iv) | SENIOR GROUP - (A) | - | 17-21 Years Men and Women |
| (v) | SENIOR GROUP - (B) | - | 21-25 Years Men and Women |
| (vi) | SENIOR GROUP - (C) | - | 25-35 Years Men and Women |
| (vii) | SENIOR GROUP - (D) | - | above 35 Years Men and Women |

Number of Entries:- Six Entries of each National Team in each age group male & female separately will be allowed to participate in the IYC Yogasana Competition.

2. **IYC Artistic Yoga Competition**
3. **IYC Artistic Pair Yoga Competition**
4. **IYC Rhythmic Yoga Competition**

Age Groups:- The Artistic Yoga, Artistic Pair Yoga and Rhythmic Yoga Competition will be held in the following **two age groups**.

- | | | | |
|------|---------------------|---|----------------|
| (i) | JUNIOR GROUP | - | 8-17 Years |
| (ii) | SENIOR GROUP | - | Above 17 Years |

Number of Entries:- Four Entries of each National Team in each category in Junior and Senior Group separately will be allowed to participate in the IYC Artistic Yoga Competition, IYC Artistic Pair Yoga Competition & IYC Rhythmic Yoga Competition.

2. **IYC ARTISTIC YOGA COMPETITION**

- i. The Artistic Yoga Competition will be held in **Junior (8-17 Years)** and **Senior (above 17 Years)** Age Groups Males & Females separately.
- ii. Artistic Yoga consists of presentation of various Asanas (postures) including forward and backward bending, balancing, lying postures, sitting postures, etc. performed with music.
- iii. It is synchronization of body movement with music (without break).
- iv. Number of postures performed should be **8-10 of competitor's choice**.
- v. Time duration for the presentation will be 120 to 150 seconds.
- vi. The competitor will maintain each posture for atleast 3-5 seconds during the performance.
- vii. The transition from one posture to another posture should be slow & Artistic

3. IYC ARTISTIC PAIR YOGA COMPETITION

- I. The Artistic Pair Yoga Competition (either both Girls or both Boys or a Boy and a Girl) will be held in **Junior (8-17 Years)** and **Senior (above 17 Years)** Age Groups.
- II. Artistic Pair Yoga consists of presentation of various Asanas (postures) including forward and backward bending, balancing, lying postures, sitting postures etc. including pyramid making, performed with music.
- III. Both the participants will perform two different postures at a time. Performing same posture will be a disqualification.
- IV. Body touch is allowed in the competition as per the discretion of the competitors.
- V. Making of pyramid will be given preference.
- VI. Synchronization of body movements with music will be given top preference.
- VII. Number of postures performed should be **8-10 of competitor's choice**.
- VIII. Time duration for the presentation will be 120-150 seconds.
- IX. The competitor will maintain each posture for atleast 3-5 seconds during the performance.
- X. The transition from one posture to another posture should be slow, Artistic and Synchronized.

4. IYC RHYTHMIC YOGA COMPETITION

- I. The Rhythmic Yoga Competition (The pair may consist of either both the boys or both the girls) will be held in **Junior (8-17 Years)** and **Senior (above 17 Years)** Age Groups.
- II. Rhythmic Yoga is also known as pair Yoga. Rhythmic Yoga is the presentation of various Asanas (postures) including forward bending, backward bending, balancing, lying postures etc. performed with music.
- III. The same posture should be performed by the pair together.
- IV. Number of postures performed should be **8-10 of competitor's choice**.
- V. There should not be any body touch between the two participants.
- VI. There should be perfect synchronization of body movements with the music.
- VII. Number of postures performed should be **8-10 of competitor's choice**.
- VIII. Time duration for the presentation will be 120-150 seconds.
- IX. The competitor will maintain each posture for atleast 3-5 seconds during the performance.

- X. The transition from one posture to another should be Slow, Rhythmic and Synchronized.

5. **IYC FREE FLOW YOGA DANCE COMPETITION:**

Number of Entries: Only One team from one country can participate in the IYC Free Flow Yoga Dance Competition.

- I. The Free Flow Yoga Dance Competition (The team will consist of **5 players** either all boys or all girls or boys and girls mixed) will be held in **only one open Group** (mixture of all age groups).
- II. It is the presentation of various Asanas (postures) including forward bending, backward bending, balancing, lying postures etc. performed in dancing movements with music, preferably with some theme.
- III. The team can perform same postures/different postures / pyramids/ free flow movements.
- IV. There should be perfect synchronization of body movements with the music.
- V. Number of postures performed should be 8-12 Combination of Asana of **competitor's choice**.
- VI. Time duration for the presentation will be 180-210 seconds (3 to 3½ Minutes).
- VII. The competitor will maintain each posture for atleast 3-5 seconds during the performance.
- VIII. The transition from one posture to another should be Slow, Rhythmic, Synchronized and in dancing movement.

Note: No Prop will be allowed during the performance of Artistic Yoga Competition, Artistic Pair Yoga Competition, Rhythmic Yoga Competition & Free Flow Yoga Dance Competition.

6. **IYC PROFESSIONAL YOGASANA COMPETITION:**

Separate Professional Yogasana Competitions for male and female competitors will be held in **One Open Age Group only**. Only Yoga teacher of any age group can participate. Competitors will perform **7 Asanas out of 10** of their choice as per the syllabus of their group. Competitor will maintain in each asana for **15 seconds** during the competition..

Dress of the Competitor :

The players should wear attractive colorful skin tight costume as per the IYC dress code during their performance in the Yogasana, Artistic, Artistic Pair, Rhythmic & Free Flow Yoga Dance Competition.

Date of Birth:

Age of the competitor will be checked as per the DOB Certificate



**(Dr. Thiyagu Nagaraj)
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