



YOGA FEDERATION OF INDIA



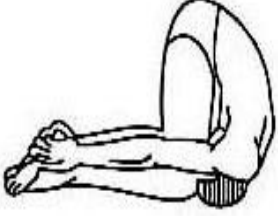







REGD. UNDER THE SOCIETIES REGISTRATION ACT. XXI OF 1860 REGD. NO.1195 DATED 14.02.90)
RECOGNIZED BY INDIAN OLYMPIC ASSOCIATION - OCTOBER, 1998 TO FEBRUARY, 2011

Affiliated to Asian Yoga Federation, International Yoga Sports Federation & International Yoga Federation

REGD. OFFICE: FLAT NO.501, GHS-93, SECTOR-20, PANCHKULA- 134116 (HARYANA), INDIA

e-mail:-yfiashok2000@yahoo.co.in, Mobile No.+91-94174-14741, Website:- www.yogafederationofindia.com

SYLLABUS AND GUIDELINES FOR NATIONAL/ZONAL/STATE/DISTRICT YOGASANA COMPETITION

SUB JUNIOR GROUP–A (8-10 YEARS, BOYS & GIRLS)		
<ol style="list-style-type: none"> 1. VRIKSHASANA 2. PADAHASTASANA 3. SASANGASANA 4. USHTRASANA 5. AKARNA DHANURASANA 6. GARABHASANA 7. EKA PADA SIKANDHASANA 8. CHAKRASANA 9. SARVANGASANA 10. DHANURASANA 		<p style="text-align: center;">1. <u>VRIKSHASANA</u></p> <ol style="list-style-type: none"> 1. Back maximum stretched. 2. Arms touching the ear. 3. Both hands folded above the shoulders. 4. Gaze in front.
		
<p style="text-align: center;">2. <u>PADAHASTASANA</u></p> <ol style="list-style-type: none"> 1. Hands on the side of feet 2. Legs should be straight 3. Back maximum stretched 4. Chest & forehead touching the legs 	<p style="text-align: center;">3. <u>SASANGASANA</u></p> <ol style="list-style-type: none"> 1. Thighs perpendicular to the ground 2. Forehead touching knees 3. Palms on the heels from the side 4. Toes, heels and knees together 	<p style="text-align: center;">4. <u>USHTRASANA</u></p> <ol style="list-style-type: none"> 1. Thighs perpendicular to the ground 2. Palms on the heels 3. Knees, heels and toes together 4. Ankles touching the ground
		
<p style="text-align: center;">5. <u>AKARNA DHANURASANA</u></p> <ol style="list-style-type: none"> 1. One Leg stretch with toe pointing upwards, gripping of toe with thumb and index finger. 2. Gripping of toe of other leg with thumb, index and middle finger up to the ear. 3. Back, neck and head maximum straight. 4. Elbow stretched upward with gaze in front. 	<p style="text-align: center;">6. <u>GARABHASANA</u></p> <ol style="list-style-type: none"> 1. Both arms in between thigh and calf. 2. Ears to be covered by palms. 3. Back, neck and head maximum straight. 4. Gaze in front. 	<p style="text-align: center;">7. <u>EKA PADA SIKANDHASANA</u></p> <ol style="list-style-type: none"> 1. Back, neck and head to be maximum straight. 2. Heel touching opposite side shoulder. 3. Toe of the stretched leg pointing up with knee touching ground. 4. Hands folded in front of chest.
		
<p style="text-align: center;">8. <u>CHAKRASANA</u></p> <ol style="list-style-type: none"> 1. Gap in hands and legs with each other at shoulder width. 2. Arms and legs to be perpendicular to the ground. 3. Neck in between two arms with ear touching the arms. 4. Thighs, hips and back making maximum arch 	<p style="text-align: center;">9. <u>SARVANGASANA</u></p> <ol style="list-style-type: none"> 1. Legs, hips upto shoulders in straight line. 2. Elbows in straight line to shoulders 3. Hands placed on back parallel to each other 4. Chin touching chest, toes pointing upward 	<p style="text-align: center;">10. <u>DHANURASANA</u></p> <ol style="list-style-type: none"> 1. Toes, heels and knees together 2. Naval on the ground 3. Gripping from ankles 4. Thighs, buttocks and lower back making maximum arch.



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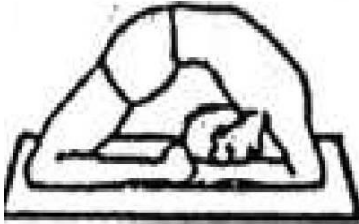





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SYLLABUS AND GUIDELINES FOR NATIONAL/ZONAL/STATE/DISTRICT YOGASANA COMPETITION

SUB JUNIOR GROUP-B (10-12 YEARS, BOYS & GIRLS)		
<ol style="list-style-type: none"> 1. TRIKONASANA 2. PASCHIMOTTANASANA 3. PURNA USTHRASANA 4. EKA PADA SIKANDHASANA 5. AKARNA DHANURASANA 6. KUKKUTASANA 7. YOGA NIDRASANA 8. CHAKRASANA 9. SARVANGASANA 10. DHANURASANA 		<p style="text-align: center;">1. <u>TRIKONASANA</u></p> <ol style="list-style-type: none"> 1. Waist to be parallel to the ground. 2. Both arms in a straight Line. 3. Position of hand adjacent to heel 4. Face towards sky.
		
<p style="text-align: center;">2. <u>PASCHIMOTTANASANA</u></p> <ol style="list-style-type: none"> 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. 	<p style="text-align: center;">4. <u>PURNA USHTRASANA</u></p> <ol style="list-style-type: none"> 1. Cranium of head placed on the arc of feet. 2. Toes to be gripped by palms. 3. Knees, heels and toes together 4. Elbows should be parallel to each other. 	<p style="text-align: center;">5. <u>EKA PADA SIKANDHASANA</u></p> <ol style="list-style-type: none"> 1. Back, neck and head to be maximum straight. 2. Heel touching opposite side shoulder. 3. Toe of the stretched leg pointing up with knee touching ground. 4. Hands folded in front of chest.
		
<p style="text-align: center;">6. <u>AKARNA DHANURASANA</u></p> <ol style="list-style-type: none"> 1. One Leg stretch with toe pointing upwards, gripping of toe with thumb and index finger. 2. Gripping of toe of other leg with thumb, index and middle finger up to the ear. 3. Back, neck and head maximum straight. 4. Elbow stretched upward with gaze in front. 	<p style="text-align: center;">4. <u>KUKKUTASANA</u></p> <ol style="list-style-type: none"> 1. Insert arms in between thigh and calf and palms placed on the ground with fingers together. 2. Hips and knees should be parallel to the ground. 3. Head, Neck and back should be maximum straight, gaze in front. 4. Arms should be at shoulders width. 	<p style="text-align: center;">8. <u>YOGA NIDRASANA</u></p> <ol style="list-style-type: none"> 1. Neck to rest on the crossing of ankle. 2. Shoulders to be taken out from the crossing. 3. Weight to be placed on middle of back. 4. Gripping of buttock with fingers inter locking each other.
		
<p style="text-align: center;">8. <u>CHAKRASANA</u></p> <ol style="list-style-type: none"> 1. Gap in hands and legs with each other at shoulder width. 2. Arms and legs to be perpendicular to the ground. 3. Neck in between two arms with ear touching the arms. 4. Thighs, hips and back making maximum arch 	<p style="text-align: center;">9. <u>SARVANGASANA</u></p> <ol style="list-style-type: none"> 1. Legs, hips upto shoulders in straight line. 2. Elbows in straight line to shoulders 3. Hands placed on back parallel to each other 4. Chin touching chest, toes pointing upward 	<p style="text-align: center;">10. <u>DHANURASANA</u></p> <ol style="list-style-type: none"> 1. Toes, heels and knees together 2. Naval on the ground 3. Gripping from ankles 4. Thighs, buttocks and lower back making maximum arch.



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SYLLABUS AND GUIDELINES FOR NATIONAL/ZONAL/STATE/DISTRICT YOGASANA COMPETITION

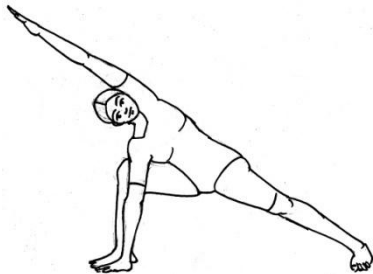
SUB JUNIOR GROUP-C (12-14 YEARS BOYS & GIRLS)

1. GARUDASANA
2. PARSVAKONASANA
3. VIBHAKTA PASCHIMOTTHANASANA
4. BAKASANA
5. PURNA SUPTA VAJRASANA
6. UTT HIT EKA PADA SIKANDHASANA
7. EKA PADA CHAKRASANA
8. PADAM SARVANGASANA
9. MATSYASANA
10. PURNA DHANURASANA



1. GARUDASANA

1. Back, neck and head to be straight.
2. Hands together in front of nose.
3. If right arm is above left arm, left thigh on the right thigh.
4. Ankle completely touching calf, Shoulders maximum straight



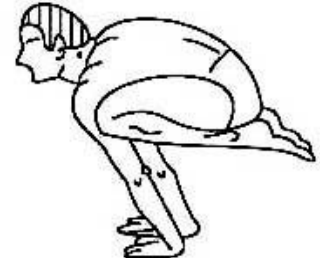
2. PARSVAKONASANA

1. Arm, Waist and leg in straight line.
2. Second leg and Arm perpendicular to ground.
3. Thigh parallel to ground.
4. Ear touching Arm, Gaze forward.



3. VIBHAKTA PASCHIMOTTHANASANA

1. Toes pointing upward.
2. Knees on the ground.
3. Gripping of toes with thumb and index finger.
4. Chest, shoulders and chin should touch the ground.



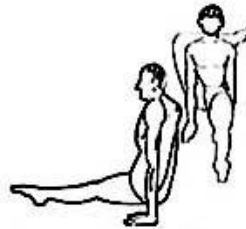
4. BAKASANA

1. Gap in hands upto shoulder width.
2. Fingers closed.
3. Hips, back and head in maximum straight line, parallel to ground with heels together touching the buttocks
4. Gaze forward.



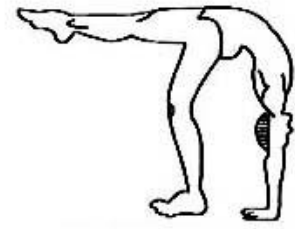
5. PURNA SUPTA VAJRASANA

1. Knees together.
2. Gripping of knees with both palms touching each other.
3. Cranium of head placed on the arch of feet.
4. Heels & toes together.



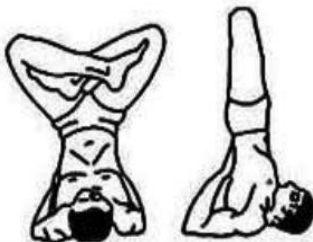
6. UTT HIT EKA PADA SIKANDHASANA

1. Back maximum straight.
2. Heel touching opposite side shoulder.
3. Lifted leg straight.
4. Arms on side with palms placed on ground up to shoulder width.



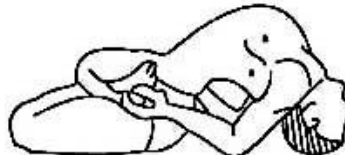
7. EKA PADA CHAKRASANA

1. Palms on ground upto shoulders width.
2. Neck placed in between two arms, ear touching arms.
3. Raised leg should be parallel to ground.
4. The leg on the ground and arms perpendicular to the ground.



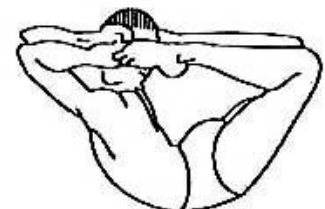
8. PADMA SARVANGASANA

1. Knees, hips and back up to shoulders maximum straight.
2. Palms placed on the back parallel to each other.
3. Chin touching chest.
4. Padmasana to be assumed after going into the position of Sarvangasana.



9. MATSYASANA

1. Both knees on the ground.
2. Both elbows touching ground.
3. Gripping of toes with thumb and index finger.
4. Cranium of the head touching ground, not the forehead.



10. PURNA DHANURASANA

1. Legs & arms in straight line.
2. Naval on ground.
3. Gripping of big toes in between first and second finger with fist closed.
4. Toes stretched upto ears, Gaze forward



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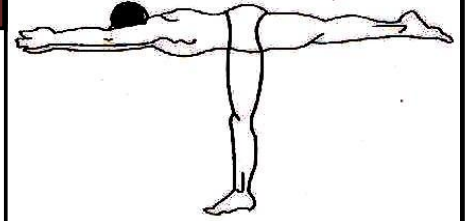
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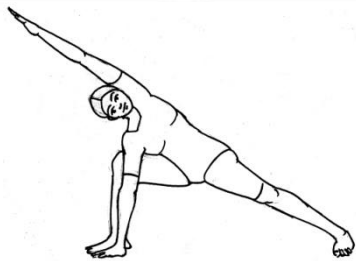
JUNIOR GROUP-A (14-16 YEARS, BOYS & GIRLS)

1. VIRBHADRASANA
2. PARVA KONASANA
3. ARDHA BADDHA PADAM PASCHIMOTTASANA
4. KUKKUTASANA
5. PURNA SUPTA VAJRASANA
6. TITIBHASANA
7. EKA PADA VIPARIT DANDASANA
8. SUPTA KONASANA
9. VIBHAKTA VIPARIT SUPTASANA
10. PURNA DHANURASANA



1. VIRBHADRASANA

1. Leg on the ground must be straight.
2. Both arms, back and leg in straight line with toe maximum stretched.
3. Head in between both arms.
4. Hands folded together.



2. PARSVAKONASANA

1. Arm, Waist and leg in straight line.
2. Second leg and Arm perpendicular to ground.
3. Thigh parallel to ground.
4. Ear touching Arm, Gaze forward.



3. ARDHA BADDHA PADAMA PASCHIMOTTASANA

1. One leg stretched straight.
2. Assuming Ardha Padamasana Grip the big toe with thumb and index finger.
3. Back maximum stretched with abdomen, chest and forehead touching the leg.
4. Both knees on the ground.



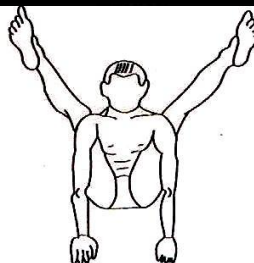
4. KUKKUTASANA

5. Insert arms in between thigh and calf and palms placed on the ground with fingers together.
6. Hips and knees should be parallel to the ground.
7. Head, Neck and back should be maximum straight, gaze in front.
8. Arms should be at shoulders width.



5. PURNA SUPTA VAJRASANA

1. Knees together.
2. Gripping of knees with both palms touching each other.
3. Cranium of head placed on the arch of feet.
4. Heels & toes together.



6. 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.



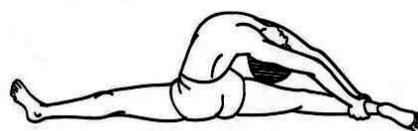
7. EKA PADA VIPARIT DANDASANA

1. Holding front ankle with both palms.
2. Upper leg straight and perpendicular to ground.
3. Upper knee straight and toe stretched.
4. Gaze in front.



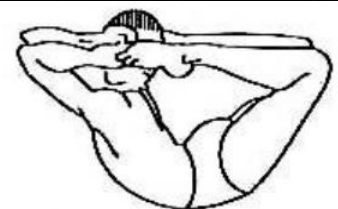
8. SUPTA KONASANA

1. Back maximum straight with chin lock.
2. Arms in straight line on either side of the body.
3. Big toes gripped with thumb and index finger.
4. Legs stretched straight on both side of the body.



9. VIBHAKTA VIPARIT SUPTASANA

1. Stretch the leg in front and back with thighs, hips and heels in straight line and touching the ground.
2. Body should bend backward with cranium touching the thigh at the back.
3. Arms maximum straight, gripping the leg near ankle with both the palms.
4. Gaze backside.



10. PURNA DHANURASANA

1. Legs & arms in straight line.
2. Naval on ground.
3. Gripping of big toes in between first and second finger with fist closed.
4. Toes stretched upto ears, Gaze forward



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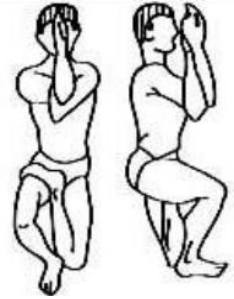
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SYLLABUS AND GUIDELINES FOR NATIONAL/ZONAL/STATE/DISTRICT YOGASANA COMPETITION

JUNIOR GROUP-B (16-18 YEARS BOYS AND GIRLS)

1. **VATAYANASANA**
2. **VIBHAKTA PASCHIMOTTANASANA**
3. **PARIVARTITA PARSVAKONASANA**
4. **PURNA CHAKRASANA**
5. **PADAM BAKASANA**
6. **PURNA MATSYENDRASANA**
7. **KOUNDINYASANA**
8. **PADMA SARVANGASANA**
9. **PURNA SHALABHASANA**
10. **PADANGUSHTH DHANURASANA**



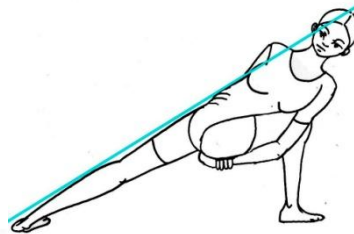
1. **VATAYANASANA**

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.



2. **VIBHAKTA PASCHIMOTTANASANA**

1. Toe pointing upward.
2. Knees on the ground.
3. Gripping of toes with thumbs and index finger.
4. Chest, shoulders and chin should touch the ground.



3. **PARIVARTITA PARSVAKONASANA**

1. Leg, waist and head in straight line after twisting body.
2. The other leg perpendicular to ground, thigh parallel to ground.
3. Wrist of the hand on the back to be gripped by hand on the front side.
4. Gaze in front.



4. **PURNA CHAKRASANA**

1. Gap in two legs approx 1/2 feet.
2. Gripping of ankles with hands.
3. Toes parallel to each other.
4. Head placed in between arms with ear touching the arms.



5. **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.



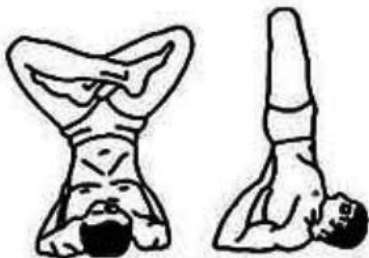
6. **PURNA MATSYENDRASANA**

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.



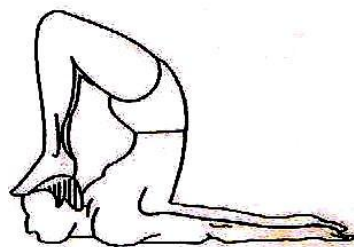
7. **KOUNDINYASANA**

1. Both legs in straight line parallel to ground.
2. Both palms on the ground with fingers together.
3. Both forearms parallel to each other, perpendicular to the ground.
4. Back maximum stretched, parallel to the ground, Gaze forward.



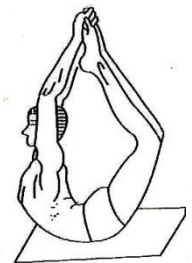
8. **PADMA SARVANGASANA**

1. Knees, hips and back up to shoulders maximum straight.
2. Palms placed on the back parallel to each other.
3. Chin touching chest.
4. Padamasana to be assumed after going into the position of Sarvangasana.



9. **PURNA SHALABHASANA**

1. Arch of feet should be placed on the cranium of the head.
2. Knees, heels and toes together.
3. Shoulders, chest & chin should touch the ground.
4. Arms parallel to each other at shoulders width with palms facing down.



10. **PADANGUSHTH DHANURASANA**

1. Gripping of big toe in between 1st and 2nd finger with fist closed.
2. Knees maximum closed.
3. Legs and arms stretched upward, balance on naval.
4. Head in between both the arms, gaze in front.



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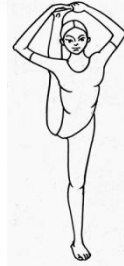
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SENIOR GROUP-A (18-21 YEARS MEN AND WOMEN)

1. TRIVIKRAMASANA
2. PURNA CHAKRASANA
3. UTHITA PASCHIMOTTASANA
4. KOUNDINYASANA
5. PARIVARTITA PARSVAKONASANA
6. OMKARASANA
7. PURNA MATSYENDRASANA
8. KARAN PITTHASANA
9. PURNA DHANURASANA
10. SIRSHASANA



1. TRIVIKRAMASANA

1. Leg on the ground to be straight.
2. Gripping of toe of other leg with palm.
3. The stretched leg should be straight,
4. Both elbows in alignment, gaze in front.



2. PURNA CHAKRASANA

1. Gap in two legs approx 1/2 feet.
2. Gripping of ankles with hands.
3. Toes parallel to each other.
4. Head placed in between arms with ear touching the arms.



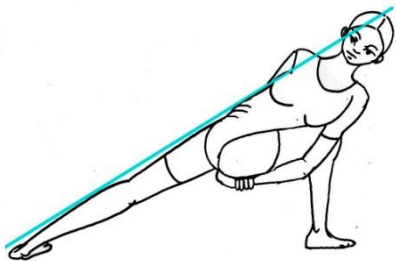
3. UTHITA PASCHIMOTTANASANA

1. Balance on Buttocks.
2. Both Legs straight with toes pointing upward.
3. Palms holding the heels.
4. Back maximum stretched with abdomen, chest and forehead touching the legs.



4. KOUNDINYASANA

1. Both legs in straight line parallel to the ground.
2. Both palms on the ground with fingers together.
3. Both forearms parallel to each other, perpendicular to the ground.
4. Back maximum stretched, parallel to the ground, Gaze forward.



5. PARIVARTITA PARSVAKONASANA

1. Leg, waist and head in straight line after twisting body.
2. The other leg perpendicular to ground, thigh parallel to ground.
3. Wrist of the hand on the back to be gripped by hand on the front side.
4. Gaze in front.



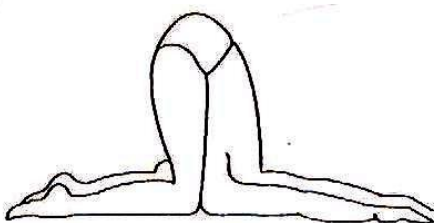
6. OMKARASANA

1. Heel of one leg touching opposite side shoulder.
2. Second leg crossing elbows in straight line.
3. Both palms placed on ground with fingers together.
4. Back maximum straight, gaze forward.



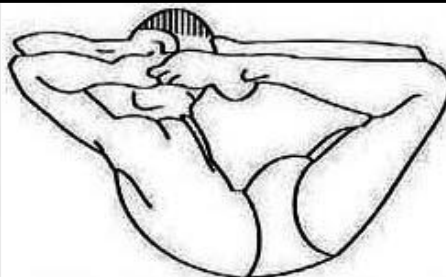
7. PURNA MATSYENDRASANA

1. Both buttocks on the ground.
2. Maximum twisting of the trunk with shoulders in a straight line.
3. 2nd hand must be on other thigh from back side.
4. Gripping of toe with thumb and index finger.



8. KARAN PITTHASANA

1. Knees and shoulders should touch each other.
2. Back and thighs maximum straight.
3. Arms and legs in opposite direction and in a straight line.
4. The gap in both arms and legs should be at shoulders width.



9. PURNA DHANURASANA

1. Legs & arms in straight line.
2. Naval on ground.
3. Gripping of big toes in between first and second finger with fist closed.
4. Toes stretched upto ears, Gaze forward.



10. SIRSHASANA

1. Front portion of the head should be placed on the ground.
2. Head, Back, hips and legs in one line.
3. Toes pointing upward
4. Elbows parallel to each other.



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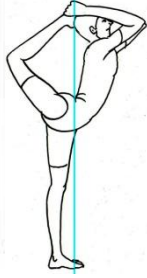


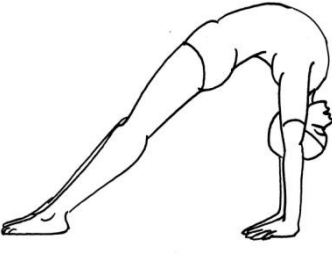

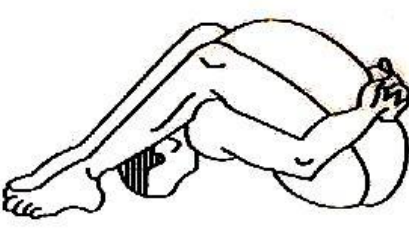



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SYLLABUS AND GUIDELINES FOR NATIONAL/ZONAL/STATE/DISTRICT YOGASANA COMPETITION

SENIOR GROUP-B (21-25 YEARS MEN & WOMEN)		
<ol style="list-style-type: none"> 1. NATRAJASANA 2. DANDYAMAN JANUSIRSHASANA 3. UTTHITA PASCHMITTONASAN 4. SETU BANDHA CHAKRASANA 5. HANUMANA ASANA 6. KURMASANA 7. KOUNDINYASANA 8. EKA PADA SETU BANDHA SARVANGASANA 9. PADANGUSHTH DHANURASANA 10. PADAM SIRSHASANA 		<p>1. NATRAJASANA</p> <ol style="list-style-type: none"> 1. Arch of foot placed on back of head. 2. Toe gripped by both palms, Gap in elbows at shoulder width. 3. Leg, shoulder and head in one line. 4. Face straight, gaze in front.
		
<p>2. DANDYAMAN JANUSIRSHASANA</p> <ol style="list-style-type: none"> 1. One leg stretched straight, Parallel to the ground. 2. Leg on ground maximum straight. 3. Gripping of toe with thumb and index fingers of both hands with elbows slightly bent. 4. Chin placed on knee. 	<p>3. UTTHITA PASCHMITTONASAN</p> <ol style="list-style-type: none"> 1. Balance on Buttocks. 2. Both Legs straight with toes pointing upward. 3. Palms holding the heels. 4. Back maximum stretched with abdomen, chest and forehead touching the legs. 	<p>4. SETU BANDHA CHAKRASANA</p> <ol style="list-style-type: none"> 1. Hands and feet touching the ground. 2. Legs straight, heels and toes together. 3. Head in between two arms with ears touching the arms. 4. Trunk perpendicular to the ground.
		
<p>5. HANUMANA ASANA</p> <ol style="list-style-type: none"> 1. Both legs stretched, toes pointing outside. 2. Back, neck and head straight. 3. Hand folded in front of chest. 4. Gaze forward. 	<p>6. KURMASANA</p> <ol style="list-style-type: none"> 1. Feet joined with soles on the ground in front of the head. 2. Insert head and arms in between two legs under the knees. 3. Flinger should be interlocked on the back near buttocks. 4. Forehead should touch the ground with maximum arch of the back. 	<p>7. KOUNDINYASANA</p> <ol style="list-style-type: none"> 1. Both legs in straight line parallel to the ground. 2. Both palms on the ground with fingers together. 3. Both forearms parallel to each other, perpendicular to the ground. 4. Back maximum stretched, parallel to the ground, Gaze forward.
		
<p>8. EKA PADA SETU BANDHA SARVANGASANA</p> <ol style="list-style-type: none"> 1. Shoulders and elbows in one line with chin touching the chest. 2. Palms on the back. 3. One leg straight with toe pointing upward. 4. Second leg straight with heel and toe touching the ground. 	<p>9. PADANGUSHTH DHANURASANA</p> <ol style="list-style-type: none"> 1. Gripping of big toe in between 1st and 2nd finger with fist closed. 2. Knees maximum closed. 3. Legs and arm stretched upward, balance on naval. 4. Head in between both the arms, gaze in front. 	<p>10. PADAM SIRSHASANA</p> <ol style="list-style-type: none"> 1. Front portion of the head should be placed on the ground. 2. Head, Back & hips in one line. 3. Padamasana to be assumed after taking the position of Sirshasana. 4. Elbows parallel to each other.



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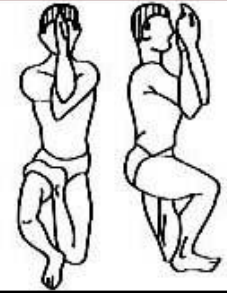
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SYLLABUS AND GUIDELINES FOR NATIONAL/ZONAL/STATE/DISTRICT YOGASANA COMPETITION

SENIOR GROUP – C (25-30 YEARS MEN)

1. **VATAYANASANA**
2. **VIRBHADRASANA**
3. **HANUMANA ASANA**
4. **ARDHA BADHA PADAMA PASCHIMOTTANASANA**
5. **BADDHA PADAMASANA**
6. **PADAM MAYURASANA**
7. **ARDHA MATSYENDRASANA**
8. **SETU BANDHA SARVANGASANA**
9. **EKA PADA CHAKRASANA**
10. **PADAM SIRSHASANA**



1. **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.



2. **VIRBHADRASANA**

1. Leg on the ground must be straight.
2. Both arms, back and leg in straight line with toe maximum stretched.
3. Head in between both arms.
4. Hands folded together.



3. **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.



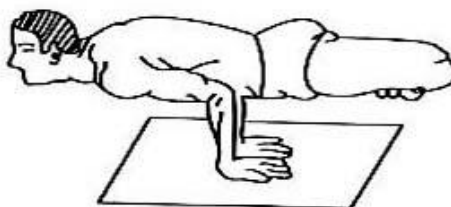
4. **ARDHA BADHA PADAMA PASCHIMOTTANASANA**

1. One leg stretched straight.
2. Assuming Ardha Padamasana Grip the big toe with thumb and index finger.
3. Back maximum stretched with abdomen, chest and forehead touching the leg.
4. Both knees on the ground.



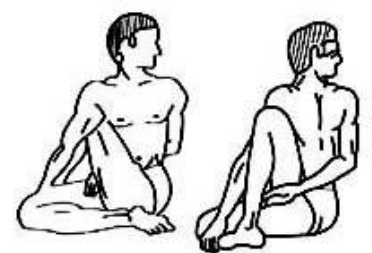
5. **BADDHA PADAMASANA**

1. Both knees on ground.
2. Both toes gripped by thumb and index finger from back side.
3. Back, neck and head straight.
4. Shoulder in same line, gaze forward.



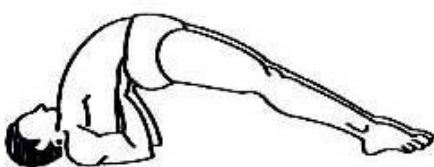
6. **PADAM MAYURASANA**

1. Elbows pressing the stomach with Palms on the ground close to each other.
2. Knees, hips, back & head in straight line.
3. Fingers closed.
4. Gaze forward.



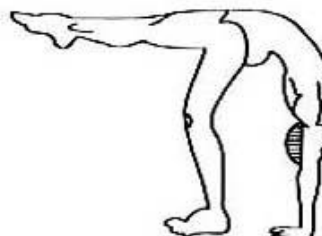
7. **ARDHA MATSYENDRASANA**

1. Both buttocks on the ground.
2. Shoulders and head in same line.
3. Thigh to be gripped by hand after twisting the trunk portion.
4. Knee on the ground.



8. **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.



9. **EKA PADA CHAKRASANA**

1. Palms on ground upto shoulders width.
2. Neck placed in between two arms, ear touching arms.
3. Raised leg should be parallel to ground.
4. The leg on the ground and arms perpendicular to the ground.



10. **PADAM SIRSHASANA**

1. Head, Back & hips in one line.
2. Front portion of the head should be placed on the ground.
3. Padamasana to be assumed after taking the position of Sirshasana.
4. Elbows parallel to each other.



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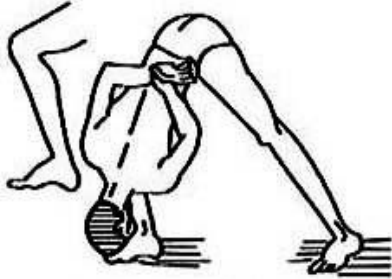
SENIOR GROUP- C (25-30 YEARS WOMEN)

1. GARUDASANA
2. SIRSHA PADANGUSTHASAN
3. VIBHAKTA PASCHIMOTTANASANA
4. USHTRASANA
5. BADDHA PADAMASANA
6. ARDHA MATSYENDRASANA
7. MARICHYASANA
8. PADMA SARVANGASAN
9. EKA PADA CHAKRASANA
10. EKA PADA PURNA DHANURASANA



1. GARUDASANA

1. Back, neck and head to be straight.
2. Hands together in front of nose.
3. If right arm is above left arm, left thigh on the right thigh.
4. Ankle completely touching calf, Shoulders maximum straight



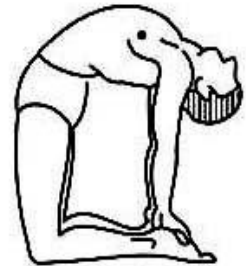
2. SIRSHA PADANGUSTHASAN

1. Gripping of the wrist with other hand on the back.
2. Forehead touching the toe
3. Back leg maximum straight
4. Weight equally distributed on both legs.



3. VIBHAKTA PASCHIMOTTANASANA

1. Toe pointing upward.
2. Knees on the ground.
3. Gripping of toes with thumbs and index finger.
4. Chest, shoulders and chin should touch the ground.



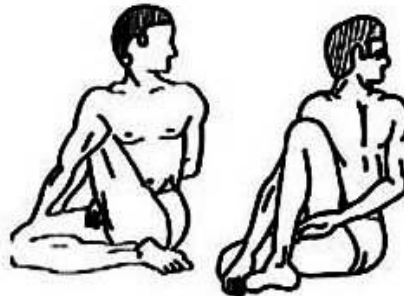
4. USHTRASANA

1. Thighs perpendicular to the ground
2. Palms on the heels
3. Knees, heels and toes together
4. Ankles touching the ground



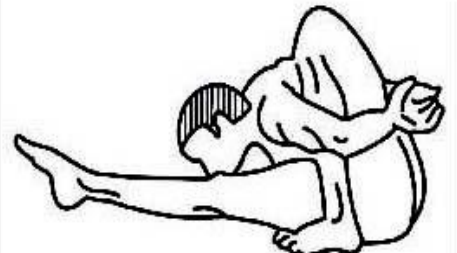
5. BADDHA PADAMASANA

1. Both knees on ground
2. Both toes gripped by thumb and index finger from back side
3. Back, neck and head straight.
4. Shoulder in same line, gaze forward.



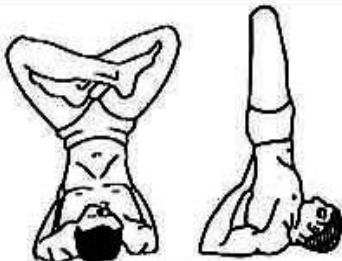
6. ARDHA MATSYENDRASANA

1. Both buttocks on the ground.
2. Shoulders and head in same line.
3. Thigh to be gripped by hand after twisting the trunk portion.
4. Knee on the ground.



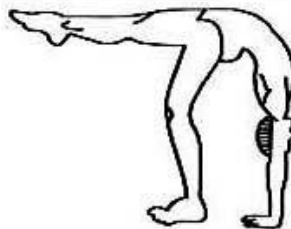
7. MARICHYASANA

1. One leg bend and foot near the thigh.
2. Gripping of wrist with other hand from back with fingers folded to make a fist.
3. Second leg straight and toe forward.
4. Chin on knee.



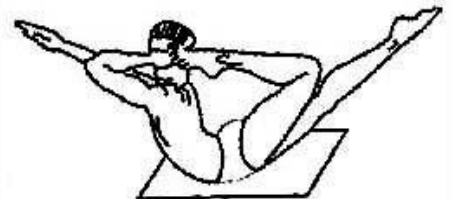
8. PADMA SARVANGASAN

1. Hips and back up to shoulders maximum straight.
2. Palms placed on the back parallel to each other.
3. Chin touching chest.
4. Padamasana to be assumed after going into position of Sarvangasana.



9. EKA PADA CHAKRASANA

1. Palms on ground upto shoulders width.
2. Neck placed in between two arms, ear touching arms.
3. Raised leg should be parallel to ground.
4. The leg on the ground and arms perpendicular to the ground.



10. EKA PADA PURNA DHANURASANA

1. One leg knee and elbow in one line.
2. Big toe gripped by first two fingers stretched up to ear.
3. Other leg stretched and arm in front in alignment with leg.
4. Balance on naval, head straight, gaze forward.



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SYLLABUS AND GUIDELINES FOR NATIONAL/ZONAL/STATE/DISTRICT YOGASANA COMPETITION

SENIOR GROUP- D (30-35 YEARS, MEN & WOMEN)

1. GARUDASANA
2. SIRSHA PADANGUSTHASANA
3. ARDHA BADDHA PADAM PASCHIMOTTANASANA
4. USHTRASANA
5. BADDHA PADAMASANA
6. KURMASANA
7. ARDHA MATSYENDRASANA
8. HALASANA
9. SETU BANDHA CHAKRASANA
10. EK PADA PURNA DHANURASANA



1. GARUDASANA

1. Back, neck and head to be straight.
2. Hands together in front of nose.
3. If right arm is above left arm, left thigh on the right thigh.
4. Ankle completely touching calf, Shoulders maximum straight



2. SIRSHA PADANGUSTHASANA

1. Gripping of the wrist with other hand on the back.
2. Forehead touching the toe
3. Back leg maximum straight
4. Weight equally distributed on both legs.



4. ARDHA BADHA PADAMA PASCHIMOTTANASANA

1. One leg stretched straight.
2. Assuming Ardha Padamasana Grip the big toe with thumb and index finger.
3. Back maximum stretched with abdomen, chest and forehead touching the leg.
4. Both knees on the ground.



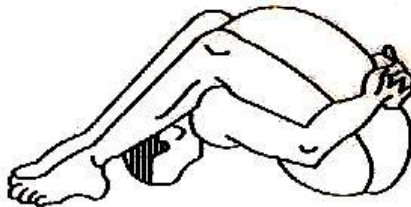
4. USHTRASANA

1. Thighs perpendicular to the ground
2. Palms on the heels
3. Knees, heels and toes together
4. Ankles touching the ground



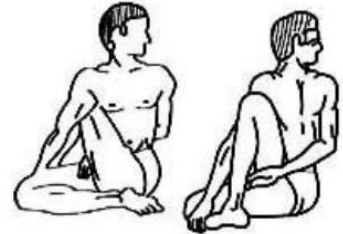
5. BADDHA PADAMASANA

1. Both knees on ground
2. Both toes gripped by thumb and index finger from back side
3. Back, neck and head straight.
4. Shoulder in same line, gaze forward.



6. KURMASANA

1. Feet joined with soles on the ground in front of the head.
2. Insert head and arms in between two legs under the knees.
3. Flinger should be interlocked on the back of the waist.
4. Forehead should touch the ground with maximum arch of the back.



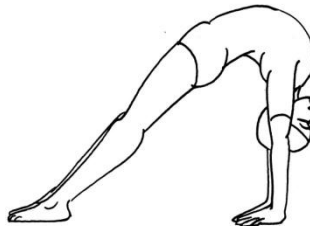
6. ARDHA MATSYENDRASANA

1. Both buttocks on the ground.
2. Shoulders and head in same line.
3. Thigh to be gripped by hand after twisting the trunk portion.
4. Knee on the ground.



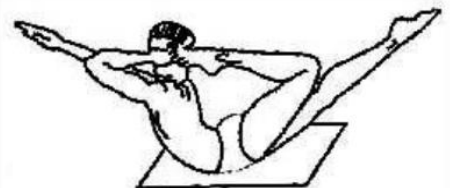
7. HALASANA

1. Back to be maximum straight.
2. The legs maximum straight.
3. Arms parallel to each other up to shoulders width, palms on ground.
4. Toes together stretched, pointing outside.



9. SETU BANDHA CHAKRASANA

1. Hands and feet touching the ground.
2. Legs straight, heels and toes together.
3. Head in between two arms with ears touching the arms.
4. Trunk perpendicular to the ground.



10. EKA PADA PURNA DHANURASANA

1. One leg knee and elbow in one line.
2. Big toe gripped by first two fingers stretched up to ear.
3. Other leg stretched and arm in front in alignment with leg.
4. Balance on naval, head straight, gaze forward.



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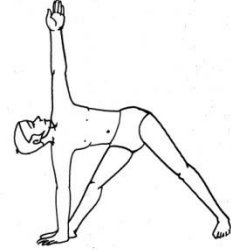
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SENIOR GROUP- E (35-45 YEARS, MEN & WOMEN)

1. **TRIKONASANA**
2. **VIBHAKTA PASCHIMOTTANASANA**
3. **USHTRASANA**
4. **BADDHA PADAMASANA**
5. **AKARNA DHANURASANA**
6. **ARDHA MATSYENDRASANA**
7. **PADMA SARVANGASANA**
8. **MATSYASANA**
9. **EK PADA CHAKRASANA**
10. **DHANURASANA**



1. TRIKONASANA

1. Waist to be parallel to the ground.
2. Both arms in a straight line.
3. Position of hand adjacent to heel
4. Face towards sky



2. VIBHAKTA PASCHIMOTTANASANA

1. Toe pointing upward.
2. Knees on the ground.
3. Gripping of toes with thumbs and index finger.
4. Chest, shoulders and chin should touch the ground.



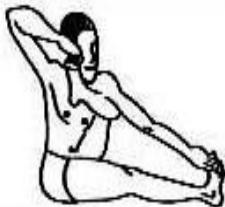
4. USHTRASANA

1. Thighs perpendicular to the ground
2. Palms on the heels
3. Knees, heels and toes together
4. Ankles touching the ground



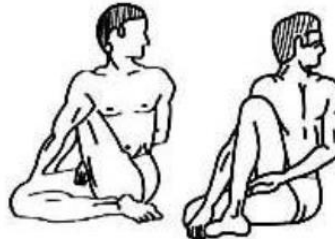
4. BADDHA PADAMASANA

1. Both knees on ground
2. Both toes gripped by thumb and index finger from back side
3. Back, neck and head straight.
4. Shoulders in same line, gaze forward.



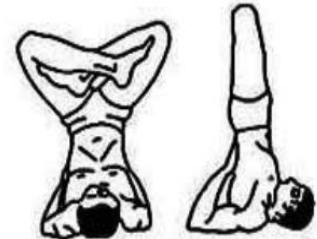
5. AKARNA DHANURASANA

1. One Leg stretch with toe pointing upwards, gripping of toe with thumb and index finger.
2. Gripping of toe of other leg with thumb, index and middle finger up to the ear.
3. Back, neck and head maximum straight.
4. Elbow stretched upward with gaze in front.



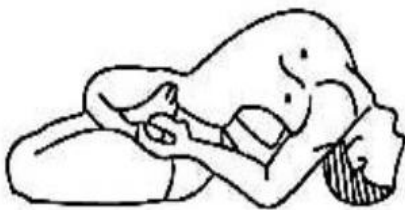
6. ARDHA MATSYENDRASANA

1. Both buttocks on the ground
2. Shoulders and head in same line
3. Thigh to be gripped by hand after twisting the trunk portion
4. Knee on the ground



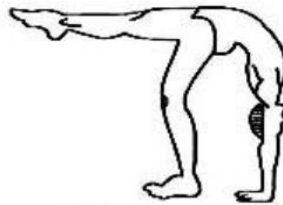
7. PADMA SARVANGASAN

1. Hips and back up to shoulders maximum straight.
2. Palms placed on the back parallel to each other.
3. Chin touching chest.
4. Padamasana to be assumed after going into position of Sarvangasana.



8. MATSYASANA

1. Both knees on the ground.
2. Both elbows touching ground.
3. Gripping of toes with thumb and index finger.
4. Cranium of the head touching ground, not the forehead.



9. EKA PADA CHAKRASANA

1. Palms on ground upto shoulders width.
2. Neck placed in between two arms, ear touching arms.
3. Raised leg should be parallel to ground.
4. The leg on the ground and arms perpendicular to the ground.



10. DHANURASANA

1. Toes, heels and knees together
2. Naval on the ground
3. Gripping from ankles
4. Thighs, buttocks and lower back making maximum arch.



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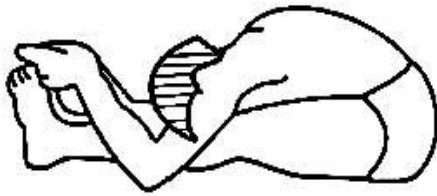
SENIOR GROUP – F (ABOVE 45 YEARS, MEN & WOMEN)

1. **VRIKSHASANA**
2. **PASCHIMOTTANASANA**
3. **USHTRASANA**
4. **BADDHA PADAMASANA**
5. **AKARNA DHANURASANA**
6. **ARDHA MATSYENDRASANA**
7. **HALASANA**
8. **MATSYASANA**
9. **CHAKRASANA**
10. **DHANURASANA**



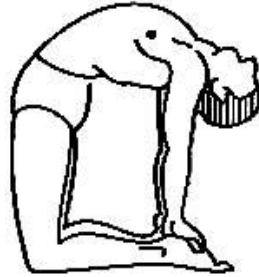
1. **VRIKSHASANA**

1. Back maximum stretched.
2. Arms touching the ear.
3. Both hands folded above the shoulders.
4. Gaze in front.



2. **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.



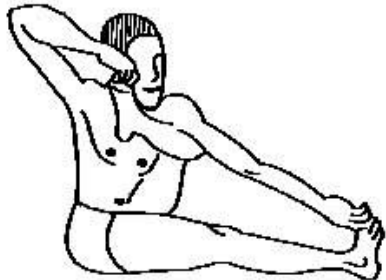
3. **USHTRASANA**

1. Thighs perpendicular to the ground
2. Palms on the heels
3. Knees, heels and toes together
4. Ankles touching the ground



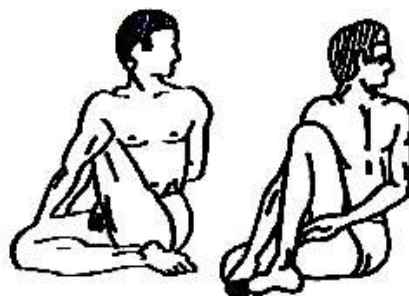
4. **BADDHA PADAMASANA**

1. Both knees on ground.
2. Both toes gripped by thumb and index finger from back side.
3. Back, neck and head straight.
4. Shoulders in same line, gaze forward.



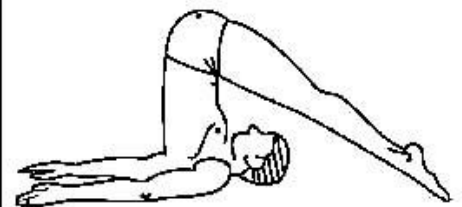
5. **AKARNA DHANURASANA**

1. One leg stretched with toe pointing upwards, gripping of toe with thumb and index finger.
2. Gripping of toe of other leg with thumb, index and middle finger up to the ear.
3. Back, neck and head maximum straight.
4. Elbow stretched upward with gaze in front.



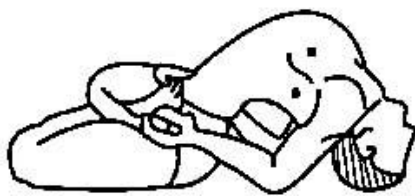
6. **ARDHA MATSYENDRASANA**

1. Both buttocks on the ground
2. Shoulders and head in same line
3. Thigh to be gripped by hand after twisting the trunk portion
4. Knee on the ground



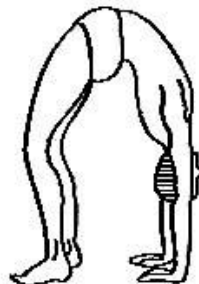
7. **HALASANA**

1. Back to be maximum straight.
2. The legs maximum straight.
3. Arms parallel to each other up to shoulder width, palms on ground.
4. Toes together stretched, pointing outside.



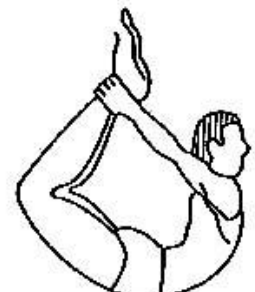
8. **MATSYASANA**

1. Both knees on the ground.
2. Both elbows touching ground.
3. Gripping of toes with thumb and index finger.
4. Cranium of the head touching ground, not the forehead.



9. **CHAKRASANA**

1. Gap in hands and legs with each other at shoulder width.
2. Arms and legs to be perpendicular to the ground.
3. Neck in between two arms with ear touching the arms.
4. Thighs, hips and back making arch.



10. **DHANURASANA**

1. Toes, heels and knees together.
2. Naval on the ground.
3. Gripping from ankles.
4. Thighs, buttocks and lower back making maximum arch.



YOGA FEDERATION OF INDIA

(REGD. UNDER THE SOCIETIES REGISTRATION ACT. XXI OF 1860 REGD. NO.1195 DATED 14.02.90)

RECOGNIZED BY INDIAN OLYMPIC ASSOCIATION - OCTOBER, 1998 TO FEBRUARY, 2011

Affiliated to Asian Yoga Federation, International Yoga Sports Federation & International Yoga Federation

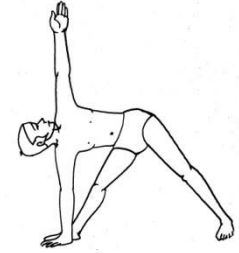
REGD. OFFICE: FLAT NO.501, GHS-93, SECTOR-20, PANCHKULA- 134116 (HARYANA), INDIA

e-mail:-yfiashok2000@yahoo.co.in, Mobile No.+91-94174-14741, Website:- www.yogafederationofindia.com

SYLLABUS AND GUIDELINES FOR NATIONAL/ZONAL/STATE/DISTRICT YOGASANA COMPETITION

PROFESSIONAL YOGASANA –(21- 30 YEARS MEN & WOMEN)

1. **TRIKONASANA**
2. **VIBHAKTA PASCHIMOTTANASANA**
3. **USHTRASANA**
4. **BADDHA PADAMASANA**
5. **AKARNA DHANURASANA**
6. **ARDHA MATSYENDRASANA**
7. **PADMA SARVANGASANA**
8. **MATSYASANA**
9. **EK PADA CHAKRASANA**
10. **DHANURASANA**



1. TRIKONASANA

1. Waist to be parallel to the ground.
2. Both arms in a straight line.
3. Position of hand adjacent to heel
4. Face towards sky



2. VIBHAKTA PASCHIMOTTANASANA

1. Toe pointing upward.
2. Knees on the ground.
3. Gripping of toes with thumbs and index finger.
4. Chest, shoulders and chin should touch the ground.



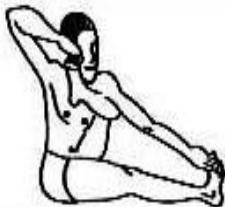
4. USHTRASANA

1. Thighs perpendicular to the ground
2. Palms on the heels
3. Knees, heels and toes together
4. Ankles touching the ground



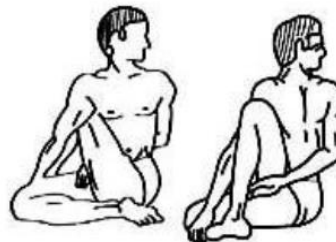
4. BADDHA PADAMASANA

1. Both knees on ground
2. Both toes gripped by thumb and index finger from back side
3. Back, neck and head straight.
4. Shoulders in same line, gaze forward.



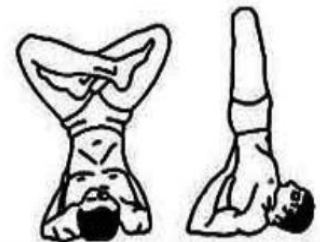
5. AKARNA DHANURASANA

1. One Leg stretch with toe pointing upwards, gripping of toe with thumb and index finger.
2. Gripping of toe of other leg with thumb, index and middle finger up to the ear.
3. Back, neck and head maximum straight.
4. Elbow stretched upward with gaze in front.



6. ARDHA MATSYENDRASANA

1. Both buttocks on the ground
2. Shoulders and head in same line
3. Thigh to be gripped by hand after twisting the trunk portion
4. Knee on the ground



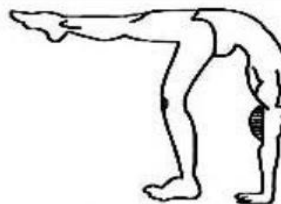
7. PADMA SARVANGASAN

1. Hips and back up to shoulders maximum straight.
2. Palms placed on the back parallel to each other.
3. Chin touching chest.
4. Padmasana to be assumed after going into position of Sarvangasana.



8. MATSYASANA

1. Both knees on the ground.
2. Both elbows touching ground.
3. Gripping of toes with thumb and index finger.
4. Cranium of the head touching ground, not the forehead.



9. EKA PADA CHAKRASANA

1. Palms on ground upto shoulders width.
2. Neck placed in between two arms, ear touching arms.
3. Raised leg should be parallel to ground.
4. The leg on the ground and arms perpendicular to the ground.



10. DHANURASANA

1. Toes, heels and knees together
2. Naval on the ground
3. Gripping from ankles
4. Thighs, buttocks and lower back making maximum arch.



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SYLLABUS AND GUIDELINES FOR NATIONAL/ZONAL/STATE/DISTRICT YOGASANA COMPETITION

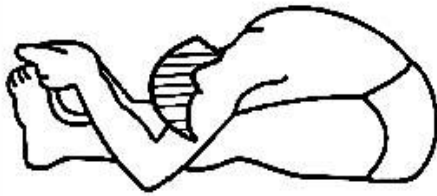
PROFESSIONAL YOGASANA- (ABOVE 30 YEARS MEN & WOMEN)

1. **VRIKSHASANA**
2. **PASCHIMOTTANASANA**
3. **USHTRASANA**
4. **BADDHA PADAMASANA**
5. **AKARNA DHANURASANA**
6. **ARDHA MATSYENDRASANA**
7. **HALASANA**
8. **MATSYASANA**
9. **CHAKRASANA**
10. **DHANURASANA**



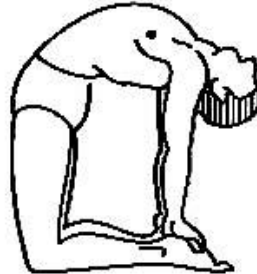
1. VRIKSHASANA

1. Back maximum stretched.
2. Arms touching the ear.
3. Both hands folded above the shoulders.
4. Gaze in front.



2. 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.



3. USHTRASANA

1. Thighs perpendicular to the ground
2. Palms on the heels
3. Knees, heels and toes together
4. Ankles touching the ground



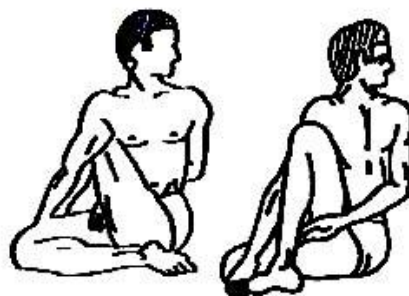
4. BADDHA PADAMASANA

1. Both knees on ground.
2. Both toes gripped by thumb and index finger from back side.
3. Back, neck and head straight.
4. Shoulders in same line, gaze forward.



5. AKARNA DHANURASANA

1. One leg stretched with toe pointing upwards, gripping of toe with thumb and index finger.
2. Gripping of toe of other leg with thumb, index and middle finger up to the ear.
3. Back, neck and head maximum straight.
4. Elbow stretched upward with gaze in front.



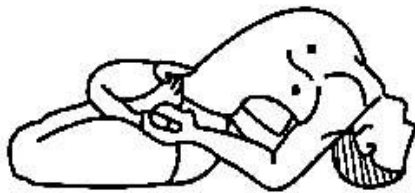
6. ARDHA MATSYENDRASANA

1. Both buttocks on the ground
2. Shoulders and head in same line
3. Thigh to be gripped by hand after twisting the trunk portion
4. Knee on the ground



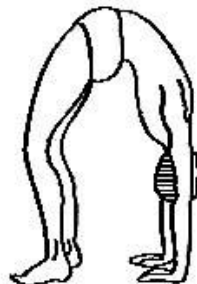
7. HALASANA

1. Back to be maximum straight.
2. The legs maximum straight.
3. Arms parallel to each other up to shoulder width, palms on ground.
4. Toes together stretched, pointing outside.



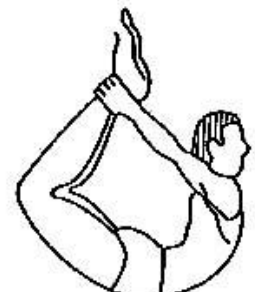
8. MATSYASANA

1. Both knees on the ground.
2. Both elbows touching ground.
3. Gripping of toes with thumb and index finger.
4. Cranium of the head touching ground, not the forehead.



9. CHAKRASANA

1. Gap in hands and legs with each other at shoulder width.
2. Arms and legs to be perpendicular to the ground.
3. Neck in between two arms with ear touching the arms.
4. Thighs, hips and back making arch.



10. DHANURASANA

1. Toes, heels and knees together.
2. Naval on the ground.
3. Gripping from ankles.
4. Thighs, buttocks and lower back making maximum arch.