

**ADIKAVI NANNAYA UNIVERSITY
RAJAMAHENDRAVARAM**

Syllabus, Rules & Regulations for All India Inter- University Yoga (Men & Women) Championship.

Part A (Compulsory Yoga Asanas (for Men & Women))

1. Paschimottanasana
2. Sarvangasana
3. Purna Dhanurasana
4. Karna Pidasana

II Surya Namashkar (For Men and Women) (in Twelve counts)

III ShatKriyas (For Girls Only)

1. Jal Neti or Sutra Neti
2. Shit Karam Kapalbhathi (Jal Kapalbhathi)
(Water intake through mouth and out through nostrils)

IV ShatKriyas (For boys only)

1. Shit Karam Kapalbhathi (Jal Kapalbhathi)
(Water intake through mouth and out through nostrils).
2. Vastra Dhauti (muslin cloth 6 to 7 mts. in length and 8 cms. in width).
Or
Nauli (Vam, Dakshin and Madhyam).

Part B (Optional yoga Asanas – Select any three respectively)

For men

1. Mayurasana
2. Padambakasana (Urdhva Kukuttasana)
3. Hanumanasana
4. Titiabhasana
5. Purna Chakrasana
6. Setubandh Sarvangasana
7. Vrischikasana
8. Purna Shalabhasana

For Women

1. Vatayanasana
2. Purna Bhujangasana
3. Purna Matasendrasana
4. Ekapad Shirasasana
5. Ardha Badh Padmotanasana
6. Vibhakta Paschimottanasana
7. Natrajasana
8. Ekapad Rajkapaopasana

1. Inter University Yoga Championship shall be held for both boys and girls sections separately in the asanas and Kriyas.
2. A team may consist maximum of six competitors (including one reserve). A team consisting less than five competitors, shall not be eligible for team championship but their performance will be considered for individual position. For team championship marks of only best five will be counted.
3. The competitors will have to retain each yogic exercise as follows which will be counted after attaining the final position.
 - i) One minute for each compulsory asana
 - ii) One round of Surya Namaskar (in twelve count)
 - iii) Within two minutes each for Sutraneeti, Jalneti, Nauli and Shit Karma Kapalbhathi and within 10 minutes for vastra Dhauti.
4. Yoga Asanas of part A (a) will be performed together and other yogic exercise will be performed one by one by each member of the team.

5. Marks for part A and Part B are as under:

Part A:	a) Four compulsory Asanas	40 marks
	b) Surya Namaskar	10 marks
	c) Two ShatKriyas	20 marks
Part B:	Three Optional Asanas	<u>30Marks</u>
	Total:	100 Marks

6. One Chief Judge plus five judges, a scorer and a time keeper will be appointed for each section (there should be two separate panel for men and women).

7. The sequence of participating teams shall be drawn by the organizing university.

8. **Dress:** The men and women competitors will wear the following dresses in their University colour.

Men - Short and vest/sports shirt.

Women- Short and sports shirts/Gymnastic costume.

9. The Judges will award the marks out of ten to each competitor for each yoga Asanas separately. The maximum and minimum marks will be deleted. The average of other remaining three will constitute the final score. In case more than one Judge give the same maximum or minimum score, the score awarded by only one judge will be deleted and other will be counted Maximum or Minimum.

10. The judges will be free to move about, in order to observe the different aspect of a posture from different angles during the retention period. He can ask any competitor to perform any yoga Asanas again.

11. The efficiency of the Yoga Asanas will be Judged on the basis of degree of flexibility required in each Asana, duration of retention of the position, calmness and final position maintained therein.

12. All the participating universities will be submitting the list of their competitors (not more than six in each section) along with the list of yoga asanas of their choice in the meeting of Managers.

13. In case of a tie, it will be decided as follows:

- Aggregate of marks in compulsory Yoga asanas
- Aggregate of marks in optional yoga asanas.
- Aggregate of marks in the performance of the remaining yoga techniques.

Sd/-
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