



UNIVERSAL YOGA SPORTS FEDERATION

UYSF THAI CUP 2026

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SYLLABUS & CIRCULAR

2026-27

UNIVERSAL YOGA
SPORTS FEDERATION

- CHAMPIONSHIP SYLLABUS ●
 - YOGA SPORTS CATEGORIES ●
 - RULES & REGULATIONS GUIDE ●
-

Under the Management
*Universal Yoga Alliance
International*

www.uysfinternational.com



UYSF FOUNDATION
Unity in Diversity



**4TH UYSF
ASIA PACIFIC YOGASANA
SPORTS CHAMPIONSHIP**
2026 - PHUKET THAILAND



UNIVERSAL YOGA SPORTS FEDERATION

UYSF IV WORLD YOGA CUP SYLLABUS & CIRCULAR 2025

ACKNOWLEDGMENT OF GRATITUDE

WE EXTEND OUR HEARTFELT GRATITUDE TO THE FOLLOWING DISTINGUISHED INDIVIDUALS, WHOSE UNWAVERING SUPPORT, DEDICATION, AND EXPERTISE HAVE BEEN INSTRUMENTAL IN MAKING THE UYSF WORLD YOGA CUP A GRAND SUCCESS.

With Special Gratitude To:

Mr. Suresh Kumar

World President UYSF International

Our Sincere Appreciation Is Extended To:

(Syllabus Compiled & Edited By)

Mrs. Jyoti Paul

Director of Education & Outreach UYA/UYSF

We Express Our Warmest Thanks To:

Master Sudip Kumar Giri

Sectary UYSF Asia

We Express Our Special Thanks To:

Mr. Pradip Guria

National General-Sectary UYSF India

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Our Website:
www.uysfinternational.com



UNIVERSAL YOGA SPORTS FEDERATION (UYSF)

YOGASANA CHAMPIONSHIPS

Age Group & Syllabus for all Categories & Guidelines

For Sub-Junior, Junior, Senior & Master Age Categories – UYSF World Yoga Cup 2025

(AGE CALCULATION-01/12/2025)

Traditional Yogasana All Age Categories:

(1) Sub Junior World /Asian /National /State Yoga Championships

1. Sub Junior Group - 06-08 Years Boys
2. Sub Junior Group - 06-08 Years Girls
3. Sub Junior Group - 09-10 Years Boy
4. Sub Junior Group - 09-10 Years Girls
5. Sub Junior Group - 11-12 Years Boys
6. Sub Junior Group - 11-12 Years Girls

(2) Junior World /Asian /National /State Yoga Championship

1. Junior Group - 13-15 Years Boys
2. Junior Group - 13-15 Years Girls
3. Junior Group - 16-18 Years Boys
4. Junior Group - 16-18 Years Girls
5. Junior Group - 19-20 Years Boys
6. Junior Group - 19-20 Years Girls

(3) Senior World /Asian /National /State Yoga Championship

1. Senior Group - 21-25 Years Men
2. Senior Group - 21-25 Years Women
3. Senior Group - 26-30 Years Men
4. Senior Group - 26-30 Years Women
5. Senior Group - 31-35 Years Men
6. Senior Group - 31-35 Years Women
7. Senior Group - 36-40 Years Men
8. Senior Group - 36-40 Years Women

(4) Master World /Asian /National /State Yoga Championship

1. Master Group – 41 - 45 Years Men
2. Master Group – 41 - 45 Years Women
3. Master Group – 46 - 50 Years Men
4. Master Group – 46 - 50 Years Women
5. Master Group – 51 - 55 Years Men
6. Master Group – 51 - 55 Years Women
7. Master Group – 56 - 60 Years Men
8. Master Group – 56 - 60 Years Women
9. Master Group – 61 - 65 Years Men
10. Master Group – 61 - 65 Years Women
11. Master Group – 66 - 70 Years Men
12. Master Group – 66 - 70 Years Women
13. Master Group – Above 70 Years Men
14. Master Group – Above 70 Years Women

(5) Mom's Special World /Asian /National /State Yoga Championship

1. Mom's Special Below 35 Group For Women
2. Mom's Special Above 35 Group For Women

(6) Artistic Yoga Group World /Asian /National /State Yoga Championship

1. Artistic Solo – Below 20 Years Boys
2. Artistic Solo – Below 20 Years Girls
3. Artistic Solo – Above 20 Years Boys
4. Artistic Solo – Above 20 Years Girls
5. Artistic Pair – Below 20 Years Boys
6. Artistic Pair – Below 20 Years Girls
7. Artistic Pair – Above 20 Years Boys
8. Artistic Pair – Above 20 Years Girls

RULES AND REGULATIONS

For Sub-Junior, Junior, Senior Age Categories – UYSF World Yoga Cup 2025

Participants must sincerely follow the general rules and regulations of the championship:

1. Certificate will be issued to all the winners and participants in Traditional Yogasana all Age Group Categories and Artistic and Mom's Special Categories.
2. Participants who secure 1st to 3rd place in each category will receive Merit Certificates, Medals, and Trophies, while those placing 4th to 6th will receive Merit Certificates and Trophies. Participants in the Traditional Yogasana category will receive Participation Certificates.
3. Results will be announced on the competition's day the honourable Judge decision will be the final judgment.
4. Participant should maintain an atmosphere encouraging mutual respect, civil congenial relationship and free from all forms of harassment and violence, where everyone can discuss their differences and exchange ideas openly, honestly and respectfully.
5. Participant should use respectful language with each other any bullying, negative gossiping, spreading of rumors may result to expulsion from the championship.

6. Performance Guidance & Rules

1. Performance Round

- The competition will consist of a single round.
- Each participant must perform a total of 5 asanas:
 - 3 Compulsory Asanas – to be selected from the official UYSF Chart.
 - 2 Optional Asanas – free choice by the participant (outside of the chart).

2. Rule for Pose Drop

- If a participant is unable to hold or complete an asana (pose drop), the following rules will apply:
- First Drop → One additional attempt allowed with –1 mark deduction.
- Second Drop → One additional attempt allowed with –2 marks deduction.
- Third Drop → One additional attempt allowed with –5 marks deduction.
- ⚠ Maximum 3 total chances will be allowed for drops during the entire performance (all 5 asanas combined).

EXCEPTION: IN THE CHAMPION OF CHAMPIONS ROUND, PARTICIPANTS WILL AGAIN BE ELIGIBLE FOR A MAXIMUM OF 3 CHANCES (WITH THE SAME deduction system) for the overall performance.

3. COUNTER POSE

- Participants may perform a counter pose after each asana, if required, to maintain body balance and safety.
- Counter poses will not be scored and will not affect the judgment.

4. GENERAL NOTES

- All asanas must be performed within the given time frame and stage area.
- Participants are expected to demonstrate proper posture, alignment, balance, and steadiness.
- Use of props is not permitted, unless otherwise specified by UYSF.
- Judges' decisions will be final and binding.

3. RULE FOR MISTAKES

- Minor Mistake → (-0.5) mark deduction (e.g., slight imbalance, minor alignment error).
- Major Mistake → (-1.0) marks deduction (e.g., falling off stage, skipping asana, severe loss of balance, wrong asana performed).

For more information, visit our website!

www.uysf-international.com

NOTE :

1. Medical Fitness Certificate:

- The Medical Fitness Certificate of the player is compulsory. Each player will submit Medical Fitness Certificate at least from M.B.B.S./B.A.M.S./B.H.M.S./B.U.M.S. Doctor, to the Scorer before their performance during the Championship.

2. Risk Certificate/Declaration/Undertaking by the Competitor:

- Player will submit Risk Certificate / Declaration / Undertaking Forms duly filled and signed (In case of minor participants, the parents of minor participants will sign the risk certificate / Declaration Certificate) and counter signed by the State Secretary of their respective state, to the scorer before their performance during the competition.

3. Photographs of Players:

Each player should have EIGHT latest colored Photographs of 2.5 x 3 cm or FOUR latest colored Passport Size Photographs of 2 x 2 inches (51 x 51 mm) Head must be between 1 -1 3/8 inches (25 - 35 mm) from the bottom of the chin to the top of the head. While coming for their performance during the Championship.

4. Dress of Competitors:

- The male competitors will wear skin tight Sports T-Shirt and Short in the Yoga Competition and attractive costume in the Artistic, Rhythmic and Professional Yoga Competition during the performance.
- The female competitors will wear skin tight Sports T-Shirt and Short/Gymnastics Costume and attractive costume in the Artistic, Rhythmic and Professional. Yoga Competition however the female competitors in the age groups of 25-35 years, above 35 years and Professional Yoga Competition may wear tight track bottom and tight Sport Costume during the performance.

NOTE:

Participants must sincerely follow the general rules and regulations of the championship.

For more information, visit our website!

www.uysf-international.com

TRADITIONAL YOGASANA PERFORMANCE GUIDELINES

For Sub-Junior, Junior, Senior Age Categories – 2026

Advanced Yogasana Protocol – Sub-Junior, Junior, Senior Categories (Below Age-40 all Age Groups)

Universal Yoga Sports Federation (UYSF)

ADVANCED YOGASANAS LIST FOR ALL AGE GROUPS BELOW 40 YEARS:

1. VISHVAMITRASANA

- **Key Points:**

- One foot flat on the ground, toes pointing outward.
- Both legs fully straight, knees extended.
- One hand placed on the ground, the other hand holding the lifted leg with foot pointing upward.
- Gaze directed upward.
- Abdominal muscles engaged.



1. Vishvamitrasana

2. PASCHIMOTTANASANA

- **Key Points:**

- Back fully stretched, abdomen, chest, and forehead touching the legs.
- Elbows on the ground, close to both sides of the legs.
- Toes grasped with the hands.
- Both knees straight.



2. Paschimottanasana

3. LAGHU VAJRASANA

- **Key Points:**

- Head back touch the feet as shown in the picture.
- Maintain firm grip on the heels.
- Thighs perpendicular to the floor
- Spine in deep backbend
- Crown of the head on the foot
- Hands holding the Knees
- Chest lifted and expanded
- Neck extended without strain



3. Laghu Vajrasana

4. PURNA MATSYASANA

- **Key Points:**
- Supine backbend posture
- Legs in Padmasana (Lotus position)
- Crown of the head rests on the floor
- Chest lifted and expanded
- Hands hold the big toes
- Spine forms a deep arch
- Neck extended, throat open



4. PURNA MATSYASANA

5. HALASANA

- **Key Points:**
- Legs straight and together.
- Toes aiming toward the floor behind the head.
- Chin gently tucked into the chest (jalandhara bandha).
- Weight on shoulders, arms, and upper back.
- Arms flat on the floor or hands on the floor palms facing down.
- Spine elongated and straight.



5. HALASANA

6. Koundinyasana (Arm Balance Pose)

- **Key Points:**
- Hands firmly on the floor, arms straight.
- Legs extended sideways, both legs resting on the upper arms.
- Core engaged and strong.
- Gaze forward or slightly ahead.
- Spine straight and elongated.
- Body weight balanced between arms and core.
- Steady, controlled breathing.
- Both feet pointed outwards



6. KOUNDINYASANA

7. Padangustha Dhanurasana (Big Toe Bow Pose)

- **Key Points:**
- Chest and thighs lifted off the floor.
- Feet held with hands behind the back.
- Legs bent at the knees, heels in line with the buttocks.
- Spine arched and elongated.
- Chest open and expanded.
- Shoulders rolled back, shoulder blades together.
- Head slightly lifted, gaze forward.
- Both feet together.

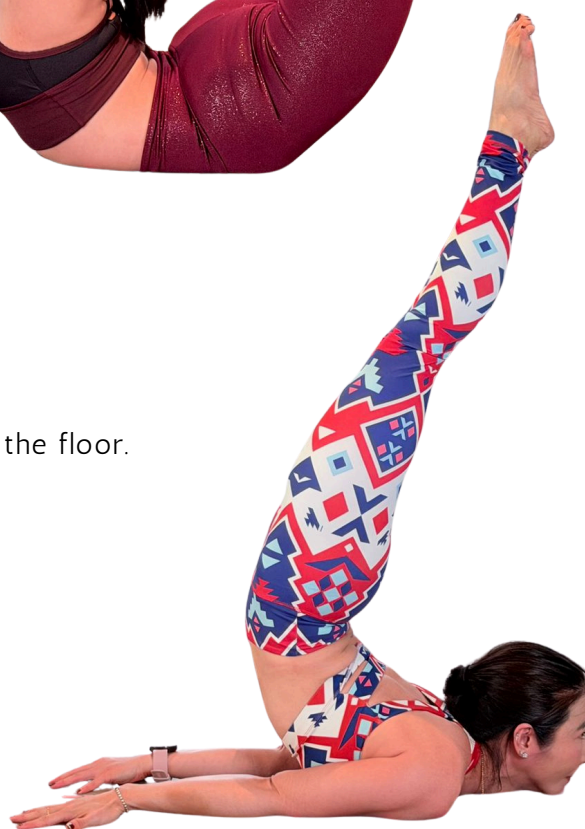
7. PADANGUSTHA DHANURASANA



8. Purna Shalabhasana (Full Locust Pose)

- **Key Points:**
- Body lifted off the floor, chest and legs raised.
- Arms extended backward, palms facing down and on the floor.
- Legs straight and together, feet in line with the face.
- Chin resting on the floor.
- Thighs and chest lifted, engaging back muscles.
- Spine elongated and strong.
- Core and glutes engaged.

8. PURNA SHALABHASANA



9. Eka Pada Rajakapotasana (King Pigeon Pose)

- **Key Points:**
- Front leg bent at the knee, foot near the opposite hip.
- Back leg extended straight behind, foot touching the top of the head.
- Hips squared and facing forward.
- Spine elongated, chest open.
- Both hands overhead, holding the foot.
- Head bent backward.

3. EKA PADA RAJAKAPOTASANA



10. EKA-PADA-SETUBANDHASANA (One-Legged Bridge Pose)

- **Key Points:**
- Body supported on shoulders and feet.
- One leg extended straight upward.
- Extended leg feet pointing upwards.
- Other leg bent at the knee, foot firmly on the floor.
- Hips lifted, forming a straight line from shoulders to bent knee.
- Spine elongated and chest open.
- Arms resting on the floor beside the body.
- Chin slightly lifted, gaze forward.



10. EKA-PADA-SETUBANDHASANA

11. OMKARASANA

Step-by-Step Execution:

- Seated posture with one leg folded and the other knee bent, foot placed over the shoulder as shown in the picture.
- Hands in prayer position at the chest.
- Spine straight and elongated.
- Chest open and shoulders relaxed.
- Head held straight, gaze forward.



11. OMKARASANA

12. HANUMANASANA

Step-by-Step Execution:

- One leg stretched forward, the other leg extended backward, with the foot pointing outward.
- Hips square and facing forward.
- Spine straight and elongated.
- Chest open, shoulders relaxed.
- Hands in a prayer position at the chest.
- Chin slightly lifted, gaze forward.
- Core engaged and balance.



12. HANUMANASANA

NOTE: The chart has total of 14 asanas Participant's will choose 3 compulsory Asanas from these asanas & 2 Optional Asana from out of the chart.

Note: Participants may practice a counter pose after their asana, if needed.

13. Garudasana (Eagle Pose)

- **Key Points:**
- Standing on one leg, other leg wrapped around the standing leg.
- Arms crossed in front of the chest, palms together.
- Hips squared and facing forward.
- Spine straight and elongated.
- Shoulders relaxed and lifted slightly to maintain arm position.
- Gaze forward for balance (Drishti).
- Core engaged for stability

13. GARUDASANA



14. ARDHA MATSYENDRASANA

- **Key Points:**
- Seated posture with one leg bent, foot placed outside opposite thigh.
- Other leg bent, foot near the sitting bone.
- Spine straight and elongated.
- Chest open and shoulders relaxed.
- Arm placement aids the twist: one arm behind the back, other arm on the bent knee.
- Head turned in the direction of the twist.
- Core engaged support the spine.

14. ARDHA MATSYENDRASANA



NOTE: The chart has total of 14 asanas Participant's will choose 3 compulsory Asanas from these asanas & 2 Optional Asana from out of the chart.

Note: Participants may practice a counter pose after their asana, if needed.

Difficulty Level – Below 40 Years All Age Groups:

Each asana performed will carry a specific difficulty level mark

as listed below:

- 1.Asana 1 – (1.0 marks)
- 2.Asana 2 – (0.8 marks)
- 3.Asana 3 – (1.2 marks)
- 4.Asana 4 – (0.8 marks)
- 5.Asana 5 – (0.7 marks)
- 6.Asana 6 – (1.2 marks)
- 7.Asana 7 – (1.4 marks)
- 8.Asana 8 – (1.7 marks)
- 9.Asana 9 – (1.2 marks)
- 10.Asana 10 – (0.7 marks)
- 11.Asana 11 – (1.5 marks)
- 12.Asana 12 – (0.9 marks)
- 13.Asana 13 – (1.0 marks)
- 14.Asana 14 – (0.9 marks)

MASTER YOGASANA, MOM'S YOGASANA SPECIAL CATEGORIES

For Master Age Categories, Mom's Group – 2026

Advanced Yogasana Protocol – Master & Mom's Categories (Above Age-40 all Age Groups)

Universal Yoga Sports Federation (UYSF)

YOGASANAS LIST FOR ALL AGE GROUPS ABOVE 40 YEARS & MOM'S SPECIAL GROUPS :

1.Navasana (Boat Pose, or Paripurna)

- **Key Points:**
- Torso leaning slightly back, spine straight.
- Legs lifted and extended, forming a "V" shape..
- Arms stretched forward, parallel to the floor.
- Core engaged, chest open, shoulders relaxed.
- Hands straight, aligned with the knees.



1.NAVASANA

2. Urdhva Padmasana (Inverted Lotus Pose)

- **Key Points:**
- Body lifted off the floor, supported by hands or core.
- Spine straight and elongated.
- Legs crossed in lotus, lifted upward.
- Arms extended forward, sideways, or supporting the body.
- Chest open and shoulders relaxed.
- Head aligned with the spine, gaze forward.
- Hands straight, holding the knees. 2. URDHVA PADMASANA



2. URDHVA PADMASANA

3. Vrikshasana (Tree Pose)

- **Key Points:**
- Standing on one leg, other foot placed on inner thigh calf avoid the knee.
- Hips squared and facing forward.
- Spine straight and elongated.
- Chest open, shoulders relaxed.
- Hands in prayer position raised overhead.
- Gaze focused forward (Drishti) with balance.
- Core engaged



3. VRIKSHASANA (TREE POSE)

4. Purna Chakrasana (Full Wheel Pose)

- **Key Points:**

- Body arched backward, forming a wheel shape.
- Feet firmly grounded, legs straight.
- Hands placed on the floor beside the head,

fingers pointing toward feet.

- Spine fully extended and chest open.
- Shoulders rolled back, shoulder blades together.
- Head relaxed, gaze toward hands or backward.
- Core and glutes engaged



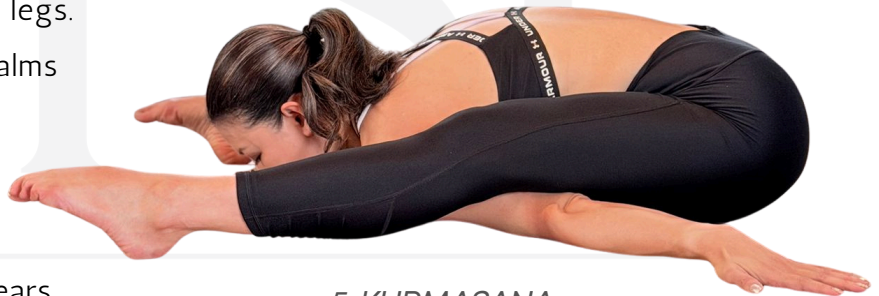
4. PURNA CHAKRASANA

5. Kurmasana (Tortoise Pose)

- **Key Points:**

- Seated forward bend with legs extended and spread apart.
- Torso folded forward between the legs.
- Arms stretched under the knees, palms resting on the floor.
- Spine elongated and chest gently lowered.

- Shoulders relaxed and away from ears.
- Head resting toward the floor, gaze downward.
- Hips grounded and stable.



5. KURMASANA

6. Gomukhasana (Cow Face Pose)

- **Key Points:**

- Legs crossed: one knee stacked over the other, feet beside the hips.
- Spine straight and elongated.
- Chest open, shoulders relaxed.
- One arm bent behind the back from above, the other bent from below, hands clasped.
- Head held straight, gaze forward.
- Hips grounded and even.

6. GOMUKHASANA



7. Sethubandasana (Bridge Pose)

- **Key Points:**
- Body lifted off the floor, supported by shoulders and feet.
- Feet hip-width apart, knees bent.
- Hips raised, forming a straight line from shoulders to knees.
- Arms resting on the floor beside the body clasped under the back.
- Chest open, shoulders rolled back.
- Spine elongated and strong.
- Chin slightly lifted, gaze forward
- Palms placing on the floor.



7. SETHUBANDASANA

8. Ustrasana (Camel Pose)

- **Key Points:**
- Kneeling posture with knees hip-width apart.
- Hips pushed forward, thighs perpendicular to the floor.
- Back arched, chest open and lifted.
- Hands placed on heels or ankles.
- Shoulders rolled back and down.
- Head slightly tilted backward, gaze upward.
- Spine elongated, engaging core for support.



8. USTRASANA

9. Trikonasana (Triangle Pose)

- **Key Points:**
- Legs wide apart, front foot pointing forward, back foot slightly angled.
- Front leg straight, back leg firm and grounded.
- Torso bent sideways over the front leg.
- One hand reaching toward the front foot, the other hand extended upward.
- Chest open and shoulders aligned.
- Spine elongated and straight.
- Head turned to gaze upward or forward.
- Core engaged for balance.



9. TRIKONASANA

10. Ardha Matsyendrasana II (Half Lord of Fishes Pose II)

- **Key Points:**

- One leg bent, heel placed near the opposite thigh.
- Other leg extended straight on the floor.
- Foot of the extended leg pointing outward.
- Back arched, chest lifted upward.
- Head turned toward the side of the body twist.
- Opposite hand of the bent leg placed across and behind the knee.



10. ARDHA MATSYENDRASANA II

NOTE: Participant's will choose 3 compulsory Asanas from these asanas & 2 Optional Asanas from out of the chart.

- Single Group

Note: Participants may practice a counter pose after their asana, if needed.

For more information, visit our website!

Difficulty Level – Above 40 Years All Age Groups:

Each asana performed will carry a specific difficulty level mark as listed below:

- 1.Asana 1 – (0.8 marks)
- 2.Asana 2 – (0.9 marks)
- 3.Asana 3 – (0.9 marks)
- 4.Asana 4 – (1.4 marks)
- 5.Asana 5 – (1.1 marks)
- 6.Asana 6 – (1.0 marks)
- 7.Asana 7 – (0.5 marks)
- 8.Asana 8 – (0.9 marks)
- 9.Asana 9 – (0.8 marks)
- 10.Asana 10 – (0.7 marks)

GENERAL RULES AND REGULATIONS FOR EASY ASANA'S

1. Performance Duration – Each participant must hold every asana for 10 seconds.
2. Costume/Dress Code – Costumes must be skin-fit and comfortable. Loose clothing such as T-shirts and lowers are strictly not allowed. Participants are advised to wear proper yoga costumes that allow free movement.
3. Yoga Mat – Athletes may bring and use their own yoga mat during performance. This is optional, not mandatory.
4. Absentee Rule – Athletes who fail to appear at their scheduled time will be disqualified. No late performance will be permitted after the announced schedule.
5. Discipline – Athletes and parents are expected to maintain proper discipline throughout the event. The decision of the Judges and Jury will be final and binding.

NOTE:

Participant's must follow these rules and regulations.

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Artistic & Rhythmic Yoga World /Asian /National/ State Yoga Championship

Artistic Yoga Single

Artistic Yoga need coordination, flowing movements, timing, breath, drishti, moving concentration and music but most importantly are incorporate emotivity, energy control, introspection, intuition, and expression of feeling. The Artistic Yoga has its own technique and is not the same as other forms of Yoga flow. It is synchronization of body movement with music (without break). Artistic Yoga consists of presentation of various Asanas.

Rules & Regulations

- Time duration for the presentation will be 180 seconds.
- The competitor will maintain each posture for at least 4-5 seconds during the performance.
- The transition from one posture to another posture should be slow & Artistic.
- No Prop will be allowed during the performance of Artistic Yoga Competition.
- Devotional Music/ Spiritual Mantras / Classical Music will be given preference.
- In all the performance minimum 10 Yoga postures must mix **2 backward bend, 2 forward Bend, 2 leg balance, 2 Hand Balance, 2 Spine Twist.**

Artistic Yoga Group

Artistic Yoga is composed of kramajis, or series of yoga postures that create an uninterrupted cascade of asana. Qualities of artistic yoga include use of music, costume, good taste, natural art, rhythm of execution, and rhythm of breath work. The series should be executed to music chosen with good taste. The postures are united with the use of intercalary postures, being the ones that create a passage between the two postures with the least weight displacement and the least time possible.

It is fundamental in artistic yoga to express spirituality and the joy of movement. The competitor should achieve a state of empathy and connection toward the judges and the audience. Aesthetic asanas for body, arms, legs and face connected together by way of passages, hooks, and links, simulating a cascade of yoga asanas and mudra with music.

Artistic Group - Rules & Regulations

- Time duration for the presentation will be 180 seconds.
- The competitors will maintain each posture for at least 4-5 seconds during the performance.
- The transition from one posture to another posture should be slow & Artistic.
- No Prop will be allowed during the performance of Artistic Yoga Competition, Artistic Pair Yoga Competition.
- Devotional Music/ Spiritual Mantras / Classical Music will be given preference.
- In all the performance minimum 10 Yoga postures must mix 2 backward bend, 2 forward Bend, 2 leg balance, 2 Hand Balance, 2 Spine Twist.
- Group Maximum no. of participants is six.

Rhythmic Yoga (Pair)

Rhythmic Yoga is executed in pairs and is trained with the use of a mirror to ensure the synchronization of the postures. The postures ought to be executed by each individual to the same degree and at the same time. Rhythmic yoga preserves the primary qualities of Artistic Yoga. The pair's body should not touch. And the Yoga postures of the pairs are same.

Rules & Regulations

- The pair's body should not touch. and the Yoga postures of the pairs are same.
- Time duration for the presentation will be 150 to 180 seconds.

- The competitors will maintain each posture for at least 4-5 seconds during the performance.
- The transition from one posture to another posture should be slow & Rhythmic.
- No Prop will be allowed during the performance of Artistic Yoga Competition, Artistic Pair Yoga Competition, Rhythmic Yoga Competition.
- Devotional Music/ Spiritual Mantras / Classical Music will be given preference.
- In all the performance minimum 10 Yoga postures must mix 2 backward bend, 2 forward Bend, 2 leg balance, 2 Hand Balance, 2 Spine Twist.

Note:

1. Medical Fitness Certificate:

The Medical Fitness Certificate of the player is compulsory. Each player will submit Medical Fitness Certificate at least from M.B.B.S./B.A.M.S./B.H.M.S./B.U.M.S. Doctor, to the Scorer before their performance during the Championship.

2. Risk Certificate/Declaration/Undertaking by the Competitor:

- Player will submit Risk Certificate / Declaration / Undertaking Forms duly filled and signed (In case of minor participants, the parents of minor participants will sign the risk certificate / Declaration Certificate) and counter signed by the State Secretary of their respective state, to the scorer before their performance during the competition.

3. Photographs of Players:

Each player should have EIGHT latest colored Photographs of 2.5 x 3 cm or FOUR latest colored Passport Size Photographs of 2 x 2 inches (51 x 51 mm) Head must be between 1 - 1 3/8 inches (25 - 35 mm) from the bottom of the chin to the top of the head. While coming for their performance during the Championship.

4. Dress of Competitors

The male competitors will wear skin tight Sports T-Shirt and Short in the Yoga Competition and attractive costume in the Artistic and Rhythmic Yoga Competition during the performance.

The female competitors will wear skin tight Sports T-Shirt and Short/Gymnastics Costume and attractive costume in the Artistic and Rhythmic Yoga Competition however the female competitors in the age groups of 25-35 years, above 35 years and Professional Yogasana Competition may wear tight track bottom and tight Sport Costume during the performance.

NOTE:

Participant's must follow these rules and regulations.

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CHAMPION OF CHAMPIONSHIP ROUND

1. All the **First** Winners of **Traditional Yogasana** age group in (*Sub-Junior, Junior, Senior Males & Females*) will qualify the champion of champion round.
2. Participants will perform 5 Yoga asan's in champion of champion round.
3. Asana's can be selected by own preference but in these forms, those asana's must be selected by choosing **one forward bending, one backward bending, one leg balance, one hand balance and one twisting pose.**
4. There will be two group in champion of champion round under 40 and above 40 **where Men and Women** will perform together. All Gold medalist athletes from traditional Yogasana Category's will participate in champion of champion round.
5. The decision will be based on the participant's flexibility, alignment, strength, balance, facial expressions, dress code and overall presentation.
6. The Jury's decision will be final.

NOTE:

Participant's must follow these rules and regulations.

For more information, visit our website!

www.uysf-international.com

UNITY THROUGH THE POWER OF YOGA SPORTS

5 July *BANGKOK
THAILAND*

