

World Yoga Federation

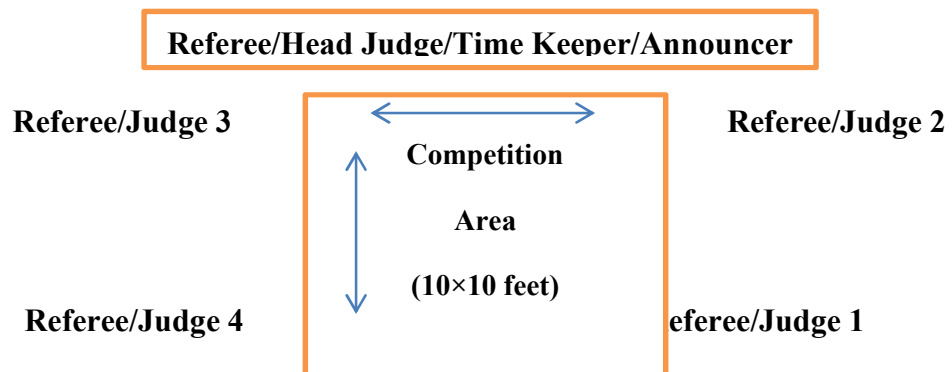
(Rules and Regulations)

1. History:-

Yoga was born approximately 2000 years. Originally comes from India and 'Rishi Patanjali' is the founder of yogic culture in India. The mythological god of yoga is lord Shiva as 'Nataraj' is associated with it. Our Gen. Secretary *Mr. Shobhit Pandey* and other respected and dedicated members have a vision to extend it as an education as well as reviving ancient yogic culture in India to give healthy and stress free life to everyone. In this journey we are conducting many competitions, yoga training camps as well as seminars for all age groups and genres and we are continuously moving forward in the direction of a leading institution in India and abroad.

2. Yoga Competition Area:-

- i. The competition area will be WYF approved, with the sides of 10 feet each.
- ii. The competition arena must be flat and of no hazardous objects.
- iii. Each judge will be seated at the corners of the competition area.
- iv. The competition area is a square of 10×10 feet.
- v. The official table is placed over one side of 10×10 feet square. The chief referee will stay there; he should be able to see Participant/Competitor and marks given by the judges.
- vi. Chairs are placed on each angle/sides of the 10×10 feet square competition area one for each judge. Judges are able to watch the competition as well the referees.



Competition Area Lay-Out

3. Official dress:-

- i. Their coaches must wear the official attire as herein defined.
- ii. The referee commission may disbar any official or competition who does not comply with this regulation.

3.1 Referees:-

- i. Referees and judges must wear the official uniform designated by the referee commission. This uniform must be worn at all tournaments, briefings and courses.
- ii. The official uniform will be as follows :-
 - a. A single breasted navy blue blazer.
 - b. A white shirt with half sleeves.
 - c. An official tie, worn without tiepin.
 - d. Plain black trousers without turn-ups.
 - e. Plain black socks for use on the match area.
 - f. Female referees and judges may wear black hairclips and religiously mandated head wear that is approved and discreet earrings by WYF.
 - g. Only WYF approved tie must be worn at all tournaments.

3.1 Participant :-

3.2.1 Male Participant/Competitor Dress:-

- i. There is specific uniform for Participant/Competitor. They can wear only WYF approved uniforms.
- ii. Skin tight sports T-shirt with round neck and shorts must be clean.
- iii. Skin tight sports must be clean.
- iv. Participant/Competitors are not allowed to wear any other kind of dress.

3.2.2 Female Participant/Competitor Dress:-

- i. There is specific uniform for Participant/Competitors. They can wear only WYF approved uniform sports.
- ii. Skin tight sports shorts or lower must be clean.

- iii. Skin tight round neck T-shirt must be clean.
- iv. Participant/Competitors are not allowed to wear any jewelry or piercing articles.
- v. Participant/Competitors are not allowed to wear any other kind of dress other than prescribed/approve uniform by WYF.

3.2.3 Coaches:-

- i. Coaches shall at all times during the tournament wear the official track suit of their association/institution.
- ii. Coaches must display their official identification.
- iii. Female coaches may wear WYF approved religiously mandated headwear.

3.2.4 Explanation:-

- i. If a Participant/Competitor comes into the competition area without having prescribed uniform. He/she will not be immediately disqualified; but will instead be given one minute to ready within. After that he/she will be disqualified.
- ii. If the Referee Commission agrees, Referring officials may be allowed to remove their blazers.

4. Judges Panel:-

- i. Each competition shall have a jury panel consist of four judges, referees one Head judge, one Time keeper, one Recorder and one Announcer.
- ii. Judges and Referees should not speak during the performance, but after the performance they can discuss.
- iii. After the performance a judges may consult to each other in the event of a question or controversy regarding the performance.
- iv. The competition is directed by the referee their mission is to maintain discipline and penalizing any fault and to give the final score to declare winner.

- v. The Judges and Referee have the mission of evaluating and giving the score to the Participant/Competitors.
- vi. Their decision is the last word and cannot be questioned, protested, claimed and criticized and should be accepted unanimously by all Participant/Competitor, trainer, judges, institutions and general public.
- vii. The Referees are the guardian of discipline and spirituality.
- viii. The Referees decide who are the winner and the following positions.
- ix. At the end of the competition he should communicate the result of the event to every official organization, institutions, involved organizing body.
- x. The Judges should know respect and apply sport justice through the deep knowledge and in compliance of WYF Rules and Regulations.
- xi. Their responsibility is to evaluate and give the corresponding score to the Participant/Competitor.

5. Judges and Referee Eligibility:-

- i. To be eligible for Judge/Referee you must hold an active Judge/Referee membership with WYF.
- ii. A Judge must have attended at least one WYF Judge Seminar and pass Judge Exam.
- iii. WYF must approve all judges prior to his/her participation in every competition.
- iv. A Referee/Judge cannot participate in a competition if the member of judge's/referee's immediate family member is competing.
- v. Judges who are also coach should not officiate a competition category in which one of their students is competing/participating without disclosing such relationship to WYF prior to accepting the judging position. WYF may replace any such judge in its sole discretion without giving any notice.

6. Head Judge Signal:-

- i. Head judge in his first whistle will announce the Participant/Competitor name.

- ii. Head judge in his Broad whistle will announce say the asanas name.
- iii. Head judge in his third whistle, here the Participant/Competitor will perform the WYF approved asanas.
- iv. Head judge in his fourth whistle, the corner judges will show their marks to chief judge and scorer will make a note.

7. Judges Sitting Position:-

- i. Judges sit up with their back straight and their shoulder straight their buttocks should touch the back of your chair.
- ii. Judges must sit in a 90 degrees angle.

8. Duration and Postures:-

- i. For all divisions and genders, Competitor/Participant must complete one posture routine and comeback to neutral position within 20 seconds.
- ii. Competitor/Participant must hold the posture for at least 10 seconds.
- iii. Judges give 3 chances in 10 seconds to all Participant/Competitors for holding the postures.
- iv. If the time expires prior to the completion of the posture the score is zero.
- v. If the time expires after Competitor/Participant held posture for at least 10 seconds and begins to exit the posture, but fails to return to a neutral standing position, there shall be a one point deduction for failing to complete the performance within the allotted time.

9. Criteria for Decision:-

9.1 Scoring:-

- i. Each posture will be judged on the scale of 0 to 10 point.
- ii. Each Participant/Competitor male/female must perform 10 postures and each posture will be judged on a scale of 0 to 10 points.
- iii. Each Participant/Competitor male/female must perform only WYF approved asanas.

9.2 Judgment Criteria:-

The basic points that must be considered in evaluating each performance of asanas-

- i. Control of power and tension.
- ii. Control of speed and rhythm.
- iii. Direction of movements.
- iv. Stability
- v. Balance
- vi. Way of position
- vii. Flexibility
- viii. Exit the posture with control

9.3 Judgment Deduction:-

Points should be deducted, If:-

- i. Incorrect positioning of grip.
- ii. Slipping of grip.
- iii. Loss of muscle control resulting in intermittent contraction of muscles.
- iv. Entering posture without control.
- v. Exiting without control or inconsistent with entry.
- vi. Signs of forcing/struggling during execution (Readjusting, lack of fluidity in movement, slipping, forcing the posture).
- vii. Exhibiting sign of confusion.
- viii. If the posture is held but for less than 10 seconds.
- ix. Falling during posture.

9.4 Disqualification:-

- i. If the Participant/Competitor uses any drug, alcohol and any form of tobacco.

- ii. If the Participant/Competitor or coach use bad language.
- iii. Participant/Competitor, Coach or any team member misbehaving with Referee, Judge or any other WYF official.
- iv. If the Participant/Competitor stops the asanas.
- v. If the Participant/Competitor loses the balance completely or falls.
- vi. Participant/Competitors are not maintaining discipline during the competition.
- vii. If female Participant/Competitors are pregnant.
- viii. If Participant/Competitors with injuries or serious medical conditions.
- ix. If Participant/Competitor not wears WYF approved attire.

9.5 The point system will be used for all yoga events, with the total score being announced on the completion of the asanas.

9.6 Participant/Competitors can choose to perform only WYF approved asanas.

9.7 Tie Breaking Rule:-

a. In the case of a drawn match to ascertain first, second and third place. Chief Judge would say WYF approved asanas to perform again for evaluation.

b. The Participant/Competitor with the highest score would be the winner.

10. WYF will conduct competition for both the female and male separately for allowed age groups are as follows:-

Level-1

(Sub-Junior Kids Group)

i. Below 5 yrs. (Boys & Girls) :- a. 3 yrs. b. 4 yrs. c. 5 yrs.

(Sub-Junior Group)

ii. Below 8 yrs. (Boys & Girls) :- a. 6 yrs. b. 7 yrs.

Level-2
(Junior Group)

- i. Below 8 yrs. to 11 yrs. (Boys & Girls)**
- ii. Below 11 yrs. to 14 yrs. (Boys & Girls)**

Level-3
(Cadet Group)

- i. 14 yrs. to below 18 yrs. (Boys & Girls)**

Level-4
(Senior Group)

- i. 18 yrs. to below 21 yrs.**
- ii. 21 yrs. to below 25 yrs.**
- iii. 25 yrs. to below 30 yrs.**
- iv. 30 yrs. to below 35 yrs.**
- v. 35 yrs. to below 40 yrs.**
- vi. 40 yrs. to 50 yrs.**

Level-5
(Super Senior Group)

- i. 50 yrs. and above (Males & Females)**

10.1. Age categories are the same for male and female Participant/Competitors.

10.2. Males and Females can be separated.

10.3. Age groups will be determined in the following manner:-

A Participant/Competitor will be placed in the age groups according to his year of birth, not according to his actual date of birth and he will be required to compete within respective age groups. Positive proof of age will be required at the time of all events.

11. National Competition :-

11.1:- Invitation for Competition-

The WYF 'Yoga National Championship' is an invitational competition. Eligible all medalist winner of Sub-junior, Junior and Senior and Super Senior categories for each state would be automatically invited to compete at the WYF Yoga National Championship and all other Participant/Competitors in all categories may be invited to compete in the next level of competition based on the overall score a Participant/Competitor gets.

11.2:- Deadline-

Even if a Participant/Competitor has received an invitation, entry deadlines shall be applied and the Participant/Competitor must register within the registration period or before the last date of registration in order to be eligible for participation in the competition.

11.2:- Conditions of Eligibility-

As a condition of eligibility, each Participant/Competitor must agree that the Participant/Competitor assumes all risk of injury and neither WYF nor any of its Officers, Director, Employees, Agents or Volunteer will be liable for any injury to or damages of any kind suffered by a Participant/Competitor before, during or as a result of the competition, Participant/Competitor will not be allowed to participate without submitting a waiver of Liability.

11.3:- Attendance-

All Participant/Competitors shall be present in the competition area in conformity with the event schedule. If a Participant/Competitor is not present when his or he name is called to compete, the Head Judge may disqualify the Participant/Competitor.