



केन्द्रीय सिविल सेवा साँस्कृतिक एवं क्रीड़ा बोर्ड  
**Central Civil Services Cultural & Sports Board**  
 (Registration No. 2621)

Department of Personnel and Training  
 Ministry of Personnel, Public Grievances and Pensions  
 Government of India

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 Lok Nayak Bhawan  
 New Delhi- 110003

F.No.59/2/2022-23/CCSCSB

Dated 25.08.2023

To

**Shri Yogesh Pal Singh**  
**Deputy Director of Education (Sports)**  
**Directorate of Education**  
**Sports Branch, Chhatrasal Stadium**  
**Model Town, Delhi-110009**

**Sub: All India Civil Services Kho-Kho, Wrestling, Kabaddi and Yogasana Tournaments 2023-24**

Central Civil Services Cultural and Sports Board (CCSCSB) in collaboration with government of NCT of Delhi is organising All India Civil Services Tournaments 2023-24 in the following discipline of Sports. The details of the Tournaments are as under:-

S. No	Game/Event	Dates of tournament	Last date of entry	Team Composition	Venue
1	Kho-Kho	4.10.2023 to 7.10.2023	26.09.2023	Men Coach Manager Total	Kho - Kho Center, Kohat Enclave, New Delhi
	Women Coach Manager Total				
2.	Wrestling	4.10.2023 to 7.10.2023	26.09.2023	Women Free Style Men Free Style Men Greco Roman Women Coach Women Manager Men Coach Men Manager Total	Thyagraj Stadium, Thyagraj Nagar, New Delhi
	Kabaddi			Men Coach Manager Total	
3	Yoga	4.10.2023 to 6.10.2023		Women Coach Manager Total	
				Men Women Men Coach Women Coach Men Manager Women Manager Total	

2. AICS Wrestling tournament will be organized in following weight categories:-

**Men Weight Category Free Style:** 57Kg, 61Kg, 65Kg, 70Kg, 74Kg, 79kg, 86Kg, 92Kg, 97kg, +97Kg to -125kg

**Men Weight Category Greco Roman:** 55Kg, 60Kg, 63Kg, 67Kg, 72Kg, 77Kg, 82Kg, 87Kg, 97Kg, +97kg to 130Kg.

**Women Weight Category Free Style:** 50Kg, 53Kg, 55Kg, 57Kg, 59Kg, 62Kg, 65Kg, 68Kg, 72Kg, 76Kg

3. This is the first edition of AICS Kho-Kho and Yogasana. Tournament. Guidelines for AICS Kho-Kho tournament are attached at Annexure-II.

4. Further AICS Yogasana Tournament 2023-24 will be organized in the following four events:-

- i. Traditional Solo
- ii. Artistic Solo
- iii. Artistic Pair
- iv. Rhythmic Pair

The guidelines for organization of AICS Yogasana Tournament 2023-24 are attached at Annexure-III.

5. The States/UTs and Regional Sports Boards are requested to consider sending their team for the above All India Civil Services Tournaments.

6. It may be ensured that the entries are submitted within prescribed time limits. Teams are requested to make their own arrangements for accommodation and transportation.

7. **List of players along with photocopy of their Identity Card** should be authenticated by the authorized officer under his signature & seal.

8. All the participants shall carry individual Identity Card/Identity Slip/Age Proof for verification of eligibility criteria by the Organizing Committee/Representatives of the Board/Wrestling Men and Women Convener at the venue of the All India Civil Services Tournament.

9. It is further clarified that matches for 3<sup>rd</sup> place must be organized, wherever applicable.

10. Addresses, Telephone Numbers, E-mail Addresses may be indicated by the participating States/UTs/RSBs in the entry form.

11. Every participating team may bring two flags representing their States/UT/Regional Sports Board with them.

12. It should be ensured that every member of the team reports at the venue and participates in the tournament as scheduled. Failure to do so shall be treated as an act of indiscipline. All the participants shall maintain strict discipline on and off the venue of the tournament. Any act of indiscipline/misbehavior/misconduct will attract the provision of CCS (Conduct) Rules since Government Employees are treated 'ON DUTY' during All India Civil Services Tournament.

13. The following categories of employees are not eligible for participation in AICS Tournaments:-

- (a) Uniform personnel in Defence Services/Para Military Organizations/Central Police Organization/Police/RPF/CISF/BSF/ITBP/NSG etc.
- (b) Employees of Autonomous bodies/undertaking/Public Sector Banks even though administratively controlled by the Central Ministries.
- (c) Casual / Daily wages workers.
- (d) Employees attached to offices on temporary duty.

(e) A newly recruited employed who has put less than 6 months in regular establishment/ service

14. Any information regarding change in dates/venue/cancellation etc. about the AICS tournament will be available on our website i.e. [www.dopt.gov.in](http://www.dopt.gov.in). All the participant teams are, therefore requested to check from organizers of the tournament about any possible change before starting their journey.

15. Referees'/Umpires' decision shall be final and binding on the competing teams.

16. The entries in the prescribed proforma enclosed at **Annexure I** (duly filled) may be sent either on email [d-desportsdelhi@gmail.com](mailto:d-desportsdelhi@gmail.com) or physical mode at the office of Shri Yogesh Pal Singh, Deputy Director of Education (Sports), Directorate of Education, Sports Branch, Chhatrasal Stadium, Model Town, New Delhi – 110009 along with photocopy of ID card before the last date i.e. 30.12.2022.

17. The following Nodal Officers may be contacted in case of any other query:-

Sr.No.	Game	Name	Contact information
1.	Kho-Kho	1.Shri Vinay Kumar Jaiswal 2.Shri Gourav Upadhyay	1.6394943486 2.9643161252
2.	Wrestling	1.Shri Jaibir Singh 2.Shri Lalit Kumar	1.8059684665 2. 9958540330
3.	Kabaddi	1.Shri Mukesh 2.Shri Dheeraj	1. 9971300998 2. 8445722729
4.	Yoga	1.Shri Som 2.Ms. Pinki	1.7409761139 2.7011816290



(Kulbhushan Malhotra)  
Secretary (CCSCSB)

Copy to

1. The Chief Secretaries of all States/ UTs and,
2. Secretary, General Administration Departments of all States/UTs
3. Secretary of all Regional Sports Boards.
4. Director of Sports & Youth Services of all States/UTs.
5. Shri Raj Kumar – Convener Kho-Kho (CCSCSB) Mb. No.9205031558.
6. Shri Joginder Singh- Convener - Wrestling (CCSCSB) - Mb.9868042544
7. Shri Mehak Singh, Convener -Kabaddi (CCSCSB) Mb.No. 9312016415
8. Ms. Neeva Singh, Convenor – Yoga (CCSCSB) Mb. No.9971928594

**ALL INDIA CIVIL SERVICES KHO-KHO (MEN & WOMEN) TOURNAMENT 2023-24**

**ENTRY FORM**

Name of the State / RSB : \_\_\_\_\_

Entry for Male/Female \_\_\_\_\_

S. No	Name of Player/ID Card No.	Ministry/Department	Regular or Not	Joining Date
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Details.	Manager	Coach
Name and Designation		
Office Address		
Contact No.		

Signature.....

Designation.....

State/Board.....

Full Address.....

.....

Tele No.....

Fax No.....

Email if any.....

## VERIFICATION CERTIFICATE

The State Government/R.S.B. intends to enter a team for the All India Civil Service Tournament/Competition. Consequently, I submit the entry form duly completed. I hereby undertake on behalf of the State Govt./RSBs to abide by the rules and instructions of the Tournament/Competition.

I certify that the players mentioned in this form who will participate in the All India Civil Services Tournament/Competition are employees of the State Government/Central Government. No member of the team is a casual/daily wage employees. All the players are eligible to participate in the Tournament/Competition as per eligibility criteria laid down by the Board. In case if it is found that any member of the team is not eligible and is included in the team, the team will be automatically disqualified from the Tournament/Competition without any notice.

I also undertake the responsibility to ensure that this State's/RSB's team after being entered in the Tournament/Competition will participate in the Tournament/Competition and at any stage would not refuse to participate or withdraw from the Tournament/Competition without prior approval of the Board.

Signature.....

Designation.....

State/Board.....

Full Address.....

.....

.....

Tele No.....

Fax No.....

Email if any.....

Note:-

(a) The participants are required to produce their office identity cards at the venue. Therefore they shall bring their Identity Cards with them. Where the system of Identity Card is not in force, the participants can produce their photographs duly authenticated by their offices.

(b) This proforma will be used for all the AICS Tournaments/Competition and will be furnished to the Organising Secretary with an endorsement to the Board's office at least 10 days before the commencement of the Tournament/Competition duly signed by an officer not below the rank of Under Secretary concerned of the State and by the Secretary or President of Regional Sports Board.

**ALL INDIA CIVIL SERVICES KABADDI (MEN & WOMEN) TOURNAMENT 2023-24**

**ENTRY FORM**

Name of the State / RSB : \_\_\_\_\_

Entry for Male/Female \_\_\_\_\_

S. No.	Name of Player/ID Card No.	Ministry/Department	Regular or Not	Joining Date
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

Details.	Manager	Coach
Name and Designation		
Office Address		
Contact No.		

Signature.....

Designation.....

State/Board.....

Full Address.....

Tele No.....

Email if any.....

**VERIFICATION CERTIFICATE**

The State Government/R.S.B. intends to enter a team for the All India Civil Service Tournament/Competition. Consequently, I submit the entry form duly completed. I hereby undertake on behalf of the State Govt./RSBs to abide by the rules and instructions of the Tournament/Competition.

I certify that the players mentioned in this form who will participate in the All India Civil Services Tournament/Competition are employees of the State Government/Central Government. No member of the team is a casual/daily wage employees. All the players are eligible to participate in the Tournament/Competition as per eligibility criteria laid down by the Board. In case if it is found that any member of the team is not eligible and is included in the team, the team will be automatically disqualified from the Tournament/Competition without any notice.

I also undertake the responsibility to ensure that this State's/RSB's team after being entered in the Tournament/Competition will participate in the Tournament/Competition and at any stage would not refuse to participate or withdraw from the Tournament/Competition without prior approval of the Board.

Signature.....

Designation.....

State/Board.....

Full Address.....

.....

.....

Tele No.....

Fax No.....

Email if any.....

**Note:-**

(a) The participants are required to produce their office identity cards at the venue. Therefore they shall bring their Identity Cards with them. Where the system of Identity Card is not in force, the participants can produce their photographs duly authenticated by their offices.

(b) This proforma will be used for all the AICS Tournaments/Competition and will be furnished to the Organising Secretary with an endorsement to the Board's office at least 10 days before the commencement of the Tournament/Competition duly signed by an officer not below the rank of Under Secretary concerned of the State and by the Secretary or President of Regional Sports Board.

**ALL INDIA CIVIL SERVICES WRESTLING TOURNAMENT 2023-24**

**ENTRY FORM**

Name of the State / RSB : \_\_\_\_\_

Entry for Male/Female \_\_\_\_\_

S. No	Name of Player.	Ministry/Department	ID Card No. (alongwith copy).
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Details.	Manager	Coach
Name and Designation		
Office Address		
Contact No.		

Signature.....

Designation.....

State/Board.....

Full Address.....

.....

Tele No.....

Fax No.....

Email if any.....

of Govt.  
of India  
Ministry of Sports  
New Delhi



**VERIFICATION CERTIFICATE**

The State Government/R.S.B. intends to enter a team for the All India Civil Service Tournament/Competition. Consequently, I submit the entry form duly completed. I hereby undertake on behalf of the State Govt./RSBs to abide by the rules and instructions of the Tournament/Competition.

I certify that the players mentioned in this form who will participate in the All India Civil Services Tournament/Competition are employees of the State Government/Central Government. No member of the team is a casual/daily wage employees. All the players are eligible to participate in the Tournament/Competition as per eligibility criteria laid down by the Board. In case if it is found that any member of the team is not eligible and is included in the team, the team will be automatically disqualified from the Tournament/Competition without any notice.

I also undertake the responsibility to ensure that this State's/RSB's team after being entered in the Tournament/Competition will participate in the Tournament/Competition and at any stage would not refuse to participate or withdraw from the Tournament/Competition without prior approval of the Board.

Signature.....

Designation.....

State/Board.....

Full Address.....

.....

.....

Tele No.....

Fax No.....

Email if any.....

**Note:-**

(a) The participants are required to produce their office identity cards at the venue. Therefore they shall bring their Identity Cards with them. Where the system of Identity Card is not in force, the participants can produce their photographs duly authenticated by their offices.

(b) This proforma will be used for all the AICS Tournaments/Competition and will be furnished to the Organising Secretary with an endorsement to the Board's office at least 10 days before the commencement of the Tournament/Competition duly signed by an officer not below the rank of Under Secretary concerned of the State and by the Secretary or President of Regional Sports Board.

**ALL INDIA CIVIL SERVICES YOGASANA TOURNAMENT 2023-24****ENTRY FORM**

Name of the State / RSB : \_\_\_\_\_

Entry for Male/Female \_\_\_\_\_

S. No.	Name	Date of Birth	Date of Joining	ID Card No. (Enclose copy of ID Card)	Age Group	Events
1.					Under 40	Traditional Solo Yogasana Sports Competition
2.					Above 40	
3.					Under 40	Artistic (Solo) Yogasana Sports Competition
4.					Above 40	
5.	(i)				Under 40	Artistic Pair Yogasana Sports Competition
	(ii)					
6.	(i)				Above 40	
	(ii)					
7.	(i)				Under 40	Rhythmic (Pair) Yogasana Sports Competition
	(ii)					
8.	(i)				Above 40	
	(ii)					

Details.	Manager	Coach
Name and Designation		
Office Address		
Contact No.		

Signature.....

Designation.....

State/Board.....

Full Address.....

.....

Tele No.....

Fax No.....

Email if any.....

**VERIFICATION CERTIFICATE**

The State Government/R.S.B. intends to enter a team for the All India Civil Service Tournament/Competition. Consequently, I submit the entry form duly completed. I hereby undertake on behalf of the State Govt./RSBs to abide by the rules and instructions of the Tournament/Competition.

I certify that the players mentioned in this form who will participate in the All India Civil Services Tournament/Competition are employees of the State Government/Central Government. No member of the team is a casual/daily wage employees. All the players are eligible to participate in the Tournament/Competition as per eligibility criteria laid down by the Board. In case if it is found that any member of the team is not eligible and is included in the team, the team will be automatically disqualified from the Tournament/Competition without any notice.

I also undertake the responsibility to ensure that this State's/RSB's team after being entered in the Tournament/Competition will participate in the Tournament/Competition and at any stage would not refuse to participate or withdraw from the Tournament/Competition without prior approval of the Board.

Signature.....

Designation.....

State/Board.....

Full Address.....

.....

.....

Tele No.....

Fax No.....

Email if any.....

**Note:-**

(a) The participants are required to produce their office identity cards at the venue. Therefore they shall bring their Identity Cards with them. Where the system of Identity Card is not in force, the participants can produce their photographs duly authenticated by their offices.

(b) This proforma will be used for all the AICS Tournaments/Competition and will be furnished to the Organising Secretary with an endorsement to the Board's office at least 10 days before the commencement of the Tournament/Competition duly signed by an officer not below the rank of Under Secretary concerned of the State and by the Secretary or President of Regional Sports Board.

**Central Civil Services Cultural & Sports Board**  
**(Department of Personnel & Training)**

**Guidelines for conducting AICS Kho Kho Tournament 2023-24**

1. AICS Kho Kho Tournament 2023-24 will be conducted as per rules and regulations of Kho Kho Federation of India.
2. Duration of the Tournament is 04 days. Team composition will be as follows:-  
Men - 14 (12 players, 01 Coach, 01 Manager)  
Women - 14 (12 players, 01 Coach, 01 Manager)
3. Each match will consist of TWO (02) innings. An inning will consist of Chasing and Defending turns which shall be of Nine (09) minutes each for Men/Women. There shall be an interval of Six (06) minutes after an innings and Three (03) minutes break between two turns for Men/Women. The game is won by a team that scores more points (one point is awarded for every Defender, who is out).
4. From chaser side team, 9 players will take the field in the beginning of the match and from defender side team 3 Runners will enter in the Court in a batch of three for their Defense. Subsequently next 3 Runners will enter the Court through their Entry Zone only. When third/last Defender of a batch is declared out, next 3 Runners shall be inside the Court before two KHOS are given. Those Runners who fail to enter within the time lapse of two KHOS, shall be declared out for having entered late (Late Entry.)
5. Minimum 08 entries of Men teams and 04 Women Teams are required to conduct the tournament. However, in case, less than four entries will receive, the tournament will be conducted in trial mode and no Trophies/Medals, Certificates will be awarded to the winners/runners up of the trial mode.
6. The decision of Referees'/Umpires'/Officials' will be final and binding on the competing teams.
7. All teams must be in their State Uniforms and Number (1 to 12) shall be printed on front and back of the T Shirt.
8. Each player should carry I Card for identity and will be checked before the event.
9. Participation certificates will be issued to all the participants. Merit Certificates and Medals will be presented to First, Second & Third place holders.

**RULES AND REGULATIONS OF THE  
ALL INDIA CIVIL SERVICES YOGASANA SPORTS CHAMPIONSHIP 2023-24**

**THE YOGASANA SPORTS CHAMPIONSHIP WILL BE HELD IN THE FOLLOWING FIVE CATEGORIES:**

1. Traditional Solo Yogasana Sports Competition
2. Artistic (Solo) Yogasana Sports Competition
3. Artistic Pair Yogasana Sports Competition
4. Rhythmic (Pair) Yógasana Sports Competition

**1. TRADITIONAL SOLO YOGASANA SPORTS COMPETITION**

Separate Yogasana Competitions for male and female competitors will be held in the following two age groups:-

**UNDER-40(MEN & WOMEN)FIRST ROUND**

<b>COMPULSORY ASANAS</b>	<b>OPTIONAL ASANAS (ANY TWO)</b>
SALAMBA SARVANGASANA URDHVA MUKHA PASCHIMOTTANASANA- 1 PRASARITA PADOTTANASNA -2	SETU BANDHA CHAKRASANA PADAM MAYURASANA KARNAPIDASANA EK PADA RAJKAPOTASANA

**UNDER-40(MEN & WOMEN) FINAL ROUND**

<b>COMPULSORY ASANAS</b>	<b>OPTIONAL ASANAS (ANY TWO)</b>
KROUNCHASANA PADAM PINDASANA PARIGHASANA	PARIVRITTA HANUMANASANA NATRAJASANA KUKKUTTASANA ADHO MUKHA HASTOTTANASANA

**ABOVE -40(MEN & WOMEN)FIRST ROUND**

<b>COMPULSORY ASANAS</b>	<b>OPTIONAL ASANAS (ANY TWO)</b>
VEER BHADRASANA-III UTHITTA PADAMASANA PARIVRITTA DHANURASANA	BAKASANA PASHASANA LAGHU VAJRASANA URDHAVA PADAM SARVANGASANA

**ABOVE -40(MEN & WOMEN)FINAL ROUND**

<b>COMPULSORY ASANAS</b>	<b>OPTIONAL ASANAS (ANY TWO)</b>
HANUMANASANA -II VIPARIT VIRBHADRASANA SUPTA KURMASANA	PADANGUSHTHA DHANURASANA ARDHVA PADAM SARVANGASANA KUKUTTASANA PARSVA KONASANA

- i. Separate competition will be held for male and female competitors
- ii. Individual Participants have to perform asanas from the prescribed syllabus.
- iii. There will be two rounds : First Round and Final round. Only top 15 participants will go for final round.
- iv. 03 Compulsory Asanas are mandatory to perform and 02 Optional Asanas of individual choice from syllabus will be performed by the participants.
- v. There should be perfect synchronization of body movements.
- vi. **Time duration for each compulsory asana is 30 seconds and Optional Asana is 15 seconds.**

## 2. ARTISTIC SOLO YOGASANA SPORTS COMPETITION

- i. Separate competition will be held for male and female competitors.
- ii. Artistic (Solo) Yogasana competition consists of presentation of various asanas (postures) forward bending, backward bending, hand balancing, leg balancing and twisting, performed with music.
- iii. It is synchronization of body movement with music (without break).
- iv. Number of postures performed should be 8-10 of competitor's choice.
- v. **Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).**
- vi. **The competitor will maintain each posture for atleast 5 seconds during the performance.**
- vii. The transition from one posture to another posture should be slow & Artistic.

## 3. ARTISTIC PAIR YOGASANA SPORTS COMPETITION

- i. Artistic Pair Yogasana Competition will be held for male and female separately.
- ii. Artistic Pair Yogasana consists of presentation of various Asanas (postures) forward bending, backward bending, hand balancing, leg balancing and twisting including pyramid making, performed with music.
- iii. Both the participants will perform two different postures at a time. Performing same posture will be a disqualification.
- iv. Body touch is allowed in the competition as per the discretion of the competitors.
- v. Making of pyramid will be given preference.
- vi. Synchronization of body movements with music will be given top preference.
- vii. Number of postures performed should be 8-10 of competitor's choice.
- viii. **Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).**
- ix. **The competitor will maintain each posture for atleast 5 seconds during the performance.**
- x. The transition from one posture to another posture should be slow, Artistic and Synchronized.

## 4. RHYTHMIC PAIR YOGASANA SPORTS COMPETITION

- i. Rhythmic Yogasana Competition will be held for male and female separately.
- ii. Rhythmic Yogasana is also known as pair Yogasana. Rhythmic Yogasana Sports is the presentation of various asanas (postures) i.e. forward bending, backward bending, hand balancing, leg balancing and twisting performed with music.
- iii. The same posture should be performed by the pair together.
- iv. There should not be any body touch between the two competitors.
- v. There should be perfect synchronization of body movements with the music.
- vi. Number of postures performed should be 8-10 of competitor's choice.
- vii. **Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).**
- viii. **The competitor will maintain each posture for atleast 5 seconds during the performance.**
- ix. The transition from one posture to another should be Slow, Rhythmic and Synchronized.

## SPECIAL INSTRUCTIONS:

1. A competitor can participate in all events i.e. Traditional Solo, Traditional Group, Artistic (Solo), Artistic Pair, Rhythmic Pair Yogasana competitions.
2. Time: For starting performer should wait in standing pose/sitting pose but not in posture. Music will start then performer will start movement or posture. Counting of timing will start when the music starts. For ending- counting of time will stop when the performer first join palms together for namaskar or bend down for namaskar. Returning should not be counted because some time after returning performer makes some additional movements that can create confusion.
3. Music should be melodious, devotional and classical music.
4. Competitor will perform within the marked arena. .5 mark will be deducted every time (from the marks of performance) if the competitor/s cross or touch the arena line during their performance.
5. **The competitor/(s) have to stay at least for 5 Seconds in each Posture / Pyramid / Formation. Therefore if the competitor/(s) do not abide by the said rule for particular Posture / Pyramid / Formation, in that case that Posture / Pyramid / Formation will be deemed to be cancelled and accordingly the number of postures will be counted by the panel of Judges.**
6. No Prop will be allowed during the performance of Artistic solo Yogasana Sports Competition, Artistic Pair Yogasana Sports Competition and Rhythmic Pair Yogasana Sports Competition.

## B. POSITIONS

- i. The aggregate of minimum and maximum marks given by the referees to each competitor/pair will be deleted and the mean of remaining two aggregate scores will be calculated to decide the final position.
- ii. First three positions will be declared in each age group/event in Traditional Solo, Traditional Group, Artistic Solo Yogasana, Artistic pair Yogasana, Rhythmic Pair Yogasana on the basis of merit of the scores secured by the competitors.
- iii. The judges will award the marks out of 10 to each competitor for each Yogasana separately. The judges will be free to move about in order to see the aspect of pose from different angles during the retention period.
- iv. The efficiency of the yogasana will be judged on the basis of execution, perfection of posture, stresslessness, stability, movement, holding time, Grace and presentation.
- v. In case of tie in Traditional Yogasana Competition it will be decided as follows:-
  - (a) Aggregate of Marks in Compulsory Asana
  - (b) Aggregate of Marks in Optional Asana
- vi. Judge's decision will be final.

**N.B.:** In case any competitor is disqualified due to doping/underage/overage or any other factor then the rank/medal given to that competitor will be awarded to the next competitor as per merit.

### **C. OVER ALL GENERAL CHAMPIONSHIP**

The overall General Championship will be decided on the basis of aggregate marks of the medals obtained in the Traditional Yogasana, Artistic Solo , Artistic Pair, Rhythmic Pair Yogasana and Yogasana Sports Group Dance competition as per detail given below:

- Gold Medal ..... 3 marks
- Silver Medal .....2 marks
- Bronze Medal ..... 1 mark



## MARKING SYSTEM

1	<b>Execution</b>	<b>Marks</b>
	Time consumed and process followed to reach the final position of yogasana.	<b>1</b>
	Time consumed and process followed to reach back to normal position	<b>1</b>
	<b>Point of Marking</b> A) Time / Speed 0.25 B) Process / Flow ( Not showing other Aasanas in between) 0.25 C) Stages followed 0.25 D) Sthiti (Starting and Ending posture) 0.25	
2	<b>Perfection of Posture</b>	<b>Marks</b>
	Accuracy of Posture ( Final Pose)	<b>2</b>
	A) Stretch / Bend / Curve / Twist 1.00 B) Palms / Toes / Fingers perfection 0.25 C) Alignment / Distance between hands / Legs 0.25 D) Balance / Symmetry / Tiltlessness 0.25 E) Face Direction 0.25	
3	<b>Stresslessness (Face)</b>	<b>1</b>
	A) Smile 0.25 B) Eye Position 0.25 C) Closed Mouth 0.25 D) Calmness 0.25	
4	<b>Stability / Tremblingness</b>	<b>1</b>
	A) Hands / Legs muscle stability 0.25 B) Abdominal muscles stability 0.25 C) Face stability 0.25 D) Normal Breathing 0.25	
5	<b>Smooth Movements ( No jerks)</b>	<b>1</b>
	A) Smooth movement 0.25 B) No Jerks 0.25 C) No excess stretching 0.25 D) No supported movements 0.25	
6	<b>Holding Time</b>	<b>2</b>
	<b>UNDER -40-</b> 1 <sup>st</sup> round 30 Sec./ Final round 15 Sec. <b>ABOVE40</b> 1 <sup>st</sup> round 30 Sec./ Final round 15 Sec	
	----- A) 100% Time 2.00 B) 75% to 99% + Time 1.50 C) 50% to 74% + Time 1.00 D) 25% to 49% + Time 0.50 (For second attempt 1 mark will be deducted)	
7	<b>Grace and Presentation</b>	<b>1</b>
	A) Expressions 0.25 B) Decent Makeup / Costume 0.25 C) Walking / Standing / Greeting 0.25 D) Confidence 0.25	
	<b>Total</b>	<b>10</b>

**SYLLABUS FOR TRADITIONAL SOLO YOGASANA SPORTS COMPETITION 2023-24**

**UNDER-40(MEN & WOMEN)**

**FIRST ROUND**

**COMPULSORY ASANAS**

**SALAMBA SARVANGASANA**

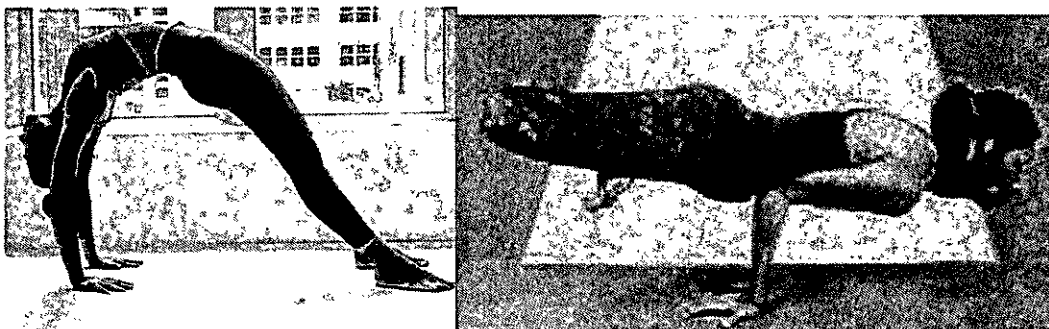
**URDHVA MUKHA PASCHIMOTTANSANA-1 PRASARITA PADOTTANASANA -2**



**OPTIONAL ASANAS**

**SETU BANDHA CHAKRASANA**

**PADAM MAYURASANA**



**KARNA PIDASANA**

**EK PADA RAJKAPOTASANA**



**SYLLABUS FOR TRADITIONAL SOLO YOGASANA SPORTS COMPETITION 2023-24**

**UNDER-40(MEN & WOMEN)**

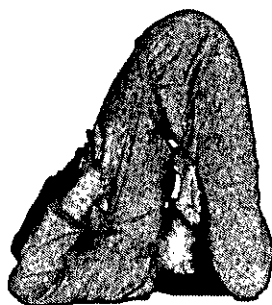
**FINAL ROUND**

**COMPULSORY ASANAS**

**KROUNCHASANA**



**PADAM PINDASANA**

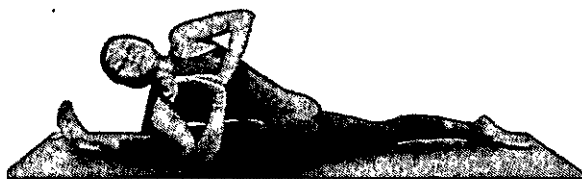


**PARIGHASANA**



**OPTIONAL ASANAS**

**PARIVRITA HANUMANASANA**



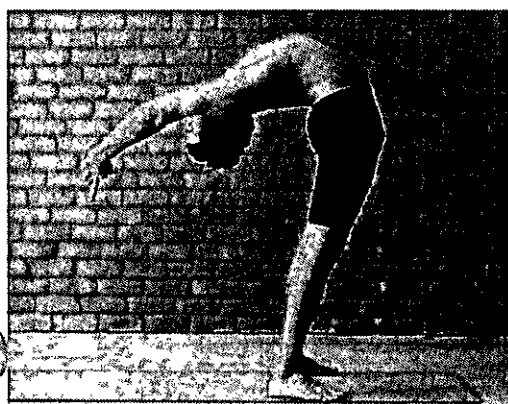
**NATRAJASANA**



**KUKKUTTASANA**



**ADHO MUKHA HASTOTTANASANA**



**SYLLABUS FOR TRADITIONAL SOLO YOGASANA SPORTS COMPETITION 2023-24**

**ABOVE-40(MEN & WOMEN)**

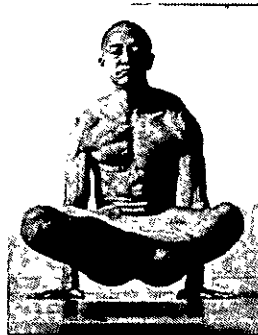
**FIRST ROUND**

**COMPULSORY ASANAS**

**VEERBHADRASANA-III**



**UTHITTA PADAMASANA**



**PARIVRITTA DHANURASANA**

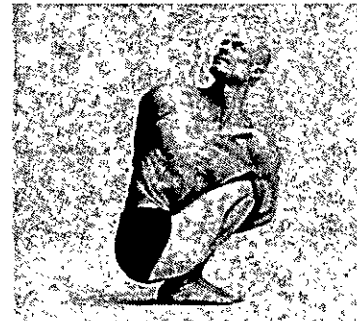


**OPTIONAL ASANAS**

**BAKASANA**



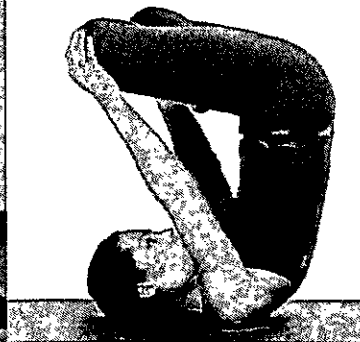
**PASHASANA**



**LAGHU VAJRASANA**



**URDHVA PADAM SARVANGASANA**



**SYLLABUS FOR TRADITIONAL SOLO YOGASANA SPORTS COMPETITION 2023-24**

**ABOVE-40(MEN & WOMEN)**

**FINAL ROUND**

**COMPULSORY ASANAS**

**HANUMANASANA-II**



**VIPARIT BHADRASANA**



**SUPTA KURMASANA**

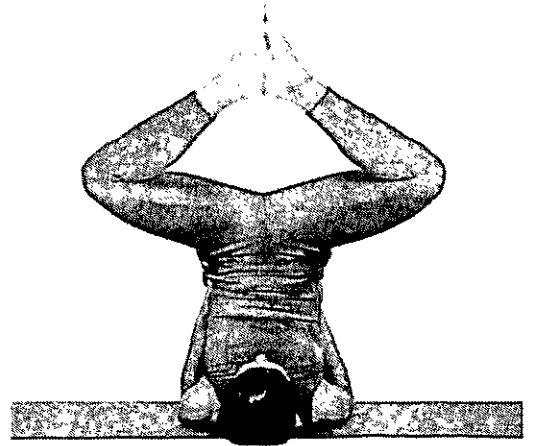


**OPTIONAL ASANAS**

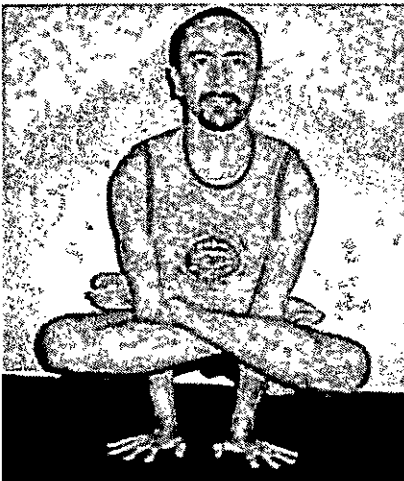
**PADANGUSHTHA DHANURASANA**



**ARDVA PADAM SARVANGASANA**



**KUKUTTASANA**



**PARSVA KONASANA**

