POINSUR GYMKHANA
Where always Winners are Born

YOGA

Age Group **(Boys & Girls)**	:	U/10 (Born on or After 01.01.2013) U/12 (Born on or After 01.01.2011) U/16 (Born on or After 01.01.2007
Event Date & Time	:	27th November 2022 From 3.00 pm to 7.00 pm
Last Date & Time for Submission of Entry Form	:	24th November 2022 till 6.00 pm
Entry Fees	:	Rs. 150/- Per Participant
Prizes	:	• Gold, Silver & Bronze Medals will be awarded with Honour Certificates in each age category of Boys & Girls. • Winner & Runner Up trophies will be given as Overall Championship • Participation Certificate will be awarded to All Participants.
Prize Distribution	:	Sunday 27th November 2022 at 8.00 pm onwards

RULES & REGULATIONS

- 5 participants in a team.
- Participants have to perform total 5 asanas, in which 3 compulsory asanas from the respective syllabus and the remaining 2 optional asanas of their own choice.
  (Lottery system will be used for choosing compulsory asanas)
  (Optional asanas should be apart from the respective syllabus chart)
- Competitors have to perform Compulsory Asana for 30 sec and Optional Asana for 15 sec.
- Dress - Shorts for boys and yoga costumes for girls are mandatory.
- Each aasan for 10 marks.
- Participants also have to perform Suryanmaskar.
- State & National Players are not allowed to participate in this tournament.

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- Instructions for the competition

1. Competition Date – 27th November 2022
2. Reporting time - 3 pm
3. Entry Fees - ₹ 150/- per head
4. Age Groups- U/10, U/12, U/16 {Girls & Boys}
5. 5 participants in a team

- **Rules & Regulations**

1. Participants have to perform total 5 asanas, in which 3 compulsory asanas from the respective syllabus and the remaining 2 optional asanas of their own choice.
   (Lottery system will be used for choosing compulsory asanas).
   (Optional asanas should be apart from the respective syllabus chart).

2. Competitors have to perform Compulsory Asana for 30 sec and Optional Asana for 15 sec.

3. Dress - Shorts for boys and yoga costumes for girls are mandatory.

4. Each aasan for 10 marks

5. Participants also have to perform Suryanmaskar

6. **STATE NATIONAL PLAYER NOT ALLOWED TO PARTICIPATE**

YOGA

U/10

Girls & Boys

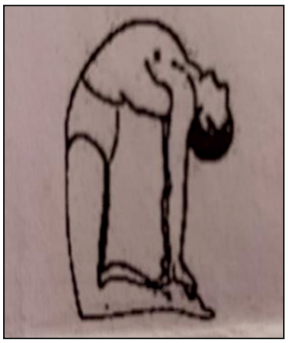
Trikonasana

1. Waist to be parallel to the ground.

2. Both arms in a straight line.

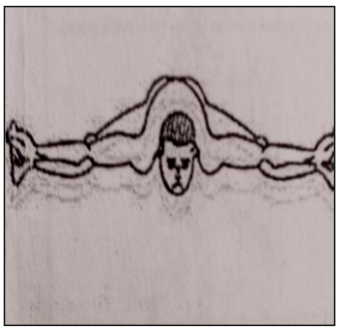
3. Position of hand adjacent to heel.

4. Face towards the sky.



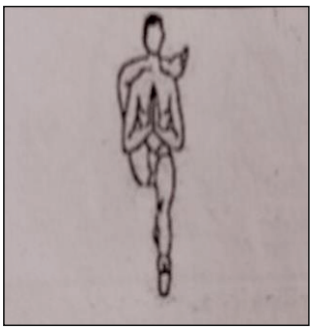
Ushtrasana

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



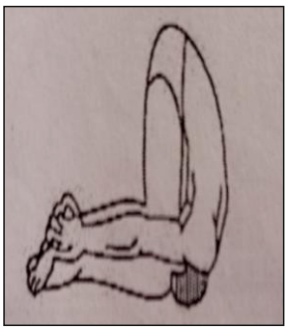
Bhumasana

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



Eka pad sikandhasana

1. Back, neck, and head to be maximum straight.
2. Heel touching opposite side shoulder.
3. Toe of the stretched leg pointing up.
4. Hands folded in front of the chest.



Shashankasana

1. Thighs are perpendicular to the ground.
2. Forehead touching knees.
3. Palms on the heels from the side.
4. Toes, heels & knees together.

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U/12 Girls & Boys		
	Kurmasana 1. 45-degree angle in both legs. 2. Extended hands should stretch under the legs 3. Knees straight, toe pointing forward, back in line. 4. Hip muscle in contact with floor. 5. Face in the forward direction, palms on the ground.	**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.

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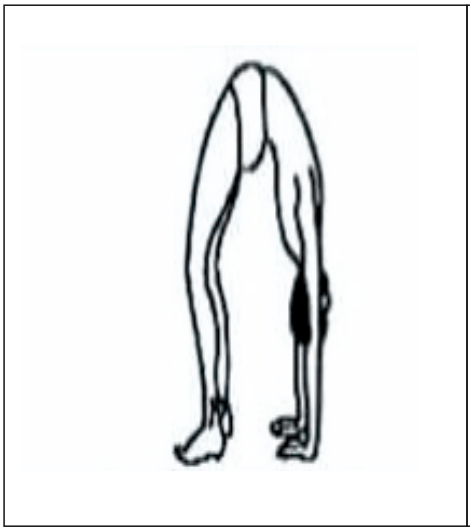		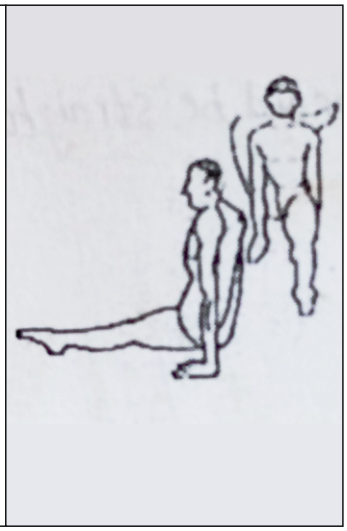

Chakrasana	Garudasana	Utthit Eka Pada Sikandhasana
1. Gap in the hands and legs with each other at shoulder width. 2. Arms and legs to be perpendicular lar to the ground. 3. Neck in between two arms. 4. Thighs, hips, and back making a maximum arch	1. Back, neck, and head to be, straight. 2. Hands together in front of the nose. 3. If right the arm is above the left arm, then the left thigh is on the right thigh. 4. Ankle completely touching calf, shoulder maximum straight.	1. Back maximum Straight 2. Heel touching opposite side shoulder. 3. Lifted leg straight. 4. Hands-on side winds- placed on the ground up to the shoulder width.

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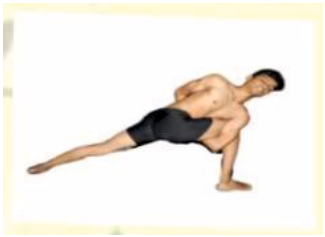
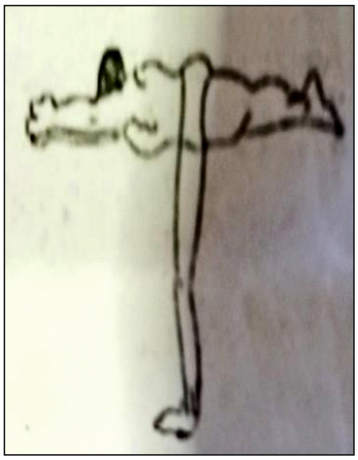
U/16 Girls & Boys		
	Paschimotanasana 1. Knees on the ground. 2. Toes pointing up to be gripped with thumb and index finger. 3. Back maximum stretched with abdomen, chest, forehead touchg legs 4. Elbows on the ground.	**Parivartan Parsvakonasana** 1. Leg, waist, and head in a straight line and twisting body. 2. The other leg is perpendicular to the ground, thigh parallel to the ground. 3. The wrist of the hand on the back to be gripped by hand on the front side. 4. Gaze in front.
		
Ardha Matsyendrasana 1. Both buttocks on the ground. 2. Shoulder and head in the same line. 3. Thithe gh to be gripped by hand after twisting the trunk portion. 4. Knee on the ground.	**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.	**Padma Sarvangasana** 1. Knees, hips and back up to shoulders maximum straight. 2. Palms are placed on the back parallel to each other. 3. Chin touching chest. 4. Padmasana to be assumed after going into the position of sarvangasana.

Uttar Mumbai Krida Mahotsav
Nation Progresses when Youth Performs !
19th Nov - 27th Nov 2022

POINSUR GYMKHANA
Where always Winners are Born

ENTRY FORM

YOGA

Name of the School / Institution : _____

Location _____ Land Line No. _____ Email Id _____

Name of the Coach / Sports Incharge : _____

Cell No. _____ Email Id : _____ Age Group _____

Sr. No.	Name of the Participant	Gender M/F	Date of Birth	Entry Fees
1				
2				
3				
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We/I hereby certify that all the participants who have entered as per details above are bonafide members of our institution and are amateurs. They are in perfect health, free from diseases and physically fit to compete in the event indicated against their name. They are competing entirely at their own risk and responsibility and POINSUR GYMKHANA is not in anyway, responsible for any injury or mishap that may befall them or for any loss of or damage to their property and personal possessions. The games shall be played as per the Rules Prescribed by the governing body of the respective games and abide by the decisions of the referee's/officials and follow the instructions that may be given during the competition. We/I hereby certify that the date of birth as mentioned against the name of each participant has been verified by us/me and found to be correct. The rules attached to the event list have been read by us/me as well as by the participants and we promise to abide by them.

Signature of
Principal / Sports Teacher / Parents
with Rubber Stamp

Date :

NOTE: Please download this PDF, take a print of this entry form, fill & submit it at Poinsur Gymkhana's office and get yourself registered.