



YOGASANA SPORTS  
ASSOCIATION OF SUNDERGARH



# YOGASANA 2026

2<sup>ND</sup> OPEN NATIONAL YOGASANA SPORTS CHAMPIONSHIP

HARMONY IN MOTION: CELEBRATING ATHLETIC EXCELLENCE AND INNER PEACE

Organised by  
**YOGASANA SPORTS ASSOCIATION OF SUNDERGARH**

In Collaboration With:  
**JAIPRAKASH HOSPITAL AND RESEARCH CENTRE**

## RULES, REGULATIONS, INSTRUCTIONS AND SYLLABUS

### 1) Reporting Time, Date and Venue:

- Time: 11:00 AM (25<sup>th</sup> April 2026)
- Date: 25<sup>th</sup> and 26<sup>th</sup> April 2026
- Venue: 2nd Floor, JP Convention Centre, Dandiapali, Rourkela
- Lunch - 25<sup>th</sup> & 26<sup>th</sup> April, 2026 & Dinner - 26<sup>th</sup> April, 2026
- Closing ceremony 4:00 pm (26<sup>th</sup> April 2026)
- Rules can be modified or changed by the organiser.
- No accomodation will be provided by the organiser.
- Kindly bring your valid Govt. ID Proofs & 2 passport size photographs.

### 2) Dress Code Of The Competitors:

- The male competitors will wear skin-tight sports shirts and shorts in the Yoga Competition and attractive costumes in the artistic and rhythmic Yoga Championship during the Championship.
- The female competitors will wear skin-tight sports shirts and short/gymnastic costumes.
- Other than, the above mention comfortable wearing is also allowed.

### 3) Risk Certificate / Declaration / Undertaking by the Competitor:

The Coach / Team manager will submit Risk Certificate / Declaration / Undertaking Forms duly filled and signed by each Yoga Player of their state and duly signed by the parents of participants to the scorer before their performance during the competition (attached format).

### 4) Assigning and selection of Asanas:

A total of 5 Asanas compulsory will be performed by the competitors. Authority may reduce the limit for the Asana. In any case the time limit will not be extended such change if made will be applicable of all participants.

### 5) How to Reach?

Nearest Railway Station: Rourkela Junction (8.3 Kms).

Nearest Bus Stand: Panposh (1.3 Kms), Rourkela Main Bus Stand (8.7 Kms).

Nearest Airport: Rourkela Airport (7 Kms), Jharsuguda (131 Kms – approx. 1.5 hrs).



Scan the QR Code  
to register online

If you have any queries, feel free to  
contact our Organizing Secretary:

**Mr. Jitendra Kumar**

**Phone No: +91 9776414450**

**E-mail: [yogasportsrkl@gmail.com](mailto:yogasportsrkl@gmail.com)**

# A] TRADITIONAL YOGASANA CHART

COMPETITOR HAS TO PERFORM **TOTAL 5 YOGASANA**  
**4** FROM THIS CHART & **1** ASANA OWN CHOICE

**PADAHASTASANA**



**HANUMANASANA**



**Halasana**

**VRUCHIKASANA - 1**



**GANDA-BHERUNDASANA**



**Salamb-Sarvangasana-1**



**Tittibhasana**

**SHIRSHASANA**

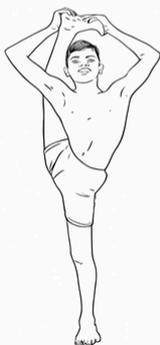


**CHAKRASANA**



**SETU BANDHASANA**

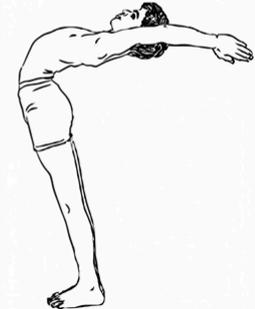
**TRIVIKRAMASANA**



**NATARAJASANA**



**Vrukshasana**



**Ardha-Chandrasana**



# BJ ATHLETE GROUPS, EVENTS & STRUCTURE

## 1. Age Groups:

The age groups and events of Yogasana competitions are as follows:

1. Sub Junior A (5 to 9 years of age)
2. Sub Junior B (10 to 12 years of Age)
3. Sub Junior C (13 to 14 years of Age)
4. Junior A (15 to 16 years of age)
5. Junior B (17 to 18 years of Age)
6. Senior A (19 to 23 years of age)
7. Senior B (24 to 29 years of age)
8. Senior C (30 to 40 years of age)
9. Senior D (41 to 50 years of age)
10. Grand Master category (51 and above years of age )

In all these age groups, boys and girls will play in separate groups. In any case, no mixed groups will be participating in any of the events. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> position holders in all the age groups will get Gold, Silver and Bronze 3<sup>rd</sup> to 5<sup>th</sup> medals respectively. All the participants will get a certificate of participation/merit and consolation medal in the event. Overall Individual Champion – 5 top teams will be awarded winner team trophies.

## 2. Events:

There are a total of 2 events. First event is considered as an individual event. 2nd event that is Artistic Yogasana Group is a team event and selection of the team is based on the rules framed by YSAS, The 2 events are as follows:

I. Traditional Yogasana

II. Artistic Yogasana Group

### I. Rules for Traditional Yogasana:

- The competition will be conducted according to the prescribed Yogasana syllabus.
- Each participant must perform 4 compulsory asanas as per the syllabus.
- Holding time: 20 seconds for each compulsory asana.
- Participants must also perform 1 optional asana of their own choice, which may be outside the prescribed syllabus.
- The optional asana must also be held for 20 seconds.

### Total 4+1 = 5 Asana

### II. Rules for Artistic Yogasana Group Event:

- This is a team event.
- Each team may consist of a maximum of 10 players.
- Teams will present an artistic yogasana performance demonstrating synchronization, flexibility, balance, and creativity.
- The performance will be judged based on coordination, difficulty level, presentation, and overall artistic expression.
- Time Limit: Each team shall be given a maximum of 3 minutes for the Artistic Group Event.
- Formation: A minimum of 5 formations is compulsory.

## 3. Cut-off Date for Age Calculation:

The cut-off date of the championship will be 31st March of the previous financial year. Eg: If the financial year is 2026, then the cut-off date for calculation will be 31st March 2026.

