
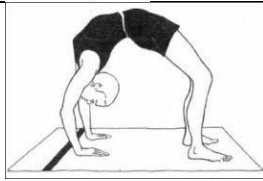






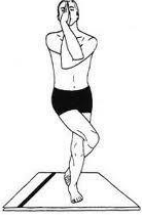

Yogjeev Yoga Competition syllabus

Boys and Girls (under 12 years old)





Vrikshasana (15 marks)		30 sec Camera Angle: Cross(Between front and side)
Chakrasana (15 marks)		30 sec Camera Angle: side angle(from ear side)
Ardha Matsyendrasana (15 marks)		30 sec (right side) 30 sec (left side) Camera Angle: Cross(Between front and side)
Paschimottanasana (15 marks)		30 sec Camera Angle: side angle(from ear side)
1 st optional Asana(other than mentioned here) (20 marks)		15 sec Camera Angle: depend on pose
2 nd optional Asana (other than mentioned here) (20 marks)		15 sec Camera Angle: depend on pose

Boys and Girls (13 to 16years old)

Sarvangasana (15 marks)		30 sec Camera Angle: Cross(Between front and side)
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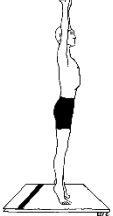
Bhujangasana (15 marks)		30 sec Camera Angle: Cross(Between front and side)
Garudasan (15 marks)		30 sec (right side) 30 sec (left side) Camera Angle: Cross(Between front and side)
Kurmasan (15 marks)		30 sec Camera Angle: Front angle(face side)
1 st optional Asana(other than mentioned here) (20 marks)		15 sec Camera Angle: depend on pose
2 nd optional Asana(other than mentioned here) (20 marks)		15 sec Camera Angle: depend on pose

Boys and Girl (17 to 24years old)

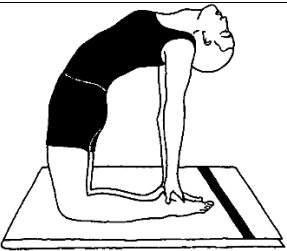
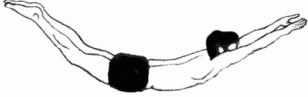


Halasan (15 marks)		30 sec Camera Angle: Cross(Between front and side – head side)
SDhanurasan (basic) (15 marks)		30 sec Camera Angle: Cross(Between front and side)
Parivarta Trikonasan (15 marks)		30 sec (right side) 30 sec (left side) Camera Angle: Cross(Between front and side)
Shalabasan (15 marks)		15 sec Camera Angle: side angle(from ear side)

1 st optional Asana(other than mentioned here) (20 marks)		15 sec Camera Angle: depend on pose
2 nd optional Asana (other than mentioned here) (20 marks)		15 sec Camera Angle: depend on pose

Boys and Girl (25 to 30 years old)

Paschimottanasana (15 marks)		30 sec Camera Angle: side angle(from ear side)
Bhujangasana (15 marks)		30 sec Camera Angle: Cross(Between front and side)
Akarna Dhanurasana (15 marks)		30 sec (right side) 30 sec (left side) Camera Angle: Cross(Between front and side)
Tadasana (15 marks)		15 sec Camera Angle: Cross(Between front and side)
1 st optional Asana(other than mentioned here) (20 marks)		15 sec Camera Angle: depend on pose
2 nd optional Asana(other than mentioned here) (20 marks)		15 sec Camera Angle: depend on pose

Boys and Girl (31 years old and above)

Ushtrasana (15 marks)		30 sec Camera Angle: side angle(from ear side)
Naukasana (15 marks)		30 sec Camera Angle: Cross(Between front and side)
Natarajasana (15 marks)		30 sec (right side) 30 sec (left side) Camera Angle: Cross(Between front and side)
Paschimottanasana (15 marks)		30 sec Camera Angle: side angle(from ear side)
1 st optional Asana(other than mentioned here) (20 marks)		15 sec Camera Angle: depend on pose
2 nd optional Asana(other than mentioned here) (20 marks)		15 sec Camera Angle: depend on pose

Note: Asana holding time will start after adopting final pose.

Competition for Teacher Training purpose (BEST OF BESTS):

- 1st , 2nd and 3rd rankers of age groups **17 to 24years old, 25 to 30 years old and 31 years old and above** will be considered as selected for entry round competition of teacher training Course(TTC) and same performance will be considered as competition for TTC round.
- 9 rankers from above 3 groups will be competitor for TTC round and out of those 3(BEST OF BESTS) will be selected for TTC as Prize.(participants don't need to send videos again) old videos will be considered as competition.
- Below 17 years old participants are not allowed to participate in TTC program.(age proof mandatory)