



## YOGA ASSOCIATION OF KERALA

(Recognised by Kerala State Sports Council & affiliated to Yoga Federation of India),

REG NO; KNR/CA/399/2016

UPASANA,BLRA 24,BRIGADE LANE NEAR POLICE QUARTERS,VIKAS BHAVAN,THIRUVANANTHAPURAM 695033

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### CIRCULAR

Ref. No. YAK/10/SYC2025

Dated: 16.07.2025

The Presidents/Secretaries,  
All District Yoga Associations, Affiliated to Yoga Association of Kerala ).

**Subject:** 10<sup>th</sup> Sub Junior,Junior and Senior State Yoga Sports Championship, 30<sup>th</sup> and 31<sup>st</sup> August , 2025 at Indoor Stadium, Nagampadam, Kottayam.

The 10<sup>th</sup> Sub Junior, Junior and Senior State Yoga Sports Championship, 30<sup>th</sup> and 31<sup>th</sup> August , 2025 at Indoor Stadium Nagampadam, Kottayam. Yoga Association of Kottayam under the auspicious of Yoga Association of Kerala as per Syllabus, instructions ,rules and regulations of the championship laid down by Yoga Federation of India.

**VENUE OF THE CHAMPIONSHIP**  
**INDOOR STADIUM NAGAMPDAM, KOTTAYAM**

**For any query regarding venue & accommodation please contact:**

**C K Harihara Nair**

**Mobile: 9495519686**

**KOTTAYAM DISTRICT SECRETARY**

**V P Lalumon**

**Mobile: 9447208381**

**KOTTAYAM DISTRICT PRESIDENT**

10<sup>th</sup> Sub Junior,Junior and Senior State Yoga Sports Championship, will be held in the following six Categories:

1. Yogasana Sports Competition.
2. Artistic Solo Yoga Sports Competition.
3. Artistic Pair Yoga Sports Competition.
4. Rhythmic Yoga Sports Competition.
5. Free Flow Yoga Sports Competition.
6. Professional Yoga Sports Competition.

### Yogasana Sports Competition:

Separate Yogasana Competitions for male and female competitors will be held in the following **FIVE AGE GROUPS**. The competitor will perform all the 10 asanas as per syllabus of their respective age groups (attached separately). Competitor will maintain in each asana for 15 seconds during the competition.

### SUB JUNIOR, JUNIOR AGE GROUPS

- I. Sub Junior Group - (A) 08 - 10 Years (Boys & Girls)
- II. Sub Junior Group - (B) 10 - 12 Years (Boys & Girls)
- III. Sub Junior Group - (C) 12-14 Years (Boys & Girls)
- IV. Junior Group - (A) 14-16 Years (Boys & Girls)
- V. Junior Group - (B) 16-18 Years (Boys & Girls)

### SENIOR AGE GROUPS

- I. Senior Group - (A) - 18-21 Years (Men & Women)
- II. Senior Group - (B) - 21-25 Years (Men & Women)
- III. Senior Group - (C) – 25-30 Years (Men & Women)
- IV. Senior Group - (D) – 30-35 Years (Men & Women)
- V. Senior Group - (E) - 35-45 Years (Men & Women)
- VI. Senior Group - (F) - Above 45 (Men & Women)

### NUMBER OF ENTRIES:

Maximum **Three Competitors** of either sex in each age group from each District Yoga Associations/ Unit will be allowed to participate.

- Artistic Solo Yoga Sports Competition : (Rules attached separately)
- Artistic Pair Yoga Sports Competition : (Rules attached separately)
- Rhythmic Yoga Sports Competition : (Rules attached separately)
- Free Flow Yoga Sports Competition : (Rules attached separately)

### Age Groups : –

- The Artistic Solo – Sub-Junior (08-14 Years) and Junior (14-18 Years) Male & Female.
- Artistic Pair, Rhythmic & Free Flow Yoga Sports Competition – (08-18 Years) Male & Female.

### **NOTE**

1. Separate competition for Sub-Junior (08-14 years)& Junior Group (14-18 years) in only Artistic Solo event (male & female)separately will be held the session 2025-26.
2. Only those Yoga players who are participating in State Yoga Competition can participate in the above said competitions. Thus the total strength of Yoga Players from each unit should not exceed 30 players (15 Boys & 15 Girls).
3. Besid Yogasana Competition, a competitor can participate in two out of three events i.e. Artistic (Solo), Artistic Pair, Rhythmic Yoga competitions plus Free Flow Yoga Sports Competition.

### ***Artistic (Solo) Yogasana Sports Competition***

- Separate competition will be held Sub-Junior and Junior Boys and Girls competitors separately ie., 08-14yrs **Sub-Junior Group (Boys and Girls), and Junior Group 14-18 yrs (Boys and Girls)**
- Two male and two female competitors will be allowed to participate in the competition from each District
- Artistic (Solo) Yoga competition consists of presentation of various asanas (postures) forward bending, backward bending, hand balancing, leg balancing and twisting, performed with music.
- It is synchronization of body movement with music (without break).
- Number of postures performed will be 8-10 of competitor's choice.
- **Time duration for the presentation will be 150 to 180 seconds (2 1/2 to 3 minutes).**
- **The competitor will maintain each posture for atleast 5 seconds during the performance.**
- The transition from one posture to another posture should be slow & artistic.
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### ***Artistic Pair Yogasana Sports competition***

- Artistic pair yogasana competition will be held for male and female separately
- One entry of male pair and one entry of female pair will be allowed to participate from each District
- Artistic Pair Yoga consists of presentation of various Asanas (postures) forward bending,
- backward bending, hand balancing, leg balancing and twisting including pyramid making, performed with music.
- Both the participants will perform two different postures at a time. Performing same posture will be a disqualification.
- Body touch is allowed in the competition as per the discretion of the competitors.
- Making of pyramid will be given preference.
- Synchronization of body movements with music will be given top preference.
- Number of postures performed will be 8-10 of competitor's choice.
- **Time duration for the presentation will be 150 to 180 seconds (2 1/2 to 3 minutes).**
- **The competitor will maintain each posture for atleast 5 seconds during the performance.**
- The transition from one posture to another posture should be slow, artistic and synchronized.

### ***Rythmic Sports Yogasana Competition***

- Rythmic Yogasana sports competition will be held for male and female separately.
- The same posture should be performed by the pairs together.
- There should not be any body touch between two competitors
- One entry of male pair and one entry of female pair allowed to participate from each District.
- Rhythmic Yoga is also known as pair Yoga. Rhythmic Yoga Sports is the presentation of various asanas (postures) i.e. forward bending, backward bending, hand balancing, leg balancing and twisting performed with music.
- There should be perfect synchronization of body movements with the music.
- Number of postures performed should be 08-10 of competitor's choice.
- **Time duration for the presentation will be 150 to 180 seconds (2 1/2 to 3 minutes).**
- **The competitor will maintain each posture for atleast 5 seconds during the performance.**
- The transition from one posture to another should be slow, rhythmic and synchronized

### ***Yogasana Free Flow Yogasana Dance Competition***

- Only one team from each District will be allowed to participate in the Free Flow Yoga Dance Competition In Junior age group (8 to 18 yrs) and Senior age group (18 to 35yrs)
- The team will consist of **5 players** either all boys or all girls or boys and girls mixed.
- It is the presentation of various asanas (postures) including forward bending, backward bending, hand balancing, leg balancing and twisting postures etc. performed in dancing movements with music, preferably with some theme.
- The team can perform same postures / different postures / pyramids / free flow movements.
- There should be perfect synchronization of body movements with the music.
- Number of postures performed will be 08-10 combination of asana of competitor's choice.
- **Time duration for the presentation will be 210-240 seconds (3 1/2 to 4 Minutes).**
- **The competitor will maintain each posture for atleast 5 seconds during the performance.**
- The transition from one posture to another should be slow, rhythmic, synchronized and in dancing movement.
- The performance in the Free Flow Yoga Sports Competition should be preferably with some theme.

## SPECIAL INSTRUCTIONS

- ❖ A competitor can participate in two out of three events i.e. Artistic (Solo), Artistic Pair, Rhythmic Yoga Competitions plus Free Flow Yoga Sports competition.
- ❖ Time: For starting performer should wait in standing 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 a bow or bend down for a bow, returning should not be counted.
- ❖ Preference will be given to the melodious, devotional and classical music.
- ❖ Competitor will strict their performance within the marked arena. Half mark will be deducted every time (from the marks of transition) if the competitor/s cross or touch the arena line during their performance.
- ❖ **The competitor/(s) have to stay atleast 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 deemed to be cancelled and accordingly the number of postures & difficulty level will be counted by the panel of judges.**
- ❖ No Prop will be allowed during the performance of Artistic (solo) Yoga Sports Competition, Artistic Pair Yoga Sports Competition, Rhythmic Yoga Sports Competition and Free Flow Yoga Sports Competition.

### **Professional Yoga Sports Competition**

1. Separate Professional Yoga Competition will be held in following two age groups.
  - **Professional Yoga Competition (21-30 years –Men & Women)**
  - **Professional Yoga Competition (Above 30 years – Men & Women)**
2. Only National Yoga Referees of Yoga Association of Kerala are eligible to participate in the Professional Yoga Competition (Men & women) as per the Syllabus of the competition of their respective age group.
3. Competitor will maintain each asana for 15 seconds during the Competition.
4. Maximum three competitors (Men & Women) from each District in each Professional Yoga Competition will be allowed to participate.

## **AGE GROUPS FOR SUB-JUNIOR & JUNIOR STATE YOGA SPORTS CHAMPIONSHIP**

### **Date of Birth:-**

The cut out date for the age group of the player will be as stands on **31<sup>st</sup>December of the session of the Championship i.e. 31.12.2025** of the session(2025-26) for / District /State/ National/ Federation Cup/ Zonal/ Yoga Sports Championship.

<b>Age of Participant should be as on or in between the dates mentioned below, for their respective age groups</b>		
<b>Age Groups</b>		<b>Age as on or in between</b>
Sub Junior Group - (A)	08-10 Years	01.01.2016 - 31.12.2017
Sub Junior Group - (B)	10-12 Years	01.01.2014 - 31.12.2015
Sub Junior Group - (C)	12-14 Years	01.01.2012 - 31.12.2013
Junior Group- (A)	14-16 Years	01.01.2010 - 31.12.2011
Junior Group- (B)	16-18 Years	01.01.2008 - 31.12.2009
Professional Yogasana	21- 30 Years	01.01.1996 - 31.12.2004
Professional Yogasana	above 30 Years	As on or before - 31.12.1995
<b>For National Artistic Pair, Rhythmic Yoga Competition &amp; Free Flow Yogasana Dance Competition.</b>		
Sub-Junior Group (For Artistic Solo)	8-14 Years	01.01.2012 - 31.12.2017
Junior Group (For Artistic Solo)	14-18 Years	01.01.2008 - 31.12.2011
Junior Group	08-18 Years	01.01.2008 - 31.12.2017

#### **AGE GROUPS FOR SENIOR NATIONAL YOGA SPORTS CHAMPIONSHIP**

##### **Date Of Birth:-**

The cut out date for the age group of the player will be as stands on **31<sup>st</sup>December of the session of the Championship i.e. 31.12.2025** of the session(2025-26) for / District /State/ National/ Federation Cup/ Zonal/ Yoga Sports Championship.

<b>Age of participant should be as on or in between the dates mentioned Below for their respective age groups</b>		
<b>Age Groups</b>		<b>Age as on or in between</b>
Senior Group - (A)	18-21 Years	01.01.2005 - 31.12.2007
Senior Group - (B)	21-25 Years	01.01.2001 - 31.12.2004
Senior Group - (C)	25-30 Years	01.01.1996 - 31.12.2000
Senior Group - (D)	30-35 Years	01.01.1991 - 31.12.1995
Senior Group - (E)	35-45 Years	01.01.1981 - 31.12.1990
Senior Group - (F)	above 45 Years	As on or before - 31.12.1980
Professional Yogasana	21- 30 Years	01.01.1996 - 31.12.2004
Professional Yogasana	above 30 Years	As on or before - 31.12.1995
Senior Artistic Solo / Artistic Pair / Rhythmic / Free Flow Yogasana Sports Competition	18-35 Years	01.01.1991 - 31.12.2007

***Dress of Participants: –***

***Male Competitor:*** The male competitors will wear skin tight Sports Shirt and Short in the Yoga Competition and attractive costume in the musical events during State Sub-junior, Junior & Senior Yogasana Sports Championship.

***Female Competitor:*** The female competitors will wear skin tight Sports Shirt and Shorts/Gymnastics Costume in Yogasana Competition and attractive costume (No skirts / frills) in the musical events. However in the Professional Female Yoga Competition, the competitors may wear tight track bottom and tight Sport Shirt during State Professional Yoga Competition.

***Dress Code for National Yoga Referees:***

- All the National Yoga Referees (Male/Female) must be in the proper dress code i.e. Sky Blue Shirt & Black Pant with Tie of the Yoga Federation of India, during State Yoga Sports Championship. However, ladies referees may wear Sky Blue Saree & Blouse, if they want.
- **The National Yoga Referee & State Referee without proper dress code will not be assigned any duty during the championship.**

***Entry/Affiliation Fee:-***

Registration fee, entry fee, and annual affiliation fee should be paid at the time of registration by respective Districts (online transaction will not be accepted)

- Annual Affiliation Fee : Rs. 3000/-
- Entry Fee : Rs. 400/- per event , per competitor
- Player Registration Fee : Rs. 100/- each

**Note:- fill the entry proforma duly via website by each district as per the provided password and user ID.**

Last date of entry submission via website :<sup>th</sup> **August 12<sup>th</sup> 2025**

**Late entry fee :Rs. 100/- per competitor extra**

After entering the candidate details, attach the following proofs through website:

- ❖ Photo (below 200kb )
- ❖ Id proof (Aadhaar card)
- ❖ Proof of DOB certificate
- ❖ Risk certificate

First 3 position holders of Sub-Junior, Junior and Senior State Yoga Sports Championship of the session selected for Sub-Junior, Junior and Senior National Yoga Sports Championship for all the Events.

**NOTE**

Parents will not be allowed to stay with their wards at the residential settings made by the organizers

✚ **Medical Fitness Certificate:-**

Each player will submit Medical Fitness Certificate at least from M.B.B.S. Doctor, before their Registration

✚ **Risk Certificate & enrollment form :-**

District Secretary/President will submit Risk Certificate and enrollment form duly filled and signed by each Yoga Player of their District, duly signed by the parents of participants, counter signed by respective District secretary/President at the time of Registration.

✚ **Photographs of Players:**

Each player should bring SIX latest coloured photographs of 2.5 x 3 cm while coming for their performance during the Championship, the same to be pasted on the Participation / Merit Certificate of the player.

**SCHEDULE OF THE CHAMPIONSHIP**

<b>DATES</b>	<b>TIMING</b>	<b>TIME</b>	<b>EVENT</b>
<b>29<sup>th</sup> August , 2025</b>		2pm to 6pm	<b>Registration of players</b>
		6 pm	<b>Referees Meeting</b>
		8 Pm	<b>Managers Meeting</b>
<b>30<sup>th</sup> August ,2025</b>		8.00 am	<b>Event starts</b>
		1pm to 2pm	<b>Lunch Break</b>
		8.30 pm	<b>Event Closing</b>
<b>31<sup>th</sup> August ,2025</b>		8.00am	<b>Event Starts</b>
		04.00pm	<b>Event close</b>
		04.00 pm	<b>Prize distribution</b>

**President**

**Adv. B Balachandran**

**Secretary**

**Dr. Rajagopalan K**

**Yoga association of Kerala**