

# Yogfit

## (Junior Yoga Competition)

Class : 3  
Number of participants : 1  
Time Duration : 2-3 minutes

### Rules and regulations:

1) Participant has to perform any four asanas out of the following six asanas:

- Ardhamatsyendrasana
- Gomukhasana
- Vrikshasana
- Naukasana
- Halasana
- Trikonasana

Two out of these four asanas should be performed using any one of the following props.

- Hula Hoop
- Elastic band

- 2) The participant must hold for 5 seconds in the final position of each posture.
- 3) The movements and the posture should be clearly visible in the video.
- 4) Asanas should be performed along with background instrumental music.
- 5) Performance of the child should be recorded as "one take" video without pause from start to finish.
- 6) **The video of the participant must be submitted as Shared Link (without any restrictions), accessible by anyone who has the link. (Any link that fails to open will not be judged).**
- 7) The link of the video to be mailed to: [yogfitrendezvous@gmail.com](mailto:yogfitrendezvous@gmail.com) by 26<sup>th</sup> August 2020, 10 am.
- 8) Kindly register online for this event at <https://forms.gle/CaYmWMnFEem2FRia8> by 21<sup>st</sup> August 2020.
- 9) School name should be mentioned in the email subject and not to be mentioned anywhere in the video or in the link.
- 10) The decision of the judges will be final and binding.

### Judgement Criteria

- 1 Flexibility
- 2 Maintaining static balance
- 3 Coordination and Rhythm
- 4 Choice of music

### FOR ANY QUERY CONTACT:

Mr. Ram Krishan : 9555666329 (Between 9 am - 12 noon)