

CM's Cup – 2025–26 YOGA COMPETITIONS

Guide Lines

I. Separate yoga competitions will be conducted for both boys and girls in three age groups.

They are:

1. 10–14 Sub Junior Group
 2. 15–19 Junior Group
 3. 22–25 Senior Group
- Sub Junior Boys & Girls must born in Between 1-1-2016 to 1-1-2012
 - Junior Boys & Girls must born in Between 1-1-2011 to 1-1-2007
 - Senior men and women must born in Between 1-1-2006 to 1-1-2001

II. Yogasana competitions will be organized in the following categories:

1. Individual Traditional Yogasana
 2. Individual Artistic Yogasana
 3. Individual Rhythmic Yogasana
- In State level competitions only one competitor can participate in one event out of three i.e. (Individual Traditional Yogasana, Individual Artistic Yogasana and Individual Rhythmic Yogasana event) from each district.

III. Syllabus, Rules & Regulations:

1. 10–14 and 14–19 Age Groups –
SGFI, National School Games Yogasana competitions 2023–2024 syllabus, rules & regulations will be followed.
2. 19–25 Age Group –
All India Inter-University Yogasana Championships 2024–2025 syllabus, rules & regulations will be followed.