



SPORTSFEET'23

RULEBOOK

GENERAL RULES

- All department coordinators are requested to go through the fixtures and rules of each sport.
- The Participants participating in marathon are only allowed to participate in sports events in Sportsfete'23.
- No changes in fixtures and rule book will be made during the event.
- Decisions of the judges/umpires/Organisers and the Event Coordinator will be final and binding to all. If we found any argument in the event place, negative points or action might be taken.
- Any team that reports late or not coming without prior information will be awarded negative points (-3).
- Promoting good sportsmanship by way of example is required always. NO foul language or fighting will be tolerated. Neither consume any sort of intoxicants, nor engage in any kind of disruptive behavior.
- Sports Council and SAS officers have the rights to disqualify any team or player from the sportsfete, if they are involved in any indisciplinary activities.

YOGA

POINTS: -

- 1st place- 10
- 2nd place- 6
- 3rd place- 4

RULES:

- A minimum of 3 members and a maximum of 5 members per department can be in a team (for both men and women).
- The time duration for performing each posture will be 1 minute and one must maintain each posture for at least 10 seconds (only for asanas).

SYLLABUS:

Part A – Compulsory for Men and Women

1. Surya Namaskar (Twelve counts)
2. Asanas:
 - Paschimottanasana
 - Purna Dhanurasana
 - Karna Pidasana

Part B – Elective Asanas (select any three respectively)

For Men:

- Padmabakasana
- Mayurasana
- Sirsasana
- Tittiabhasana
- Purna Chakrasana
- Vrischikasana
- Purna Bhujangasana

For Women:

- Kukkutasana
- Bakasana
- Rajkapotasana
- Vajra Kapotasana
- Garudasana
- Tuladandasana
- Halasana

