

DISTRICT LEVEL YOGA CHAMPIONSHIP – 2026

Competition Rules and Regulations

Competition Rules

- Open to all individuals, students of schools, colleges, recognized Yoga Institutions & yoga practitioners.
- Competition will be conducted strictly as per rules laid down by the organizers.
- Judges' decision shall be final and binding.
- Each participant must perform three compulsory asanas and two asanas of their own choice.
- Participants with serious or chronic medical conditions are advised not to participate.

Dress Code

- Male participants: Bottom (half shorts) only.
- Female participants: Round-neck T-shirt with tights/leggings.
- No bangles, chains, rings, watches, or accessories during performance.

Event Format

- Maximum duration: 3 minutes per event.
- 3 compulsory asanas from chart and 2 of own choice.
- Separate fee for each event.
- Male and Female categories judged separately.

Categories of Yoga Events

- Traditional Yogasana – Individual
- Forward Bending Asanas – Individual
- Backward Bending Asanas – Individual
- Twisting Asanas – Individual
- Hand Balance Asanas – Individual

Scoring & Prize Criteria (For Each Asana)

- 9–10 Marks: 1st Prize
- 7–8 Marks: 2nd Prize
- 5–6 Marks: 3rd Prize
- 4 Marks: 4th Prize
- 3 Marks: 5th Prize
- No consolation prizes

Overall Prize (Total Marks)

- 130 & above: 1st Prize
- 105 & above: 2nd Prize
- 80 & above: 3rd Prize
- 60 & above: 4th Prize
- 45 & above: 5th Prize

Entrance Fee & Registration

- Entry fee: Rs.500 per participant per event.
- Registration must be completed before the last date.

- Once paid, the fee is non-refundable.
- Each participant must submit a separate registration form.

Age Groups

6–7 | 8–9 | 10–11 | 12–13 | 14–15 | 16–21 | 22–35 | 36–45 | 46–55 | 56 & above

Special Note for 56 & Above

- No compulsory chart will be provided.
- Participants may perform asanas of their own choice.

General Rules

- Report at least 30 minutes before scheduled time.
- No external props or support allowed.
- Mobile phones or electronic devices not allowed.
- Misconduct with judges leads to disqualification.
- Participants must carry valid ID proof.

Recognition & Selection

- Grade 2 Certificate will be awarded to all participants.
- Winners will receive Certificates and Prizes.
- Top 3 winners will be selected for State Level Yoga Competition.

Note: Organizers reserve the right to amend or modify the rules if required.