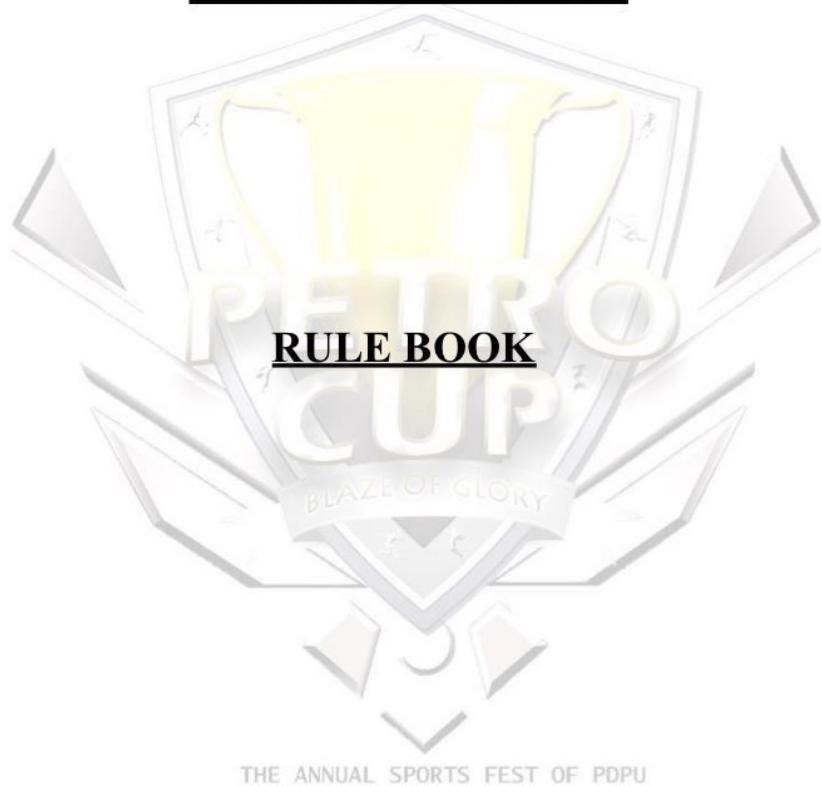


PETROCUP' 19



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EVENT RULE ATHLETICS

General Instructions:-

ID cards for every team member is compulsory in order to play/participate.

Team should report 30 minutes before start of match.

Any team late than 10 minutes of the scheduled time will have to forfeit the match.

Any team found misbehaving with the referee or the member of the committee will be disqualified.

Athletics:-

Shot Put –

Competitors take their throw from inside of the circle.

The shot must land within an angle of approximately 30 degrees.

The athlete must rest the shot in between neck and shoulder and keep it tight to the neck while throwing.

At the end of the throw, the thrower must push the throwing arm straight with the thumb pointing down.

The shot putters must enter and leave the circle from the rear half of the circle, or a foul is called.

Other fouls include letting some article of clothing touch outside or on the circle, and/or the shot falling outside of the borders to the left and the right.

The distance thrown is measured from the centre of the circle to where the shot lands at its nearest disturbance of the soil.

Javelin:

The javelin is held at grip and throws over the shoulder or the upper part of the throwing arm.

Spinning is illegal.

To constitute a legal throw, the javelin's metal tip must break the ground.

While running if the toe of the javelin touches the ground, it will be called foul or if the competitor touches the arc.

Discuss throw:

Discuss is thrown from inside of the circle.

If competitors touch the circle's rim or if the disc rotates w.r.t horizontal axis, it will be called foul.

High jump:

Jumpers must take off on one foot.

A successful jump is one in which the crossbar remains in place when the jumper has left the landing area.

Long jump:

The jumper must take off in front of the far edge of the take off board.

Jumpers must land in the sand pit.

Jumps are measured from nearest impression made in the pit by any part of the jumper's body.

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Triple jump:

Jumpers take off in the "hop" phase and land on the takeoff leg.

They take one step onto the other foot (step phase), then jump.

EVENT RULE BASKETBALL

General Instructions:-

ID cards for every team member is compulsory in order to play/participate

Team should report 30 minutes before start of match.

Any team late than 10 minutes of the scheduled time will have to forfeit the match.

Any team found misbehaving with the referee or the member of the committee will be disqualified.

Basketball:-

Each team can have a maximum of 12 players.

The team is requested to co-ordinate with the fixtures given by organizers.

Maintain proper discipline with the organizers and security guards and follow the instructions

Rolling substitutions will be allowed.

Match will be conducted in running time.

Duration: 4 quarters of 10 minutes each with a 2 minute break between the quarters.

5 personal fouls per player will be allowed. A player will be warned after 3 personal fouls.

In each quarter, after 4 team fouls, then onwards every foul will award 2 free shots to the opposite team.

1 time-out per team will be allowed per quarter except for the last quarter in which 2 time-outs per team will be allowed.

The referees' decisions will be final and abiding for all foul calls.

All standard full court Basketball rules (FIBA rules) apply.

EVENT RULE BADMINTON

General Instructions:-

ID cards for every team member is compulsory in order to play/participate.

Team should report 30 minutes before start of match.

Any team late than 10 minutes of the scheduled time will have to forfeit the match.

Any team found misbehaving with the referee or the member of the committee will be disqualified.

Badminton:-

Tournament will be played with mavis 350 shuttlecocks only.

The decision of the organising committee and chief referee shall remain abiding in case of any dispute.

In case of falsehood of the players identity from a college or university, the entire team will be disqualified.

Men's Team must consist of a minimum of 4 players.

Women's Team must consist of a minimum of 3 players.

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EVENT RULE CAROM

General Instructions:-

ID cards for every team member is compulsory in order to play/participate

Team should report 30 minutes before start of match.

Any team late than 10 minutes of the scheduled time will have to forfeit the match.

Any team found misbehaving with the referee or the member of the committee will be disqualified.

Carom:-

Standard carom rules apply.

Best of five will be considered out of three singles and two doubles matches played between any two teams.

An individual can participate in not more than one singles and one doubles match.

Each team comprises of 5 players only.

A game shall be of 25 points or eight boards.

The player/team who reaches 25 points first or leads at the conclusion of the eighth board shall be the winner of the game.

The participants will be made familiar with the rules before the start of the tournament. Any hand may be used in play.

Participants can change hand during the game. In case of any conflict, decision of the organizing committee shall be final and binding.

EVENT RULE CHESS

General Instructions:-

ID cards for every team member is compulsory in order to play/participate

Team should report 30 minutes before start of match.

Any team late than 10 minutes of the scheduled time will have to forfeit the match.

Any team found misbehaving with the referee or the member of the committee will be disqualified.

Chess:-

Limit on number of players: Classical : 5 (4 + 1 reserve)

The board order of players should be given beforehand to the committee.

It cannot be changed except as per the substitution rule.

In case of a 2-2 draw between the playing team in critical rounds, One blitz match will be played between the best players of the teams.

Captains of both the teams will report the name of the best player to the organizer confidentially.

In case of further draw, a final Armageddon match will be held.

Rule for substitution: “Roll over substitution” The boards lower to the board on which substitution is made would slide up one board till the board of substitution.

Example 1: Assume following board order- A-1, B-2, C-3,D-4.Substitute player E.

In case, the player A(on board 1) is to be substituted. New board order should be B-1, C-2, D-3, E-4 (Non playing-A).

Example 2: Assume following board order- A-1, B-2, C-3, D-4.Substitute player E. In case, the player C (on board 3) is to be substituted. New board order should be A-1, B-2, D-3, E-4 (Non playing-C).

Violation of rules of substitution will lead to '0-4' loss to the violating team for that round.

The chess clock should be stopped before calling organizer.

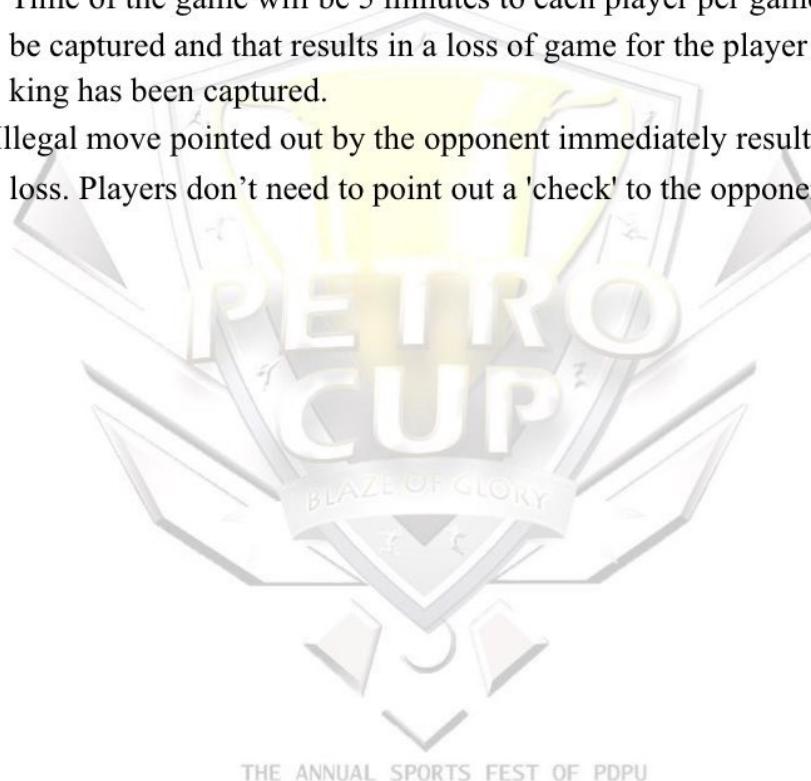
A player may ask about its operation before the clocks are applied.

A player or his/her team can be disqualified if his/her conduct in the tournament hall is not found satisfactory.

Captains of the playing team can stay inside the playing arena even if his/her match is over.

Time of the game will be 5 minutes to each player per game. King can be captured and that results in a loss of game for the player whose king has been captured.

Illegal move pointed out by the opponent immediately results in a loss. Players don't need to point out a 'check' to the opponent.



EVENT RULE CRICKET

General Instructions:-

ID cards for every team member is compulsory in order to play/participate

Team should report 30 minutes before start of match.

Any team late than 10 minutes of the scheduled time will have to forfeit the match.

Any team found misbehaving with the referee or the member of the committee will be disqualified.

Cricket:-

All ICC T20 Cricket Rules will be followed.

Umpire's decision will be final.

RULES:

All ICC T20 Cricket Rules will be followed.
Umpire decision will be final.

All teams have to report 30 minutes before the start of the match.
Organisers have the right to change date, time and venue of match.

All matches will be played on PDPU Cricket ground.
Team kits must not have red colour in it.

FORMAT:

There should be 16 members in a team.
Matches will be played with red season balls.

All Matches will be Knockout.

All Matches other than semis and finals will be of 15 overs.

Semis and Finals will be of 20 overs.

EVENT RULE FOOTBALL

General Instructions:-

ID cards for every team member is compulsory in order to play/participate.

Team should report 30 minutes before start of match.

Any team late than 10 minutes of the scheduled time will have to forfeit the match.

Any team found misbehaving with the referee or the member of the committee will be disqualified.

Football:-

The game will be 9 a side with rolling substitutions.

There will be no offside.

The match will be played at the time given in the fixtures; no change in the time will take place.

The decision of the referee will be regarded as final.

A maximum of 16 players should be there in a team.

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EVENT RULE HANDBALL

General Instructions:-

ID cards for every team member is compulsory in order to play/participate.

Team should report 30 minutes before start of match.

Any team late than 10 minutes of the scheduled time will have to forfeit the match.

Any team found misbehaving with the referee or the member of the committee will be disqualified.

Handball:-

Games will be played abiding by the rules laid down by I.H.F.

The match will be played in 2 halves of 15 minutes each, separated by a half time interval.

The squad depth need not be more than 14 players.

Depending on the seriousness of the offenses, the referee can award players with either a yellow card (warning), suspension (2 minutes sitting out), or a red card (dismissal).

Warnings (yellow card): The referee gives only one warning to a player for rule violations and a total of three to a team. Exceeding these limits results in 2-minute suspensions thereafter. Warnings are not required prior to giving out a 2-minute suspension. 2-minute suspensions awarded for serious or repeated rules violations - Unsportsmanlike conduct -Illegal substitution. The suspended player's team plays short for 2 minutes.

Disqualification and Exclusion (red card): A disqualification is the equivalent of three, 2-minute suspensions. A disqualified player must leave court and bench, but the team can replace player after the 2-minute suspension expires. The excluded player's team continues short one player for the rest of the game.

The decision made by the referee would be final.

EVENT RULE KABADDI

General Instructions:-

ID cards for every team member is compulsory in order to play/participate.

Team should report 30 minutes before start of match.

Any team late than 10 minutes of the scheduled time will have to forfeit the match.

Any team found misbehaving with the referee or the member of the committee will be disqualified.

The referee decision will be the final decision.

Kabaddi:-

The game will be 7 in players with rolling 5 substitutions total 12 players in a team.

Players up to 85kg of weight are allowed to play.

System of scoring

Each team shall score one point for every opponent out or put out. The side, which scores an ALL-OUT, shall score two extra points. The out and revival rule will be applicable.

Each team shall score one point for every bonus point awarded.

Time Out

Each Team shall be allowed to take One “Time Out” of 45 Seconds each per half time in the match. Such time out shall be called for by the

Captain, with the permission of referee

During time out the teams shall not leave the ground. In case of any violation a technical point shall be awarded to the opponent team.

Official Time out can be called for by the Referee / Umpire in the event of any injury to a player, interruption by outsiders, re-lining of the ground, or any such unforeseen circumstances. Match clock will be paused and will restart on the commencement of the next raid which has to start on the blow of the whistle by the referee / Umpire.

E

Substitution

Each team is allowed a maximum number of 5 substitutions per match with the permission of referee.

Substituted Players can be re-substituted by utilizing one of the remaining substitute chances out of the total 5 number of substitutions allowed in a match.

If any player is suspended or disqualified from the match, no substitution is allowed for that particular player. The team will play with less number of players.

Substitution is not allowed for players who are out.

Match clock will be officially stopped for this duration, which should not exceed 10 seconds. The exchange must take place just after a raider returns to his court, or during any other stoppage in play. All substitutions to be recorded by the official scorers and informed to the commentators.

In case a team has utilized all its 5 substitutes, and in the immediate raid after the final substitution, one of its players suffers an injury, in such an instance referee may choose to allow a substitute. However, the injured player will not be allowed to return and play in the remainder of the match.

Tie in Knock Out / Playoff Matches

Extra time of 7 minutes will be awarded to decide the result of the match
The extra time of 7 minutes will be divided into 2 halves of 3 minutes each and a break of 1 minute in between the halves
The court and raid positions shall be the same as they were at the beginning of the match.

EVENT RULE KHO-KHO

General Instructions:-

ID cards for every team member is compulsory in order to play/participate.

Team should report 30 minutes before start of match.

Any team late than 10 minutes of the scheduled time will have to forfeit the match.

Any team found misbehaving with the referee or the member of the committee will be disqualified.

The referee decision will be the final decision.

Kabaddi:-

Duration:

- (a) Each side consists of 9 players.
- (b) An innings will consist of chasing and running turns which will be of seven minutes duration. Each match will consist of two innings.
- (c) An interval of 5 minutes is allowed after an inning and 2 minutes between two turns.

The side of the chasers scores one point for putting out each runner.

The chaser or runner has the option to end the turn before the expiry of the allotted time.

The captain of the toss winning team will have the choice of chasing or running.

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At the commencement of the game the eight chasers (players sitting in the squares) will sit in the squares facing opposite directions. No adjacent chasers should face in the same direction. The 9th chaser will stand at either of the posts.

The runners will fix their entry serially with the scorer.

With the commencement of the game three runners are to get inside the court. As soon as a runner is put out the next three runners must

enter the field before "kho" is given. If a runner fails to enter the field, he is given out.

A runner goes out by the following means:

- (a) If touched by a chaser.
- (b) Fails to enter the field when a runner is given out.
- (c) If he touches the seated chasers twice or after receiving a warning for similar infringement.

Rules for the chasers:

- (a) "Kho" is to be given from behind a sitting chaser and loudly.
- (b) The seated chaser shall not get up without getting "kho".
- (c) An active chaser shall not recede to give "kho".
- (d) An active chaser shall sit down immediately after giving "kho".
- (e) After getting "kho" the sitting chaser becomes active and follows the direction he is facing.
- (f) An active chaser is not to cross the centre line.
- (g) He is to take the direction that he has initially taken to the M or N posts.
- (h) When an active chaser leaves a post, he shall go in the direction of other post remaining on the side of the centre line which he was facing before leaving the post.
- (i) Chasers are not to obstruct runners while being seated
- (j) The face (shoulder line) of an active chaser must be in a direction he has taken. He shall not turn his face. He is only allowed to turn his face parallel to the centre line.
- (k) If a foul is committed by an active chaser he will be directed to go in the opposite direction of his chaser as indicated by the umpire and if a runner is put out by this act he will not be given out.
- (l) When an active chaser lets go his hold of the post or goes beyond the rectangles he is known as leaving the post.

EVENT RULE LAWN TENNIS

General Instructions:-

ID cards for every team member is compulsory in order to play/participate.

Team should report 30 minutes before start of match.

Any team late than 10 minutes of the scheduled time will have to forfeit the match.

Any team found misbehaving with the referee or the member of the committee will be disqualified.

Lawn Tennis:-

The number of players required in the team will be as follows:

For Boys: Team Event (Minimum 2 and Maximum 5) & Individual Event (1 representative per university)

For Girls: Team Event (Minimum 2 and Maximum 5) & Individual Event (1 representative per university)

The format of the tournament would be such as:

- **Team Event**

- 1) Three Matches (2 Singles and 1 Doubles) would be played between the competing teams.
- 2) The Team winning 2 out of 3 matches wins the round.
- 3) Any Player Can play only 2 matches i.e. 1 Singles and 1 Doubles.
- 4) Each match will be a Set to win.

- **Individual Event:**

- 1) Each match will be a set to win and the finals would be best of 3 sets.

The call of referee would be final and is not questionable.

All other rules would be followed as per ATP Rulebook

EVENT RULE SKATING

General Instructions:-

ID cards for every team member is compulsory in order to play/participate.

Team should report 30 minutes before start of match.

Any team late than 10 minutes of the scheduled time will have to forfeit the match.

Any team found misbehaving with the referee or the member of the committee will be disqualified.

Skating:-

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About Racing: - There are three types of racing for advance skaters and two types of race for basic skaters.

For basic skaters:-

Ring race one (750m)

Ring race two (1000m)

If you know skating and you don't have skates then we will provide you Tenacity (Basic skate)

For Advance skaters:-

Road race (2200m)

Ring race one (1200m)

Ring race two (1500m)

Rules:-

Be present 5 minutes before the reporting time.

Late comers are not allowed to participate in race(s).

During the race if one pushes any other racer, will be eliminated directly.

Any type of miss behavior can't be tolerated.

Empire's decision will be considered as final decision.

Fees are not refundable.

EVENT RULE TABLE TENNIS

General Instructions:-

ID cards for every team member is compulsory in order to play/participate.

Team should report 30 minutes before start of match.

Any team late than 10 minutes of the scheduled time will have to forfeit the match.

Any team found misbehaving with the referee or the member of the committee will be disqualified.

Table Tennis:-

The rules for table tennis will be according to the rules of I.T.T.F.

The total number of players in each team will be 5 out of which 3 will play.

It will be in the format of A-B-C and X-Y-Z represents each player against the alphabet.

Team1	Team 2
A	X
B	Y
C	Z

There will be 5 matches having each set of “best of 5” and in the format as mentioned below:

A – X

B – Y

C – Z

A – Y

B – X

For each game, the first player to reach 11 points win that game, however a game must be won by at least a two point margin.

The referee's decision will be the final decision.

EVENT RULE TAEKWONDO

General Instructions:-

ID cards for every team member is compulsory in order to play/participate.

Team should report 30 minutes before start of match.

Any team late than 10 minutes of the scheduled time will have to forfeit the match.

Any team found misbehaving with the referee or the member of the committee will be disqualified.

Taekwondo:-

3 rounds, each of 1.5 minutes duration with a break of 1 minute in between each round shall be the match procedure.

A 3rd Position match will be hosted in between the losers of the 2 semi-final rounds.

In case of a tied score, a 4th round of 2 minute duration, also known as the sudden death round, will be conducted after a minute of rest following the 3rd round.

MALE DIVISION		FEMALE DIVISION	
Under 58kg	Not exceeding 58kg	Under 49kg	Not exceeding 49kg
Under 68kg	Over 58kg and not exceeding 68kg	Under 57kg	Over 49kg and not exceeding 57kg
Under 80kg	Over 68kg and not exceeding 80kg	Under 67kg	Over 57kg and not exceeding 67kg
Over 80kg	Over 80kg	Over 67kg	Over 67kg

Criteria for scoring points –

When a strike is ruled by two or three judges, points are scored, and this could be done by the foot or the hand. For legitimate judging, the strikes should be done on the correct body part, or on the scoring body part of the opponent.

Basic kick to the body (Chest Guard) will add 1 point to the score.

Basic kick to the face (Head Guard and exposed part both) will add 3 points to the score.

Acrobatic kick to the body (Chest Guard) will add 2 points to the score.

Acrobatic kick to the face (Head Guard and exposed part both) will add 4 points to the score.

Punch on the body (Chest Guard) with proper technique will add 1 point to the score.

Criteria for Penalties and Disqualification –

Stepping both feet out of the ring.

Falling down after execution of a technique/after getting hit by a technique.

Evading by turning your back on your opponent.

Intentionally falling down.

Avoiding the match.

Grabbing, holding or pushing your opponent.

Attacking below your opponent's waist.

Pretending to be injured.

Butting or attacking with your knee.

Hitting your opponent's face with your hands.

Talking while in the ring.

Taunting the opponent or his colleagues. Misbehaviour even outside the ring regarding this will result in disqualification.

The decision regarding scoring of points as declared by the Jury will be the final decision.

EVENT RULE ULTIMATE FRISBEE

General Instructions:-

ID cards for every team member is compulsory in order to play/participate.

Team should report 30 minutes before start of match.

Any team late than 10 minutes of the scheduled time will have to forfeit the match.

Any team found misbehaving with the referee or the member of the committee will be disqualified.

ULTIMATE FRISBEE:-

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Ultimate is a non-contact, self-refereed team discipline played with a flying disc. The official disc is the 175 g Discraft Ultra star. At each end of the playing field there is an end zone. Each team defends one end zone. They score a goal if one of their players catches the disc in the opposite end zone. There are 7 players per side and the field is 64 metres long and 37 m wide with 18 m end zones.

All WFDF 2017 rules will be applicable for the tournament.

7 players (The gender ratio required is 5:2, 5 boys 2 girls) play at once.

Maximum number of people allowed in the squad is 16.

70 minutes game with the soft cap at 50 minutes.

Point cap to the game is 15.

1 timeout (2 minutes) per team per half.

Point cap changes to leading score +2 points if the point difference is within 2 points at the end of the soft cap.

Half time at 35 minutes or 8 points (whichever is the before)

EVENT RULE VOLLEYBALL

General Instructions:-

ID cards for every team member is compulsory in order to play/participate.

Team should report 30 minutes before start of match.

Any team late than 10 minutes of the scheduled time will have to forfeit the match.

Any team found misbehaving with the referee or the member of the committee will be disqualified.

Volleyball:-

All the rules are followed according to FIVB.

Referee decision is final.

Only semi finals and Final are best of 5 sets match, the rest of matches are best of 3 sets matches.

Rotation is compulsory.

Two time outs per set per team are allowed and each of 30 seconds.

Team will be disqualified in case of bad behaviour.

Clarification of the judgement should be done by the team captain only.

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EVENT RULE YOGASANAS

General Instructions:-

ID cards for every team member is compulsory in order to play/participate.

Team should report 30 minutes before start of match.

Any team late than 10 minutes of the scheduled time will have to forfeit the match.

Any team found misbehaving with the referee or the member of the committee will be disqualified

YOGASANAS:-

Competitors Responsibilities:-

Every person participating in the event has to know the rules and strictly respect them.

Person taking part in the event should accept the referee decisions with sportily, without any discussion and without showing disagreement.

Person taking part in the event should behave kindly and respectfully, with a fair-play spirit, not only towards the jury but other people, trainers, mates, opponent's public and the audience. Every present person should avoid acts that might cause any delay in the contest.

Competitors Attire:-

1. Attire

- a. Can be dressed according to his/her comfort.
- b. It should be elastic and tied to the body to show clear movements, postures and the breathing movement.

2. Footwear: competitors should stay barefoot.

3. Banned objects:

- a. Any object that may cause injuries to the competitor is not allowed, such as jewellery, pins, socks, etc.

About postures-

- **The routine is divided into 2 parts, which includes 4 mandatory and 2 routine postures.**
- The compulsory postures demonstrate the basic range of motion of the spine:
- Forward compression, backward bend, stretch and twist.
- The 2 final optional postures are chosen by the athlete to demonstrate skills of balance, flexibility & strength.
- **The 4 mandatory categories are separated into 3 difficulty levels.**
 - The 1st difficulty level is all floor postures that primarily demonstrate flexibility.
 - The 2nd difficulty level demonstrates balance.
 - The 3rd difficulty level demonstrates combination of skills and all come from advance series.
- Participants will be judged out of 10 base score.
- **The optional postures are divided into 6 groups:**
 1. Forward compressions
 2. Backward compressions
 3. Stretching
 4. Lifts
 5. Twists
 6. Inversions
- The athlete should choose optional postures from the above 6 groups.

Specifications:

Round 1:

- As per registrations, participants will be divided in equal groups and they will be judged in their respective groups.
- Evaluation sheet will be provided to each judge in the group.
- At the end 3 participants will be selected from each group according to score. The link is attached below. (<https://www.facebook.com/Punnerva/>).

Round 2:

- All the final participants selected from each group will compete next day and winners will be selected accordingly on the basis of their performances (asana to be followed under round 2).

Timing and Scoring:

- Athletes must complete their routine & come back to a neutral point within 3 minutes.
- The 3 minute timing will begin as soon as the athlete makes their first move.
- The athlete must complete their final postures comfortably before the time expires or there will be deduction of points.
- Each athlete should hold on to the posture/asana for 20 seconds minimum.
- The time referee must assess the time each posture was held in stillness and note any relevant deduction as follows:
 1. 15 sec or more: no time deduction
 2. 12-13 sec: -0.5 pts
 3. 10-11 sec: -1 pts
 4. Less than 10 sec: 0 pts for the posture
- Exit the posture with control in the opposite way, exactly retracing the steps.
- **If a fall occurs prior to completion of the posture, the posture will be scored out of five and the athlete shall have a second chance to complete that posture.**
- **If the athlete fails in the second attempt, the score for that posture is 0.**
- The incorrect naming of an optional posture, which the athlete has decided to change during their performance will receive zero.
- **If an athlete does not demonstrate all three of the characteristics of balance, flexibility and strength in their optional posture they will receive one point penalty deduction from their final score for each of the missing characteristics.**

- Judges will deduct points for falling during any part of the athlete's performance.
- Any of the following will be considered as a fall:
 1. Any premature and complete loss of a grip.
 2. A limb or foot prematurely coming out of a tucked position.
 3. Any uncontrolled exit from of posture.
 4. Entering a posture and loosing balance and then going back to start of the posture before it is completed, even if no part of the body touches.

Execution of each posture

Round 1:

1. Forward compression-

- a. Rabbit pose (Sasangasana)
- b. Frag pose (mandukasana)

2. Backward bend-

- a. Bow pose (Dhanurasana)
- b. Wheel pose (chakrasana)

3. Stretching-

- a. Stretching pose (Paschimothanasana)
- b. Shoulder stand pose (sarvangasana)

4. Spine twist-

- a. Revolved pigeon(parivrttakapotasana)
- b. Spine twist (ardha- matsyendrasana)

5. Optional 1-

- a. Crow pose(kakasana)
- b. Standings head to knee (Dandayamana-janushirasana)
- c. Head stand pose (shirshasana)

- d. Fish pose(matsyendrasana)
- e. Plow pose(halasana)

6. Optional 2-

- a. Sleeping yoga pose(yoganidrasana)
- b. Tiger pose (vyaghrasana)
- c. Crane pose (bakasana)
- d. Standing bow pulling pose (DandayamanaDhanurasana)
- e. Om pose(omkarasana)

Round 2:

1. Forward compression-

- a. Full tortoise pose (utthitakurmabtasana)
- b. Guillotine pose (padahastasana)

2. Backward bend-

- a. Full Cobra Pose (PurnaBhujangasana)
- b. Tiger scorpion pose (Vrischikasana)

3. Stretching-

- a. Splits pose (Hanumanasana)
- b. upward stretching(UtthitaPaschimotasana)

4. Spine twist-

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- a. Full spine twist(Maysyendrasana)
- b. wide angle twist (Parivrtta-Prasarita-Padottadasana)

5. Optional 1-

- a. Two legs behind the head handstand(DwipadaSirsana)
- b. Cock pose (Kukkutasana)
- c. Head stand lotus pose (AdhoMukhaVrkasana)
- d. Lifting Lotus pose(Tolasana)
- e. Standing splits (UrdhvaPrasaritaEkaPadasana)

6. Optional 2-

- a. One legged pose (EkPadaChakrasana)
- b. Full Camel pose (Ushtrasana)
- c. Pigeon pose (EkPadaRajakapotasana)
- d. Locust Scorpion (GandaBherundasana)
- e. Half moon with hands to feet pose(ArdhaChandrasana with padaHastasana)

