



1st INTERNATIONAL YOGA CHAMPIONSHIP 2011-2012

ORGANISED BY:

HONG KONG YOGA FEDERATION

IN COOPERATION WITH

INDIAN YOGA FEDERATION

&

DAYAL LEISURE AND CULTURAL ASSOCIATION

(REG: TAMIL NADU SPORTS UNIVERSITY)

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Dear all,

International Yoga Championship

The Hong Kong Yoga Federation (HKYF) is established as a Philanthropic Organisation of dedication for betterment of human health. The objective of this organization is to promote yoga culture all over the world. Yoga is inherited from the ancient Indian Culture and was invented and practiced by Indian yogis since Vedic age. The word "yoga" stands for union. Yoga can help a person achieve the physical strength, flexibility, spiritual awareness and mental equilibrium to bring peace and happiness together.

The objective of this competition is to promote health & sports, especially yogasana on the international level. The rules of the competition are outlined in the enclosed sheet.

Yours sincerely,

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Entry Form



International Yoga Championship



1st INTERNATIONAL YOGA CHAMPIONSHIP 2011-2012

DATE: 2ND & 3RD DECEMBER, 2011

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Friday, 2nd Dec: 8am to 5pm : Kwun Chung Sports Centre – 6/F, Kwun Chung Municipal Services Building, Jordan, Kowloon, HK
Saturday, 3rd Dec: 8am to 4pm : FINALS: Regal Oriental Hotel, 1/F Ballroom, No 30-38, Sa Po Road, Kowloon City, Kowloon, HK

Name (in block letters): _____ Gender: _____

Parent or Guardian Name (if competitor is below age 18): _____

Address: _____

Occupation: _____ Contact Number: _____

Date of Birth: _____ Age: _____

Student/Member (Name of Institute): _____

No. of year of yoga practice: _____

Are you a teacher? _____

I certify that the above information is true to the best of my knowledge and belief.

Signature: _____ Date: _____

Affix Photo here

RULES & REGULATION:

- 1. ELIGIBILITY** : The competition is open to all individuals as well as members of clubs, schools, colleges, educational institutions, and any district Yoga Association.
- 2. GROUP** : The competition is open to both male and female in 5 separate groups as follows:
- Group A. Below 18 years
- Group B. 18 years-25 years
- Group C. 25 years-35 years
- Group D. 35 years-45 Years
- Group E: 45 years and above
- 3. EVIDENCE OF AGE** : Competitor (male & female) applying for entry shall produce a birth certificate or identification card for proof of age. For candidates below age 18, the form must be signed by the guardian or parent.
- 4. PRIZE** : All participants will be awarded with certificates of participations and T-shirts.
- The 1st, 2nd and 3rd place from each category in the Yogasana Competition will be awarded with Medals and Certificates. 4th, 5th and 6th place will be awarded with Merit Certificates. The 1st place from each group will compete for the Champion of Champions title and Runner Up title
- The Champion of Champions will be awarded with Trophy, Certificate, Prize and a Cash amount of USD\$1,500 (INR 70,000 approx) donated by Master Samrat Dasgupta (Pure Yoga International Hong Kong).
- The Runner Up will be awarded with Trophy, Certificate, Prize and a Cash amount of USD\$1,000 (INR 47,000 approx) donated by Ms Helen Yeung of Hong Kong.
- The Winner of the Artistic & Rhythmic Yogasana Competition will be awarded with Trophy, Certificate and Prize.
- 5. PROHIBITION** : Any stimulating drug or alcoholic beverage must not be used before/during the competition by any competitor and their use will be treated as violation of the rules. The Committee has the full right to suspend a competitor up to 10 years as disciplinary action.
- 6. ENTRY FEE** : Entry Fee is US\$50 or HK\$400 per person.
- 7. ARRIVAL** : Competitors are to report one hour before the competition. Competitors are liable to be disqualified from competition for late reporting
- 8. LANGUAGES** : English & Cantonese

9. FORMAT OF COMPETITION

: Please refer to Section 2 for details of the selected asanas and elimination round. Please refer to Section 3 for details of Artistic and Rhythmic Yogasana Competition

10. JUDGING

: 1. Judges will be appointed by the Committee and their decisions will be final.

2. Two (2) marks will be deducted from full score if the competitor fails to complete the asana in the first attempt. Four (4) marks will be deducted from full score if the competitor fails to complete the asana in the second attempt. No mark will be awarded if the competitor fails to complete the asana on the third attempt.

3. The Judges will consider:

- a). Proportion of the body
- b). Performance regarding grace in execution & steadiness of posture
- c). Dress, smartness & appearance
- d). The theoretical knowledge in the Champion of Champions round only

11. VENUE LOCATION : **Friday, 2nd December 2011** : Preliminary Rounds: Kwun Chung Sports Centre – 6/F, Kwun Chung Municipal Services Building, No 17 Bowring Street, Jordan, Kowloon, HK

Saturday, 3rd December 2011: Finals: Regal Oriental Hotel, 1/F Ballroom, No 30-38, Sa Po Road, Kowloon City, Kowloon, HK

JURY EXAMINATION: Refer to Section 4 for further details.





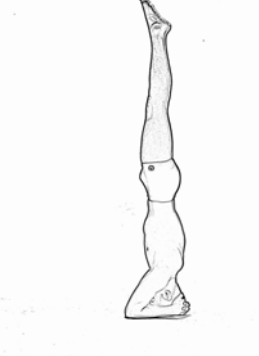




International Yoga Championship

- NB:
1. Photocopy of Certificate of any Yoga Competition which you have participated must be attached to this form.
 2. The Organiser will not be liable for any injury of competitors during competitions
 3. Competitors should maintain good conduct discipline during competition; otherwise they will be suspended for 5-10 years
 4. The Committee reserves the right to add, alter, amend the rules, programme, dates and venue of the Competition as its sole discretion without prior notice
 5. Photocopy of this form will be accepted, if necessary.

SECTION 2: DETAILS OF SELECTED ASANAS & ELIMINATION ROUNDS:

FIRST ROUND:

Competitors have to perform one (1) asana from each category (Backbend, Balance and Forward Bend) and one (1) asana OF THEIR OWN CHOICE. (Total 4 asanas)

<p>CATEGORY A: BACKBEND</p>  <p>Chakrasana/ Urdhva Dhanurasana</p>	 <p>Dhanurasana</p>	 <p>Ushtrasana</p>
<p>CATEGORY B: BALANCE</p>  <p>Virbhadrasana</p>	 <p>Sirsasana</p>	 <p>Padangushtasana</p>
<p>CATEGORY C: FORWARD BEND</p>  <p>Paschimotthanasana</p>	 <p>Utthanasana/ Padahastasana</p>	 <p>Halasana</p>

Competitors who achieved 80% marks and above will be selected to compete in the second round.

SECOND ROUND:

Competitors have to perform one asana OF THEIR OWN CHOICE from each of the 5 category below:

- A. Backbend
- B. Twisting
- C. Forward bend
- D. Arm Balance
- E. Leg Balance

The 1st, 2nd and 3rd place from each group will be selected from the second round. The 1st place holder will compete for the Champion of Champions Title.



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CHAMPION OF CHAMPIONS:

Part 1: Competitors have to perform 3 out of the following 12 asanas plus 2 asanas OF THEIR OWN CHOICE.
(Total 5 asanas)

Part 2: A Viva Voce test will be taken about theoretical knowledge of yogasana and general knowledge related with Yoga in the Champion of Champions Title Award.

12 Asanas – choose 3.

 <p>1. Hasta-Vrischikasana</p>	 <p>2. Parvatasana</p>	 <p>3. Dandayaman Eka Pada Sikandasana</p>
 <p>4. Eka Hasta Baddha Mayurasana</p>	 <p>5. Koundiyasana</p>	 <p>6. Bibhakta Vipareet Suptasana</p>



7. Urdhava Mukha Paschimotthanasana



8. Dandayaman Trivikramasana



9. Dandayaman Janusirsasana



10. Urdhava Kukkutasana



11. Baddha Byaghrasana



12. Eka Pada Chakrasana

SECTION 3: DETAILS OF ARTISTIC YOGA COMPETITION & RHYTHMIC YOGA COMPETITION

(1) Artistic Yoga Competition (Singles & Pairs)

Artistic Yoga will involve the competitor(s) performing a series of asanas, choreographed with music. The competitor(s) should use a diversity of asanas including forward bend, backward bend, balancing, arm-balancing, lying and sitting postures, etc. It will be judged on the grace of the body movement along with the synchronization with music without break. The Competitor(s) should try to utilize all 4 corners of the stage during the performance. Competitor(s) should perform at least 8-10 asanas within the time limit of 3 minutes. For the artistic pair, both competitors must either be below 18 or above 18 years of age.

The Artistic Yoga Competition will be held in the following age groups.

(i) Below 18 (Junior)

(ii) Above 18 Years (Senior)

(2) Rhythmic Yoga Competition (Pairs)

Rhythmic yoga consists of either 2 female or 2 male performing in perfect synchronization of body movements with music. Rhythmic Yoga will involve the pair performing a series of asanas, including forward bend, backward bend, balancing, arm-balancing, lying and sitting postures, with no variations between the two. There should not be any body contact between the two competitors and they should try to utilize all 4 corners of the stage during the performance. The performance should involve at least 8-10 asanas within the time limit of 3 minutes.

The Rhythmic Yoga Competition will be held in the following age groups.

(i) Below 18 (Junior)

(ii) Above 18 Years (Senior)

SECTION 4: JURY EXAMINATION

This examination is open to all persons above the age of 18. The Entry Fee is USD\$100 or HKD\$780. It is the first time that the Jury examination is conducted outside of India.

Students will be marked based on their understanding of yoga & asanas. Students will be expected to answer questions from different fields of yoga and demonstrate their marking ability on grace of execution and judgment on alignments.

Students who complete and pass the examination will receive a Certificate of completion which is internationally recognized.



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PRINTER FRIENDLY VERSION OF FIRST, SECOND & CHAMPION OF CHAMPIONS ROUND:



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FIRST ROUND:

1 asana from each category A, B & C and 1 optional of OWN CHOICE (Total 4 asanas).













<p>CATEGORY A: BACKBEND</p> <p>Chakrasana/ Urdhva Dhanurasana</p>	<p>Dhanurasana</p>	<p>Ushtrasana</p>
<p>CATEGORY B: BALANCE</p> <p>Virbhadrasana</p>	<p>Sirsasana</p>	<p>Padangushtasana</p>
<p>CATEGORY C: FORWARD BEND</p> <p>Paschimotthanasana</p>	<p>Utthanasana/ Padahastasana</p>	<p>Halasana</p>

SECOND ROUND:

One asana OF THEIR OWN CHOICE from Backbend, Twisting, Forward bend, Arm Balance, Leg Balance (Total 5 asanas).

CHAMPION OF CHAMPIONS ROUND:

Choose 3 out of 12 asanas from below & 2 optional of OWN CHOICE (Total 5) AND VIVA VOCE Test on yoga knowledge.

 <p>1. Hasta-Vrischikasana</p>	 <p>2. Parvatasana</p>	 <p>3. Dandayaman Eka Pada Sikandasana</p>
 <p>4. Eka Hasta Baddha Mayurasana</p>	 <p>5. Koundiyasana</p>	 <p>6. Bibhakta Vipareet Suptasana</p>
 <p>7. Urdhava Mukha Paschimotthanasana</p>	 <p>8. Dandayaman Trivikramasana</p>	 <p>9. Dandayaman Janusirsasana</p>
 <p>10. Urdhava Kukkutasana</p>	 <p>11. Baddha Byaghrasana</p>	 <p>12. Eka Pada Chakrasana</p>