

**WEST BENGAL YOGA ASSOCIATION**  
**JUDGE'S GUIDELINES FOR STATE YOGASANA COMPETITION, 2019**  
**According to Refresher's Course, held on 26/05/19**

**1. SUB JUNIOR GROUP–A (8-10 YEARS, BOYS & GIRLS)**

**1. VRIKSHASANA**

UNLESS / OTHERWISE

2. Arms touching the ear. ( with elbow straight )	<b>G</b>
5. No space over heel ( No space in between Neck & shoulder joint )	<b>G</b>

**2. PADAHASTASANA**

UNLESS / OTHERWISE

1. Hands on the side of feet	<b>G</b>
2. Legs should be straight	<b>G</b>
4. Chest & forehead touching the legs	<b>G</b>

**3. SASANGASANA**

UNLESS / OTHERWISE

2. Forehead touching knees	<b>G</b>
3. Palms on the heels from the side	<b>G</b>
4. Toes, heels and knees together	<b>G</b>

**4. USHTRASANA**

UNLESS / OTHERWISE

2. Palms on the heels	<b>G</b>
3. Knees, heels and toes together	<b>G</b>
4. Ankles touching the ground	<b>G</b>

**5. AKARNA DHANURASANA**

UNLESS / OTHERWISE

2. Gripping of toe of other leg with thumb, index and middle finger up to the ear.	<b>G</b>
5. Front Knee straight and front heel touching the ground	<b>G</b>

**6. GARABHASANA**

UNLESS / OTHERWISE

1. Both arms in between thigh and calf.	<b>NP</b>
2. Ears to be covered by palms.	<b>G</b>

**7. EKA PADA SIKANDHASANA**

UNLESS / OTHERWISE

2. Heel touching opposite side shoulder.	<b>G</b>
3. Toe of the stretched leg pointing up with knee touching ground.	<b>G</b>

**8. CHAKRASANA**

UNLESS / OTHERWISE

3. Neck in between two arms with ear touching the arms.	<b>G</b>
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**9. SARVANGASANA**

UNLESS / OTHERWISE

4. Chin touching chest, toes pointing upward	<b>G</b>
5. Shoulder and Neck touching ground	<b>G</b>

**10. DHANURASANA**

UNLESS / OTHERWISE

1. Toes, heels and knees together	<b>G</b>
3. Gripping from ankles	<b>G</b>
5. Knee Joint and Shoulder joint should be in straight line parallel to the ground	<b>Silly</b>