

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

11. SENIOR GROUP – E (35 - 45 YEARS, MEN & WOMEN)

G = Gross & S = Silly

1. TRIKONASANA	UNLESS / OTHERWISE
4. Face towards sky	G
5. Both leg should be straight	G
6. Palm touching fully on the Ground	G
2. VIBBKTA PASCHIMOTTANASANA	UNLESS / OTHERWISE
1. Toe pointing upward.	G
2. Knees on the ground.	G
4. Chest, shoulders, abdomen and chin should touch the ground.	G
5. Start & Finish with Lying	G
3. USHTRASANA	UNLESS / OTHERWISE
2. Palms on the heels	G
3. Knees, heels and toes together	G
4. Ankles touching the ground	G
4. BADDHA PADAMASANA	UNLESS / OTHERWISE
1. Both knees on ground.	G
2. Both toes gripped by thumb and index finger from back side.	G
3. Back, neck and head straight.	G
4. Shoulder in same line, gaze forward.	G
5. AKARNA DHANURASANA	UNLESS / OTHERWISE
2. Gripping of toe of other leg with thumb, index and middle finger up to the ear.	G
5. Front Knee straight and front heel touching the ground	G
6. ARDHA MATSYENDRASANA	UNLESS / OTHERWISE
1. Both buttocks on the ground & toe in Knee line	G
2. Shoulders and head in same line.	G
3. Thigh to be gripped by hand after twisting the trunk portion.	G
4. Knee & toe on the ground.	G
7. PADAM SARVANGASANA	UNLESS / OTHERWISE
1. Palms placed on ground at shoulders width, with fingers closed.	G
2. Assume padamasana.	G
3. Knees to be raised upto armpit.	G
4. Head should be straight.	G
8. MATSYASANA	UNLESS / OTHERWISE
1. Both knees on the ground.	G
2. Both elbows touching ground.	G
3. Gripping of toes with thumb and index finger.	G
4. Cranium of the head touching ground, not the forehead.	G
9. EKA PADA CHAKRASANA	UNLESS / OTHERWISE
2. Neck placed in between two arms, ear touching arms.	G
3. Raised leg should be parallel to ground.	G
10. DHANURASANA	UNLESS / OTHERWISE
1. Toes, heels and knees together	G
3. Gripping from ankles	G
5. Knees and Shoulder should be in straight line parallel to the ground	S