

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

12. SENIOR GROUP –F (ABOVE 45 YEARS, MEN & WOMEN)

G = Gross & S = Silly

1. VRIKSHASANA

UNLESS / OTHERWISE

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

2. PASCHIMOTTANASANA

UNLESS / OTHERWISE

1. Knees on the ground (Legs straight only)	G
2. Toes pointing up to be gripped with Thumb and Index finger, other three fingers folded inside.	G
3. Back maximum stretched with abdomen, chest, forehead touching legs.	G
4. Elbows on the ground (and Elbows touching both side of the legs)	G
Starting from Lying & Finishing to 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. HALASANA

UNLESS / OTHERWISE

1. Back to be maximum straight. (with Neck on ground)	G
2. The legs maximum straight.	G
3. Arms parallel to each other up to shoulder width, palms on ground.	G
4. Toes together stretched, pointing outside.	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. (Palms upward facing)	G
4. Cranium of the head touching ground, not the forehead.	G

9. CHAKRASANA

UNLESS / OTHERWISE

3. Neck in between two arms with ear touching the arms.	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	Silly