

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

**4. JUNIOR GROUP A ( 14 – 16 ) BOYS AND GIRLS**

G = Gross & S = Silly

**1. VIRBHADRASANA**

UNLESS / OTHERWISE

1. Leg on the ground must be straight.	<b>G</b>
2. Both arms, back and leg in straight line with toe maximum stretched.	<b>G</b>
3. Head in between both arms, ear touching & Gaze in front	<b>G</b>
4. Hands folded together.	<b>G</b>
5. Toe of upper leg should be twisted facing upward & no grip in Palm	<b>G</b>

**2. PARSVAKONASANA**

UNLESS / OTHERWISE

1. Arm, Waist and leg in straight line.	<b>G</b>
4. Ear touching Arm, Gaze forward.	<b>G</b>
5. Outside line of toe of straight leg should be fully placed on ground	<b>G</b>

**3. ARDHA BADHA PADAMA PASCHIMOTTANASANA**

UNLESS / OTHERWISE

1. One leg stretched straight.	<b>G</b>
2. Gripping of toe of leg assuming Ardha Padamasana with thumb and index finger.	<b>G</b>
3. Back maximum stretched with abdomen, chest and forehead touching the leg.	<b>G</b>
4. Both knees on the ground.	<b>G</b>

**6. KUKKUTAASANA**

UNLESS / OTHERWISE

1. Insert Arm in between Thigh and Calf and Palms placed on the ground with finger together	<b>G</b>
5. Hands Straight and Padmasana upto Elbows	<b>G</b>

**5. PURNA SUPTA VAJRASANA**

UNLESS / OTHERWISE

1. Knees together.	<b>G</b>
2. Gripping of knees with both palms touching each other.	<b>G</b>
3. Cranium of head placed on the arch of feet.	<b>G</b>
4. Heels & toe together	<b>G</b>

**6. TITTIVASANA**

UNLESS / OTHERWISE

1. Both palms on the ground with finger together	<b>G</b>
4. Legs stretched & straight, touching the back of the shoulder	<b>G</b>

**7. EKPADA BIPARIT DANDASANA**

UNLESS / OTHERWISE

1. Holding front ankle with both palms	<b>G</b>
2. Upper leg straight & perpendicular to the ground	<b>G</b>
3. Upper knee straight & toe stretched	<b>G</b>
4. Gaze in front	<b>G</b>
5. Heel must be touched on ground	<b>G</b>

**8. SUPTA KONASANA**

UNLESS / OTHERWISE

1. Back Maximum straight with chin lock	<b>G</b>
2. Arms in straight line on either side of the body	<b>G</b>
3. Big toes gripped with thumb & index finger	<b>G</b>
4. Legs stretched straight on both side of the body	<b>G</b>

**9. VIVAKTA BIPARIT SUPTASANA**

UNLESS / OTHERWISE

1. legs in front & back with thighs, hips & heehs in straight line & touching the ground	<b>G</b>
2. Cranium touching the thigh at the back	<b>G</b>
3. Arms maximum straight, gripping the leg near ankle with both palms	<b>G</b>

**10. PURNA DHANURASANA**

UNLESS / OTHERWISE

1. Legs & arms in straight line ( and Parallel to the ground )	<b>Silly</b>
3. Big toes in between first and second finger with fist closed.	<b>G</b>
4. Toes stretched upto ears, Gaze forward.	<b>G</b>