

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

**5. JUIOR GROUP B ( 16 – 18 ) BOYS AND GIRLS**

**G = Gross & S = Silly**

**1. VATAYANASANA**

UNLESS / OTHERWISE

1. Back, neck and head to be straight.	<b>G</b>
3. If right arm is above left arm, left thigh on the right thigh.	<b>G</b>
4. Folded knee should touch the heel of the other foot.	<b>G</b>

**3. VIBBKTA PASCHIMOTTANASANA**

UNLESS / OTHERWISE

1. Toe pointing upward.	<b>G</b>
2. Knees on the ground.	<b>G</b>
4. Chest, shoulders, abdomen and chin should touch the ground.	<b>G</b>

**3. PARIVARTITA PARSVAKONASANA**

UNLESS / OTHERWISE

1. Leg, waist and head in straight line after twisting body.	<b>G</b>
3. Wrist on the back to be gripped by hand on the front side.	<b>*G</b>
5. Heel & Toe touching the Ground	<b>G</b>

**4. PURNA CHAKRASANA**

UNLESS / OTHERWISE

2. Gripping of ankles with hands.	<b>G</b>
4. Head placed in between arms with ear touching the arms.	<b>G</b>

**5. PADAM BAKASANA**

UNLESS / OTHERWISE

1. Palms placed on ground at shoulders width, with fingers closed.	<b>G</b>
2. Assume padamasana.	<b>G</b>
3. Knees to be raised upto armpit.	<b>G</b>
4. Head should be straight.	<b>G</b>

**6. PURNA MATSYENDRASANA**

UNLESS / OTHERWISE

1. Both buttocks and knee on the ground.	<b>G</b>
3. 2nd hand must be on other thigh from back side.	<b>G</b>
4. Gripping of toe with thumb and index finger (and toe in Knee line )	<b>G</b>

**7. KOUNDINYASANA**

UNLESS / OTHERWISE

1. Both legs in straight line parallel to the ground.	<b>G</b>
2. Both palms on the ground with fingers together.	<b>G</b>

**8. PADAM SARVANGASANA**

UNLESS / OTHERWISE

1. Knees, hips and back up to shoulders maximum straight.	<b>G</b>
3. Chin touching chest.	<b>G</b>
4. Padamasana to be assumed after going into the position of Sarvangasana.	<b>G</b>
5. Neck & shoulder touching the ground	<b>G</b>

**9. PURNA SALVASANA**

UNLESS / OTHERWISE

1. Arch of feet should be placed on the cranium of the head	<b>G</b>
2. Knees, Heels & toes together	<b>G</b>
3. Shoulder Chest & chin Should touch the ground	<b>G</b>
4. Arms parallel to each other at shoulder width with palm facing down	<b>G</b>

**10. PADANGUSHTH DHANURASANA**

UNLESS / OTHERWISE

1. Gripping of big toe in between 1st and 2nd finger with fist closed.	<b>G</b>
2. Knees , Heels & Toes closed together	<b>G</b>
3. Legs and arms stretched upward, balance on naval.	<b>G</b>
4. Head in between both the arms touching ear & gaze in front.	<b>G</b>