

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

6. SENIOR GROUP A (18 - 21 YEARS MEN & WOMEN)

G = Gross & S = Silly

1. TRIVIKRAMASANA

UNLESS / OTHERWISE

1. Leg on the ground to be straight.	G
2. Gripping of toe of other leg with Palm	G
3. The stretched leg should be straight,	G

2. PURNA CHAKRASANA

UNLESS / OTHERWISE

2. Gripping of ankles with Palms.	G
4. Head placed in between arms with ear touching the arms.	G

3. UTTHITA PASCHMITTONASANA

UNLESS / OTHERWISE

2. Both Legs straight with toes pointing upward.	G
3. Palms holding the heels.	G
4. Back maximum stretched with abdomen, chest and forehead touching the legs	G
5. Start & Finish with lying on floor	G

4. KOUNDINYASANA

UNLESS / OTHERWISE

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

5. PARIVARTITA PARSVAKONASANA

UNLESS / OTHERWISE

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

6. OMKARASANA

UNLESS / OTHERWISE

1. Heel of one leg touching opposite side shoulder Joint	G
2. Second leg crossing elbows in straight line	G
3. Both palms placed on the ground with fingers together	G

7. PURNA MATSYENDRASANA

UNLESS / OTHERWISE

1. Both buttocks and knee on the ground.	G
3. 2nd hand must be on other thigh from back side.	G
4. Gripping of toe with thumb and index finger	G

8. KARNAPITHASANA

UNLESS / OTHERWISE

1. Knees and shoulders should touch each other.	G
3. Arms and legs in opposite direction and in a straight line.	G
5. Neck & Shoulder on the Ground	G

9. PURNA DHANURASANA

UNLESS / OTHERWISE

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

10. SIRSHASANA

UNLESS / OTHERWISE

1. Cranium of the head should be placed on the ground.	G
2. Head, Back, hips and legs in one line.	G