

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

8. SENIOR GROUP C – (25-30 YEARS : MEN ONLY)

G = Gross & S = Silly

1. VATAYANASANA

UNLESS / OTHERWISE

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

2. VIRBHADRASANA

UNLESS / OTHERWISE

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

3. HANUMANASANA

UNLESS / OTHERWISE

1. Both legs stretched, toes pointing outside.	G
2. Back, neck and head straight.	G
5. Hips touching the Ground	G

4. ARDHA BADHA PADAMA PASCHIMOTTANASANA

UNLESS / OTHERWISE

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

5. 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

6. PADAM MAYURASANA

UNLESS / OTHERWISE

2. Knees, hips, back & head in straight line.	G
3. Fingers closed.	G
4. Gaze forward.	G
5. Start & Finish with Mayurasana	G

7. 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

8. SETU BANDH SARVANGASANA

UNLESS / OTHERWISE

1. Shoulders and elbows in one line with chin touching the chest.	G
3. Legs must be straight.	G
4. Heels & toes touching the ground.	G
5. Shoulder & neck should touch the ground	G
6. Start & Finish with Sarvangasana	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. PADAM SIRSHASANA

UNLESS / OTHERWISE

1. Cranium of the head should be placed on the ground.	G
2. Head, Back & hips in one line.	G
3. Padamasana to be assumed after taking the position of Sirshasana.	G