

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

9. SENIOR GROUP C – (25-30 YEARS : WOMEN ONLY) G = Gross & S = Silly

1. GARUDASANA	UNLESS / OTHERWISE
3. If right arm is above left arm, left thigh on the right thigh.	G
4. Ankle completely touching calf, Shoulders maximum straight	G
5. Standing leg should be straight	Silly
2. SIRSA PADA AUNGUSTHASANA	UNLESS / OTHERWISE
1. Gripping of the wrist with other hand on the back	G
2. Forehead touching the toe	G
3. Back leg maximum straight	G
3. VIBBKTA PASCHIMOTTANASANA	UNLESS / OTHERWISE
1. Toe pointing upward.	G
2. Knees on the ground.	G
4. Chest, shoulders, abdomen and chin should touch the ground.	G
5. Start & Finish with Lying	G
4. PURNA USTRASANA	UNLESS / OTHERWISE
1. Cranium of Head placed on the arc of feet	G
2. Heel to be gripped by palms	G
3. Knees, Heels & Toes together	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. 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. MARICHASANA	UNLESS / OTHERWISE
2. Gripping of wrist with other hand from back with fingers folded to make a fist	G
3. Second leg straight and toe forward	G
4. Chin on Knee (and both Buttack on ground)	G
8. PADMA SARVANGASANA	UNLESS / OTHERWISE
3. Chin touching chest.	G
4. Padamasana to be assumed after going into the position of Sarvangasana.	G
5. Neck & Shoulder touching the Ground	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. EK PADA PURNA DHANURASANA	UNLESS / OTHERWISE
1. One leg knee & elbow in one line	G
2. Big toe gripped by first two fingers stretched up to ear	G
3. Other leg stretched & arm in front in alignment with leg	G