



# Indian Sports Centre

UNDER THE PATRONAGE OF

EMBASSY OF INDIA

P.O. Box: 2788, Doha, Qatar; Tel: +974 55854126 / 55802490  
email: indiansportscentre@gmail.com; website: www.iscqatar.org

## ISC YOGA CHAMPIONSHIP 2017

### Entry Form

(Entry fee QR 10 per participant)

Category	Boys (Put ✓ mark as applicable)	Girls (Put ✓ mark as applicable)
Under –14 (Born on or after 20 <sup>th</sup> May 2003)	<input type="checkbox"/>	<input type="checkbox"/>
Under – 19 (Born on or after 20 <sup>th</sup> May 1998)	<input type="checkbox"/>	<input type="checkbox"/>
Name (in capital letters)		
Date of Birth	QID	
Email ID		
Mobile: Father	Mob: Mother	

#### General Rules:

1. Championship is open for Indian Nationals only.
2. **Date of contest: Saturday 20<sup>th</sup> May 2017**
3. **Last date for entry: Wednesday 10<sup>th</sup> May 2017**
4. Time and venue will be informed to the participant separately.
5. Minimum number of entries required for any category is ten (10).
6. Participant shall bring his/her own mat to perform asana.
7. Participants have to produce QID/Passport copy for the proof of age at the venue.
8. Participant should report on time.

#### Championship Rules:

1. **Asanas are categorized into "Four Groups"** – Balancing (1-12), Forward/Side Bending (13-22), Backward Bending/Twisting (23-33) and Inverted (34-39).
2. Performer has to perform **four asanas, one asana from each group**.
3. Performer will be given **maximum 5 minutes** to perform all the four asanas.
4. Final posture shall be held for **15 seconds** for each asana.
5. Postures with left and right side; only one side has to be performed.

#### 6. Judging Criteria

Starting	Perfection of posture	Steady & control of the final posture	Returning
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7. Points will be multiplied with the '**Difficulty Level**' to get the "**Score**".
8. **Judges' decision shall be final and binding**

I hereby give consent for my son/daughter \_\_\_\_\_ to participate in the Yoga Championship arranged by Indian Sports Centre. I further agree in the event of any accident or injury which may occur during competition, ISC shall not be held responsible. I give permission for my child to receive emergency medical treatment in my absence if deemed necessary.

Parent's Name / Signature: \_\_\_\_\_

Date: \_\_\_\_\_

For any further clarifications, please contact:

Mrs. Nisha Agrawal at 55646693, email: [yoga.iscdoha@gmail.com](mailto:yoga.iscdoha@gmail.com), [mhnabi@yahoo.com](mailto:mhnabi@yahoo.com)


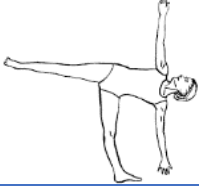

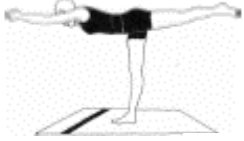

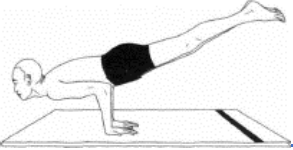



### Groupwise ASANA LIST - OPEN YOGA CHAMPIONSHIP - 2017




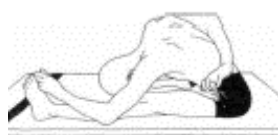
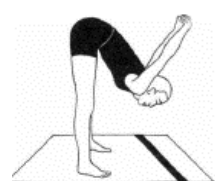
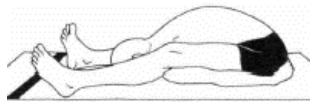




S.No.	Main Group	Asana - Sanskrit name	Asana - English name	Difficulty
1	Balancing	Ardha Navasana	Half Boat pose	2.0
2	Balancing	Ardha Chandrasana	Half Moon pose	1.5
3	Balancing	Bakasana	Crane pose	2.5
4	Balancing	Ek Padasana	One Foot pose	2.0
5	Balancing	Garudasana	Eagle pose	2.0
6	Balancing	Mayurasana	Peacock pose	2.5
7	Balancing	Natrajasana	Lord of the Dance pose	1.5
8	Balancing	Tadasana	Palm Tree pose	1.0
9	Balancing	Utthita Hastapadangusthasana - side	Extended Hand-to-Big-Toe pose	2.0
10	Balancing	Virabhadrasana - 1	Warrior - 1	1.5
11	Balancing	Virabhadrasana - 2	Warrior - 2	1.5
12	Balancing	Vrksasana	Tree pose	1.0
13	Forward/Side Bending	Ardha Padma Paschimottanasana	Half Lotus Back Stretching pose	2.5
14	Forward/Side Bending	Dwikonasana	Double Angle pose	1.5
15	Forward/Side Bending	Koormasana	Tortoise pose	2.5
16	Forward/Side Bending	Padahastanasana	Hand to Foot pose	2.0
17	Forward/Side Bending	Parivrtta Janu Sirshasana	Revolved Head-to-Knee pose	2.5
18	Forward/Side Bending	Paschimottanasana	Seated Forward Bend pose	2.0
19	Forward/Side Bending	Prasarita Padottanasana	Wide-legged Forward bend	2.0
20	Forward/Side Bending	Supta Pawanmuktasana	Leg Lock pose	1.0
21	Forward/Side Bending	Trikonasana	Triangular pose	1.5
22	Forward/Side Bending	Utthita Parsvakonasana	Extended Side Angle pose	2.0
23	Backward Bending/Twisting	Ardha Matseyendrasana	Half Lord of the Fish pose	2.0
24	Backward Bending/Twisting	Bhujangasana	Cobra pose	1.5
25	Backward Bending/Twisting	Chakrasana	Wheel pose	2.5
26	Backward Bending/Twisting	Dhanurasana	Bow pose	2.0
27	Backward Bending/Twisting	Kandharasana	Shoulder pose	1.5
28	Backward Bending/Twisting	Matsyasana	Fish pose	2.5
29	Backward Bending/Twisting	Purvottanasana	Upward/Inverted Plank pose	1.5
30	Backward Bending/Twisting	Salabhasana	Locust Pose	2.0
31	Backward Bending/Twisting	Suptavirasana	Reclining Hero pose	2.5
32	Backward Bending/Twisting	Ushtrasana	Camel pose	2.5
33	Backward Bending/Twisting	Vakrasana	Seated Twisting pose	1.5
34	Inverted	Adho Mukha Svanasana	Downward Facing Dog pose	2.0
35	Inverted	Halasana	Plough/Plow pose	2.5
36	Inverted	Karnapidasana	Knee-To-Ear pose	2.5
37	Inverted	Pranamasana	Bowing pose	2.0
38	Inverted	Sarvangasana	Shoulder Stand pose	2.5
39	Inverted	Shirshasana		2.5

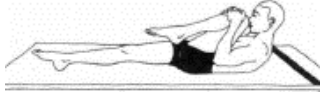



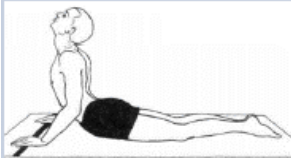
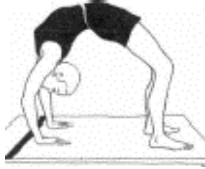
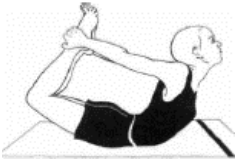


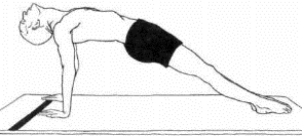
#### Difficulty Level

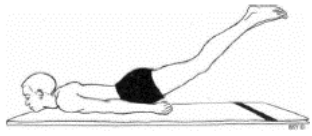
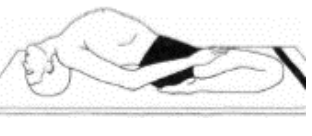



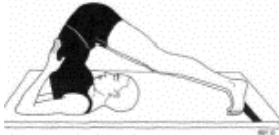

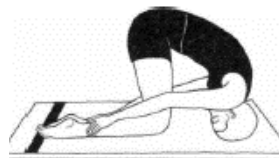
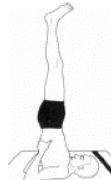
1.0	1.5	2.0	2.5
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## ASANA LIST (with Pictures) - OPEN YOGA CHAMPIONSHIP - 2017

S.No.	Main Group	Asana	Difficulty	Pictures
1	Balancing	Ardha Navasana		
2	Balancing	Ardha Chandrasana		
3	Balancing	Bakasana		
4	Balancing	Ek Padasana		
5	Balancing	Garudasana		
6	Balancing	Mayurasana		
7	Balancing	Natrajasana		
8	Balancing	Tadasana		
9	Balancing	Utthita Hastapadangusthasana - side		

S.No.	Main Group	Asana	Difficulty	Pictures
10	Balancing	Virabhadrasana - 1		
11	Balancing	Virabhadrasana - 2		
12	Balancing	Vrksasana		
13	Forward/Side Bend	Ardha Padma Paschimottanasana		
14	Forward/Side Bend	Dwikonasana		
15	Forward/Side Bend	Koormasana		
16	Forward/Side Bend	Padahastasana		
17	Forward/Side Bend	Parivrtta Janu Sirshasana		
18	Forward/Side Bend	Paschimottanasana		
19	Forward/Side Bend	Prasarita Padottanasana		

S.No.	Main Group	Asana	Difficulty	Pictures
20	Forward/Side Bend	Supta Pawanmuktasana		
21	Forward/Side Bend	Trikonasana		
22	Forward/Side Bend	Utthita Parsvakonasana		
23	Backward Bending	Ardha Matseyendrasana		
24	Backward Bending	Bhujangasana		
25	Backward Bending	Chakrasana		
26	Backward Bending	Dhanurasana		
27	Backward Bending	Kandharasana		
28	Backward Bending	Matsyasana		
29	Backward Bending	Purvottanasana		

S.No.	Main Group	Asana	Difficulty	Pictures
30	Backward Bending	Salabhasana	Yellow	
31	Backward Bending	Suptavirasana	Orange	
32	Backward Bending	Ushtrasana	Orange	
33	Backward Bending	Vakrasana	Blue	
34	Inverted	Adho Mukha Svanasana	Yellow	
35	Inverted	Halasana	Orange	
36	Inverted	Karnapidasana	Orange	
37	Inverted	Pranamasana	Yellow	
38	Inverted	Sarvangasana	Orange	
39	Inverted	Shirshasana	Orange	