



SPORTING RULES

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SPORTING RULES

1. INTRODUCTION TO THE SPORTING RULES

The provision of instructions and/or directives within the Sporting Rules is based on the principles and basic rules contained in the IYSF Technical Regulations. In those cases where any statement within this document comes into conflict with the Technical Regulations, the Technical Regulations shall take precedence. If an immediate solution is required to an unforeseen circumstance, it rests with the respective Technical Committee or representative to take responsibility and decide the matter.

2. ABBREVIATIONS

IYSF	International Yoga Sports Federation
SR	Sporting Rules
TR	Technical Regulations

All Regulations from the TR that appear in the SR will appear as set out as follows: **Reg. 6.2.2.** These particular Regulations are placed in the appendix at the end of this document.

3. PURPOSE

The primary purpose of the SR is to

1. Provide an object means of evaluating the postures for all IYSF competitions
2. Standardize the judging in IYSF competitions
3. Correctly score and place the Athletes in any IYSF competition
4. Guide Coaches and Athletes on how to correctly carry out the Traditional Execution of the postures
5. Define the value of each posture and combination of elements in a posture
6. Classify the penalties and deductions for errors in the execution and performance of posture or performance
7. Define the deductions for misconduct, errors, contraventions of the TR or any other provisions set out in the SR

4. ATHLETES PARTICIPATING IN IYSF COMPETITIONS

All Athletes who participate in any IYSF must conform to the Age, Eligibility and Performance Rules as set out in the TR (**Reg. 5**). It is the Athlete's responsibility to know the SR and accordingly conduct themselves, as well as register themselves and their choice of all of their Postures (**Reg. 6.2**)

As IYSF approved Athletes, when participating in IYSF Competitions they are guaranteed to:

1. Have their performance judged correctly, fairly, and in accordance with the

stipulations of the SR

2. Have their score publicly displayed immediately following their performance
3. Have access to their correct results, including the full breakdown of the scores
4. Have access to all the appropriate rules and regulations necessary to successfully compete in any IYSF Competition

5. REGISTRATION AT INTERNATIONAL COMPETITION

Athletes who have qualified for the International Competition will receive an official email invitation confirming their place as a finalist. The Athletes must officially submit registrations through the IYSF online system at www.iysf.org. The Athlete must also pay in full the requisite Entry Fee of US\$100 (or local currency equivalent) in order to complete the Registration. (In principal, in the case of no show or partial participation, the inscription fee will not be reimbursed.)

The day prior to the start of the first day of International Competition, Athlete's must arrive at the venue and register to gain their accreditation. At the accreditation they must confirm their choice of all their Postures and if they wish, change their choice from the original submission (**See Reg. 6.2.2**). The Athletes must also sign the Athlete's Oath (**Reg. 4.1.3.1**).

ENTRY FORM

The Entry Form must be completed by the specified date. The Athlete must include, in the following order: last name; first name; email; date of birth (a photo id must be brought to the registration at the Competition); sex; the qualifying championship that they participated in; the country they are representing; name of coach (if they have none, they must list themselves as the coach); click on "Yes" to agree to all the terms of the Waiver (see below); if the Athlete is under 18 they must also click on the Parent or Guardian Waiver for Minors (see below); confirm the place that they achieved in their qualifying competition; T-Shirt size; all Postures choices.

WAIVER

I acknowledge that this hatha yoga championship can be an extreme test of a person's physical and mental limits and carries with it the potential for serious injury. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability for any other reason, including liability without fault. I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person. I certify that I am not pregnant or have any medical condition that prevents me from performing the yoga

asanas as detailed in my information packet. I acknowledge that this Waiver and Release of Liability form will be used by the event holders, sponsors, and organizers in events in which I may participate and that it will govern my actions and responsibilities at said events. In consideration of my application and permitting me to participate in this event, I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me or my traveling to and from this event, and any and all Co-Directors, Associated Directors and or Support Staff affiliated with this event; and THE FOLLOWING ENTITIES OR PERSONS: World Yoga Foundation and BYCOI and their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers, and event officials (collectively Releasees); and their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers, and event officials (collectively Releasees); (B) Indemnify and Hold Harmless the entities for myself, my heirs, executors, administrators, legal representatives, assignees and successors in interest (collectively Successors) I HEREBY WAIVE, RELEASE, DISCHARGE, HOLD HARMLESS AND PROMISE TO INDEMNIFY AND NOT TO SUE the releasees and the sponsors of this event, the organizer and any promoting organizations, property owners, law enforcement agencies, all public entities, special districts and properties, and their respective agents, officials, and employees through or by which the events will be held (the foregoing are also collectively deemed to be releasees) FROM ANY and all rights and CLAIMS INCLUDING CLAIMS ARISING FROM THE RELEASEE'S OWN NEGLIGENCE which I have or which may hereafter accrue to me and from any and all damages which may be sustained by me directly or indirectly in connection with, or arising out of my participation in or association with, the event or travel to or return from the event. I hereby consent to receive medical treatment, which may be deemed advisable in the event of injury, accident and/or illness. I understand that at this event or related activities I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and/or assigns. This Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I hereby certify that I have read this document and I understand its content.

PARENT OR GUARDIAN WAIVER FOR MINORS

I agree to all the terms and conditions stated in the above Agreement regarding "Waiver" and this constitutes an electronic signature that certifies that I have read, understood, and agreed to my rights and responsibilities, and I also understand this Agreement becomes a legally binding instrument when I check this box entered into by me and IYSF. The

undersigned parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

6. REGISTRATION AT NATIONAL AND REGIONAL COMPETITION

Registration details for National and Regional Competitions must be clearly published by each NF and LOC. Each NF must provide an Entry Form, which includes the Athlete's name, date of birth, country of citizenship and proof of residence (for Regional Competitions), and a copy of the Athlete's Oath (**Reg. 4.1.3.1**). A suitable Waiver of Liability in accordance with the individual requisites of the country must be included and signed by the Athlete.

Athletes must be given suitable time to register and submit their choice of all the Postures. The LOC and the NF can allow registration to take place for Regional and National Competitions on the day of the Competition up to two hours prior to the start of the Competition.

The accreditation procedure for National and Regional Competitions must conclude no later than two hours before the start of the Competition. At the accreditation the Athlete must confirm their choice of all Postures and if they wish, change their choice from the original submission (**See Reg. 6.2.2**).

All Youth Athletes must have their Entry Form and the Waiver of Liability signed and authorised by their parent or legal guardian.

7. COMPETITION FORMAT

The order for competition is the same for both the Female and Male category in all divisions.

All official IYSF Competitions must follow the same format described below, in addition to adhering to the official IYSF Judging and Scoring as set out in the TR. The format is the same for all divisions and genders. All Athletes should consult with a Coach, Judge or someone who is familiar with the IYSF Championship procedures prior to entering the competition so as to assure a smooth and well-presented demonstration.

It is ultimately the Athletes responsibility to understand and comply with the format and rules of the competition.

8. COMPETITION ATTIRE

Female: One or two-piece swimsuit, leotard or exercise outfit with open arms and legs (no bikinis).

Male: tight fitting shorts or trunks.

Participants should minimize accessories and should not wear headbands or bandanas. Unobtrusive jewellery is permissible. The attire should not be overly revealing. No watches,

clocks or timers, cell phones or any electronic devices are allowed on or near the competitor during their routine.

9. ASSISTANCE BY COACHES

Under no circumstances may a Coach, team leader or any other official person communicate, by signal or verbally, to an Athlete during the performance of exercises.

10. SCORING OF POSTURE

The scoring methods are the same for all divisions (Youth, Adult and Senior) in official IYSF Competitions.

Every Posture, both compulsory category and optional, demonstrated by the Athlete is marked out of 10 points. The Judge deducts points in whole or half point increments for the mistakes in the performance. Additionally Athletes can gain or lose points if they demonstrate an extra skill or less skill in a particular point according to the guidelines in the SR and the Judge's perception of the execution of the Posture, as stated in the SR. Accepted Flourishes to the Postures will receive no additional points (see Reg. 8.2.3). The incorrect order of the Posture and the incorrect facing of the Posture when performed will incur a one-point deduction for each fault.

The score given by the Judge is given to the Assistant Tabulator who communicates it to the Tabulator to input in the Tabulation system. The system then automatically multiplies the final score of the Posture by the difficulty rating of the Posture to give the final result. If the optional Postures chosen by the Athlete do not cover one of the Characteristics of the Posture of Balance, Flexibility and Strength, one or more points will be deducted automatically according to the number of areas missed out by the choice of Postures.

11. NEW FORMAT FOR THE COMPETITION

ADULT AND SENIOR DIVISION FORMAT

The new format for the competition is designed to demonstrate the unique strengths of Yoga. The proposal is to have 4 postures covering 4 compulsory categories to demonstrate the basic range of motion of the spine: forward compressions, backward bends, stretching, and twists (missing from the current competition model). Furthermore, there are 2 postures, as in the current competition format, covering the combination of characteristics of skills of Strength, Balance and Flexibility. The current 5 compulsory postures are all present in the new Format.

The routine consists of 6 postures to be performed in 3 minutes.

In order to increase the participation of the competition, both for spectators and to different types of yoga competitors, choices of postures of the 4 compulsory categories have been separated into 3 different difficulty levels. The first difficulty level are all floor postures that demonstrate primarily flexibility and the degree of difficulty multiplier is 6; the second difficulty level demonstrates primarily balance and the degree of difficulty multiplier is 7; the third difficulty level demonstrates a combination of skills and all come from the current Official Approved List of Postures in the SR. The postures in the third level have a degree of difficulty multiplier of 8.

The Judges score all the postures out of 10 and the calculation with the degree of difficulty multiplier is carried out automatically in the tabulation grid.

YOUTH DIVISION

The suggested new format for the Youth division is to maintain the same routine, with the difference of substituting Stretching with Rabbit pose. The reason for this is in order to demonstrate the full range of the spine in the compulsory postures. In the Half-Moon Pose (4 parts) the athlete demonstrates lateral movement, backward bending and stretching of the spine. The addition of Rabbit will demonstrate a forward compression of the spine and give a more rounded routine.

In line with the changes to the degree of difficulty multiplier in the Adult and Senior division, the postures will have the same difficulty rating as is expressed in the Sporting Rules. Half Moon has been given a degree of difficulty multiplier rating of 7.

11. A. ADULT AND SENIOR DIVISION - POSTURE ORDER FOR THE NEW OPTIONAL ROUTINE AND SCORES

One posture from each of the four Compulsory Categories and two Optional Postures of the Athlete's choice are to be demonstrated in the following order:

COMPULSORY CATEGORIES, DIFFICULTY LEVELS AND DEGREE OF DIFFICULTY

1.) FORWARD COMPRESSION

- Rabbit – first difficulty level - demonstrating primarily flexibility- 6 points
- Standing Head to Knee - second difficulty level - demonstrating primarily ballance - 7 points
- Full Tortoise – third difficulty level - demonstrating combination of skills- 8 points

2.) BACKWARD BEND

- Bow – first difficulty level - demonstrating primarily flexibility- 6 points
- Standing Bow Pulling - second difficulty level - demonstrating primarily ballance - 7 points
- Dancers Pose – third difficulty level - demonstrating combination of skills – 8 points

3.) STRETCHING

- Stretching – first difficulty level - demonstrating primarily flexibility- 6 points
- Upward Stretching - second difficulty level - demonstrating primarily ballance - 7 points
- Standing Splits – third difficulty level - demonstrating combination of skills - 8 points

4.) SPINE TWIST

- Spine Twist– first difficulty level - demonstrating primarily flexibility- 6 points
- Wide Angle Twist - second difficulty level - demonstrating primarily ballance - 7 points
- Full Twist – third difficulty level - demonstrating combination of skills- 8 points

- Optional Posture 1
- Optional Posture 2

The Athletes must demonstrate **Balance** in at least one of their Compulsory Category Postures and are not permitted to pick all their postures from the first difficulty level. The Athlete must pick at least one posture from the second or third difficulty level. All the compulsory category postures must be demonstrated in the Traditional Recommended Execution as set out in the Sporting Rules, without any extra or less Skill and/or accepted flourishes. Also, athletes will not be allowed to repeat any posture in their routine, even if performed with extra or less skill.

11. B. YOUTH DIVISION - POSTURE ORDER FOR ROUTINE AND SCORES

Four Compulsory Postures and two additional postures, of the Athlete's choice are to be demonstrated in the following order:

- Half Moon Pose with Hands to Feet Pose (4 parts) 7 points
- Fish Pose 5 points
- Rabbit 6 points
- Spine Twisting Pose 6 points
- Optional Posture
- Optional Posture

12. ANNOUNCING OF POSTURES

Athletes **do not** announce the Postures during the routine with the exception of a change of Optional Posture as explained in **Reg. 6.2.2**. The 6 submitted postures for each Athlete are written on the Judges' score sheet.

13. CHOICE AND SUBMISSION OF ALL THE POSTURES

Athletes must choose 4 Compulsory Category Postures described above and two Optional Postures. These Postures should be chosen from the Official Approved List of Postures in the SR. The choice of Posture should best demonstrate the Athlete's ability and fulfil the full range of the characteristics of the Posture of Balance, Flexibility and Strength. The full criteria and evaluation for these Postures are set out in the SR. Failure to comply with the full characteristics of the Posture will incur points deductions (see Reg. 8.2.1).

Athletes must declare their choice of all 6 Postures during the Accreditation process (see Reg. 4.1.1). It is the duty of LOC to ensure that this information is passed on to the Tabulator for correct input into the tabulation system.

In IYSF International Competitions, if an Athlete intends to perform an Optional Posture that is not listed in the Official Approved List of Postures in the SR, the Athlete must submit the Posture and have it approved by the IYSF Technical Committee (tc@iysf.org) at least 2 weeks prior to the day on which the Event begins.

For Regional and National Events, the competitor must submit such a Posture at least 2 hours prior to the start of the Event in order for correct evaluation by the Head Judge who must decide the difficulty rating and of the Characteristic of the Posture (Balance, Flexibility and Strength). If the Posture is not submitted as described, the score for the Posture will be zero.

14. CHANGE OF OPTIONAL POSTURE

If for whatever reason an Athlete decides to change their Optional Posture on the day of Competition the following procedures can take place:

- Up to 30 minutes prior to the beginning of the Competition, the Athlete, Accredited Coach or representative of the NF must contact the Head Judge and submit the change of Optional Posture. The Head Judge must then pass on the information to the Tabulator.
- If the 30 minutes time limit has elapsed, the Athlete may change the choice of Posture during the routine by audibly calling the name of the Posture in English before the execution of the Posture. Only Postures from the Approved List of Postures can be called during a last minute change and must be correctly called. If the Athlete fails to do so or miscalls the Posture, the Posture will be scored zero.

15. TIMING

For all divisions and genders, Athletes must complete their routine and come back to a neutral point within 3 minutes. The 3-minute timing will begin as soon as the Athlete makes their first move into the first posture. The Athlete must have exited their final posture comfortably before time expires or they will face point deductions (**Reg. 8.2.5**). Athletes must ensure they have completely left the stage within 4 minutes or they may face disciplinary action.

Athletes and coaches are reminded that each posture must be held still with normal breathing for at least three seconds to receive a score (**Reg. 8.2.5**).

16. PERFORMANCE PROTOCOL FOR IYSF COMPETITION

The Athlete's name is called before they enter the stage. Once the name is called the Athlete must walk to the middle of the stage and stand on X mark, face the judges, bring their hands together in the centre of the chest with the fingers pointing up and bow to the judges and the audience, before releasing their hands to the sides and standing in a neutral position. Instructions to start will be indicated by the Timekeeper or MC saying these words, "Start please". Once the Athlete has finished their routine, they must stand in a neutral position in the centre of the stage on the X mark, bring their hands together in the centre of the chest with the fingers pointing up and bow to the judge and audience, before promptly leaving the stage.

17. SECOND CHANCE

If an Athlete falls out of a Posture or fails to complete a Posture, they are allowed a second chance to attempt the same Posture, incurring a point's deduction as set out in **Reg. 8.2.4**. If the Athlete again fails, he or she must move on to the next Posture. An Athlete who insists on continuing with a Posture after their second attempt will be seen as failing to comply with the IYSF Rules and may face disciplinary action. In line with the protocol on calling the name of the Postures, the Athlete does not need to call the second attempt, as the Judges will consider the Posture a second attempt if the Athlete falls or fails to complete the Posture and then re-attempts the Posture. The Posture is re-scored from 5 points.

18. TRANSITIONS BETWEEN POSTURES

Athletes should transition between the postures cleanly and with minimal movements. Any additional movements in between the Postures during the performance not specified in the SR will be considered as Unaccepted Flourishes and are subject to a points' deduction taken from the Posture the Athlete is about to perform or has just performed in case it is the last of the routine.

19. JUDGING

19. A. GENERAL PRINCIPLES

All Judges must possess an IYSF certificate approving their ability to Judge IYSF Competitions. They must be members of their NF, hold the Nationality of the NF they represent and be motivated to Judge honestly the exercises presented by the Athlete.

Judges cannot officiate in any Competition in which their relative is Competing. Judges who are also Coaches must not participate as a Judge in the division of the Competition in which their student is competing. Judges cannot officiate a Competition that they are competing in as an Athlete. However, IYSF Judges who also participate as Athletes in IYSF sanctioned Competitions can serve as a Judge in any Competition in which they do not compete, even within the same Competition season. This declaration is included in the Judges Oath (**see Reg. 4.1.3.3**) and must be signed by the Judge verifying that they understand these principles and that they have an honest intention to fulfil them to the best of their abilities. The form is available online.

19. B. BASIS FOR JUDGING

The IYSF Statutes, TR and PR form the basis for judging, which Judges must use in order to correctly judge and score all the Compulsory and Optional Postures within the Athletes performance. For each posture and the performance as a whole, the Judges assess the Athletes demonstration of the following criteria:

- Balance*
- Flexibility*
- Strength*
- Stillness in the posture
- Appropriate breathing in the postures and in transitions
- Well-paced timing
- Execution of the postures in the correct order
- Execution of the postures facing the judges in the correct way
- To receive a score each posture must be held for a minimum of 3 seconds, for the possibility of a maximum score being received this must be for a minimum of 5 seconds

*The assessment of the characteristics of the posture of Balance, Flexibility and Strength is to be determined in relation to each individual posture. The combination of optional postures should demonstrate the full range of this skill category or the Athlete will automatically face deductions (**see Reg. 8.2.1 and Reg. 8.3**).

19. C. SCORING

In order for any posture to be considered as having reached the Minimum Expression and

achieve a score, the Athlete must demonstrate the following criteria:

- The posture must be held still for a **minimum of 3 seconds**
- Breathing in the posture must be normal and comfortable
- The minimum expression as set out in the SR must be reached

Stillness in the posture is achieved when the posture is performed without any movement and demonstrating perfect control for at least 3 seconds.

In order for any posture to be able to fulfil the Traditional Recommended Execution and receive full marks, the posture must demonstrate the following criteria:

- The posture must be held still for a minimum of 5 seconds
- Breathing in the posture must be normal and comfortable
- The full expression as set out in the SR must be reached
- Exit the posture with control the opposite way as the posture was entered, exactly retracing the steps indicated in the SR for each posture or the way the Athlete entered the posture

If the posture is held still but for less than 5 seconds, the posture will be deducted in increments of 0.5 depending on the time the posture was held. If stillness is not reached due to constant fidgeting or the breathing is audible or the breath is held, the posture will automatically receive 0 points.

In addition to the errors for individual postures mentioned in the SR, which carry a point's deduction of 0.5 or more according to the Judges perception, General Deductions for errors in the execution of the posture are as follows:

- Incorrect positioning of grip (differing from what is stated in SR)
- Slipping of grip
- Loss of muscle control resulting in intermittent contraction of muscles
- Lack of abdominal muscle control, belly moving in and out while breathing
- Entering posture without control
- Exiting without control and inconsistent with entry
- Signs of forcing/struggling during the execution
- Exhibiting signs of difficulty during the execution (readjusting, lack of fluidity in movement, slipping, forcing the posture to the point where straining becomes clearly visible on the Athlete)
- Exhibiting signs of confusion (deliberations, intermissions and inconsistency of tempo)
- Finishing off the X mark
- Unaccepted Flourishes not mentioned in SR

19. D. PERFORMANCE FAULTS

The incorrect order of the posture and the incorrect facing of the posture when performed will incur a one-point deduction for each fault. The incorrect naming of an Optional Posture, which the Athlete has decided to change during their performance will receive zero (see **Reg. 6.2**).

19. E FALLING

Judges will deduct points for falling during any part of an Athlete's performance. Any of the following will be considered a fall:

- Any premature and complete loss of a grip
- A limb or foot prematurely coming out of a tucked position
- Any body part touching the floor, either prematurely or when touching is not a feature of the Posture or its entry or exit
- Touching the floor with any body part, even if required by the Posture, if the contact is uncontrolled, including exiting making a loud noise with the floor
- Any uncontrolled exit from a Posture

If a fall occurs prior to completion of the Posture, the Posture will be scored out of five and the Athlete shall have a second chance to complete the Posture. The difficulty rating of the Posture does not change. It is not required that the competitor return to the starting position to attempt a second chance if the character of the Posture remains intact, such as in point 3 above. The Athlete is not required to announce a second attempt. If the Athlete fails in the second attempt, the score for that Posture is zero.

If a fall occurs after the completion of the Posture, Judges may deduct 0.5 to 2 points depending on the severity of the fall.

19. F. DETERMINATION OF TRADITIONAL EXECUTION AND EXTRA/LESS SKILL IN OPTIONAL POSTURES

The list of Approved Optional Postures in the SR explains the criteria and recommended execution for each Posture, including any Extra/Less Skill, which can be gained. Compulsory Category Postures do not carry an Extra/Less Skill category. The explanations and guidelines of the Approved Optional Postures are an agreed ideal of the Posture, but individual Athletes can decide how to execute and perform the Posture. Athletes will be judged on their final expression of the Posture.

If an Athlete performs a skill not expressed in the SR description of the Posture, the scoring Judge must determine according to their perception, as to how to score the final Posture. The Head Judge of the Competition must then report this unforeseen circumstance to the IYSF. At

the following Congress it will be decided as to whether to incorporate the skill into the SR. Notwithstanding the result reached at the Congress, the Judge's decision at the time of the Competition is final and will remain unchanged.

19. G. ACCEPTED FLOURISHES

Accepted Flourishes, as listed in SR, are considered as any unnecessary endings of the posture or additional movements during the recommend traditional execution of the posture, which do not demonstrate any extra skills, but do not change the characteristic of the posture.

Athletes do not receive any extra points for performing Accepted Flourishes. Similarly, Accepted Flourishes do not carry any deductions unless the execution of the Accepted Flourish is faulty and/or causes errors in the posture. As set out in the PR, certain postures require the final expression to be held for at least 3 seconds before the Accepted Flourish can be performed; otherwise the posture will receive a score of 0 points. Examples of all Accepted Flourishes within the postures are listed below.

Any additional movements in between the postures during the performance not specified in the PR will be considered as Unaccepted Flourishes and are subject to a points' deduction.

20. GENERAL NOTES

If an Athlete performs an Optional Posture, Skill or Flourish not expressed in the PR, the Head Judge and the Judges must determine according to their perception the scoring of said act. The Head Judge of the competition must then report this unforeseen circumstance to the IYSF. At the following Congress it will be decided as to whether to incorporate the Optional Posture, Skill or Flourish into the PR. Notwithstanding the result reached at the Congress, the Judge's decision at the time of the competition is final and will remain unchanged.

APPENDIX: REGULATIONS REFERRED TO FROM THE IYSF **TECHNICAL REGULATIONS:**

REG. 4.1.3.1 THE ATHLETES' OATH

All Athletes must read, complete and sign their oath during the accreditation before being able to participate in any sanctioned IYSF Competition.

"I (NAME OF ATHLETE TO BE WRITTEN BY ATHLETE) promise to take part in this IYSF sanctioned Competition, respecting and abiding by the rules which govern them, committing myself to a Sport without doping and without drugs, in the true spirit of Sportsmanship, for the glory and promotion of Yoga Sports and for the honour of my fellow Athletes."

REG. 4.1.3.3 THE JUDGES' AND OFFICIALS' OATH

All Judges, including the Referral Judge, and Officials (Assistant Tabulator, Tabulator and Timekeeper) must read, complete and sign their oath before judging any sanctioned IYSF Competition.

"I (NAME OF JUDGE/OFFICIAL specifying their function TO BE WRITTEN BY JUDGE/OFFICIAL) promise to officiate in this IYSF sanctioned Competition with complete impartiality, respecting and abiding by the rules which govern the Sport in the true spirit of Sportsmanship. I am not related to any of the Athletes competing and I have not helped or coached any Athlete competing at this Competition on one to one basis for more than one hour during this current competitive season."

Sporting justice, ethics and honesty are the basis of a fair judgment and all Judges, Officials and members of the IYSF must abide by this oath to ensure that all Athletes are judged fairly.

REG. 5.3 RULES OF ELIGIBILITY

All Athletes who are eligible may compete as many times as they wish in IYSF sanctioned Competitions. This rule includes any past, current or future 1st placed champions from International and National Competitions.

REG. 5.3.1 ELIGIBILITY OF ATHLETES IN ORDER TO COMPETE

1. An eligible Athlete is any Athlete who complies with the eligibility rules of the IYSF and the Athlete's NF.
2. In any Competition sanctioned or conducted by the IYSF, each NF is individually responsible for verifying and certifying the eligibility of Athletes from its country.

3. An Athlete may receive financial and material support for Competition and training as well as prizes from Competitions, subject to approval of the Athlete's NF,
4. An Athlete may not have been expelled from any National or International Sports Federation for the use of drugs.

REG. 5.3.2 ELIGIBILITY OF ATHLETE IN ORDER TO REPRESENT COUNTRY

1. Any Athlete in an IYSF sanctioned Competition must be a National of the country of the NF which is entering the Athlete.
2. An Athlete who is a National of two or more countries at the same time may represent any one of them.
3. After having represented one country in any IYSF Competition the Athlete cannot represent another country unless the Athlete meets the conditions set forth in Reg. 5.3.3. This rule applies to Athletes who have changed their Nationality or acquired a new Nationality.

REG. 5.3.3 ATHLETES WHO HAVE CHANGED OR ACQUIRED A NEW NATIONALITY

1. An Athlete who has represented one country at an IYSF Competition and who has changed his Nationality or acquired a new Nationality may participate in IYSF Competitions to represent his new country provided that at least two years have passed since the Athlete last represented his former country.
2. If an associated State, province or overseas department, a country or colony acquires independence, if a country becomes incorporated within another country by reason of a change of border, if a country merges with another country, an Athlete may continue to represent the country to which he belongs or belonged. However, the Athlete may, if they prefer, choose to represent their new country. This particular choice may be made only once.

REG. 5.3.4 PARTICIPATION IN NATIONAL COMPETITION

Athletes can only compete in the official Competition of their respective NF. If an Athlete wants to compete in an IYSF National Competition, but belongs to a country without a current NF, they are able to compete at the Event of a "host" NF. These "host" Competitions will be listed by the IYSF to incorporate countries that do not have their own Federations. The list of the countries assigned to each NF will be designated at the IYSF Congress and will be posted online prior to the start of the Competition Season.

It is the job of the Athlete from Non-Federation countries to contact the appropriate NF to organise their application and attendance.

REG. 5.3.5 ELIGIBILITY OF ATHLETES TO REPRESENT REGIONS AT NATIONAL LEVEL

The eligibility of Athletes at Regional level is to be decided by the NF within the guidelines of the TR as approved by the IYSF. Proof of residence or birth must be provided to demonstrate the Athlete's eligibility to represent the region.

Any Athlete who competes at a Regional level in a country, which they are eligible to represent, is deemed as having chosen said country to represent at all levels in accordance with Reg. 5.3.3.

REG. 5.3.6 PARTICIPATION OF INELIGIBLE ATHLETES AT NATIONAL/REGIONAL LEVEL

Athletes who wish to further the objectives of the IYSF at Competition, but who are unable to attend their National Competition, may participate in Regional and National Competitions by presenting an exhibition (see Reg. 3.2). The appropriate NF and LOC must approve their participation.

REG. 6.2.1 CHOICE AND SUBMISSION OF ALL THE POSTURES

Athletes must choose 4 Compulsory Category Postures described above and two Optional Postures. These Postures should be chosen from the Official Approved List of Postures in the SR. The choice of Posture should best demonstrate the Athlete's ability and fulfil the full range of the characteristics of the Posture of Balance, Flexibility and Strength. The full criteria and evaluation for these Postures are set out in the SR. Failure to comply with the full characteristics of the Posture will incur points deductions (see Reg. 8.2.1).

Athletes must declare their choice of all 6 Postures during the Accreditation process (see Reg. 4.1.1). It is the duty of LOC to ensure that this information is passed on to the Tabulator for correct input into the tabulation system.

In IYSF International Competitions, if an Athlete intends to perform an Optional Posture that is not listed in the Official Approved List of Postures in the SR, the Athlete must submit the Posture and have it approved by the IYSF Technical Committee (tc@iysf.org) at least 2 weeks prior to the day on which the Event begins.

For Regional and National Events, the competitor must submit such a Posture at least 2 hours prior to the start of the Event in order for correct evaluation by the Head Judge who must decide the difficulty rating and of the Characteristic of the Posture (Balance, Flexibility and Strength). If the Posture is not submitted as described, the score for the Posture will be zero.

REG. 6.2.2 CHANGE OF OPTIONAL POSTURE

If for whatever reason an Athlete decides to change their Optional Posture on the day of Competition the following procedures can take place:

- Up to 30 minutes prior to the beginning of the Competition, the Athlete, Accredited Coach or representative of the NF must contact the Head Judge and submit the change of Optional Posture. The Head Judge must then pass on the information to the Tabulator.
- If the 30 minutes time limit has elapsed, the Athlete may change the choice of Posture during the routine by audibly calling the name of the Posture in English before the execution of the Posture. Only Postures from the Approved List of Postures can be called during a last minute change and must be correctly called. If the Athlete fails to do so or miscalls the Posture, the Posture will be scored zero.

REG. 8.2 1 SCORING OF POSTURE

The scoring methods are the same for all divisions (Youth, Adult and Senior) in official IYSF Competitions.

Every Posture, both compulsory and optional, demonstrated by the Athlete is marked out of 10 points. The Judge deducts points in whole or half point increments for the mistakes in the performance. Additionally Athletes can gain or lose points if they demonstrate an extra skill or less skill in a particular point according to the guidelines in the SR and the Judge's perception of the execution of the Posture, as stated in the SR. Accepted Flourishes to the Postures will receive no additional points (see Reg. 8.2.3). The incorrect order of the Posture and the incorrect facing of the Posture when performed will incur a one-point deduction for each fault. The incorrect naming of an Optional Posture, which the Athlete has decided to change during their performance will receive zero (see Reg. 6.2)

The score given by the Judge is given to the Assistant Tabulator who communicates it to the Tabulator to input in the Tabulation system. The system then automatically multiplies the final score of the Posture by the difficulty rating of the Posture to give the final result. If the optional Postures chosen by the Athlete do not cover one of the Characteristics of the Posture of Balance, Flexibility and Strength, one or more points will be deducted automatically according to the number of areas missed out by the choice of Postures.

REG. 8.2.5 TIMING DEDUCTIONS

The Athlete must complete their routine and come back to neutral point on the X mark within 3 minutes. Failure to do this will incur point deductions as follows:

- If time expires prior to the completion of the Posture the score is zero
- If time expires after the completion of the Posture but before the Athlete is able to hold the Posture for at least 3 seconds, the score given for that Posture is zero

- If time expires after the Athlete held the Posture for at least 3 seconds and begins to exit the Posture, but fails to return to a neutral standing position, there shall be a one point deduction for failing to complete the performance within the allotted time

Notwithstanding the fact that time has expired, the competitor shall be required to exit the Posture and Judges may make further deductions based on any errors in such exit. The Head Judge shall make a final determination of whether the Posture was held long enough to receive a score.

REG. 8.3 INPUT OF SCORES

Samples of the Judges' Score Sheets and Tabulations are available on the IYSF website.

REG. 8.3.1 SCORE SHEETS

All official IYSF Competitions must use the official IYSF spreadsheets and tabulation grid, available from the IYSF website at www.iysf.org.

Results from all the rounds of the Competition, alongside the names of the Judges and the full breakdown of the scores given by each Judge, must be sent by the organizing NF to the IYSF via email and to the IYSF Office, by registered letter, within 10 days following the Competition. The Head Judge must sign the results.

It is the duty of the Head Judge to make sure that the all the Judges properly fill out the score sheets. It is the duty of the Scoring Team to ensure that the scores are inputted correctly. If a Referral Judge is present they are to overview the scoring process.

One Judge Spreadsheet must be distributed to each Judge for each competitor. This document is the only one that the Judge completes.

There are no additional SKILL POINTS for the Compulsory Category Postures. For the Optional Postures, the Judge determines the Extra Skill (+0.5, 1, or 2 points), Less Skill (-0.5, 1, or 2 points), and Accepted Flourishes, which do not receive any modifications. The Judge then puts the total score for each posture in the column "Total Score".

It is the responsibility of the Head Judge to fill out the total execution time of the routine on the Spreadsheet. The time will be used as a second Tiebreaker category after the average of the compulsory postures is taken into account.

Once the Judge Spreadsheet is completed, it is passed on to the Head Judge, who in turn passes it on to the Assistant Tabulator in order for it to be inputted by the Tabulator.

On the Spreadsheet there is a Faults column for all the Postures, for incorrect Facing of the Postures or for performing the compulsory category Posture in the incorrect Order. Each of these Faults carries a deduction of -1 points. There is no prescribed order for Optional postures.

The Judge gives the TOTAL SCORE for the 4 compulsory category postures and 2 Optional Postures out of a maximum of 10 points. For all postures, the Difficulty Rating of the posture, which is presented as a Percentage Variance, is multiplied by the Total Score given by each Judge. The Percentage Variance of the Difficulty Rating is presented as the total of the rating divided by 10. For example, if a posture has a Difficulty Rating of 7, the Percentage variance is 0.7.

For all Postures, including Optional Postures – the percentage variance (difficulty rating) for each Posture will be calculated automatically in the computer grid. Furthermore, the computer system will automatically calculate whether the combination of the two Option Postures has fulfilled the full range of the Characteristics of the Posture (Balance, Flexibility, Strength) and make the necessary deductions for the lack of one or more of these Characteristics. For Optional Postures, the Total Score also includes the point bonuses or deductions from the Skill Point column. As a result, the score can exceed 10. The Total Scores for all the Postures includes deductions for Faults.

An example of how a Posture would be scored is as follows: if an Optional Posture with a difficulty rating of 7 has been executed perfectly (maximum point 10/10) and there was an additional one point (+ 1) given for the demonstration of an Extra Skill, the Judge would write 11 points in the total score column of the Optional Posture. Once this Score is inputted into the computer, it is automatically multiplied by the Percentage Variance of the Difficulty Rating of the Posture, which in this case is 0.7. The sum would then be $11 \times 0.7 = 7.7$. As such, the grand total for the Optional Posture is 7.7 points.

REG. 8.3.2 INPUT INTO TABULATION GRID

The Tabulation Grid is to be filled by the Tabulator.

There are three sheets in the Tabulation Grid: one labelled "marking_grid" where the scores are inputted, second is "list_optional_Postures", which lists all the Optional Postures, their Difficulty Rating and their Characteristics as detailed in the Sporting Rules, third is "display" and is designed to be projected on the screen during the competition if requested.

The Number of Judges must be written in the box at the top of the table. The minimum number of Judges that is accepted by the system is 3 and the maximum is 7. If there are 5 or more Judges, the computer will automatically discard the highest and lowest scores that have been given by the Judge.

The grid has been made for a maximum of 100 competitors. If the number exceeds 100, the last line needs to be copied and pasted to create more lines, which are to be filled after each competitor's performance.

Each competitor can be completed with his country or region of origin. This field is optional and can be left blank.

All 4 compulsory category postures + 2 Optional Postures must be written before or during the

Competition for each competitor. Only the Postures written in the drop-down list can be used, every other value will be refused by the system. Once a correct posture name is written, the system automatically fills in the columns "Multiplier 1", "2", "3"... "O1" and "O2", which is the Percentage Variance of the Difficulty Rating. The system also automatically fills in the column listed "Properties" with values "B" (Balance), "F" (Flexibility) and "S" (Strength). If one of these 3 Characteristics of the Posture is missing in the combination of the Two Optional Postures, the computer automatically calculates a negative adjustment of -1 to the total score for each Characteristic missing.

The Tabulator fills the content of column "TOTAL SCORE" of the Judge Spreadsheet into each column 1-4 + optional (O1 and O2) and the system summarizes for each posture:

- the average mark for all judges, ignoring the highest and lowest value if the number of judges is 5 or more
- multiplier for this Posture (calculated automatically)
- for optional postures only, negative points for missing characteristics of the Posture (Balance, Flexibility and Strength)

The Final Score is the sum of this calculation for all 4 compulsory category postures + 2 optional postures

The next column is the ranking of participants, which is updated every time a new line is completed.

In case competitors have exactly the same number of points, the winner is the one with best average of all compulsory category postures, then the one with total time for execution closest to 3 minutes.

For Regional and National Competitions:

In Regional and National Competitions the second sheet "List_Optional_Postures" is open for modification from line #64, where any Posture not described in the upper part of the list (i.e. any Posture that does not appear in the SR) can be added. Difficulty Rating and the Characteristics of the Posture (Balance, Flexibility, Strength) must to be completed as with any other Posture. The last column (#7) is calculated automatically and does not need modification.

The Head Judge is to decide the difficulty rating and characteristics of the Posture (Balance, Flexibility, Strength) of any Posture that is submitted by an Athlete, which does not appear in the upper part of the list. For this reason, the Athletes must submit their optional Postures at least two hours before the Competition to allow for the appropriate consideration by the Head Judge (Reg. 6.2).

REG. 8.3.1.3 TIE BREAKER PROTOCOL

Youth, Adult and Senior Division

In case competitors have exactly the same number of points, the winner is the one with best average of first 4 Compulsory Category Postures, then the Athlete who has the best timing (closest to 3 minutes).

The Timekeeper keeps track of each Athlete's time and the Head Judge records the time in the Judges score sheet. The Tabulator then adds the time result to the grid.