



**Australasian Yoga Sports Federation**

# Posture Guidelines





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# **YOUTH DIVISION (6-8, 9-11)**

# **COMPULSORY**

# **POSTURES**

# **ORDER**





## YOUTH

# HALF MOON WITH HANDS TO FEET POSE

## Part 1 – Half Moon Side Bend (2 Parts) (Ardha Chandrasana)

Difficulty — 7

### Direction to Face when Performing:

- Facing the Judges.

### Minimum Expression:

- The Athlete must bend over to the side with the legs together and the arms over the head.

### Recommended Execution:

- (Instructions for Right Side)  
NB: The Athlete must perform both sides of the Posture starting with the Right side.
- Stand facing the Judges with the legs and feet together.
- Keep the feet together with the heels and toes together.
- Bring the arms overhead and put the palms into a Prayer Position with the thumbs crossed. Keep the arms straight and contract the arms muscles so that the elbows are locked.
- Keep the legs straight and contract the leg muscles so that the knees are locked.
- Push the hips forward, bring the upper body, bring the arms back and keep the chin up. The weight on the heels.
- Bend the body to the right in a straight line and push the hips out to the left as far as possible.
- Keep both hips and shoulders in one line facing forward to create a lateral stretch of the spine and look straight ahead.
- Hold deepest stretch for at least 3 counts and then return to centre.
- Repeat exactly for the Left side and then return to centre.
- When finished turn to face the side and begin the Third Part.

### Deductions:

- Feet apart (-1)
- Legs bending (-1)
- Arms bending
- Palms separated
- Hips not in one line
- Shoulders not in one line
- Chin down or up and not looking forward
- Body leaning forward or backward
- Weight not on the heels



# HALF MOON WITH HANDS TO FEET POSE

## Part 3 – Raised Arms Backbend (Hasta Uttanasana)

Difficulty — 7

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The Athlete must bend the spine backwards with the legs together and the arms together pointing backwards.

### Recommended Execution:

- Stand with the feet flat and together, arms overhead with palms together with the profile to the Judges.
- Bring the head as far back as possible.
- Bring the arms back to touch the ears and bend the entire spine.
- Keep the arms and legs straight, push the upper body back and push the hips, thighs and stomach forward. Keep the weight on the heels.
- Come up with arms overhead.

### Deductions:

- Feet apart (-1)
- Legs bending (-1)
- Arms bending
- Arms not back enough
- Palms separated
- Hips not in one line
- Shoulders not in one line
- Head not all the way back
- Uneven bend in the spine
- Feet not flat, weight going forward



# YOUTH

## HALF MOON WITH HANDS TO FEET POSE

### Part 4 – Hands to Feet Pose (Pada Hastasana)

Difficulty — 7

#### Direction to Face when Performing:

- Profile to the Judges.

#### Minimum Expression:

- The Athlete must bend the forward over the legs and hold the legs with the hands.

#### Recommended Execution:

- Stand with the arms overhead and the profile to the Judges
- Bend forward with the arms and head together and place the hands under the heels with 5 fingers together on each hand and little fingers touching side by side. Bring the elbows behind the legs on calf muscle, with the arms touching the legs.
- Pull on the heels to stretch the body down and keep upper body with the legs (the stomach on the thighs, the chest on the knees and the face on the shins).
- Straighten the legs and contract the leg muscles so that the knees lock.
- Stretch the upper body down to the floor and the head towards the feet.
- Come up with arms and head together.

#### Deductions:

- Hands out to the side
- Fingers not together, two little fingers not touching each other
- Elbows out from behind the calf muscle
- Legs bending
- Body away from the legs (-1)
- Rounding of the spine
- Head forward, chin away from the legs





# FISH (Matsyasana)

Difficulty — 5

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must be in a backward bend with their legs in Lotus Position and the head touching the floor.

## Recommended Execution:

- Sit on the floor in a cross-legged position, profile to the Judges.
- Bring the legs into Lotus Position and bring the knees closer together to tighten the Lotus Position, place the toes beyond the outside of each thigh to create a tight Lotus Position.
- Place one elbow at a time behind the back and lie on the floor, and bring the knees up.
- Place the hands on the floor over the shoulders close to the body.
- Push the upper body off the floor and touch the top of the head with the floor close to the hips and at the same time lower both knees to floor.
- At the same time, grab the right foot with the left hand and the left foot with the right hand, and pull on the feet with the wrists in a straight position.
- Bring the elbows down to the floor.

## Deductions:

- Wrong leg (left leg) folded in first into Lotus Position (-1)
- One or both knees lifting off the floor
- Loose grip on the feet
- Gap between the elbow and the floor
- The wrists bending
- Uneven bending of the spine



## YOUTH

**RABBIT (Sasangasana)**

Difficulty — 6

**Direction to Face when Performing:**

- Profile to the Judges.

**Minimum Expression:**

- The Athlete must be in a forward bend with head on the front of the legs, while holding on to the feet.

**Recommended Execution:**

- Kneel down with the profile to the Judges.
- Sit on the heels with the knees and the feet together and the tops of feet on the floor.
- Grab the same side heels with the thumbs on the outside and the fingers on the inside of the foot and keep the stomach sucked in.
- Tuck the chin to the chest, round forward and touch the forehead on the knees, and touch the top of the head to the floor.
- Pull the heels and lift the hips up towards the ceiling.
- Keep the arms straight, elbows locked and lift the shoulders up away from the ears.
- The entire spine should stretch from the coccyx to the neck and the thighs should form a perpendicular line to floor.

**Deductions:**

- Forehead not touching the knees (-2)
- Incorrect grip (-1)
- The head position going too far forward onto the back of the head
- Wrist bent
- Thighs not perpendicular to the floor
- Uneven bend in the spine
- Shoulders not lifted away from the ears
- Stomach not sucked in



# SPINE TWIST (Ardha Matsyendrasana)

Difficulty — 6

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must have one leg bent in front of the body with the thigh on the floor and the heel outside the opposite hip. The sole of the other foot must be on the floor and the torso must twist towards the leg with the foot on the floor.

## Recommended Execution:

- (Instructions for Right Side)  
Sit with the right-side profile to the Judges.
- Bend the left knee, bring the knee on the floor and touch the left heel to the side of right buttock, with the left toes pointed back.
- Bring the right leg over the left knee and put the right foot on the floor against the corner of the left knee. The right heel should touch the left knee.
- Grab the left knee with the left hand, keep the wrist straight.
- Reach the right arm around the back, open the chest and grab the thigh of the left leg with the whole hand.
- Keep both sits bones on the floor.
- Keep the spine straight and shoulders level and twist to the right so that the whole chest is flat and open to the Judges.
- Turn the chin over the right shoulder and keep the head straight.

## Deductions:

- Hand supporting body on the floor behind the back (-2)
- Sole of the foot is not flat on the floor (-1)
- Foot is not in contact with knee and hand
- Elbow and knee are not in contact
- Wrist is bending
- Right arm is not grabbing the left leg with the whole hand
- Both sit bones are not on the floor (-1)
- Spine is not straight (-1)
- Shoulders are not level
- Chest not fully opened to the Judges
- Chin is not in line with the right shoulder
- Head is not straight
- Bottom knee being pulled/lifted off the floor (-1)





**YOUTH (12-17),  
ADULT AND MASTER  
DIVISIONS**

# **BACK BENDING**





# BACKBEND

## UPWARD FACING DOG (Urdhva Mukha Svanasana)

Difficulty — 2

Characteristic — Flexibility

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The Athlete must be in an extended backbend on the floor with the front of the body facing down and only the top of the feet and hands touching the floor.

### Recommended execution:

- Lie face-down on the floor with your legs extended behind you, your feet a few centimetres apart. the top of your feet should rest on the floor. Place your hands on the floor next to the lower ribs with your fingers facing forwards, elbows touching your ribcage. Inhale and push your hands against the floor and straighten your arms, so your shoulders are directly over your wrists.
- Lift your torso and legs a few centimetres off the floor. Push the top of your feet firmly against the floor and contract your thighs, knees facing straight down. Drop your shoulders and head back and down, shoulders away from your ears and lift your chest forward and up towards the ceiling.
- Slowly lower yourself back down to the floor.

### Deductions:

- Knee bending
- Legs turning out
- Feet too wide
- Top of feet not pressing against the floor
- Hands too wide or up and down from lower ribs
- Shoulders not straight over wrists
- Elbows bending or hyper-extending
- Thighs not contracted
- Shoulders hunched to ears or sagging
- Uneven bend in the spine
- Neck crunching or stiff
- Elbows not touching body

### Extra Skill:

- Big toes and anklebones touching (+0.5)

### Less Skill: None

### Accepted Flourishes: none



## BACKBEND

**RAISED ARMS BACKBEND (Hasta Uttanasana)**

Difficulty — 3

Characteristic — Flexibility

**Direction to Face when Performing:**

- Profile to the Judges.

**Minimum Expression**

- The Athlete must bend the spine backwards with the legs together and the arms together pointing backwards.

**Recommended Execution**

- Stand with the feet flat and together, arms overhead with palms together with the profile to the Judges.
- Bring the head as far back as possible.
- Bring the arms back to touch the ears and bend the entire spine.
- Keep the arms and legs straight, push the upper body back and push the hips, thighs and stomach forward. Keep the weight on the heels.
- Come up with arms overhead.

**Deductions:**

- Feet apart (-1)
- Legs bending (-1)
- Arms bending
- Arms not back enough
- Palms separated
- Hips not in one line
- Shoulders not in one line
- Head not all the way back
- Uneven bend in the spine
- Feet not flat, weight going forward

**Extra Skill:**

- Palms touching without crossing fingers or thumbs

Less Skill: None

Accepted Flourishes: none



## BACKBEND

### CAMEL (Ustrasana)

Difficulty — 3

Characteristics — Flexibility

#### Direction to Face when Performing:

- Profile to the Judges.

#### Minimum Expression:

- The Athlete must balance on the knees in a backward bend and make contact with the hands to the feet.

#### Recommended Execution:

- Kneel down with the knees hip width apart and the toes to the knees flat on the floor.
- Place hands on the back of the hips, fingers pointing towards the floor and push hips forward.
- Drop head back towards the floor.
- Go back halfway.
- Grab the heels one at a time with the same side hand, thumbs outside and fingers inside pointing inwards.
- Then push thighs, hips, stomach forward.

#### Deductions:

- Hips sinking behind the knees
- Grabbing the feet with fingertips
- Uneven bend in the spine (-1)
- Elbows not straight
- Shoulders, elbows, wrists not in one line
- Shoulders not stretching
- Neck stiff
- Knees and feet not parallel to each other
- Ankles not straight

#### Extra Skill:

- Feet and knees together (+ 1)

Less Skill: None

Accepted Flourishes: None



## BACKBEND

# COBRA (Bhujangasana)

Difficulty — 3

Characteristics — Flexibility

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must start with hands under shoulders and then backward bend, while keeping the pelvis and thighs on the floor.

## Recommended Execution:

- Lie on the stomach with the profile to the Judges.
- Place the hands flat on the floor, 5 fingers together, exactly underneath the shoulders with the fingers facing forwards, top of the fingers in line with top of the shoulders
- Elbows touch the side of the body
- Keep the legs, stomach and feet flat on the floor, with legs and hip muscles tight.
- Lift the head up, bend your neck back and bend the spine backwards, keep the belly button and thighs on the floor.
- Keep the elbows bent at 90 degrees.
- Pull the elbows towards the hips to bring the shoulders down.

## Deductions:

- Palms not flat on the floor
- Hands too far in front or back of the shoulders
- Fingers not facing forward
- Fingers not together
- Legs not together
- Knees not locked
- Toes not flat on the floor
- Ankles bones not touching
- Legs not parallel
- Uneven bend in the spine
- Shoulders lifted
- Elbow not at 90 degree angle
- Neck stiff

## Extra Skill:

- Head touching the buttocks, with belly button on floor and arms 90degrees (+1)

Less Skill: None

Accepted Flourishes: None



# BACKBEND

## FIXED FIRM (Supta-Vajrasana)

Difficulty — 3

Characteristics — Flexibility

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The athlete must sit between the heels with the heels touching the hip, knees touching the floor and elbows and head touching the floor behind the body.

### Recommended Execution:

- Kneel down profile to the Judges with your knees together.
- Separate your feet and sit down between the heels, hips touching the floor, heels touching the hips. Make sure heels are touching the hips the whole time.
- Put your hands/palms on your toes, thumbs inside, fingers outside.
- Touch your right elbow on the floor, then left one-by-one.
- Touch your head on the floor, then the back of your head.
- Your shoulders should touch the floor, then relax your whole upper body on the floor.
- Bring your arms over your head and grab the opposite elbows.
- Pull your elbows down towards the floor.
- Tuck your chin down towards the chest to get the back of your neck flat on the floor.
- Lift your chest and stomach up towards the ceiling to create a perfect arch between the hips and the shoulders.
- Put your hands on your feet, with the help of the elbows, carefully come up.

### Deductions:

- Shoulders not on the floor (-2)
- Not holding opposite elbows on the floor above the head (-1)
- Knees not touching each other (-1)
- Hips not touching the floor (-1)
- Toes pointing outwards
- Uneven bending in the spine
- Chin not tucked to the chest
- Not enough arch in the spine

Extra Skill: None

Less Skill: None

Accepted Flourishes: None





## BACKBEND

# LOCUST (Salabhasana)

Difficulty — 4

Characteristics — Strength

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- Lie on your stomach with your mouth on the floor, arms under your body with the palm facing down and your legs raised in the air.

## Recommended Execution:

- Lay on your stomach with your mouth or chin on the floor; arms by your side, elbows locked, palms facing down. Get your arms underneath your body, elbows completely underneath your stomach, as close as possible.
- Lock the knees, point your toes and keep your legs and feet together with knees facing down.
- Take a deep breath and without bending the knees lift both legs up as high as possible.
- Your shoulders should be touching the floor.
- Slowly come down with your knees still locked.

## Deductions:

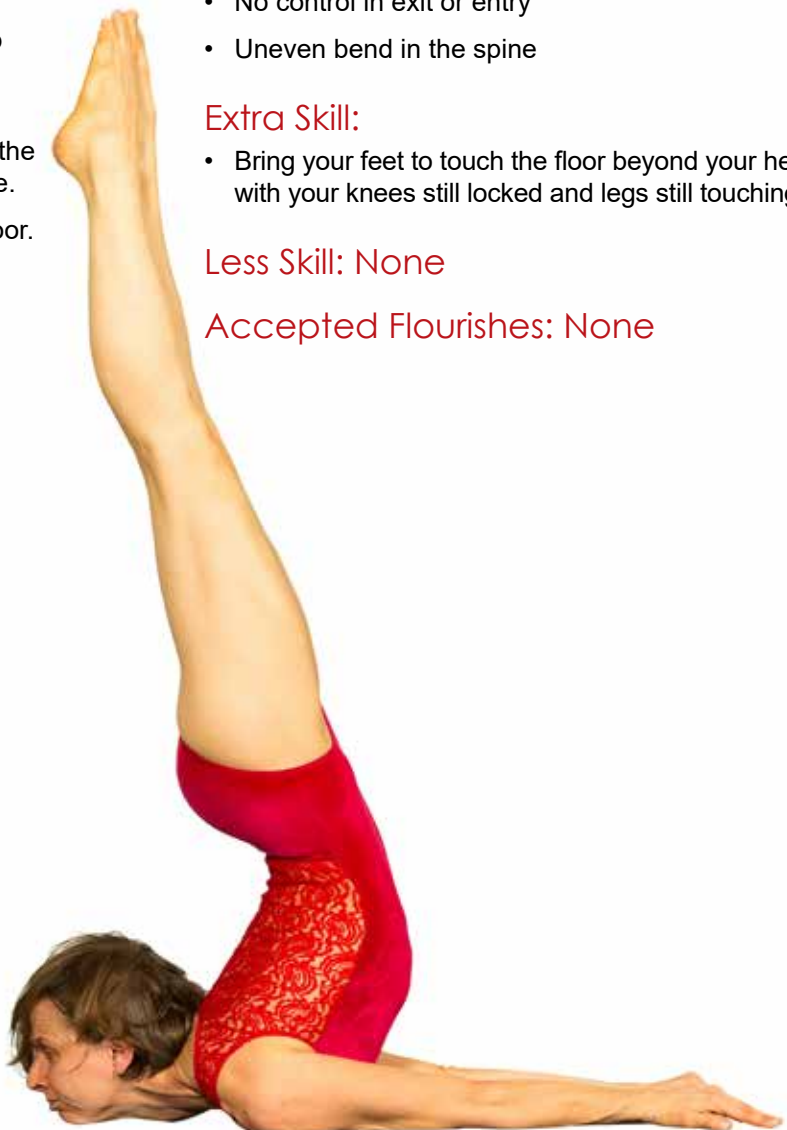
- Legs not high enough (depending on degree up to -2)
- Knees bending (-1.5)
- Legs not together (-1)
- Legs turning out
- Shoulders not touching the floor
- Hips not lifting away from hips
- Toes not pointed
- Baby fingers not touching each other
- Elbows too far apart or bending
- No control in exit or entry
- Uneven bend in the spine

## Extra Skill:

- Bring your feet to touch the floor beyond your head with your knees still locked and legs still touching (+2)

Less Skill: None

Accepted Flourishes: None



## BACKBEND

### FULL LOCUST (Poorna Salabhasana)

Difficulty — 4

Characteristics — Flexibility, Strength

#### Direction to Face when Performing:

- Profile to the Judges.

#### Minimum Expression:

- The Athlete must have legs and arms off the floor, while balancing between the pelvic bones and the lowest ribs.

#### Recommended Execution:

- Lying on your stomach stretch arms out to the side at shoulder level palm facing the down, fingers touching each other
- Knees locked, hips muscles tight, legs parallel and ankle bones together with toes pointed
- Look up towards the ceiling
- Simultaneously lift arms, head, chest and legs off the floor.
- Arms back and up so hands same level as your head.
- Balance on your abdomen.

#### Deductions:

- Fingers not together
- Hands too low
- Legs too low
- Uneven lift between legs and upper body
- Legs, knees and feet apart
- Legs turning out at hips
- Knees not locked
- Arms too far back
- Arms not back enough
- Arms not straight
- Wrist not straight
- Neck stiff

Extra Skill: None

Less Skill: None

Accepted Flourishes: None



## BACKBEND

# FISH (Matsyasana)

Difficulty — 5

Characteristics — Flexibility

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must be in a backward bend with their legs in Lotus Position and their head touching the floor.

## Recommended Execution:

- Sit on the floor in a cross-legged position, profile to the Judges.
- Bring the legs into Lotus Position and bring the knees closer together to tighten the Lotus Position, place the toes beyond the outside of each thigh to create a tight Lotus Position.
- Place one elbow at the time behind the back and lie on the floor, and bring the knees up.
- Place the hands on the floor over the shoulders close to the body.
- Push the upper body off the floor and touch the top of the head on the floor close to the hips and at the same time lower both knees to floor.
- Grab the right foot with the left hand and the left foot with the right hand, at the same time, and pull on the feet with the wrists in a straight position.
- Bring the elbows down to the floor.

## Deductions:

- Wrong leg (left leg) folded in first into Lotus Position (-1)
- One or both knees lifting off the floor
- Loose grip on the feet
- Gap between the elbow and the floor
- The wrists bending
- Uneven bending of the spine

## Extra Skill: None

## Less Skill:

- With long legs and hands/ lower arms underneath the buttocks (-1.5)

## Accepted Flourishes:

- Back of the head touching the buttocks



# BACKBEND

## KING PIGEON (Eka Pada Rajakapotasana 1)

Difficulty — 5

Characteristics — Flexibility

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The Athlete must have the knee of the front leg bent with the outside of the leg touching the floor. The back leg must have the front part of the leg touching the floor with the knee bent and the leg touching the head. The hands must have contact with the back leg.

### Recommended Execution:

- (Instructions for Right Side)  
Sit with the right-side profile to the Judges.
- Bend the left leg and put the outside of the thigh on the floor. The knee in line with the front of hip and the heel just in front of the right hip. Keep the hips square.
- Bend the right foot and use the right hand to grab the foot from the outside with the palm facing up. Rotate the arm so that the elbow faces up to the ceiling.
- Reach the left arm back to grab the back foot.
- Drop the head back and bend the spine backwards.
- Use the hands to pull the foot and touch the head with the sole of the foot.
- Bring the wrists, forearms and elbows to touch.

### Deductions:

- Front leg has the knee far outside of the hip
- Back leg comes out of the line of the body
- Hips are not square
- Uneven bend of the spine
- Head not touching the feet
- Wrists, forearms and elbows are not touching each other

### Extra Skill:

- Bringing the back foot to touch the head without using the hands and grabbing the foot after the foot and head touch (+0.5)
- Having the front leg at a 90 degree angle, with the shin parallel to the abdomen (+1)

### Less Skill: None

### Accepted Flourishes:

- Touching the forehead on the back of the leg



## BACKBEND

# BOW (Dhanurasana)

Difficulty — 6

Characteristics — Flexibility

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must hold the legs behind in a backward bend, while balancing between the pelvic bones and the lowest ribs.

## Recommended Execution:

- Lie on the stomach with the profile to the Judges.
- Grab the outside of both feet on the same side 2 inches/5 centimetres below the top of the toes with five fingers together, the wrists in a straight position and the toes pointed.
- Keep 6 inches/15 centimetres between knees and toes.
- Simultaneously kick both legs up, keep the thighs and knees hip the same 6 inches/15 centimetres distance apart, lift the upper body off the floor and drop the head back and look at the toes.
- Keep the weight between the pelvic bones and lowest rib so that the toes are in the centre from the side.
- Keep the knees and feet even from the front and side.

## Deductions:

- Incorrect distance of the grip to the toes
- The legs and upper body moving at different times
- Legs opening too wide (-1)
- Weight going back on the hip bones or onto the rib cage
- Wrist bending
- The head is not dropped back enough
- Knees and feet not in one line from the front and side

Extra Skill: None

Less Skill: None

Accepted Flourishes: None





# BACKBEND

## WHEEL (Chakrasana)

Difficulty — 5

Characteristics — Flexibility

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The Athlete must be off the floor in a backward bend with only their hands and feet on the floor.

### Recommended Execution:

- Stand with the feet as close as possible with the profile to the Judges.
- Keep the feet parallel to each other with the toes pointing forward and knees in line with toes.
- Stretch the arms and hands back and bend the spine backwards.
- Place the hands on the floor with the fingers facing the heels. Hands should be placed down with control, shoulder width apart and behind the shoulders in the same line as the heels.
- Keep the arms straight with the wrists, elbows and shoulders in one line.
- Maintain an even bend through the spine and push the chest as far forward over the shoulders as possible.
- Head between the arms.
- Knees in line with the ankles.

### Deductions:

- Feet much wider than hip width
- Feet and knees not parallel
- Dropping the hands on the floor without control
- Hands wider than shoulders
- Bend in the arms
- Wrists, elbows and shoulders not in one line
- Knees not in line with the ankles
- Uneven bend in the spine

### Extra Skill:

- Placing the hands on the floor with the fingers touching the back of the heels. Must keep the wrists, elbows, and shoulders in one line and the knees above the ankles(+1)

### Less Skill:

- Pushing up from the floor (-1)
- Lowering down to the floor after the execution of the posture (-1)

Accepted Flourishes: None



## BACKBEND

# ONE LEGGED WHEEL (Eka Pada Urdhva Dhanurasana)

Difficulty — 6

Characteristics — Balance, Flexibility

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must be off the floor in a backward bend with only their hands and one leg on the floor, while the other leg is extended in the air.

## Recommended Execution:

- (Instructions for Right Side)  
Stand with the feet as close as possible and the left-side profile to the Judges.
- Keep the feet parallel to each other with the toes pointing forward and knees in line with toes.
- Stretch the arms and hands back and bend the spine backwards.
- Place the hands on the floor with the fingers facing the heels. Hands should be placed down with control, shoulder width apart and behind the shoulders in the same line as the heels.
- Keep the arms straight with the wrists, elbows and shoulders in one line.
- Maintain an even bend through the spine and push the chest as far forward over the shoulders as possible.
- Head between the arms.
- Knees in line with the ankles.
- Lift and extend the right leg to create a perpendicular line to the floor, with the foot pointed and thigh muscle contracted, so that the right heel is in line with the knee and hip.

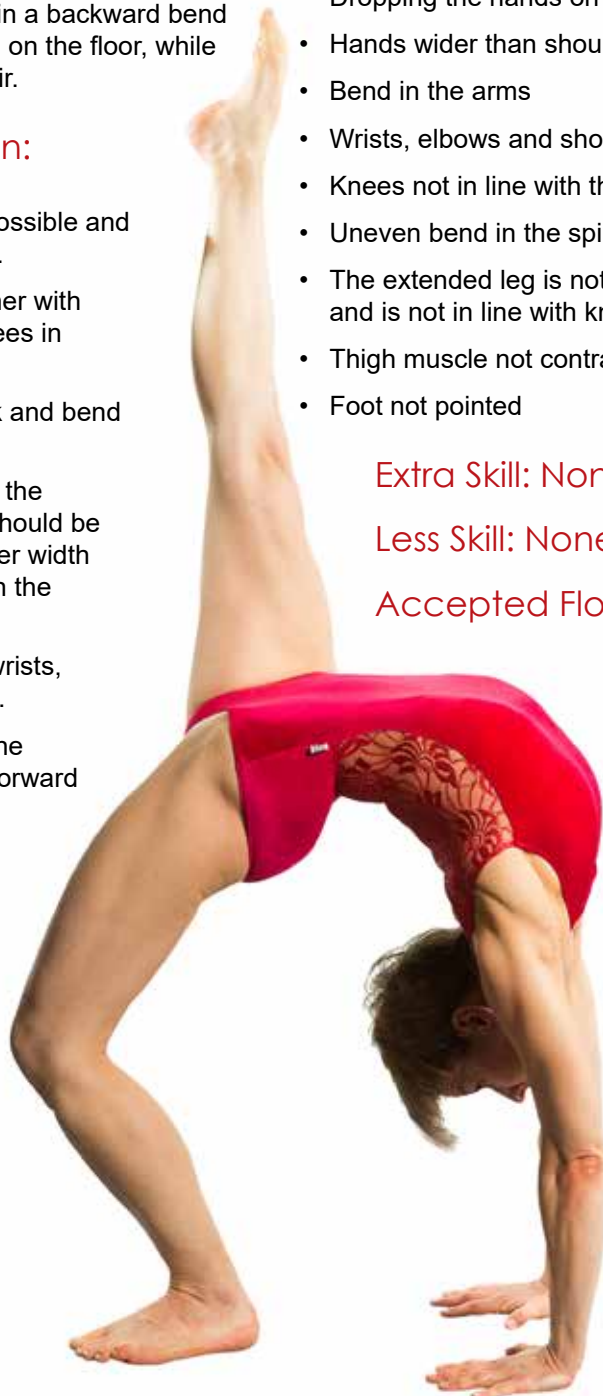
## Deductions:

- Feet much wider than hip width
- Feet and knees not parallel
- Dropping the hands on the floor with out control
- Hands wider than shoulders
- Bend in the arms
- Wrists, elbows and shoulders not in one line
- Knees not in line with the ankles
- Uneven bend in the spine
- The extended leg is not perpendicular to the floor and is not in line with knee and hip
- Thigh muscle not contracted
- Foot not pointed

Extra Skill: None

Less Skill: None

Accepted Flourishes: None



# BACKBEND

## FULL CAMEL (Paripurna Ustrasana)

Difficulty — 7

Characteristics — Flexibility

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The Athlete must balance on the knees in a backward bend and make contact with the hands and legs, and the feet and the head.

### Recommended Execution:

- Kneel down with the knees hip width apart and the toes to the knees flat on the floor, and the profile to the Judges.
- Keep the palms together and stretch the arms up and back and bend the spine backwards.
- Keep the hips above the knees.
- Grab the heels with the whole hand without once touching the floor.
- Pull on the heels and bring the head in and towards the buttocks, with an even bend throughout the spine.
- Touch the face on the soles of the feet.
- Bring the elbows together and down on the floor.

### Deductions:

- Toes not touching together and the knees too wide apart
- Hips sinking behind the knees, or going too far in front of the knees
- Grabbing the feet with fingertips, and/or only grabbing the toes or arch of feet
- Hands touch the floor (-2)
- Uneven bend in the spine
- Full face not touching the feet
- Elbows not touching each other, and off the floor

### Extra Skill:

- Keeping the knees together and bringing face in front of heels or further forward (+0.5)
- 4th Stage - grabbing the knees, bringing the chin and chest to the floor and looking between the knees (+1)

### Less Skill:

- Grabbing the fronts of thighs to execute the backbend into full camel (-1)

### Accepted Flourishes:

- Letting go of the hands in 4th Stage
- Fingertips lightly touching the floor



## BACKBEND

# FULL COBRA (Poorna Bhujangasana)

Difficulty — 7

Characteristics — Flexibility

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must touch their feet to the head in a backward bend, while keeping the pubic bone and thighs on the floor.

## Recommended Execution:

- Lie on the stomach with the profile to the Judges.
- Place the hands on the floor underneath the shoulders with the fingers facing forwards.
- Keep the legs straight and as close together as possible, maximum hip width distance and the top of the feet flat on the floor.
- Lift the head and chest off the floor, bend the spine backwards, and keep the whole pubic bone and thighs on the floor.
- Keep the elbows bent at 90 degrees with the shoulders away from the ears.
- Touch the soles of the feet to the top of the head with the toes on the hairline and the inner part of the feet touching.

## Deductions:

- Hip bone not touching the floor (-1)
- Pubic bone and thighs not touching the floor (-2)
- Palms not flat on the floor or too far in front of the shoulders
- Fingers not facing forward
- Legs too far apart, wider than hip distance
- Toes tucked under
- Uneven bend in the spine
- Shoulders lifted
- Feet not fully touching the head, e.g. the toes touching the back of the head

## Extra Skill:

- Keeping the thighs and knees together, belly button on the floor and the whole soles of feet touching the head (+1)

## Less Skill:

- Placing the feet under the chin by using the hands (-0.5)
- Using toes to push against the floor to enter the posture (-1)
- Having the arms straight with palms pushing against the floor (-1)

## Accepted Flourishes:

- Not using the hands in the entry to the posture
- Placing the feet under the chin without the use of the hands
- Letting the arms go and bringing them out to the sides





## BACKBEND

# LOCUST SCORPION (Ganda Bherundasanain)

Difficulty — 7

Characteristics — Flexibility, Strength

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The Athlete must balance on the upper third of the front of the body in a backward bend with the feet touching the head.

### Recommended Execution:

- Lie on the stomach with the profile to the Judges.
- Bring the arms completely flat underneath the body shoulder width apart, with the palms facing the floor and the shoulders away from the ears.
- Keep the legs straight and together and lift the legs up until perpendicular to the floor, with the thigh muscles contracted and the spine in a backward bend.
- Keep the knees and thighs together, bend the knees and touch the soles of the feet on the top of the head.
- Maintain the weight in the shoulders and equally pressed through the arms, not on the chin and throat.

### Deductions:

- Soles of the feet not touching the top of the head  
Gap underneath arms or palms
- Legs not together
- Shoulders hunched next to ears Leg muscles not contracted Legs not stretching forward Knees and thighs wide apart Uneven bend in the spine
- Feet not touching the top of the head Weight on the chin and throat

### Extra Skill:

- Keeping knees and thighs together, with the feet on the floor touching the front of the face(+0.5)
- Extending the legs in a straight position over the heads, soles of the feet touching the floor(+1)

### Less Skill:

- Legs apart and knees bending when lifting the legs up (-1)

### Accepted Flourishes:

- Feet on the floor, touching the side of the head
- Folding the arms and grabbing the elbows, balancing only on the shoulders and arms





## BACKBEND

## SPLITS WITH BACKBEND

Difficulty — 7

Characteristics — Flexibility

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must bend the spine backward with the back of the front leg touching the floor and the top of the back leg touching the floor.

## Recommended Execution:

- (Instructions for Right Side)  
Sit with the left-side profile to the Judges.
- Extend the right leg forward and the left leg back; Right leg should have the back of the legs and knees flat on the floor and toes point; Left leg should have top of the thighs and knees on the floor and toes pointed.
- Keep both hips square on the floor.
- Keep spine straight.
- Stretch the arms straight up and reach back to backward bend the spine evenly.
- Grab the left ankle with both hands at the same time.

## Deductions:

- Feet not pointed
- Legs not straight and the thigh muscles not contracted
- Hips not square
- One or both hips not in contact with the floor
- Hands do not reach the ankle
- Difficulty in grabbing the ankles, one hand touching first then the other
- Uneven bend through the spine
- Both sides of the spine not bending equally because of tilting to one side or the other

## Extra Skill: None

## Less Skill:

- Back toe is tucked under when grabbing ankle (-0.5)

## Accepted Flourishes: None



# BACKBEND

## STANDING BOW PULLING (Dandayamana Dhanurasana)

Difficulty — 7

Characteristics — Balance, Flexibility

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The Athlete must have the leg muscles of the standing leg contracted so that the knee is locked and the other leg extend up with same side hand holding the leg.

### Recommended Execution:

- (Instructions for Right Side)  
Stand straight with right-side profile towards the Judges.
- Look forward and simultaneously grab the right foot from the inside of the foot at the ankle with all five-finger together and stretch the left arm up.
- The leg muscles of the left standing leg must be fully contracted, so that the left knee is locked.
- Simultaneously charge the body forward and kick the right leg back and up.
- Bring the body down to the floor, until the abdomen and chest are parallel to the floor.
- Stretch the left arm forward so that the shoulder touches the chin, keep the head up and straight and looking forward.
- Kick the right leg back and up until the leg is completely straight and the two feet are in one line with the right toes pointed.

### Deductions:

- Incorrect grip (-1)
- Grip too low on the leg
- Fingers are separated
- Gap between the shoulder and the chin
- Body not down low enough (-1)
- Toes not pointed
- Kicking leg not straight (Deductions from -0.5 depending on the degree of the bend)

Extra Skill: None

Less Skill: None

Accepted Flourishes: None



## BACKBEND

# KING DANCER (Baddha Natarajasana)

Difficulty — 8

Characteristics — Balance, Flexibility

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must balance on one leg with the other leg kicking up and extended towards the ceiling holding on to the leg with both hands.

## Recommended Execution:

- (Instructions for Right Side)  
Stand with right-side profile to the Judges.
- Contract the left leg muscles so that the knee is locked.
- Grab the foot of the right leg from the outside with the palm facing up and at the same time extend the left arm up to the ceiling with the arm next to the ear.
- Extend the right leg up to the ceiling and bring the body down until the abdomen is parallel to the floor.
- Reach the left arm back to grab the right leg, keep the torso square and hips level, continue to extend the right leg up straight without turning out the hip or knee.
- Straighten the right leg, so that it creates a split with the left standing leg, and straighten the arms with the hands grabbing near the anklebone, with all five fingers interlocked.
- Keep the head between the arms and the chin level to the floor.

## Deductions:

- Standing leg muscles not contracted (-2)
- Abdomen is not parallel to the floor (-1)
- Torso is twisted
- The hip of the kicking leg is opening out and the kicking leg is turning out
- Kicking leg does not lock (Deductions from -0.5 depending on the degree of the bend)
- Thigh and knee are not in one line, no split
- Grip is low below the ankle
- Arms are uneven, fingers spreading out
- Head is not between the arms (-1)
- Chin not level to the floor

## Extra Skill:

- Lifting the kicking leg up and grabbing the ankle with both hands at the same time (+1)

## Less Skill:

- Not grabbing the foot of the kicking leg from the outside with the palm facing up (-0.5)

## Accepted Flourishes: None



## BACKBEND

### FULL BOW (Poorna Dhanurasana)

Difficulty — 8

Characteristics — Flexibility

#### Direction to Face when Performing:

- Profile to the Judges.

#### Minimum Expression:

- The Athlete must touch their feet to the head in a backward bend, while balancing only on the stomach.

#### Recommended Execution:

- Lie on the stomach with the profile to the Judges.
- Grab the big toes with the palms faced down towards the floor, the thumb between big and second toes, and rest of the fingers on the outside of big toes.
- Simultaneously kick both legs up, lift the upper body off the floor and drop the head back and look at the toes.
- Keep the weight balanced in the centre of the abdomen.
- Rotate the shoulders, bend the elbows forward, and pull the big toes down to the ears.
- Bring the elbows together, so that the elbows, wrists and knees form one straight line parallel to the floor, with the wrists in a straight position.

#### Deductions:

- The legs and upper body moving at different times
- Legs opening too wide
- Weight going back on the hip bones or towards the rib cage
- Elbows, wrists, knees not in one line
- The head is not dropped back enough

#### Extra Skill: None

#### Less Skill:

- Grabbing the feet from the outside of the foot (-2)

#### Accepted Flourishes:

- Bringing the feet under the chin and letting go of the feet with the hands



## BACKBEND

# FULL WHEEL (Tiriang Mukhottanasana)

Difficulty — 8

Characteristics — Flexibility

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must be off the floor in a backward bend with their hands grabbing the legs and the shoulders openly rotated.
- Direction to Face when Performing the Posture: Profile to the Judges.

## Recommended Execution:

- Stand with the feet as close as possible with the profile to the Judges.
- Keep the feet parallel to each other with the toes pointing forward and knees in line with toes.
- Stretch the arms and hands back and bend the spine backwards, do not turn the arms or touch the floor.
- Grab the outside of the ankles with the hands; the grip should have all five fingers together with the thumbs on top.
- Straighten the arms and legs and bring the head between the arms, with an even bend through the spine.

## Deductions:

- Feet much wider than hip width
- Feet and knees not parallel
- Turning the arms
- Having the incorrect grip
- Arms or leg bending
- Head not far back enough
- Uneven bend through the spine

## Extra Skill:

- After straightening the arms and legs, dropping down to forearms with control and without any sound, then bringing the chin and chest onto the floor, with the face looking forward between legs, Coming back up without putting hands on floor (+1)
- Having legs together (+1)
- Keeping hips exactly over the ankles at a 90 degree angle with the floor (+2)
- Grabbing the ankles without bending the arms or legs and grabbing the ankles with both hands at the same time (+2)

## Less Skill:

- Putting hands on the floor while exiting the posture (-1) Putting hands on the floor before grabbing the ankles (-2)

Accepted Flourishes: None





# BACKBEND

## REVERSE STRETCH

Difficulty — 8

Characteristics — Flexibility

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The Athlete must be in a backbend with the hands in contact with the legs and the front of the thighs to the toes on the floor.

### Recommended Execution:

- Lie on the stomach with the profile to the Judges.
- Keep 6 inches between the legs together and extend the arms out in front of the body on the floor.
- Lift the arms and upper body up and backward bend the spine.
- Bend the knees up if necessary and grab the ankles from the outside with each hand.
- Look back as far as possible and extend the legs straight back onto the floor; maintain the legs together.
- Straighten the arms and place the tops of feet flat on floor.

### Deductions:

- Legs separating more than 6 inches
- Arm bending
- Grip is higher than the ankles
- Tops of the feet not flat on the floor
- Uneven bend in the spine

### Extra Skill:

- Legs together (+0.5)

### Less Skill: None

### Accepted Flourishes: None



## BACKBEND

# SPLIT ARM (Bibhakta Hasta Tuladandasana)

Difficulty — 8

Characteristics — Balance, Flexibility

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must balance on one leg and have the other leg up in the air, higher than parallel to the floor. The arms must be out to the side, spine in the backward bend.

## Recommended Execution:

- (Instructions for Right Side)  
Stand with the left-side profile to the Judges.
- Bring the arms over the head and contract the hip and thigh muscles of the right leg-
- Bring the upper body forward and down, simultaneously extending the left leg back and up to the ceiling, without turning hip.
- Open the arms back and up, with palms facing the floor and continually lift the back leg until legs are in a split.
- Look forward, keep the chin up, and bring the lower spine and abdomen parallel to the floor.
- Use the arms to create an even backward bend in the spine and keep the chest up, perpendicular the floor, with chin parallel to the floor and no compression in the cervical spine.

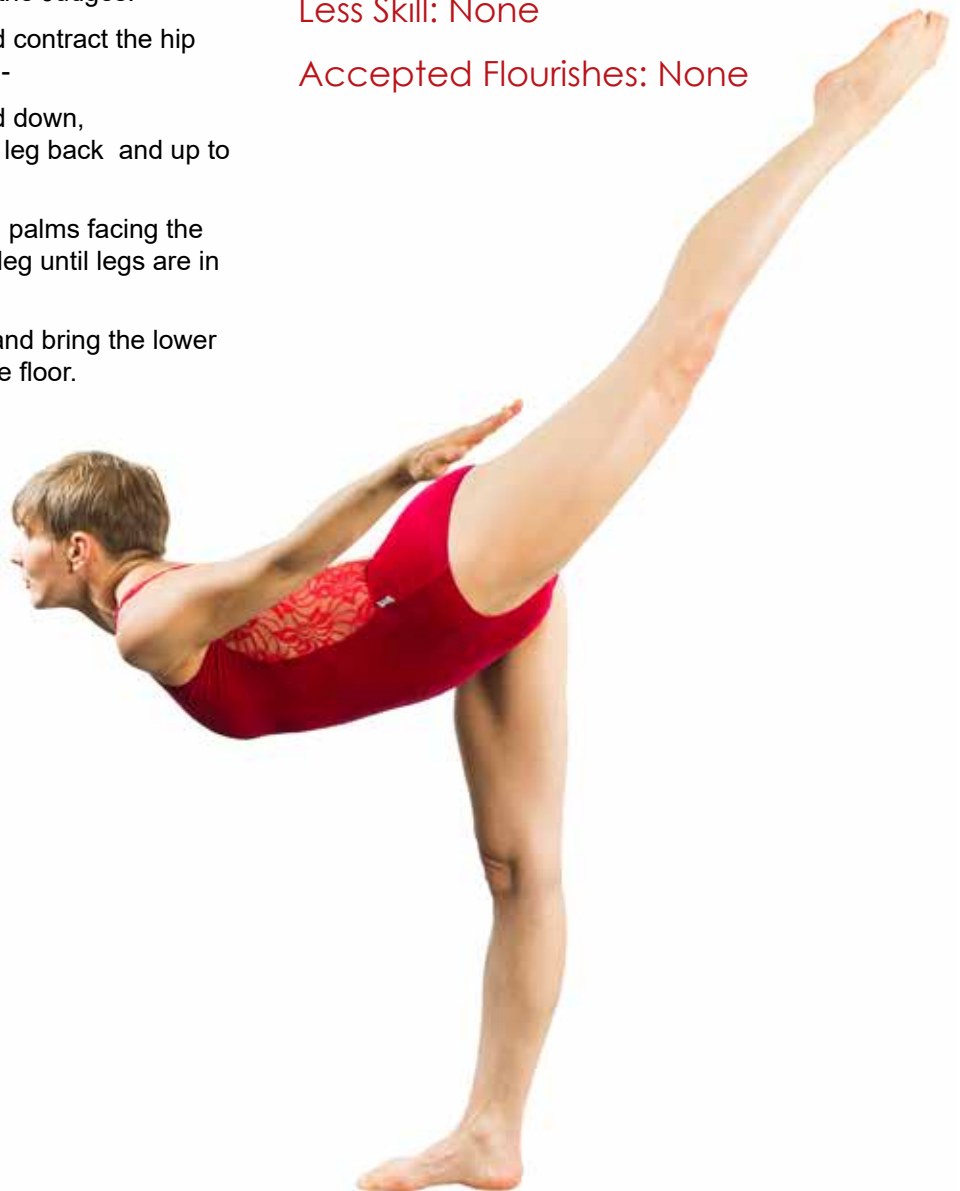
## Deductions:

- Standing leg muscles not contracted
- Top leg/hip turns out towards the Judges
- Back leg is not split
- Back leg muscles are not contracted
- Arms do not continuously go back and up
- Spine is not bending backwards

Extra Skill: None

Less Skill: None

Accepted Flourishes: None



# BACKBEND

## FULL STANDING BOW (Poorna Dandayamana Dhanurasana)

Difficulty — 9

Characteristics — Balance, Flexibility

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The Athlete must balance on one leg with the thigh muscle contracted with the other leg kicking up and the foot making contact with the head.

### Recommended Execution:

- (Instructions for Right Side)  
Stand with right-side profile to the Judges.
- Contract the left leg muscles so that the knee is locked.
- Grab the foot of the right leg from the outside with the palm facing up and at the same time extend the left arm up to the ceiling with the arm next to the ear.
- Extend the right leg up to the ceiling and bring the body down until the abdomen is parallel to the floor.
- Reach the left arm back to grab the right leg, keep the torso square and hips level, continue to extend the right leg up straight without turning out the hip or knee.
- Straighten the right leg, so that it creates a split with the left standing leg, and straighten the arms with the hands grabbing near the anklebone, with all five fingers interlocked.
- Pull the foot of the right kicking leg to hook under the chin; both thighs and knees should be in one line from the side.
- Extend both arms out to the side with five fingers together.

### Deductions:

- Standing leg muscles not contracted
- Abdomen is not parallel to the floor
- Torso is twisted
- Hip of the kicking leg is opening out and the kicking leg is turning out
- Kicking leg does not lock, so there is no split
- Grip is low below the ankle
- Arms not out to the side
- Arms are uneven, fingers spreading out
- Foot does not go under the chin

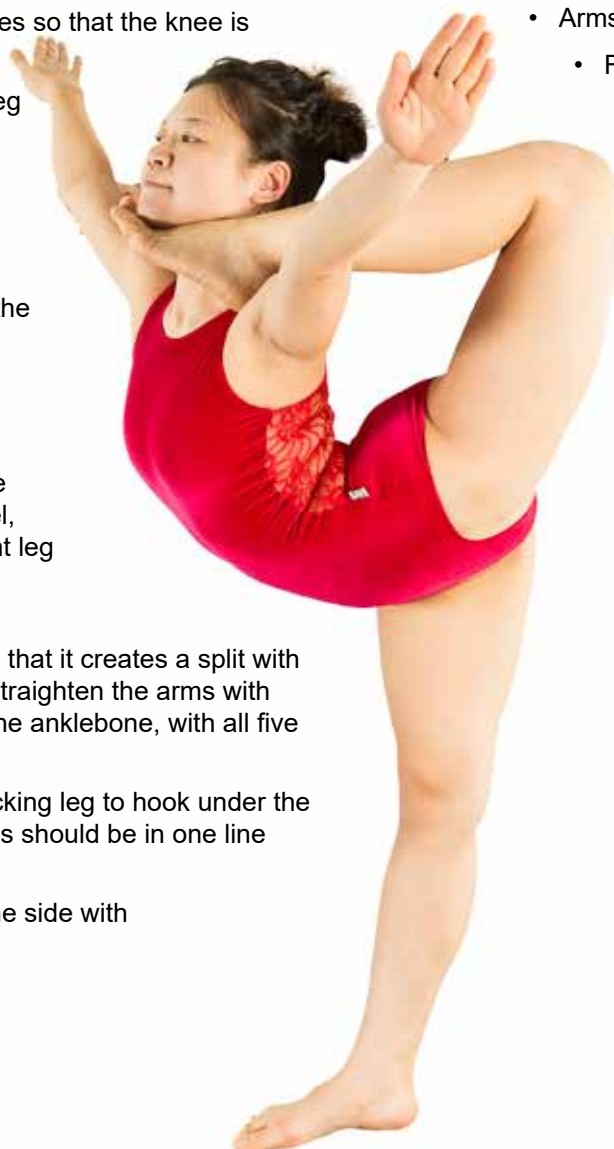
### Extra Skill:

- Lifting the kicking leg up and grabbing the ankle with both hands at the same time (+1)

### Less Skill:

- Not grabbing the foot of the kicking leg from the outside with the palm facing up (-0.5)
- Not releasing the hands when the foot goes under the chin (-2)
- Only putting the foot on the head (-3)

### Accepted Flourishes: None



# FORWARD BENDING





# FORWARD BEND

## SEPARATE LEG STRETCHING HEAD TO KNEE (Janushirasana)

Difficulty — 3

Characteristics — Flexibility

### Direction to Face when Performing:

- Facing the Judges.

### Minimum Expression:

- Athlete must sit on the floor with the legs at a 90 degree angle, one leg is long the other leg bend. Bending leg foot is pushing against long leg thigh as close to groin as possible. The hands must pull the long leg foot and the head must touch the long leg knee. Elbows pulling down towards the floor.

### Recommended Execution:

- (Instructions for Right Side)  
Sit cross legged facing the judges.
- Bring the right leg out corner-wise and bend your left leg, so the sole of your left foot is touching your costume. Create pressure with the sole of your left foot against the right leg biceps of the thigh muscle.
- Your two legs should be in a 90 degree angle.
- Bring your Arms over the head sideways and turn to the right. Bend forward and grab your right foot, two inches below the toes with your ten fingers interlocked.
- Pull your toes back as hard as possible.
- Flex your foot, so your heel comes off the floor, tuck your chin to your chest, look at your stomach and touch your forehead to your right knee.
- Bring your elbows down to touch the floor and your calves. Suck your stomach in and push your knee down with your forehead. Get your head closer to your stomach
- Come up exactly the opposite way you went in.

### Deductions:

- Long leg not locked (-2)
- Elbows not touching the floor (-1)
- Bend knee not touching the floor
- Foot not pressing against the thigh
- Foot too far away from groin
- Wrist bending
- Stomach not sucked in
- Uneven bend of spine
- Head touching leg below the knee
- Chin not touching the chest
- Long leg heel not off the

### Extra Skill:

- Forehead touching on locked leg above the knee with both elbows on floor (+0.5)

Less Skill: None

Accepted Flourishes: none





## FORWARD BEND

# STANDING SEPARATE LEG HEAD TO KNEE (Dandayamana Bibhaktapada Janushirasana)

Difficulty — 4

Characteristics — Flexibility

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- Athlete must stand in a wide forward step (at least one meter) with the back leg locked, arms extended beyond the toes, palms touching each other, fingertips pressing against the floor and forehead touching the front leg knee.

## Recommended Execution:

- (Instructions for Right Side)  
Feet together facing the judges, bring your arms over your head sideways. Hands/palms together, thumbs crossed. Stretch your arms to the ceiling and lock your elbows.
- Take a big step to the right with the right leg. Turn 90 degrees to the right, until your hips exactly in one line from the side. Your two heels should be on one line with the left foot at a 45 degree angle.
- Exhale breathing, and go down with your arms and head together. Tuck your chin to your chest, look at your stomach, and touch your forehead on your right knee.
- With your elbows straight, stretch your hands forward just beyond the toes. Push your hands against the floor to get your knee locked.
- Make sure your maximum weight is on the front leg, so your both hips in one line and suck your stomach in.
- Inhale breathing, very gently come up, arms and head together, turn back to face the judges, arms down by your side and right leg back to the starting position.

## Deductions:

- Front knee bending, depending on degree up to (-2)
- Hips not in one line (-1)
- Back foot/ heel coming off the floor (-1)
- Elbows not locked and wrist not straight
- Step too small
- Forehead touching leg below the knee
- Legs straight but not locked
- Back foot too turned in or out
- Stomach not sucked in
- Uneven curve throughout the spine
- Shoulders not engaged and away from ears
- Gap between chin and chest
- Weight not evenly distributed over both feet

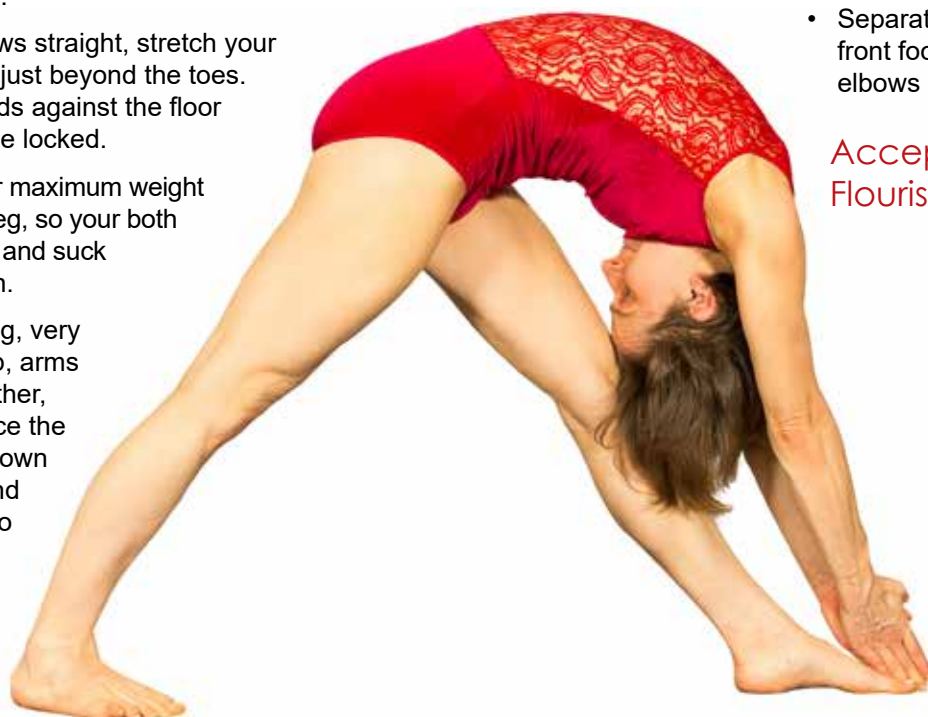
## Extra Skill:

- Forehead above the knee (+ 0.5)

## Less Skill:

- Separate hands next to front foot on the floor with elbows locked (-1)

Accepted  
Flourishes: None



## FORWARD BEND

# POSE OF THE SAGE MARICHI 1

## (Marichyasana 1)

Difficulty — 4

Characteristics — Flexibility

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The athlete must sit on the floor profile to the judges with the back leg stretched out straight ahead of the body, the front leg is bent with the sole of the foot on the floor and the knee up beside the body. The body is twisted towards the side with the straight leg, and the arms are clasped behind the back and around the raised knee. The body is leaning forwards towards the straight leg.

### Recommended execution:

- (Instructions for Left Side)  
Sit on the floor profile to the judges with your left side showing, your legs stretched straight in front. Bend the left knee and place the sole and heel of the left foot flat on the floor. The shin of the left leg should be perpendicular to the floor and the calf should touch the thigh. Place the left heel near the perineum. The inner side of the left foot should touch the inner side of the outstretched right thigh.
- Stretch the left shoulder forward till the left armpit touches the perpendicular left shin. Turn the left arm around the left shin and thigh, bend the left elbow and throw the left forearm behind the back at the level of the waist. Then move the right hand behind the back and clasp the left hand with the right at the wrist or vice versa.
- Now turn the spine to the left, keeping the outstretched right leg straight and locked. Gaze at the outstretched right big toe, exhale and bend forward. Rest the forehead, then nose, then lips and lastly chin on the right knee. Shoulders should be parallel to the floor.
- Inhale, raise the head front the right knee, release the hands and straighten the left leg

### Deductions:

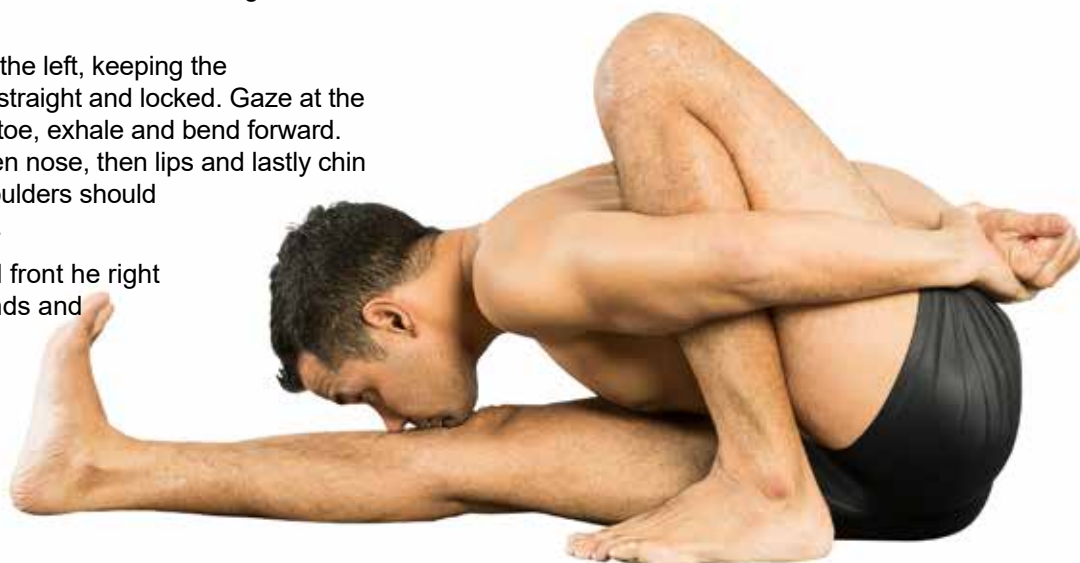
- Head not touching the straight leg (-2)
- Forehead, nose or lips touching straight leg instead of chin
- Straight leg not locked
- Shoulder not parallel to the floor
- Long leg foot not flexed beyond perpendicular
- Fingers clasping instead of one hand holding other wrist
- Front foot not touching perineum
- Front foot not touching long leg inner thigh
- Shin not perpendicular
- Spine/neck not stretching
- Shin of bend leg not perpendicular
- Bend leg calf not touching the thigh

### Extra Skill: None

### Less Skill:

- Sit with your arms clasped and your spine straight looking over front leg shoulder (-2)

### Accepted Flourishes: None



## FORWARD BEND

**SLEEPING TORTOISE (Supta Kurmasana)**

Difficulty — 5

Characteristics — Flexibility

**Direction to Face when Performing:**

- Profile to the Judges.

**Minimum Expression:**

- The athlete must sitting on the floor in a forward bend with the feet crossed behind the head, with the head and buttocks on the floor and fingers touching behind the back.

**Recommended execution:**

- Sit profile to the judges and stretch your legs stretched straight in front of you. Widen the legs until the knees are about 45 cm apart. Bend your knees and bend forward to bring your arms underneath your knees. With the palms facing up, move your arms back from the shoulders and stretch them straight so that the forearms are near the hips. Bend and lift up the knees, then lift the chest slightly off the floor, move the hands behind the back by bending the elbows and clasps them.
- Move your feet towards the head and interlock the feet at the ankles by placing one foot on top of the other.
- Exhale, insert the head between the feet keeping your forehead on the floor, the back of the head should touch the interlocked feet near the ankles.
- Inhale, lift the head and release the hand and feet; stretch the legs out straight and come back to sitting position.

**Deductions:**

- Feet not crossed at all (-2)
- Feet not crossed at ankles or only held by toes (-1)
- Using your hands to cross the feet (-1)
- Feet touch the floor in final position (-1)
- Chin not tucked to your chest (-1)
- Hands not tightly clasped behind the back (-1)
- Forcing or struggling to get the legs behind the head
- Not enough rounding in the spine

Extra Skill: None

Less Skill: None

Accepted Flourishes: None



# FORWARD BEND

## FETAL POSE (Garbhasana)

Difficulty — 5

Characteristics — Balance, Flexibility

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The Athlete must have their legs in a Lotus Position with their arms in between their legs and make contact between the hands and the head.

### Recommended Execution:

- Sit on the floor in a cross-legged position.
- Bring the legs into a Lotus Position and bring the knees closer together to tighten the Lotus Position, place the toes beyond the outside of each thigh to create a tight Lotus Position.
- Lift the knees up to at least a 45 degree angle using the hands for balance.
- Bring the right arm through the right leg and left foot, and bring the elbow out through to the other side with free movement of the arm.
- Bring the left arm through the left leg and the right foot, and bring the elbow out through to the other side with free movement of the arm.
- Bring the head down, round the spine and interlock the fingers behind the back of the head, balancing forward on the sit bones.

### Deductions:

- Wrong leg (left leg) folded in first into the Lotus Position (-1)
- Arms are inserted between the incorrect opening of the legs (-2)
- Either elbow does not go fully through the legs
- There is a loose grip behind the head
- Uneven rounding of the spine

Extra Skill: None

Less Skill: None

Accepted Flourishes: None





## FORWARD BEND

**TURTLE POSE (Kurmasana)**

Difficulty — 5

Characteristics — Flexibility

**Direction to Face when Performing:**

- Profile to the Judges.

**Minimum Expression:**

- The Athlete must have the legs apart with the arms underneath the legs.

**Recommended Execution:**

- Sit straight, with the legs straight in front.
- Open the legs shoulder width distance and bend the knees up slightly.
- Bend forward and slide the arms underneath the legs so that the outside of the legs and the inside of the arms create a 45 degree angle.
- Slide the feet and slide the heels forward and the arms out and back, bring the upper arms underneath the knees.
- Bring the chin down onto the floor, flex the feet and contract the thigh muscles to lock the knees, and lift the heels off the floor.
- Open the fingers and push the palms flat into the floor, roll the weight forward and lift the buttocks off the floor.

**Deductions:**

- Legs too wide or too close
- Angle between the arms and legs more or less than 45 degrees
- Chin off the floor
- Heels touching the floor
- Buttocks touch the floor

**Extra Skill: None****Less Skill: None****Accepted Flourishes: None**



# FORWARD BEND

## PLOUGH (Halasana)

Difficulty — 5

Characteristics — Flexibility

### Direction to face when performing:

- Profile to judges

### Minimum Expression:

- The Athlete must be in a forward compression, lying on his back with hips lifted off the floor, legs parallel and together, knees locked and the toes touching the floor over the head

### Recommended Execution:

- Lie flat on your back, knees locked, toes pointed, arms by your side, palms facing down
- Exhale slowly and simultaneously raise both legs together to 90 degrees .
- Press the palms gently against the floor and raise the legs further by lifting hips and back from the floor until trunk straight and perpendicular (90 degrees angle at neck: chin lock between breastbone and chin).
- Touch your toes to floor on side of head
- Rest your hands on hips by bending the arms at the elbows.
- Only the toes,back of your head, neck, shoulders and back of your arms up to the elbows should rest on the floor.
- Stretch elbows away from shoulders to keep elbows shoulder width apart, stretch shoulders away hands middle of your spine, 5 fingers touching and pointing up to ceiling.

### Deductions:

- Chin is away from chest
- Trunk not perpendicular
- Spine rounding
- Knees not locked
- Legs not parallel or not touching
- Toes not pointed
- Elbows more than shoulder width apart
- Fingers not together and pointing up towards the ceiling

### Extra Skills:

- A: stretch arms on floor in opposite direction of legs, elbows locked, hook thumbs, palms flat (+0.5)
- B: as A then interlock the fingers and turn the wrists so that the thumbs rest on the floor, pull hands away from shoulders (+1)
- C: go in and out via shoulder stand holding it min 3 second on way in (+1.5)

Less Skills: None

Accepted Flourishes: None



## FORWARD BEND

# KNEE TO EAR POSE (Karnapidasana)

Difficulty — 5

Characteristics — Flexibility

## Direction to face when performing:

- Profile to judges

## Minimum Expression:

- The Athlete must be in a forward compression, lying on his back with hips lifted off the floor and knees must be in contact with ears.

## Recommended Execution:

- Lie flat on your back, knees locked, toes pointed, arms by your side, palms facing down
- Exhale slowly and simultaneously raise both legs together to 90 degrees.
- Press the palms gently against the floor and raise the legs further by lifting hips and back from the floor until trunk straight and perpendicular (90 degrees angle at neck: chin lock between breastbone and chin).
- Touch your toes to floor on side of head.
- Rest your hands on hips by bending the arms at the elbows.
- Only the toes, back of your head, neck, shoulders and back of your arms up to the elbows should rest on the floor.
- Stretch elbows away from shoulders to keep elbows shoulder width apart, stretch shoulders away, place hands in the middle of your spine, 5 fingers touching and pointing up to ceiling. (hold 2 sec)
- Bend your knees and rest them on the floor pressing against the ears.
- With toes still pointed grab your heels and pull

## Deductions:

- Chin is away from chest
- Knees not touching the shoulders (-1)
- Knees not touching the floor (-1)
- Lower legs (tibias to toes) lifting off the floor
- Shoulders or hands or arms not touching the floor
- The distance between the hands palms to toes is more than shoulder width

## Extra skills:

- Go in and out via shoulder stand holding it minimum 3 sec on way in (+1.5)

## Less skills:

- Keep hands on back of ribs (-1)

## Accepted Flourishes:

- Join toes and heels, stretch your arms on the floor opposite side of feet, interlock the fingers and turn your hands so thumbs are touching the floor.



# FORWARD BEND

## GUILLOTINE (Baddha Dandayamana Bibhaktapada Paschimotthanasana)

Difficulty — 5

Characteristics — Flexibility

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The Athlete must stand on both feet in a forward bend with their head coming through both legs and make contact with their hands behind their backs.

### Recommended Execution:

- Stand straight up, looking forward with the profile to the Judges.
- Open the feet approximately hip width distance apart and no wider than the shoulders.
- Bend forward and bend both knees.
- Place each hand behind the same ankle, thumbs inside the ankle and fingers outside the ankle, and push the upper body so that the shoulders go behind the knees.
- Place the hands behind the lower back and clasp the hands so that the palms face towards each other
- Lift the hips up and forwards and pull with the hands and straighten the legs in order to contract the thigh muscles and lock the knees. The feet should be kept forwards or slightly inwards and the hips should be placed directly over the ankles.
- Lift the head upwards and towards the buttocks, so that at least the back of the head is parallel to the floor.

### Deductions:

- Feet too wide
- Loose or in correct grip
- Knees bending
- Back of the head is lower than parallel (Deductions from -0.5 depending on the degree of the fault)
- Feet pointing outwards
- Unevenly rounded spine
- Hips not in line with the ankles

Extra Skill: None

Less Skill: None

Accepted Flourishes: None



## FORWARD BEND

**SLEEPING YOGI (Yoga Nidrasana)**

Difficulty — 6

Characteristics — Flexibility

**Direction to Face when Performing:**

- Profile to the Judges.

**Minimum Expression:**

- The Athlete must have both legs behind the head, while lying on their back. There must be contact between the hands behind the back.

**Recommended Execution:**

- Sit on the floor cross-legged with the profile to the Judges.
- Lie on the back, keep the shoulder blades off the floor and lift both legs up to bring the legs behind the head and cross the legs at the ankles.
- Bring the hands around the body and interlace all ten fingers behind the lower back.
- Relax the neck and look straight up towards the ceiling.

**Deductions:**

- Forcing and struggling to get the legs behind the head
- Feet not crossed at the ankles and only held together by crossing the toes
- Feet not crossed at all (-2)
- Shoulders touching the floor when the legs go behind the head
- Hands not fully interlacing behind the lower back
- Shoulder do not fully come out and through the knees
- Body weight is unevenly distributed, with too much weight on the hips and the shoulders are out of line

**Extra Skill:**

- In a lying down position, bringing the both legs cleanly behind the head and crossing the ankles without using the hands (+0.5)

Less Skill: None

Accepted Flourishes: None





## FORWARD BEND

# POSE OF THE SAGE MARICHI 2 (Marichyasana 2)

Difficulty — 6

Characteristics — Flexibility

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must sit with one leg on the ground folded as for lotus, while the other leg is bent as in Marichyasana 1; the body is twisted towards the leg on the ground, and the arms are clasped behind the back and around the raised knee. The body is leaning forwards towards the bend knee resting on the ground.

## Recommended execution:

- (Instructions for Right Side)  
Sit on the floor profile to the judges with your right side showing, your legs stretched straight in front.
- Bend the left leg at the knee and place the left foot at the root of the right thigh. The left heel should press the navel and the toes be stretched and pointing. The left leg is now in half padmasana (lotus). bend the right leg at the knee. Place the sole and heel of the right foot flat on the floor. Keep the right leg shin perpendicular, so that the right thigh and calf touch each other and the right heel touches the perineum.
- Bend slightly forward, stretch the right shoulder forward until the right arm pit touches the perpendicular right shin. With an exhalation, curl the right arm round the right shinned thigh, bend the right elbow and turn the right forearm behind the back at the level of the waist. Then move the left hand behind the back and clasp the right hand with the left at the wrist. Stretch your spine up.
- Exhale, move the trunk and head forward and rest the forehead on the bend left knee, then extend the neck and rest chin on knee, then chin on floor.
- Inhale, move the head and trunk up, release the hands and straighten the legs.

## Deductions:

- Head not touching the leg on the floor (-2)
- Forehead, nose or lips touching leg on floor instead of chin
- Half lotus leg toes not visible
- Shoulder not parallel to the floor
- Fingers clasping instead of one hand holding other wrist
- Front left heel not touching perineum
- Shin not perpendicular
- Spine/neck not stretching
- Front hip coming very far off the floor

## Extra Skill:

- Chin touching floor next to knee (+1)

## Less Skill:

- Bubadha marichyasana: Sit with your arms clasped and your spine straight looking over front left shoulder (-2)

## Accepted Flourishes: none





## FORWARD BEND

## RABBIT (Sasangasana)

Difficulty — 6

Characteristics — Flexibility

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The Athlete must be in a forward bend on the front of the legs, while holding on to the feet.

### Recommended Execution:

- Kneel down with the profile to the Judges.
- Sit on the heels with the knees and the feet together and the tops of feet on the floor.
- Grab the same side heels with the thumbs on the outside of the foot and the fingers on the inside and keep the stomach sucked in.
- Tuck the chin to the chest, round forward and touch the forehead on the knees, and touch the top of the head to the floor.
- Pull the heels and lift the hips up towards the ceiling.
- Keep the arms straight, elbows locked and lift the shoulders up away from the ears.
- The entire spine should stretch from the coccyx to the neck and the thighs should form a perpendicular line to floor.

### Deductions:

- Forehead not touching the knees (-2)
- Incorrect grip (-1)
- The head position going too far forward onto the back of the head
- Wrist bent
- Thighs not perpendicular to the floor
- Uneven bend in the spine
- Shoulders not lifted away from the ears
- Stomach not sucked in

Extra Skill: None

Less Skill: None

Accepted Flourishes: None



# FORWARD BEND

## HALF BOUND LOTUS FORWARD HAND TO FEET (Arch Buddha Padmottandasana)

Difficulty — 6

Characteristics — Flexibility, Balance

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The athlete must balance on one leg with the other leg in lotus position and the head touching the standing leg.

### Recommended Execution:

- (Instructions for Right Side)  
Stand with your feet together profile to the judges so your right side is facing the judges. Raise the right leg from the floor, bend the right knee and rest the sole of the right foot on the left thigh. Hold the right foot with the left hand, bring the right arm around the back and catch hold of the right big toe with the thumb and fore and middle fingers of the right hand. Release the left hand.
- Exhale, bend the trunk forward, place the left hand on the floor by the left foot, fingers in line with the toes. Extend your spine more and touch your forehead or chin on the leg below the knee. Make sure your standing leg is locked.
- Come out exactly the opposite way you went in.

### Deductions:

- Lotus very wide or knee facing forward
- Weight too far back
- Shoulders hunching
- Foot too low on standing leg
- Hips not in one line
- Thigh not contracted
- Hand on floor very far from standing foot
- Standing leg touring out or in

### Extra Skill: None

### Less Skill:

- Place both hands not on the floor instead of holding the foot(-1)

### Accepted Flourishes: None



## FORWARD BEND

# SPLITS WITH FORWARD BEND (Poorna Bibhaktapada Janushirasana)

Difficulty — 6

Characteristics — Flexibility

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must bend the spine forward and make contact between the head and the leg, with the back of the front leg touching the floor and the top of the back leg touching the floor.

## Recommended Execution:

- (Instructions for Right Side)  
Sit with the left-side profile to the Judges.
- Extend the right leg forward and the left leg back; Right leg should have the back of the leg and knee flat on the floor and toes point; Left leg should have top of the thighs and knees on the floor and toes pointed.
- Keep both hips square on the floor.
- Keep spine straight.
- Stretch the arms straight up and reach forward.
- Grab the right foot (flexed) with both hands at the same time and the fingers interlocked.
- Tuck the chin to the chest and touch the forehead on the right knee.

## Deductions:

- Feet not pointed
- Legs not straight and the thigh muscles not contracted
- Hips not square
- One or both hips not in contact with the floor
- Head does not touch the knee of the front leg
- Front foot not flexed
- Front knee bending

Extra Skill: None

Less Skill: None

Accepted Flourishes: None



## FORWARD BEND

# STANDING HEAD TO KNEE (Dandayamana Janushirasana)

Difficulty — 7

Characteristics — Balance, Flexibility, Strength

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must have the leg muscles of the standing leg contracted so that the knee is locked and the forehead must touch some where on the leg close to the extended knee.

## Recommended Execution:

- (Instructions for Right Side)  
Stand straight with the left-side profile towards the Judges.
- Look forward and grab the right foot at the ball of the foot with an interlocked grip and the wrists in a straight position.
- Flex the foot so that all the toes turn in and the thigh is parallel to the floor.
- The leg muscles of the left standing leg must be fully contracted, so that the left knee is locked with the weight forward and the foot flat and still on the floor.
- Keep the stomach in, the spine rounded forward and the rib cage in.
- Lift the right leg up and stretch it forward so that it becomes parallel to the floor with the thigh muscle contracted and the heel in line with the hip and flex all the toes in towards the face.
- Keep the chest up and the shoulders down and back.
- Bring the elbows down below the calf muscle and hold still.
- Bring the chin in and put the forehead on the knee.

## Deductions:

- Grip too low or high or sliding
- Thigh goes up or down
- Toes not flexed
- Wrists bending and not straight
- Belly moving in and out of contraction
- Rib cage sticking out of the body
- Extended leg moves
- Heel not aligned with hip
- Extended leg not kicking forward
- Chest collapsed
- Shoulders up
- Elbows not below the calf
- Forehead not on the knee (-1)

Extra Skill: None

Less Skill: None

## Accepted Flourishes:

- Letting go of the arms after holding the full expression of the posture for at least 3 seconds.





## FORWARD BEND

# TORTOISE – FULL/LIFTING (Poorna Utthita Kurmasana)

Difficulty — 8

Characteristics — Balance, Flexibility, Strength

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must have both legs behind the head, press up on to arms and lower the body down and put the face down onto the floor.

## Recommended Execution:

- Sit on the floor cross-legged with the profile to the Judges.
- Lift both legs behind the head, either one at a time or both together; cross the ankles with the knees behind the shoulders.
- Press the entire body off the floor with the hands shoulder width apart and lift the buttocks upwards so that the entire body is parallel, with the head and hips in one line to the floor. Hold this position for at least one second.
- Bend the elbows and tuck the chin to the chest to lower the body down until head and buttocks touch the floor.
- Keep the feet off the floor by extending the legs.
- Bring the hands around the lower back and clasp the hands together.
- Exit by pushing back up, sitting on the buttocks and releasing the legs.

## Deductions:

- Forcing and struggling to get the legs behind the head
- Feet not crossed at the ankles and only held together by crossing the toes (-1)
- Feet not crossed at all (-2)
- Elbows not locked at the top position of the press (-1)
- Buttocks are not lifted high enough in line with head (it is acceptable for the buttocks go higher)
- Body is not parallel at the top of the press
- Descent onto the floor is not smooth and steady
- Feet touch the floor (-1)
- Chin is not tucked into the chest (-1)
- Hands are not clasped together behind the lower back (-1)
- Not pushing back up in the exit (-1)
- On the exit the head and buttocks not lifting up in one line

## Extra Skill:

- Bringing the both legs cleanly behind the head and crossing the ankles without using the hands (+0.5)
- Crossing the legs behind the head at the calf muscles with free movement of the head (+1)

Less Skill: None

Accepted Flourishes: None







# TRACTIONS



## TRACTION

**HALF TORTOISE (Ardha Kurmasana)**

Difficulty — 2

Characteristics — Flexibility

**Direction to Face when Performing:**

- Profile to the Judges.

**Minimum Expression:**

- The Athlete must be in a kneeling position with hips touching the heels, body touching the legs and arms stretching forward, neck relaxed towards the floor, the hands in namaskar with only the fingertips touching the floor.

**Recommended Execution:**

- Kneel down with your profile to the Judges, feet flat on the floor, no gap underneath your ankles.
- Bring your arms over the head sideways, hands/palms together, only cross your thumbs (namaskar).
- Stretch your arms towards the ceiling with your elbows locked; arms touching the ears, chin up
- Keep your hips touching the heels throughout the posture.
- Suck your Stomach in, exhale breathing and go down with a straight spine.
- Touch your little fingers and forehead on the floor.
- Stretch your arms forward, elbows locked
- Inhale breathing and gently come up with your arms and head together
- Arms down by your side.

**Deductions:**

- No control going in or out of the posture
- Hips coming off the heels
- Forehead not touching the floor
- Chin not away from chest
- Elbows not locked
- Shoulders not stretching forward out of the body
- Shoulders “winging” out
- Neck not relaxed
- Palms not together
- Wrist not straight and stretching

**Extra Skill:**

Less Skill: None

Accepted Flourishes: None



## TRACTION

# GARLAND (Malasana)

Difficulty — 2

Characteristic — Flexibility

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must be in a squatting position with his feet flat on the floor, the hands in prayer and the elbows pushing against the legs.

## Recommended Execution:

- Stand with your feet hip width apart profile to the judges. Bend the knees and lower your butt toward the floor to come into a squat. Keep your feet as parallel to each other as possible. Bring your upper arms inside your knees and bend the elbows to bring the palms together into namaskar.
- Bring your hands to your heart centre with the forearms parallel to the floor and push your elbows against the legs to open the knees. Keep your spine straight, your buttock moving toward the floor, and your shoulders relaxed away from your ears. Top of the head stretching up towards the ceiling.
- Straighten the legs to come out and bring your arms down by your side.

## Deductions:

- Chest rounding
- Feet very far apart
- Feet not flat on the floor
- Elbows not pressing against the knees
- Spine not extending and straight
- Hand/ palm not pushing against each other
- Shoulders not away from the ears
- Buttock sticking out or tucking under

## Extra Skill:

- Feet together (+1)
- Feet together, hands clasped behind your back, spine straight and up (+2)
- Feet together, hands clasped behind your back, head touching the floor, neck and back relaxed (+2.5)

Less Skill: None

Accepted Flourishes: none



# TRACTION

## WIND REMOVING (Pavanamuktasana)

Difficulty — 2

Characteristics — Flexibility

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- Lie on your back with both knees bent against your chest, grabbing both elbows over the legs.

### Recommended Execution:

- Sit on the floor cross-legged with the profile to the Judges.
- Lie on your back and lift both legs up to bring your knees to your chest, bring your arms over the legs and grab both elbows with the opposite hand a couple of inches below the knees.
- Feet together, side by side, in a relaxed position bring your chin down towards your chest to get the back of your neck flat on the floor
- Shoulders and hips relaxed down towards the floor to bring your total spine flat on the floor.
- Legs down, arms down

### Deductions:

- Head not touching the floor (-1)
- Neck not flat on the floor
- Hips not touching the floor
- Shoulders not touching the floor
- Gap between your legs and upper body

Extra Skill: None

Less Skill: None

Accepted Flourishes: None





## TRACTION

# HALF MOON SIDE BEND (Ardha Chandrasana)

Difficulty — 3

Characteristic — Flexibility

## Direction to Face when Performing:

- Facing the Judges.

## Minimum Expression:

- The Athlete must bend over to the side with the legs together and the arms over the head.

## Recommended Execution:

- (Instructions for Right Side)  
NB: The Athlete must perform both sides of the Posture starting with the Right side.
- Stand facing the Judges with the legs and feet together.
- Keep the feet together with the heels and toes together.
- Bring the arms overhead and put the palms into a Prayer Position with the thumbs crossed. Keep the arms straight and contract the arms muscles so that the elbows are locked.
- Keep the legs straight and contract the leg muscles so that the knees are locked.
- Push the hips forward, bring the upper body, bring the arms back and keep the chin up. The weight on the heels.
- Bend the body to the right in a straight line and push the hips out to the left as far as possible.
- Keep both hips and shoulders in one line facing forward to create a lateral stretch of the spine and look straight ahead.
- Hold deepest stretch for at least 3 counts and then return to centre.
- Repeat exactly for the Left side and then return to centre.
- When finished turn to face the side and begin the Third Part.

## Deductions:

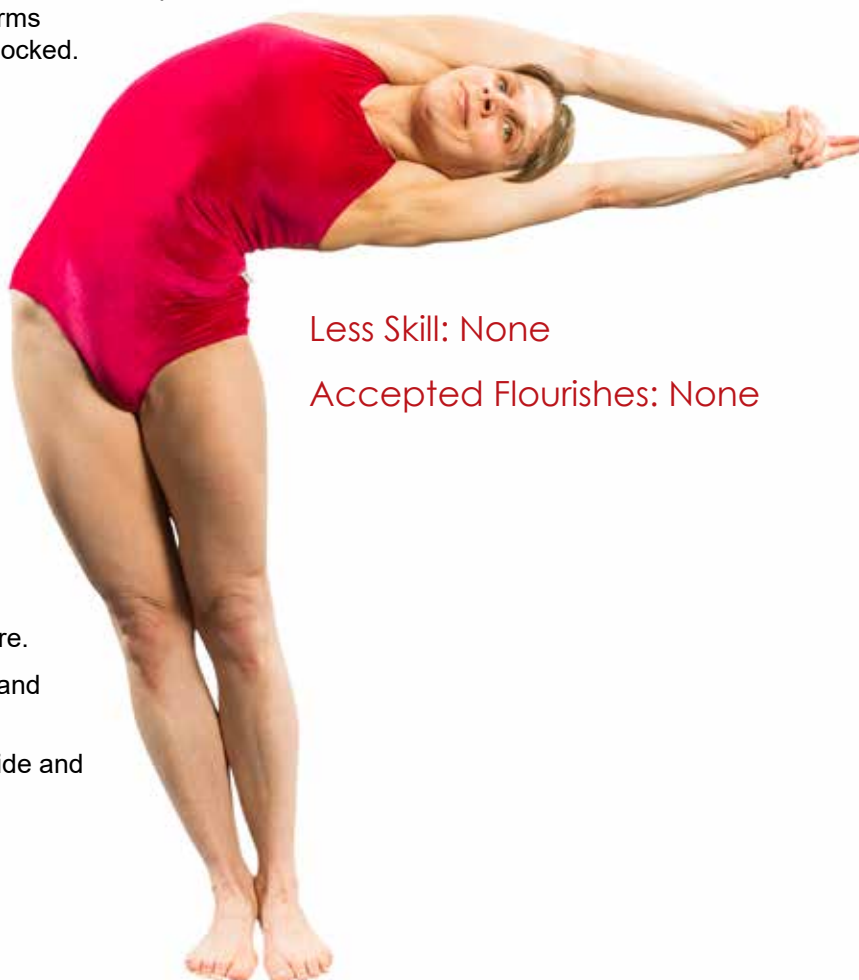
- Feet apart (-1)
- Legs bending (-1)
- Arms bending
- Palms separated
- Hips not in one line
- Shoulders not in one line
- Chin down or up and not looking forward
- Body leaning forward or backward
- Weight not on the heels

## Extra Skill: None

- Palms touching without crossing fingers or thumbs (+0.5)

## Less Skill: None

## Accepted Flourishes: None



# TRACTION

## DOWNWARDS FACING DOG (Adho Mukha Svanasana)

Difficulty — 3

Characteristic — Flexibility

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The Athlete's body must be in an inverted V-shape with the hands and feet no further than hip width apart and the head relaxed down towards the floor between the arms

### Recommended Execution:

- Lie face down on the floor profile to the judges, legs straight with the toes tucked in towards the pelvis, hands behind your armpits close in by your side chest so that your forearms are perpendicular, with your wrists directly under your elbows.
- Push your hands against the floor and broaden your rib-chest.
- Push from your index finger base and straighten your legs, contract your thighs. bring your hips up and head down to touch the floor luck at your navel; make sure your weight is equally distributed between all four parts touching the floor (hands and feet). While doing this, bring your head and shoulders towards the knees.
- Inhale to release your body back to the floor.

### Deductions:

- Feet not together (-1)
- Heels of the floor (-1)
- Feet or hands turning in or out
- Lower spine rounding
- Thighs not contracted
- Elbows/ arms not straight
- Knees not facing straight down
- Struggling to get in and out of the posture
- Stomach hanging out
- Hips tucked under
- Shoulders/ arms not pushing away from the floor
- Neck tight
- Hips tight
- Not looking at the navel

Extra Skill: None

Less Skill: None

Accepted Flourishes: None



## TRACTION

## FOUR ANGLE (Chatushkonasana)

Difficulty — 3

Characteristic — Flexibility

### Direction to Face when Performing:

- Facing the Judges.

### Minimum Expression:

- The Athlete must sit as straight as possible, one leg bend on the floor, heel touching the outside of same side hip, the other leg is bend in the air with the toes going towards the opposite arm pit, the same side arm bend under the top leg knee.
- Fingers touching and bottom leg arm going behind the head with the elbow facing up towards the ceiling.

### Recommended execution:

- (Instructions for Right Side)  
Sit cross legged facing the judges and bend your left leg so your left heel/foot is touching the outside of your left heel. The left knee should be on or across the centre line of your body.
- Bring your right arm underneath your with knee and bring your right knee to your right shoulder with the toes stretching towards your left armpit. Bring your left arm up and bend it behind your head so the left elbow is pointing up towards the ceiling, interlace your fingers and touch your thumbs.
- Keep your spine, neck, shoulders and hips as straight as possible.
- Release your arms and legs and come back to sitting position.

### Deductions:

- Thumbs not touching (-1)
- Bottom knee outside the hip line (-1)
- Spine or neck not stretching
- Head coming forward
- Bottom knee coming off the floor
- Wrists bending
- Top foot facing forward or down

Extra Skill: None

Less Skill: None

Accepted Flourishes: None



## TRACTION

# STANDING SEPARATE LEG STRETCHING (Dandayamana Bibhaktapada Paschimotthanasana)

Difficulty — 3

Characteristics — Flexibility

## Direction to Face when Performing:

- Facing the Judges.

## Minimum Expression:

- Athlete must stand with feet stepped wide apart holding both feet with the upper body folded at the waist and the crown of the head stretching toward the ground.

## Recommended Execution:

- Stand facing the judges with your feet together. Bring your Arms over the head sideways.
- Step a big step with the right leg to the right and simultaneously bring your arms down parallel to the floor.
- Heels in one line. Feet slightly pigeon toed.
- Suck your stomach in and slowly bend your upper body down from the lower spine towards the floor.
- Grab your heels from the outside, five fingers together, thumbs touching with the index finger.
- Lock your knees and pull on your heels as hard as possible, stretching your body down from the lower spine towards the floor.
- Touch the top of head on floor between your feet.
- Your spine should be perfectly straight from the coccyx to the neck, head touching the floor between the feet.
- Inhale breathing, slowly come up. Right leg back to the place.

## Deductions:

- Head not touching the floor (-1)
- Grabbing foot/toes instead of heel
- Legs too wide apart
- Head not touching between feet
- Neck bending and spine rounding
- Thighs not contracted
- Feet too turned in or turning out
- Knees not going straight forward
- Elbows going forward instead of towards legs
- Too much weight on head
- Shoulders not engaged

## Extra Skill:

- Top of head touching between the feet and hands behind your back in reverse namaskar (+0.5), top of head touching between the feet and hands behind your back in reverse namaskar touching the head (+1)

Less Skill: None

Accepted Flourishes: None





## TRACTION

# BALANCING STICK (Tuladandasana)

Difficulty — 3

Characteristics — Balance

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must bend forward from the hips to bring the body horizontal, and balance on one leg with arms, opposite leg and body in a straight line.

## Recommended Execution:

- Stand with your feet together profile to the judges.
- Bring your arms over your head sideways, palms together. Interlock the fingers, release the index fingers, thumbs crossed.
- Stretch your arms up to the ceiling, elbows locked and arms always touching with your ears throughout the posture.
- Take a big step with your right leg.
- Lock both knees. With your arms and head together come down until your whole body, arms, head, leg everything is parallel to the floor.
- Continuously stretch your body in opposite directions to create a perfect T shape with your body.
- Chin forward, look forward.
- Inhale breathing come up, arms and head together, and keep your arms over your head.

## Deductions:

- Arms, legs and body not parallel to the floor (depending on degree up to -2)
- Arms not locked
- Wrist bending
- Standing knee not locked
- Eyes not looking forward
- Hips out of line
- Weight too far back
- Wrist not straight
- Body, arms, neck or legs bending
- Stomach not sucked in

## Extra Skill:

- Palms together without interlocking fingers or thumbs (+ 0.5)

## Less Skill: None

## Accepted Flourishes:

- Sliding the left leg back instead of taking a big step forward with right leg





## TRACTION

**EAGLE (Garurasana)**

Difficulty — 3

Characteristics — Balance

**Direction to Face when Performing:**

- Facing the Judges.

**Minimum Expression:**

- The Athlete must balance on one bent leg with opposite leg wrapped over and behind the standing leg. The arms must twisting, palms touching together and elbows must be pulling down .

**Recommended Execution:**

- (Instructions for Right Side)  
Stand facing judges with feet together.
- Bring your arms over your head sideways, swing your right arm under your left arm.
- Cross your arms and twist them like ropes.
- Bring your hands in front of your face, palms together without a gap, thumbs towards your face.
- Pull your elbows down towards the floor, until your fingertips go below your nose.
- Sit down as if to sit on an invisible chair. Lean your upper body back.
- Lift your right leg up and bring it over your left leg, as high as possible.
- Twist your legs like ropes and put your right foot underneath your left calf muscle so all five toes should be visible from the front.
- Sit down more and twist like ropes. Arch your upper body back.
- Bring your knees to the right, upper body to the left to get your feet, knees, elbows and hands, everything in one line.
- Uncross your arms and legs and bring your feet together, arm by your side.

**Deductions:**

- Palms not touching each other (-1)
- Foot not hooked behind standing leg (-1)
- Hooked toes not visible from front
- Fingers interlocked
- Nose, hands, elbows, knees and leg not in a straight line
- Fingers not under the nose
- Thumbs not towards the face
- Gap between ankle and calf muscle
- Not sitting too low or too high
- Not leaning back enough

Extra Skill: None

Less Skill: None

Accepted Flourishes: None



## TRACTION

# AWKWARD (Utkatasana)

Difficulty — 3

Characteristics — Balance, Strength

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must balance on toes, knees bend with arms parallel to the floor looking forward with hips and head in a straight spine.

## Recommended Execution:

- Stand with feet hip width apart.
- Stretch arms forward parallel to the floor, fingers together and palms facing down.
- Lock knees and elbows
- Come onto the tops of your toes.
- Bend knees and lower until your thighs are parallel to the floor.
- Stretch your spine up towards the ceiling so hips and head in one line.

## Deductions:

- Hips not in neutral position
- Hips and head not in a straight, perpendicular line
- Legs to close or wide apart
- Arms to close or wide apart
- Arms not parallel to the floor
- Elbows not locked
- Thighs not parallel to the floor
- Not high enough on top of toes
- Heels or knees turning in or out
- Stomach not sucked in.

Extra Skill: None

Less Skill: None

Accepted Flourishes: None



## TRACTION

**THRONE (Bhadrasana)**

Difficulty — 3

Characteristic — Flexibility

**Direction to Face when Performing:**

- Facing the Judges.

**Minimum Expression:**

- The Athlete must sit with the soles of the feet touching each other close to the groin, the knees facing to the side and the spine straight

**Recommended Execution:**

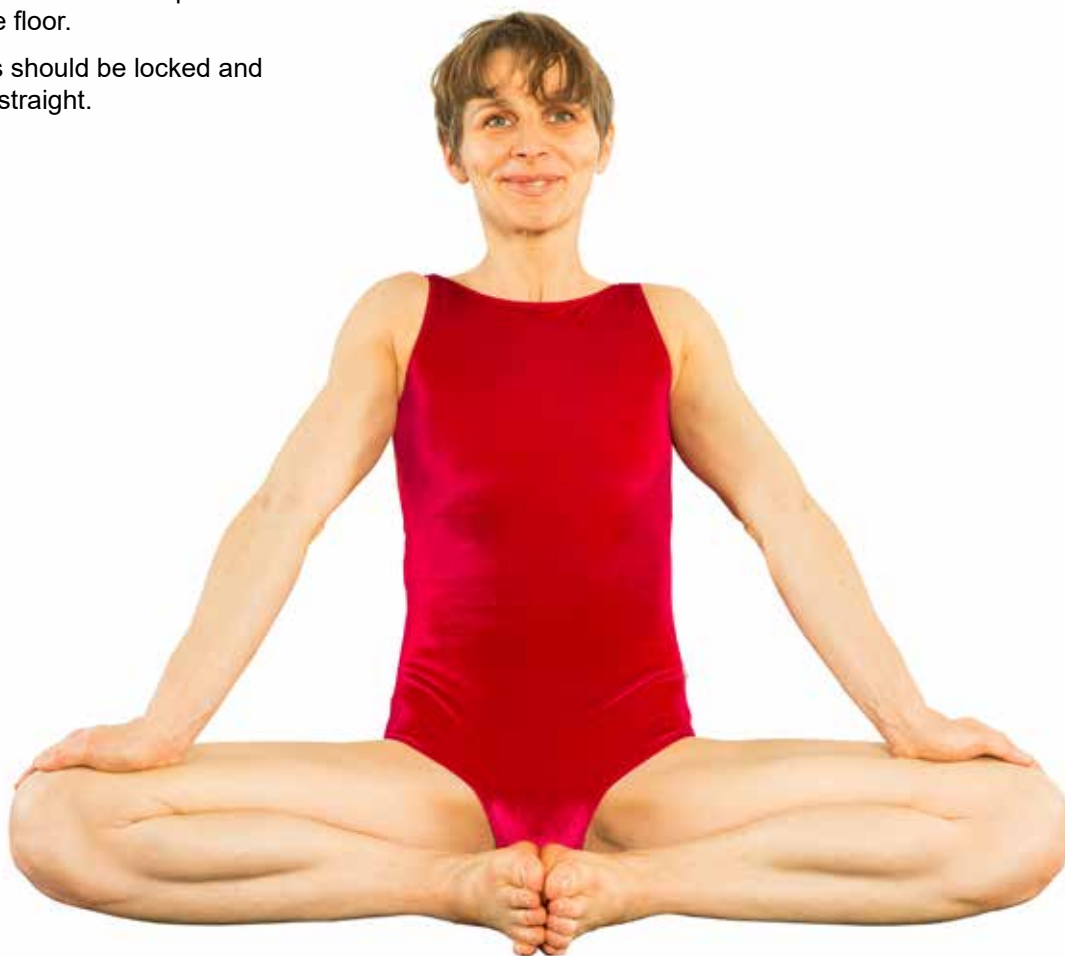
- Sit cross legged facing the judges.
- Touch the soles of your feet and heels and pull them as close as possible to your perineum. The outer side of both feet should rest on the floor and the heels should touch the perineum.
- Widen your thighs and lower your knees until they touch the floor.
- Stretch your spine up towards the ceiling and with the same side hands push knees down to touch the floor.
- The elbows should be locked and your spine straight.

**Deductions:**

- Elbows not locked (-1)
- Knees not touching the floor (-1)
- Feet very far from the body
- Heels not touching perineum
- Spine not straight and perpendicular
- Shoulders hunching to the ears
- Feet not relaxed on the floor

**Extra Skill: None****Less Skill:**

- Interlock your fingers around the feet (-1)

**Accepted Flourishes: None**

## TRACTION

# LIFE POSE (Pranasana)

Difficulty — 4

Characteristic — Flexibility

## Direction to Face when Performing:

- Facing the Judges.

## Minimum Expression:

- The Athlete must sit with one leg in lotus position and the other leg bend but sole of that foot touching the floor. The hand of the lotus leg side must be on the same side knee, the other arm must have the bend knee in the arm pit and hold the toes of that side foot.

## Recommended Execution:

- (Instructions for Right Side)  
Sit cross legged facing the judges. Bring your right foot into lotus, and bend your left leg so the left knee is facing straight up to the ceiling. Bring your left arm over the knee and hold the toes of the left foot from the top with your elbow straight. place your right hand on your right knee. Both hips and your right knee should be on the floor.
- both hips, left foot/hand and right knee should form a rectangle on the floor with your spine straight.
- Release your arms and legs to come back to cross-legged position.

## Deductions:

- Hips not evenly touching the floor (-1)
- Lotus leg knee not touching the floor (-1)
- Not rectangle on the floor between hips, knee and foot.
- Spine rounding or uneven stretching
- Knee not clean under armpit
- Elbows bending

## Extra Skill:

- Bringing the legs in place without help of the arms (+0.5)

Less Skill: None

Accepted Flourishes: None



# TRACTION

## TREE (Tadasana)

Difficulty — 4

Characteristics — Balance, Flexibility

### Direction to Face when Performing:

- Facing the Judges.

### Minimum Expression:

- The Athlete must balance on one leg with a locked knee with opposite leg knee pointing to the floor and the foot touching high on the standing leg thigh.

### Recommended Execution:

- (Instructions for Right Side)  
Stand with feet together facing the judges.
- Balancing on left leg, use your hands to place the right foot on left thigh as high as possible, hold the foot left hand from underneath so the sole of foot slightly facing the judges.
- Lower right knee until both knees are in a straight line.
- Straighten spine, lock standing knee.
- Raise hands to your chest, palms together, fingers pointing up, look forward.

### Deductions:

- One hand holding foot (-2)
- Knees not in one line from the side
- Hips and head not in one line from the side
- Foot not touching costume
- Hips not in one line parallel to floor
  - Shoulders not in one line parallel to floor
  - Shoulders not relaxed

### Extra Skill:

- Both knees touching with knees in one line and hips parallel to floor (+1)

Less Skill: None

### Accepted Flourishes:

- Bringing foot in position with one or no hands





## TRACTION

# TOE STAND (Padangustasana)

Difficulty — 4

Characteristics — Balance, Flexibility

## Direction to Face when Performing:

- Facing the Judges.

## Minimum Expression:

- The Athlete must balance on a bend standing leg (ball of foot) with the other foot on standing leg thigh, hands in namaskar.

## Recommended Execution:

- (Instructions for Right Side)  
Stand with your feet together facing the judges.
- Focus on one point on the floor.
- Bring your right foot up as high as possible on your left thigh, right knee down and in towards the left knee; then hands into namaskar.
- Bend your body down from the lower spine and touch your both hands on the floor.
- Slowly bend the knee, bring your hips down, and sit on your heel.
- Bring your left hand up in front of your chest, then bring your right hand up, palms together (namaskar).
- Stretch your spine up to the ceiling, half-inch gap between the hips and the heel.
- Come up exactly the opposite the way you went down.

## Deductions:

- No gap (lifting away) between hips and standing foot (-1)
- Holding foot when going down (-1)
- Knees not in one line
- Knees too wide
- Foot too low on thigh
- Hips not in one line parallel to floor
- Shoulders not in one line parallel to floor
- Shoulders not relaxed
- Spine or neck not stretching up
- Hand uneven

## Extra Skill:

- Going up and down with hands in namaskar (+1)
- Knees touching (+1)

## Less Skill: None

## Accepted Flourishes:

- Place foot on thigh without use of hands.



## TRACTION

**TRIANGLE (Trikonasana)**

Difficulty — 4

Characteristics — Strength

**Direction to Face when Performing:**

- Facing the Judges.

**Minimum Expression:**

- The Athlete must have left knee locked, right knee bent, arms stretched apart in opposite directions, right elbow touching the right knee. Head turned to look up to the ceiling/ left hand.

**Recommended Execution:**

- Stand with feet together facing the judges.
- Stretch arms over your head with palms together, and step right leg to right and lower your arms so they are parallel to the floor.
- Keep left knee locked and turn out right foot 90 degrees. bend the right knee until your thigh is parallel to the floor, spine straight in the centre.
- Keeping arms locked, move both arms simultaneously and place right fingertips in-between your right big toe and the second toe, palm facing the judges. Left arm stretching up towards the ceiling. Both arms & shoulders stretching in opposite directions.
- Look up, Twist your head so the profile of your face is visible, chin touches your left shoulder.
- Simultaneously Push your right knee back with your right elbow, push your left hip down and forward and twist your upper body back to create a spine twist.

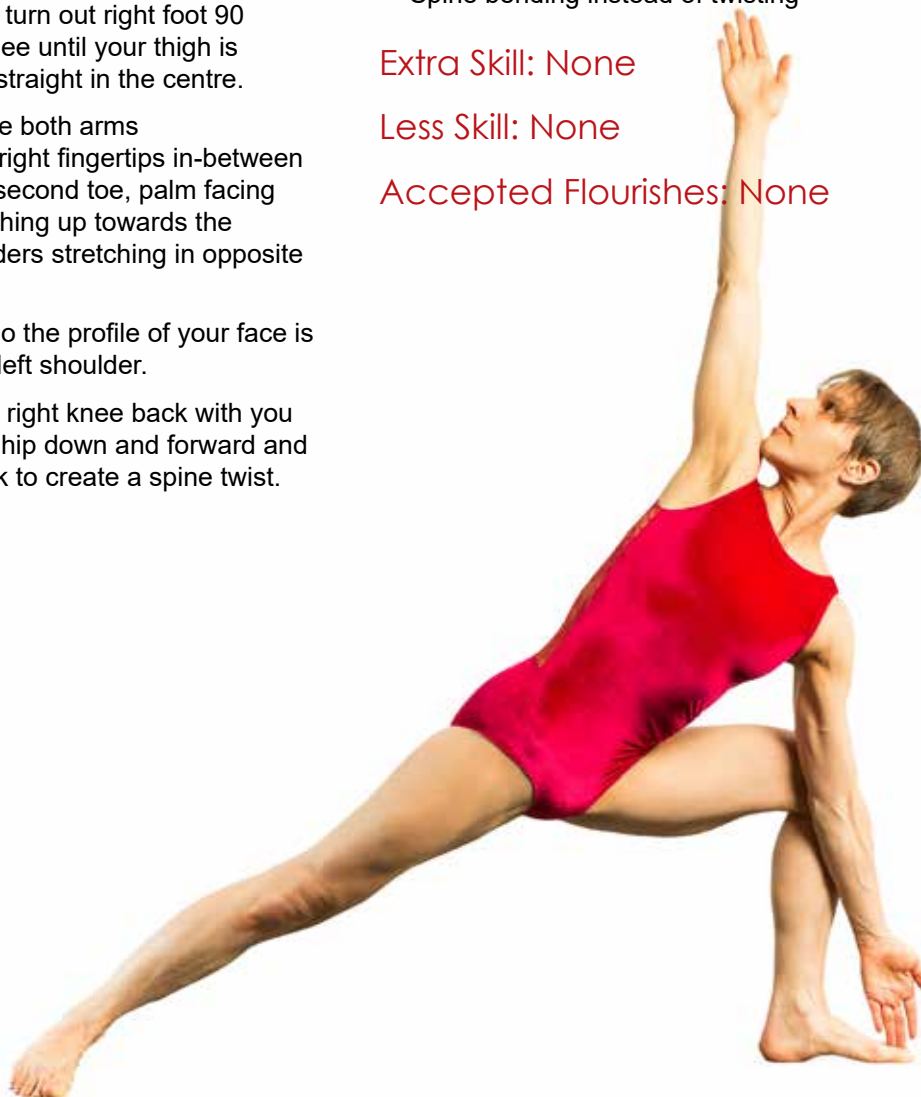
**Deductions:**

- Elbow not exactly touching the knee (-1)
- Left knee not lock and left foot not flat on the floor
- Head not exactly profile
- Right thigh not parallel to the floor
- Right foot not 90 degree turned out
- Arms not perpendicular to the floor
- Body not in one straight line
- Arms/ Shoulders not stretching apart
- Right fingertips not in-between your big toe and the second toe
- Spine bending instead of twisting

Extra Skill: None

Less Skill: None

Accepted Flourishes: None



## TRACTION

# HANDS TO FEET POSE (Pada Hastasana)

Difficulty — 4

Characteristics — Flexibility

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must bend the forward over the legs and hold the legs with the hands.

## Recommended Execution:

- Stand with the arms overhead and the profile to the Judges
- Bend forward with the arms and head together and place the hands under the heels with 5 fingers together on each hand and little fingers touching side by side. Bring the elbows behind the legs on calf muscle, with the arms touching the legs.
- Pull on the heels to stretch the body down and keep upper body with the legs (the stomach on the thighs, the chest on the knees and the face on the shins).
- Straighten the legs and contract the leg muscles so that the knees lock.
- Stretch the upper body down to the floor and the head towards the feet.
- Come up with arms and head together.

## Deductions:

- Hands out to the side
- Fingers not together, two little fingers not touching each other
- Elbows out from behind the calf muscle
- Legs bending
- Body away from the legs (-1)
- Rounding of the spine
- Head forward, chin away from the legs

Extra Skill: None

Less Skill: None

Accepted Flourishes: None



## TRACTION

**BOUND LOTUS (Baddha Padmasans)**

Difficulty — 5

Characteristics — Flexibility

**Direction to Face when Performing:**

- Facing the Judges.

**Minimum Expression:**

- The Athlete must have their legs in a Lotus Position and make contact with the hands and feet behind the body.

**Recommended Execution:**

- Sit on the floor in a cross-legged position, facing the Judges.
- Bring the legs into a Lotus Position and bring the knees closer together to tighten the Lotus Position, place the toes beyond the outside of each thigh to create a tight Lotus Position.
- Bring the left arm around the back and grab the left big toe with all five fingers.
- Bring the right arm around the back and grab the right big toe with all five fingers.
- Bring both knees on the floor.
- Lift the chest up and keep the spine straight with both shoulders in one line, looking forward.

**Deductions:**

- Wrong leg (left leg) folded in first into the Lotus Position (-1)
- Lotus is loose and the toes do not go beyond the outside of the thighs
- Grip on either foot or toe is loose
- Spine rounding forward or to the side
- Head does not come up enough to look forward
- Shoulders out of line

**Extra Skill: None****Less Skill: None****Accepted Flourishes: None**

## TRACTION

# COWFACE (Gomukhasana)

Difficulty — 5

Characteristics — Flexibility

## Direction to Face when Performing:

- Facing the Judges.

## Minimum Expression:

- The Athlete must have one bent knee on top of the other with one arm over and the opposite arm underneath and behind. There must be contact between the hands and the hips must be on the floor.

## Recommended Execution:

- (Instructions for Right Side)  
Sit straight facing the Judges.
- Come forward onto the hands and bring the right leg on top of the left leg.
- Stack the knee joints directly in one line and close the gap between the knees.
- Sit the hips down in between the heels so that the heels touch the sides of the hips and both hips touch the floor.
- Bring the left arm over and behind the head.
- Bring the right arm behind the back and clasp the hands together.
- Line up the elbows in one line vertically.
- Lift the chest and head up to look forwards.

## Deductions:

- Gap between knee joints
- Knees not stacked on top of one another
- Hips off the floor
- Gap between heel and hips
- Elbows not in line
- Chest not in lifted
- Head too low and not looking forward
- Grip is loose or the grip is only made the fingertips
- If opposite arm and leg are not used

Extra Skill: None

Less Skill: None

Accepted Flourishes: None





## TRACTION

**LEG BEHIND HEAD (Eka Pada Shirasana)**

Difficulty — 5

Characteristics — Flexibility

**Direction to Face when Performing:**

- Facing the Judges.

**Minimum Expression:**

- The Athlete must hold one leg behind the head.

**Recommended Execution:**

- (Instructions for Right Side)  
Sit on the floor cross-legged facing the Judges.
- Lift the right leg up from the floor and grab the foot.
- Bring the right knee behind the shoulder so that the knee faces directly outwards to the side, with no gap between the knee and the shoulder and the leg is behind the head.
- Pull the right foot down and lift the head up in order to look forward, bringing foot behind shoulder so that knee is in line with toes and top of shoulders.
- Sit both hips flat on the floor, lift the upper body upright and bring the hands into Prayer Position.
- The stomach should be sucked in and the foot should stay in place.
- 

**Deductions:**

- Head does not come up high enough to be able to look forward, so that there is no free movement of the head
- The knee is not directly outwards to the side
- There is a gap between the knee and the shoulder
- One of the hips is off the floor
- The spine is not straight

**Extra Skill:**

- Bringing the leg cleanly behind the head without using the hands, but hunching forward (+0.5)
- Bringing the leg cleanly behind the head, so that the heel touches the shoulder without using the hands, bending forward or any additional adjustments (+1)

**Less Skill: None****Accepted Flourishes: None**

## TRACTION

# SPLITS STRAIGHT (Hanumanasana)

Difficulty — 5

Characteristics — Flexibility

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must have the back of the front leg touching the floor and the top of the back leg touching the floor.

## Recommended Execution:

- (Instructions for Right Side)  
Sit with the left-side profile to the Judges.
- Extend the right leg forward and the left leg back; Right leg should have the back of the leg and the knee flat on the floor and toes point;
- Left leg should have the top of the thighs and knees on the floor and toes pointed.
- Keep both hips square on the floor.
- Keep the spine straight.
- Stretch the arms straight up with the palms and five fingers together.

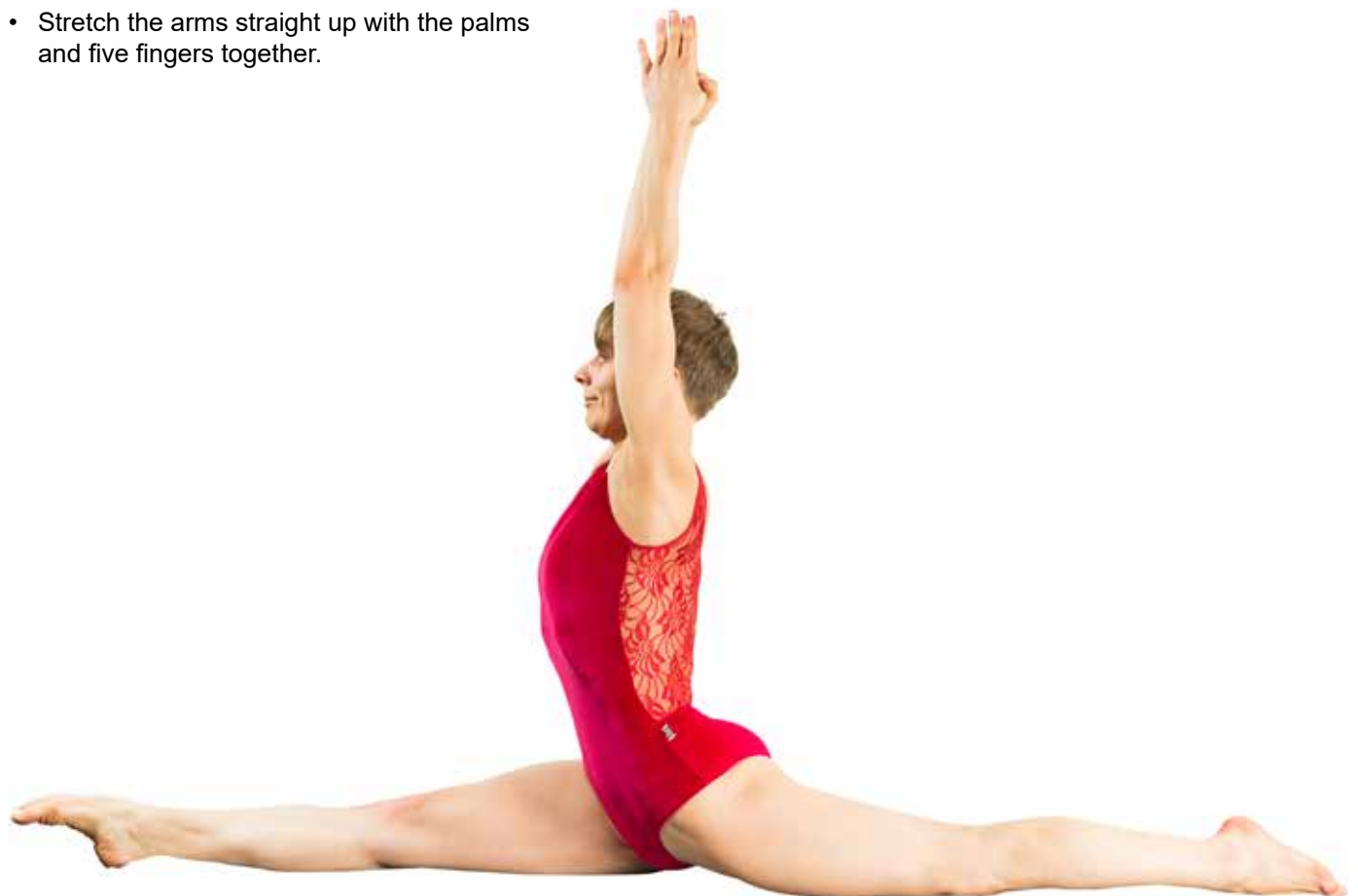
## Deductions:

- Feet not pointed
- Legs not straight and the thigh muscles not contracted
- Hips not square
- One or both hips not in contact with the floor
- Arms not straight
- Hands and fingers not touching each other

Extra Skill: None

Less Skill: None

Accepted Flourishes: None



## TRACTION

**SPIDER - HIDDEN LOTUS (Gupta Padmasana)**

Difficulty — 5

Characteristics — Flexibility

**Direction to Face when Performing:**

- Profile to the Judges.

**Minimum Expression:**

- Athlete must be lying on the floor with lower ribs in contact with the floor, legs in lotus position and hands in contact behind the back in reverse namaskar

**Recommended Execution:**

- Sit cross legged with your profile to the judges.
- Bring your legs into lotus position( starting with your right leg). Place the hands on the floor in front of the knees. Leaning on the arms, raise the buttocks and stand on the knees. Slowly lower the front side of the body to the floor in the prone position and stretch the body forward so the entire front side of the body, hips, neck and chin are touching the floor.
- Place the palm together behind your back with the fingers pointing towards the head in reverse namaskar (sides of the little fingers touching the back, thumbs away from the back. Fingers straight and thumbs crossed). If possible, touch the back of the head with the middle fingers.
- Close your eyes and relax the whole body.
- Release the hands from the back, and place hands under the shoulders to push back up to a sitting. Release your lotus position.

**Deductions:**

- Gap between hips and floor ( depending on degree up to 1.5)
- Lotus too wide
- Spine rounding instead of stretching
- Big gap between fingers and head
- Neck not touching the floor
- Tension in the body in final position
- Toes not visible from the side

**Extra Skill: None****Less Skill:**

- Hands on floor beside body, palm facing up (-1)

**Accepted Flourishes: none**

## TRACTION

# BIRD OF PARADISE (Samakonasana)

Difficulty — 6

Characteristics — Balance, Flexibility

## Direction to Face when Performing:

- Facing the Judges.

## Minimum Expression:

- The Athlete must stand on one leg and extend the other leg higher than parallel to the floor. The hands have to be in contact behind the back and under the extended leg.

## Recommended Execution:

- (Instructions for Right Side)  
Stand straight and step the right foot to the right hip-width distance, legs straight, knees are locked and place the hands into a Prayer Position in front of the chest.
- Bend forward, keeping both legs straight and bring the right arm underneath the right leg and place the left arm onto the back with the left palm facing outwards. Grab the left wrist with the right hand in a firm grip, binding the right leg with both the arms.
- Bend the right leg and lift the right leg up, so that the right quadriceps face backwards behind the body and the right leg touches the right shoulder blade.
- Contract the right leg muscles so that the knee locks and point the right foot. Both hips in one line with the spine straight and the stomach sucked in.
- Keep the chin parallel to the floor and look forward.

## Deductions:

- Standing leg muscles not contracted
- Extended leg muscles not contracted and straight
- Spine not straight and rounding forward
- Shoulders hunched and rounded
- Gap between body and extended thigh
- Hips not in line
- Shoulders not in one line
- Standing foot not straight

## Extra skills:

- Binding the right leg with both hands without bending forward, keeping both legs straight throughout (+1)

Less Skill: None

Accepted Flourishes: None



# TRACTION

## SIDE SPLITS (Samakonasana)

Difficulty — 6

Characteristics — Flexibility,

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The Athlete must have the legs open outwards to the sides with the body bending forwards and stretching.

### Recommended Execution:

- Sit straight up, with the profile to the Judges.
- Separate the legs as much as possible with the feet flexed towards the ceiling.
- Place the hands on the floor in front and push the hips forward so that the hips come in line with the feet.
- Stretch the arms forward and bring the entire upper body (chin, shoulders, chest abdomen) flat on the floor.
- Fully split the legs, so that the two heels are in one line with the hips and the feet are flat on the floor.

### Deductions:

- Any gap between the upper body (chin, shoulders, chest abdomen) and floor
- Spine not stretching

### Extra Skill:

- Going down from a standing position and back up to standing without the hands touching on the floor (+2)

### Less Skill:

- If the legs are not fully split (straight line between two heels and hips), they must grab the big toes (-1)

### Accepted Flourishes: None





## TRACTION

# STRETCHING (Paschimotthanasana)

Difficulty — 6

Characteristics — Flexibility

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must stretch the body forward and hold the feet with both hands.

## Recommended Execution:

- Sit upright with both legs fully extended forward with feet together and the profile to the Judges.
- Grab the big toes from the top, with the middle and index fingers, palms facing each other.
- Pull the toes and keep the feet together and flexed, with the legs straight and the knees locked and heels on the floor or a little bit in the air.
- Keep the spine straight and stretch the upper body forward from the lower spine.
- Touch the elbows on the floor alongside the calf muscles, with the wrists straight.
- Bring the body down, stomach on the thighs, chest on the knees, and touch the head on toes.

## Deductions:

- Leg muscles not contracted, gap between back of the knees and the floor (-1)
- Bottom of the calves or heels too much off the floor
- Wrists bent
- Feet apart
- Feet not flexed.
- Spine not in a straight position
- Spine not stretching
- Stomach away from the thighs
- Chest up
- Elbows off the floor
- Forehead not in line with the toes
- Face up
- Eyes looking down

Extra Skill: None

Less Skill: None

Accepted Flourishes: None



## TRACTION

**ARCHER (Akarna Dhanurasana)**

Difficulty — 7

Characteristics — Flexibility, Strength

**Direction to Face when Performing:**

- 45 degree angle to the Judges.

**Minimum Expression:**

- The Athlete must grab the opposite feet with the hands and pull one foot up and back towards the head.

**Recommended Execution:**

- (Instructions for Right Side)  
Sit facing the Judges at 45 degree angle to the front towards the left with the legs straight.
- Bring the left leg over the right leg so that the leg is at a 90 degree angle.
- Grab the big toe of the left foot with the third, fourth and fifth fingers of the right hand from on top and the index finger on the top of the other four toes.
- Grab the big toe of the right foot with the third, fourth and fifth fingers of the right hand from on top and the index finger on the top of the other four toes.
- Flex the right foot so that the heel comes off the floor.
- Touch the chin to the left shoulder and keep the head up straight and look at the right foot.
- Lift the chest up and pull back the left foot with the toes pointed and up to touch the wrist to the right ear.
- Bring the right elbow back and up to be in line with the left arm and keep the shoulders in one line.

**Deductions:**

- Incorrect grip
- Heel touches the floor
- Foot and ear does not touch
- Gap between chin and shoulder
- Head not in line with arms
- Arms not in one line
- Shoulders out of line
- Pulling elbow not in line with straight arm

**Extra Skill: None****Less Skill: None****Accepted Flourishes: None**

## TRACTION

# SHORT PERSON (Bamanasana)

Difficulty — 7

Characteristics — Balance

## Direction to Face when Performing:

- Facing the Judges.

## Minimum Expression:

- The Athlete must balance on one knee and on the opposite foot without the hands touching the floor.

## Recommended Execution:

- (Instructions for Right Side)  
Stand straight up facing the Judges.
- Bring the right foot up as high as possible in front of the left hip by using the hands.
- Bring the hands together into a Prayer Position and look on the floor.
- Bend the body down from the lower spine to the floor and touch both hands on the floor in front with the left leg straight.
- Bend the left knee, come onto the toes and bring the right knee directly onto the floor.
- Turn the left foot and knee outwards to point to the side and bring the left heel in front of the crook of the right knee on the floor and make contact between the two.
- Bring one hand up in front of the chest and push the hips forward so that the hips come into one line on top of the heel and the knee.
- Bring the opposite hand in to make a Prayer Position.
- Lift the chest up, keep the spine straight and bring the head up to look forward.

## Deductions:

- Toes or knees not fully turned to the side
- Heel not in front of the knee to which it makes contact
- Spine not straight
- Focus stays on floor, does not go forward

## Extra Skill:

- Going down with no hands (+0.5)
- If the heel of the foot goes flat on the floor (+1)

## Less Skill: None

## Accepted Flourishes:

- Having the arms over the head



# TRACTION

## SIDE ANGLE

Difficulty — 7

Characteristics — Balance, Flexibility, Strength

### Direction to Face when Performing:

- Facing the Judges.

### Minimum Expression:

- The Athlete must balance on one leg and the opposite hand (i.e. left foot and right hand), with the extended leg higher than parallel to the floor. The hand not being used to balance must be in contact with the extended leg.

### Recommended Execution:

- (Instructions for Right Side)  
Stand straight with the feet together and both arms above the head side ways
- Step the right leg to the right and bring the arms down parallel to the floor with the palms facing down to the floor.
- Turn the right foot out to the right so that it is parallel to the stage. Bend the right knee and bring the body down to the right
- Put the right shoulder in front of the right knee, with the elbow in front of the leg, the hand behind the heel and the fingers pointing outwards. Bend forward and grab the right heel from the outside with the left hand keeping the wrist straight.
- Push the right hand against the floor, simultaneously with the left hand pull the right leg behind the right shoulder blade. Lift the hips up and forward and contract the right leg muscles so that the right knee locks and point the right toes.
- Keep the hips and chest parallel to the Judges with the chest open, the spine straight, the left elbow facing out and the left foot flat on the floor.
- Keep the chin to the left shoulder and look upwards. Keep the body inclined in a straight line to the floor with the right arm forming a 90 degree angle from the centre line of the body.

### Deductions:

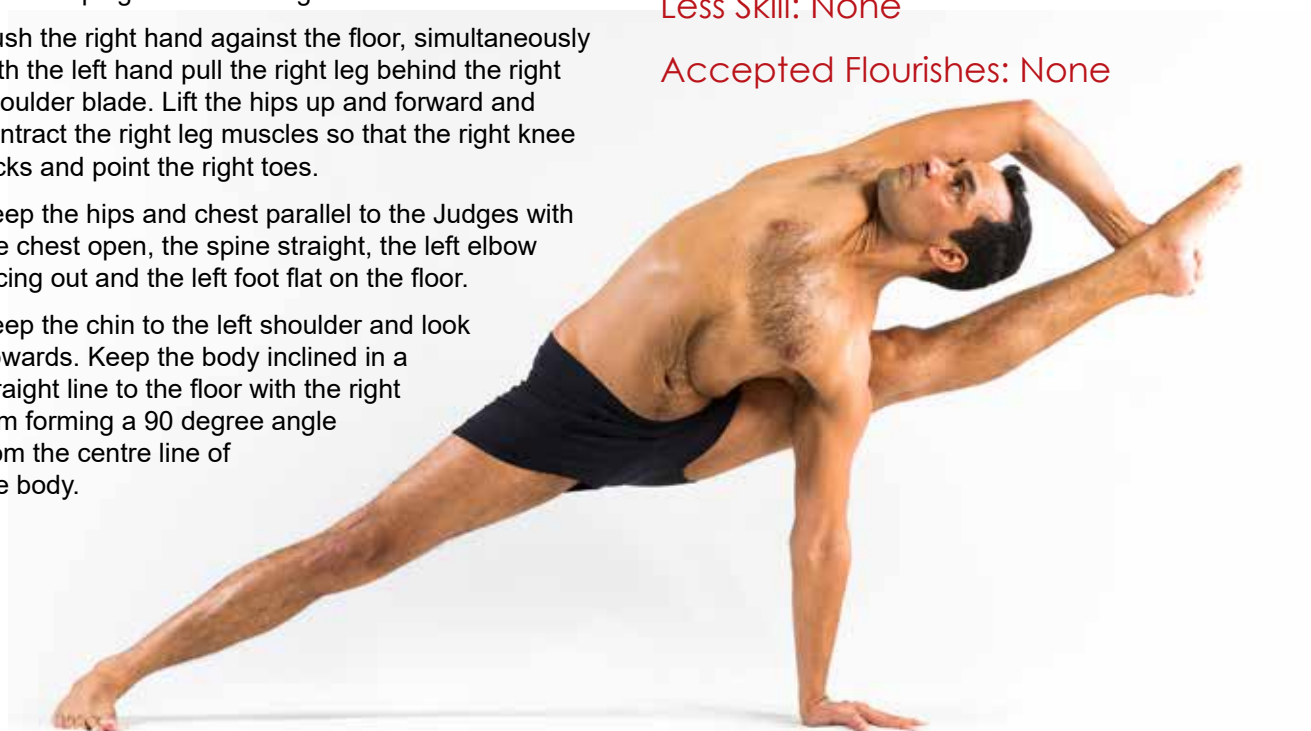
- Balancing foot or hand not flat on the floor
- Balancing foot not pointed straightforward
- Hips pushing back or falling lower than the elbow of the balancing arm
- Top hand holding anywhere other than at the heel from the back of extended leg
- Top elbow not at a 90 degree angle
- Extended leg not straight
- Balancing arm not perpendicular to the centre line of the body
- The profile of face not entirely visible to Judges
- Top leg not exactly behind the bottom shoulder blade
- Stomach not sucked in and toes not pointed
- Rounding to the side of the body (-.5 to -1 depending on severity)

### Extra skills:

- Compass (+1) – see next pages
- Shivasana (+1.5) – see next pages

### Less Skill: None

### Accepted Flourishes: None





## TRACTION

## SIDE ANGLE - COMPASS (Visvamitrasana)

Difficulty — 7

Characteristics — Balance, Flexibility, Strength

### Direction to Face when Performing:

- Facing the Judges.

### Minimum Expression:

- The Athlete must balance on one leg and the opposite hand (i.e. left foot and right hand), with the extended leg higher than parallel to the floor. The hand not being used to balance must NOT be in contact with the extended leg.

### Recommended Execution:

- (Instructions for Right Side)  
Enter the posture from Side Angle Pose
- Let go of the top foot and keep the right leg behind the shoulder, without bending or dropping the leg down
- Keep the left arm straight up, perpendicular to the body.

### Deductions:

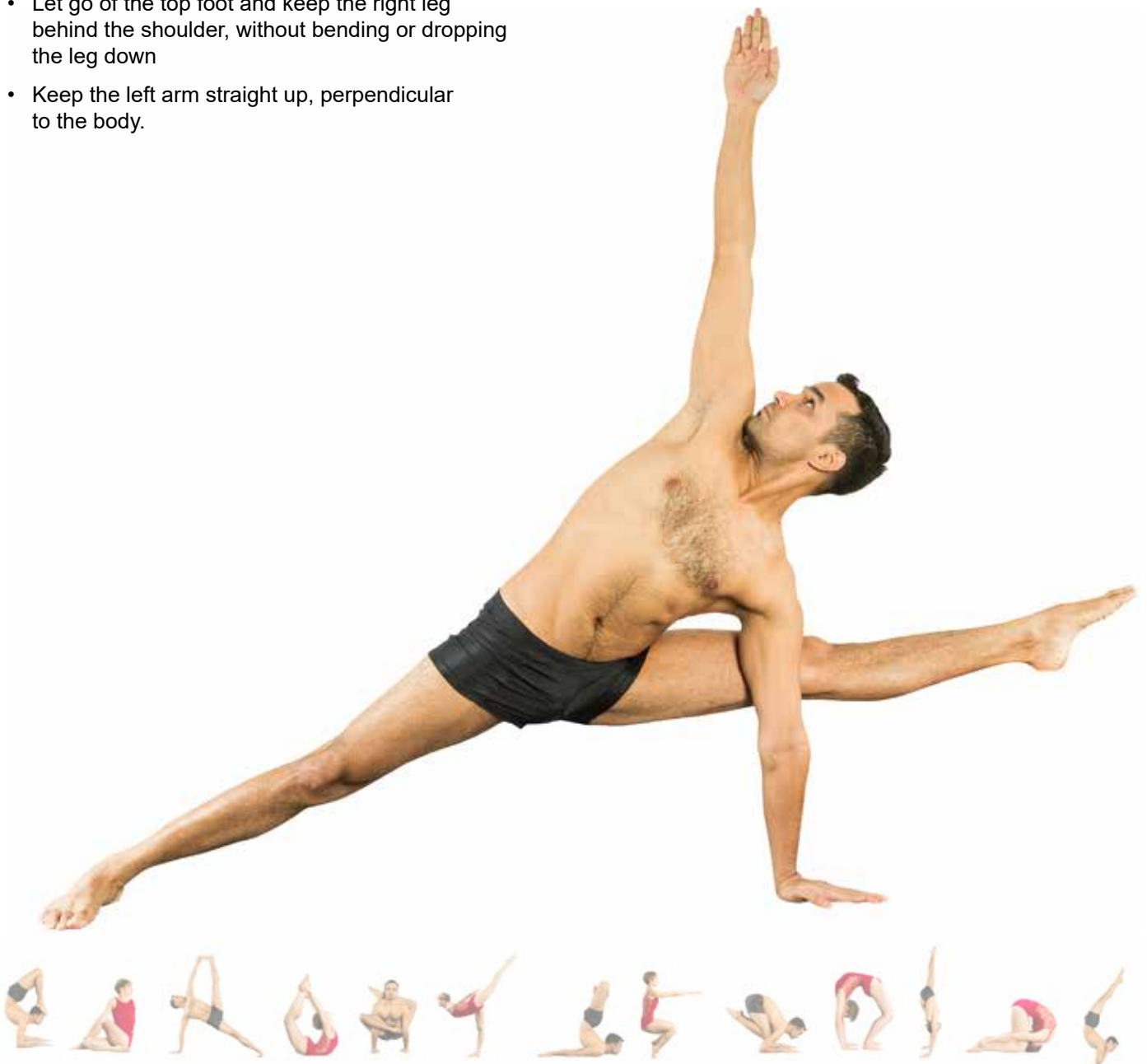
- Extended leg bends
- Extended leg drops down from the original position after releasing the hand

### Extra Skills:

- Compass is extra skill for Side Angle posture (+1)

Less Skill: None

Accepted Flourishes: None





## TRACTION

## SIDE ANGLE - SHIVASANA (Kala Bhairavasana)

Difficulty — 7

Characteristics — Balance, Flexibility, Strength

### Direction to Face when Performing:

- Facing the Judges.
- Shivasana is Extra skill for Side Angle posture(+1.5)

### Minimum Expression:

- The Athlete must balance on one leg and the opposite hand (i.e. left foot and right hand), with the opposite leg placed behind the head.

### Deductions:

- Forcing and struggling to get the leg behind the head

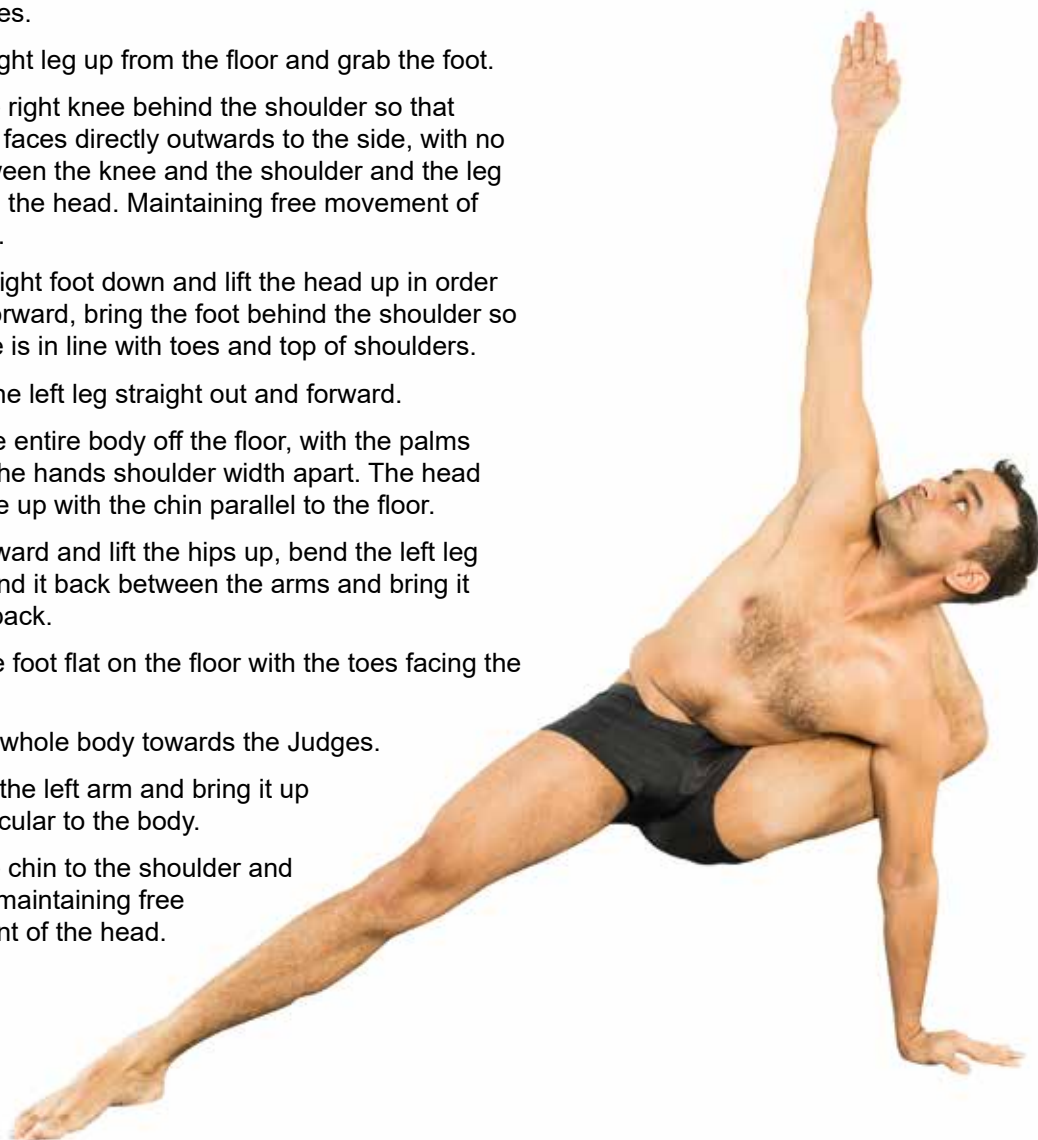
Extra Skills:None

Less Skill: None

Accepted Flourishes: None

### Recommended Execution

- Sit on the floor cross-legged with the left profile to the Judges.
- Lift the right leg up from the floor and grab the foot.
- Bring the right knee behind the shoulder so that the knee faces directly outwards to the side, with no gap between the knee and the shoulder and the leg is behind the head. Maintaining free movement of the head.
- Pull the right foot down and lift the head up in order to look forward, bring the foot behind the shoulder so that knee is in line with toes and top of shoulders.
- Extend the left leg straight out and forward.
- Press the entire body off the floor, with the palms flat and the hands shoulder width apart. The head should be up with the chin parallel to the floor.
- Lean forward and lift the hips up, bend the left leg and extend it back between the arms and bring it straight back.
- Place the foot flat on the floor with the toes facing the Judges.
- Turn the whole body towards the Judges.
- Release the left arm and bring it up perpendicular to the body.
- Bring the chin to the shoulder and look up, maintaining free movement of the head.



## TRACTION

# UPWARD STRETCHING (Utthita Paschimotthanasana)

Difficulty — 7

Characteristics — Balance, Flexibility

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must balance on the buttocks with the legs extend upwards making contact between the hands and legs.

## Recommended Execution:

- Sit with the legs together and the profile to the Judges.
- Bend the knees so that thighs are close to the torso.
- Point the feet and grab the heels with five fingers together and the fingers facing the direction of the toes. Elbows touching behind the calf muscles.
- Balance on forward on the sits bones.
- Extend the legs up, keeping the abdomen close to the thighs and stretch the spine upwards.
- Look up towards the toes; pull on the heels with the shoulders down, away from the ears.
- Stretch the spine up and bring the torso and the legs against each other so the whole body becomes perpendicular to the floor.
- Forehead touches the shin bones with the spine straight.

## Deductions:

- Eyes not looking up (0.5)
- Wrong grip on heels; Elbows not touching calf muscles (-1)
- Balancing too far back, behind the sit bones
- Gap between abdomen and thighs
- Spine not stretching
- Feet not pointed
- Shoulders hunched up
- Forehead not touching the shins, or forehead touching shins by rounding cervical spine forward (-1)

Extra Skill: None

Less Skill: None

Accepted Flourishes: None



# TRACTION

## FLAG (Tandavasana)

Difficulty — 8

Characteristics — Balance, Flexibility

### Direction to Face when Performing:

- Facing the Judges.

### Minimum Expression:

- The Athlete must balance on one leg with the legs in a vertical split behind the body and the hand grabbing the opposite leg that is in the air with the other arm extended outwards.

### Recommended Execution:

- (Instructions for Right Side)  
Stand facing the Judges.
- Bend forward and grab the right heel with the same side hand. The grip should have the thumb outside of the heel and the other fingers inside the heel.
- Grab the right leg from the outside of the right ankle with the left hand.
- Lift the right leg up as high as possible with the help of the left hand under the right ankle.
- Bring the right knee behind the right shoulder and then let go of the right hand and extend the right arms outwards until parallel to the floor.
- Extend the right leg up until the leg is completely straight and bring the right heel and right hip in one vertical line, with the left arm above the head.
- Keep the standing leg straight and look forward with the spine straight and the two shoulders in one line.
- Note for exit: keep the standing foot straight.

### Deductions:

- Shoulders not in one line
- Heel and hip of extended leg not in one line
- Extended arm is not straight
- Extended arm is not parallel to the floor
- Standing leg is bent
- On the exit the standing leg turns

Extra Skill: None

Less Skill: None

Accepted Flourishes:  
None



# MOUNTAIN (Parbhatasana)

Difficulty — 8

Characteristics — Balance

## Direction to Face when Performing:

- Facing the Judges.

## Minimum Expression:

- The Athlete must have their legs in a Lotus Position and balance only on the knees.

## Recommended Execution:

- Sit on the floor in a cross-legged position, facing the Judges.
- Bring the legs into a Lotus Position and bring the knees closer together to tighten the Lotus
- Position, place the toes beyond the outside of each thigh to create a tight Lotus Position.
- Come forward and place the hands on the floor and bring the hips up, while looking at the floor.
- Stretch the left arm straight up above the head, balance on the finger tips of the right hand on the floor.
- Bring the right hand up in front of the chest and balance on the knees.
- Extend the right hand up to meet the left hand above the head and create a Prayer Position.
- Bring the hips forward so that the hips are in a line over the knees.
- Lift the head up and look forward (from the side the entire body should be in one straight line).

## Deductions:

- Wrong leg (left leg) folded in first into the Lotus Position (-1)
- Feet slip out of the Lotus Position
- Elbows bending
- Focus stays on floor, does not go forward
- Hips not in line over the knees
- There is a gap between the arms and the head
- Body is not in one straight line

## Extra Skill:

- Tight Lotus Position with the feet staying on the thighs and the toes going beyond the line of the thighs(+1)

## Less Skill:

- Loose Lotus (feet slipping to the crooks of the knees) (-1)
- One arm in front of the chest and one arm up in the air (-1)
- Both hands stay in front of the chest (-2)

## Accepted Flourishes:

- Coming up from the floor and balancing on the knees without the use of the hands



## TRACTION

**ROOT LOCK (Moolabandhasana)**

Difficulty — 8

Characteristics — Balance, Flexibility

Direction to Face when Performing:

- Facing the Judges.

Minimum Expression:

- The Athlete must place the feet underneath the hips with the heels facing forward and the toes backwards and balance on the knees and the sides of the feet.

Recommended Execution:

- Sit facing the Judges.
- Bring the soles of the feet flat against one another with toes pointing forward and knees in one line.
- Sit with the spine straight and place the hands on the sides of the hips.
- Push the hands into the floor and lift the heels upwards towards ceiling and bring the toes down towards the floor.
- Bring the body forward and the heels forward to point forward and sit with the hips on top of the feet.
- Point the toes backwards and keep the soles of the feet together.
- Line up the knees, hips and heels in one line.
- Bring the hands off of the floor into Prayer Position in front of the chest, spine straight, and shoulders in line.
- Exit: release the feet from underneath the hips

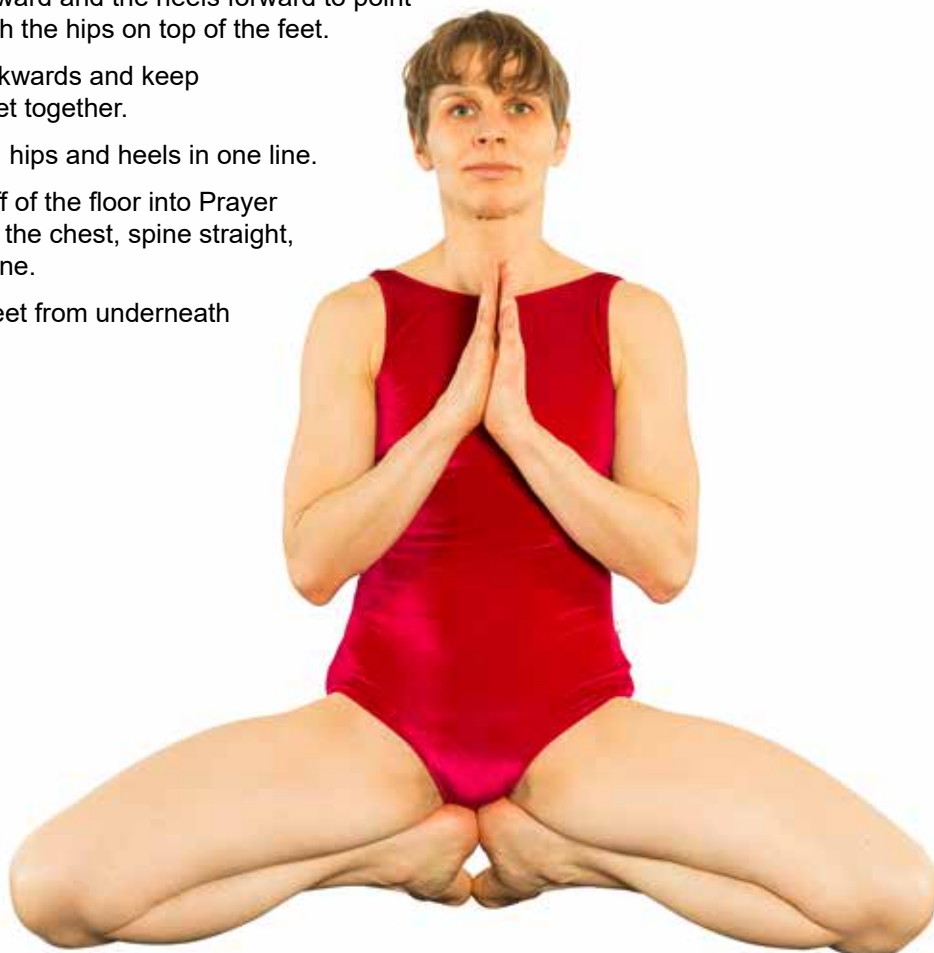
Deductions:

- Soles of feet not flat together
- Heels not fully inverted forward
- Knees not in line with heels
- Spine not straight
- Shoulders not in one line
- Large gap between hip and heel

Extra Skill: None

Less Skill: None

Accepted Flourishes: None





## TRACTION

# STANDING SPLITS (Dandayamana Poorna Janushirasana)

Difficulty — 8

Characteristics — Balance, Flexibility

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must balance on one leg with the thigh muscle contracted and the stomach touching the thigh. The other leg must be extended, straight, as far up as possible.

## Recommended Execution:

- (Instructions for Right Side)  
Stand with the left-side profile to the Judges.
- Lock the right leg by contracting the hip and thigh muscles.
- Bend forward and grab the right heel with the same side hand. The grip should have the thumb outside of the heel and the other fingers inside the heel.
- Place the left hand on the floor with the palm flat.
- Keep the hips levels and lift the left leg off the floor by stretching the leg back and up towards the ceiling, with the thigh of the leg contracted.
- When the two legs are in a Split Position, lift the left hand that was on the floor to meet the right hand that is on the heel of the right leg.
- Forearms and elbows should touch behind the calf muscle.
- Keep the shoulders lifted away from the ears and pull the right heel to stretch the spine and head towards the toes. Keep the abdomen on the thigh, chest on knee, forehead touching the same time stretch the left leg up in the opposite direction
- Balance on one leg.

## Deductions:

- Keeping one or both hands on the floor (-2)
- Incorrect grip (-1)
- Hips not level, the hip of the lifting leg opens out
- Leg muscles of the lifting leg not contracted (-1)
- Two legs are not perfectly split (Deductions from -0.5 depending on the degree of the degree)
- Forearms and elbows are not touching behind calf muscle
- Gap between abdomen and thigh (Deductions from -2 depending on the degree of the degree)
- Crown of head not facing down to the floor (-1)
- Spine not stretching
- Shoulders collapsing

## Extra Skill:

- Both hands grabbing standing leg heel from the start (+1)

## Less Skill:

- Keeping one or both hands on the floor (-2)

Accepted Flourishes: None



## TRACTION

**GOOD-BYE (Durvasana)**

Difficulty — 9

Characteristics — Balance, Flexibility

**Direction to Face when Performing:**

- Facing the Judges.

**Minimum Expression:**

- The Athlete must have one leg behind the head, while standing up on the other leg.

**Recommended Execution:**

- (Instructions for Right Side)  
Sit on the floor cross-legged facing the Judges.
- Lift the right leg up from the floor and grab the foot.
- Bring the right knee behind the shoulder so that the knee faces directly outwards to the side, with no gap between the knee and the shoulder and the leg is behind the head.
- Pull the right foot down and lift the head up in order to look forward, bringing the foot behind shoulder so that knee is in line with toes and top of shoulders.
- Place the right hand on the floor and press the body to stand up on the left foot.
- Bring the hips up until the standing leg is straight.
- Move the hands from the floor to the standing knee and push the knee back and contract the thigh muscle to keep the knee locked.
- Lift the upper body upright and lift the head up to look forward.
- Bring both hands into Prayer Position.
- Exit the same way as athlete entered the posture.

**Deductions:**

- Forcing and struggling to get the leg behind the head
- Body is not upright (deduction from -0.5 to -2 depending on the degree of the fault)
- Head is not up and able to look forward
- Stomach not sucked in
- Shoulders not aligned and the knee, shoulder and toes of the leg behind the head are not in one line
- Foot should stay behind the head and not come next to the head and/or forward
- Standing leg bends (deduction from -1 depending on the bend of the leg)

**Extra Skill:**

- Bringing the leg cleanly behind the head without using the hands, but hunching forward (+0.5)
- Bringing the leg cleanly behind the head, so that the heel touches the shoulder without using the hands, bending forward or any additional adjustments(+1)

**Less Skill: None****Accepted Flourishes:**

- Bringing the leg behind the head in a standing position



# BOW LEG MOUNTAIN (Gokhilasana Parbataasana)

Difficulty — 10

Characteristics — Balance, Flexibility

## Direction to Face when Performing:

- Face to the Judges.

## Minimum Expression:

- The Athlete must balance only on the knees with both knees bent and the feet staying in place under the ribs.

## Recommended Execution:

- Sit on the floor facing the Judges.
- Come forward onto the hands and open the legs.
- Bend one leg and grab the foot using one hand, and push the foot so that it goes underneath the rib cage on the same side of the body.
- Let go of the foot so that the foot stays in place without the hand.
- Bend the opposite leg and grab the foot with the other hand, and push the foot so that it goes underneath the rib cage on the same side of the body.
- Let go of the foot so that the foot stays in place without the use of the hands.
- Come forward and place the hands on the floor and bring the hips up, while looking at the floor.
- Stretch the left arm straight up above the head, balance on the fingertips of the right hand on the floor.
- Bring the right hand up in front of the chest and balance on the knees.
- Extend the right hand up to meet the left hand above the head and create a Prayer Position.
- Bring the hips forward so that the hips are in a line over the knees.
- Lift the head up and look forward (from the side the entire body should be in one straight line).

## Deductions:

- Feet slip out of the bow leg Position
- Elbows bending
- Focus stays on floor, does not go forward
- Hips not in line over the knees
- Body is not in one straight line
- There is a gap between the arms and the head

## Extra Skill: None

## Less Skill:

- One arm in front of the chest and one arm up in the air (-1)
- Both hands stay in front of the chest (-2)

## Accepted Flourishes:

- Coming up from the floor and balancing on the knees without the use of the hands





# TWISTS





## TWIST

## REVOLVED TRIANGLE (Parivrtta Trikonasana)

Difficulty — 5

Characteristics — Flexibility

## Direction to Face when Performing:

- Facing to the Judges.

## Minimum Expression:

- The Athlete must stand with the feet at least 3 feet apart, both legs straight, the body twisted and the arms stretched apart in opposite directions, with the back leg hand touching the front leg foot.

## Recommended Execution:

- (Instructions for Right Side)  
Stand with feet together facing the judges.
- With an exhalation, step or lightly jump your feet 3½ to 4 feet apart so you are facing the back wall, arms out sideways parallel to the floor palm facing down. Turn your right foot out to the right 90 degrees and turn your left foot in slightly to the right (left foot should be 45-60 degree angle to the right). Align the right heel with the left heel. Firm your thighs and turn your right thigh outward, so that the centre of the kneecap is in line with the centre of the right ankle.
- Exhale, rotate the trunk along with the left leg in the same direction(to the right) to bring the left palm on the floor close to the outside of the right foot. Stretch the right arm up towards the ceiling.
- Bringing it in line with the left arm, look up to the ceiling, turn you head and look at the right thumb. Keep stretching your arms in opposite directions, both knees locked and all toes on the floor.
- Inhale, lift the left hand from the floor, rotate the trunk back to its original position and come back to the starting position exactly the opposite way you went in.

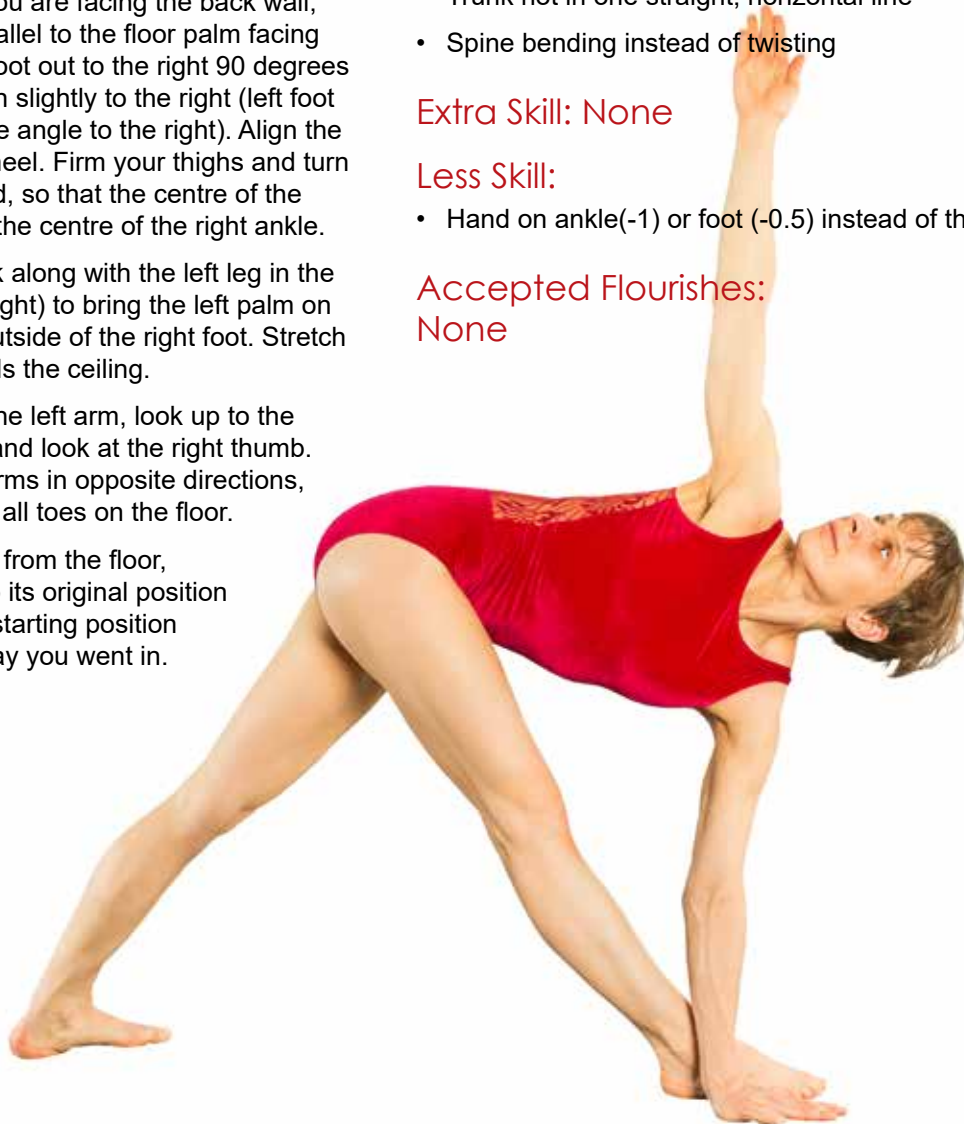
## Deductions:

- Knees not locked
- Toes coming off the floor
- Shoulders/arms not perpendicular
- Arms/shoulders not stretching apart
- Spine not straight
- Neck not stretching and twisting
- Head not exactly profile
- Front foot not 90 degrees turned out
- Back foot too much or too little turned out
- Trunk not in one straight, horizontal line
- Spine bending instead of twisting

## Extra Skill: None

## Less Skill:

- Hand on ankle(-1) or foot (-0.5) instead of the floor

Accepted Flourishes:  
None

## TWIST

# REVOLVE SIDE ANGLE (Parivrtta parsvakonasana)

Difficulty — 5

Characteristics — Strength, Flexibility

## Direction to Face when Performing:

- Facing to the Judges.

## Minimum Expression:

- The Athlete must have one leg straight, the other knee bent, the body is twisting, so the long leg hand it touching the floor on the outside edge of the bend knee foot. The other arm is stretching over the head. The head is turned to look up to the left hand .

## Recommended Execution:

- (Instructions for Right Side)  
Stand with feet together facing the judges.
- With an exhalation, step or lightly jump your feet 3½ to 4 feet apart so you are facing the back wall, arms out sideways parallel to the floor palm facing down. Turn your right foot out to the right 90 degrees and turn your left foot in slightly to the right (left foot should be 45-60 degree angle to the right). Align the right heel with the left heel. Firm your thighs and turn your right thigh outward, so that the centre of the kneecap is in line with the centre of the right ankle. Bend your right knee until the thigh and the calf form a right angle with the right thigh parallel to the floor. Exhale and turn your torso and left leg to bring the left arm over the right knee. Rest the left armpit on the outer side of the right knee, and place the left palm on the floor by the outer side of the right foot. Give a good twist to the spine (to the right), turn and bring the right arm over the right ear and gaze up at the outstretched right arm. Keep your left knee locked.
- Inhale, lift the left palm from the floor. Raise the torso back straight and come out exactly the opposite way you went in.

## Deductions:

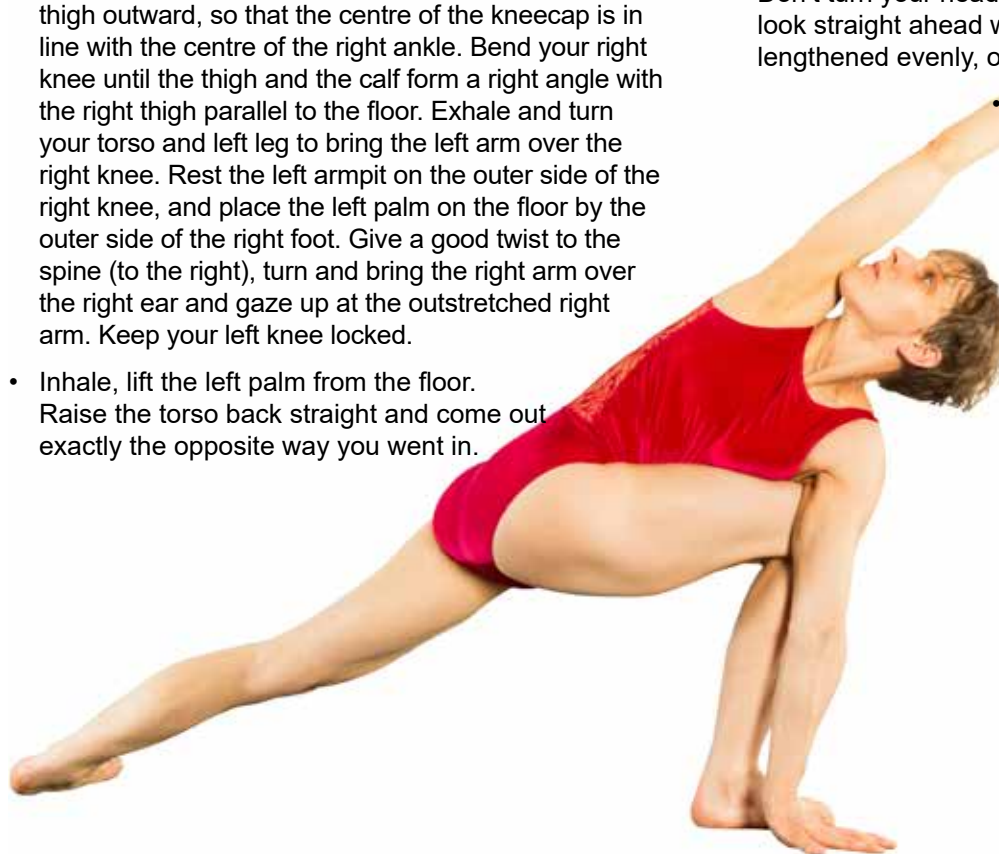
- Back heel/ foot not flat on the floor(-1)
- Straight leg not lock
- Bend leg thigh not parallel to the floor
- Bend knee not 90 degree angle and bend leg foot not 90 degree turned out
- Arms not straight
- Body not in one straight line
- Stomach hanging out
- Neck not stretching
- Spine bending instead of twisting

## Less skill :

- Before you twist your body, lift your left heel off the floor and spin on the ball of the foot until the inner left foot is parallel to the inner right foot. (-1)
- Don't turn your head to look at the top arm; instead look straight ahead with the sides of the neck lengthened evenly, or look down at the floor. (-0.5)
- Press the bent elbow against the outside of the bent knee, but don't straighten the arm. Then bend the top elbow and press your palms together (Anjali Mudra). Open your elbows wide, stretching your bottom elbow toward the floor, the top elbow toward the ceiling. Use the pressure of the elbow against the knee and the palms against each other like a crank to increase the twist in the upper back. (-1)

Extra Skill: None

Accepted Flourishes:  
None



# TWIST

## HALF SPINE TWIST (Ardha Matsyendrasana)

Difficulty — 6

Characteristics — Flexibility

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The Athlete must have one leg bent in front of the body with the thigh on the floor and the heel outside the opposite hip. The sole of the other foot must be on the floor and the torso must twist towards the leg with the foot on the floor.

### Recommended Execution:

- (Instructions for Right Side)  
Sit with the right-side profile to the Judges.
- Bend the left knee, bring the knee on the floor and touch the left heel to the side of the right buttock, with the left toes pointed back.
- Bring the right leg over the left knee and put the right foot on the floor against the corner of the left knee. The right heel should touch the left knee.
- Grab the left knee with the left hand, keep the wrist straight.
- Reach the right arm around the back, open the chest and grab the thigh of the left leg with the whole hand.
- Keep both sit bones on the floor.
- Keep the spine straight and shoulders level and twist to the right so that the whole chest is flat and open to the Judges.
- Turn the chin over the right shoulder and keep the head straight.

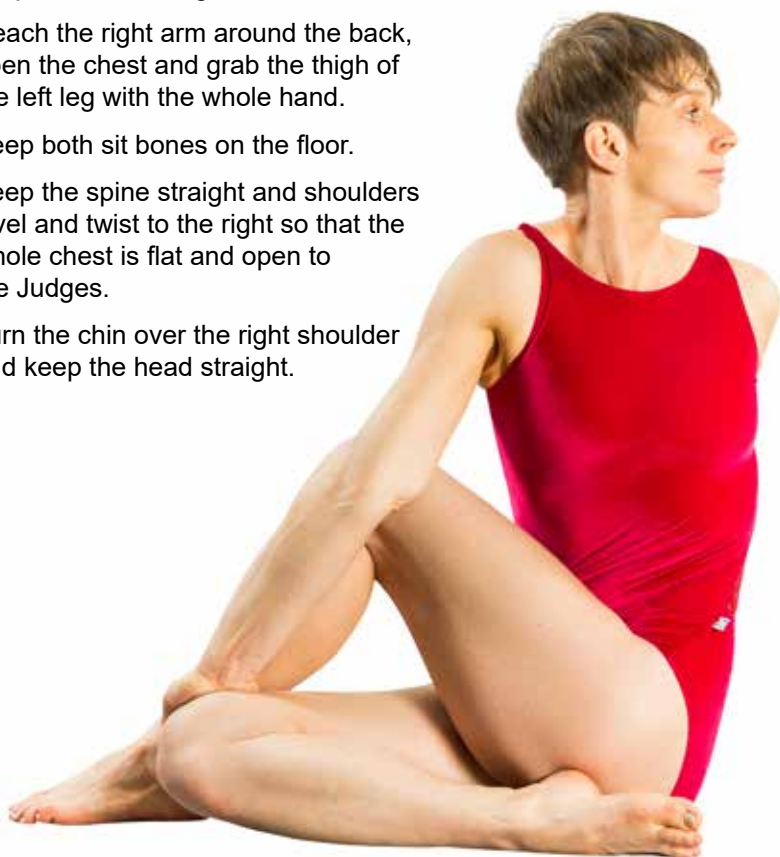
### Deductions:

- Hand supporting body on the floor behind the back (-2)
- Sole of the foot is not flat on the floor (-1)
- Foot is not in contact with knee and hand
- Elbow and knee are not in contact
- Wrist is bending
- Right arm is not grabbing the left leg with the whole hand
- Both sit bones are not on the floor (-1)
- Spine is not straight (-1)
- Shoulders are not level
- Chest not fully opened to the Judges
- Chin is not in line with the right shoulder
- Head is not straight
- Bottom Knee is being pulled or lifted off the floor (-1)

Extra Skill: None

Less Skill: None

Accepted Flourishes: None



## TWIST

# POSE OF THE SAGE MARICHI 3 (Marichyasana 3)

Difficulty — 6

Characteristics — Flexibility

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The athlete must sit on the floor, one leg stretched out straight ahead of the body, the other leg is bent with the sole of the foot on the floor close to same side hip, and the knee up beside the body. The body is twisted towards and beyond the side with the bend leg, the arms wrapped around the bent knee and body with the fingers clasped behind the back.

## Recommended execution:

- (Instructions for Left Side)  
Sit on the floor profile to the judges with your left side showing, your legs stretched straight in front. Bend the left knee and place the sole and heel of the left foot flat on the floor. The shin of the left leg should be perpendicular to the floor and the calf should touch the thigh. Place the left heel near the perineum. The inner side of the left foot should touch the inner side of the outstretched right thigh.
- With and exhalation, turn your spine about 90 degrees to the left, so that your chest goes beyond the bent left thigh and bring the right arm over the left thigh. Place the right shoulder beyond the left knee and stretch the right arm out forwards by turning the spine still more to the left, stretching the region at the back of the right floating ribs.
- With an exhalation, twist the right arm round the left knee, bend the right elbow and place the right wrist at the back of the waist. Turn the left arm from the shoulder behind the back, hold your right wrists with your left hand behind your back. Flex your right foot, so the toes come back towards your face and the right heel comes off the floor.
- Turn your head and look over your left shoulder.
- Unclasp your wrist, turn your trunk back to its original position and lower the left leg and extend it fully on the floor.

## Deductions:

- Clasp fingers instead of wrist (-1)
- One or both hips not firmly touching the floor
- Hold hands instead of opposite wrist
- Armpit not touching the bend knee
- Long leg not locked and completely touching the floor
- Shoulder not parallel to the floor
- Long leg foot not flexed beyond perpendicular
- Front foot not touching perineum and front foot not touching long leg inner thigh
- Shin not perpendicular
- Spine/neck not stretching
- Shin of bend leg not perpendicular
- Bend leg calf not touching the thigh
- Head not straight

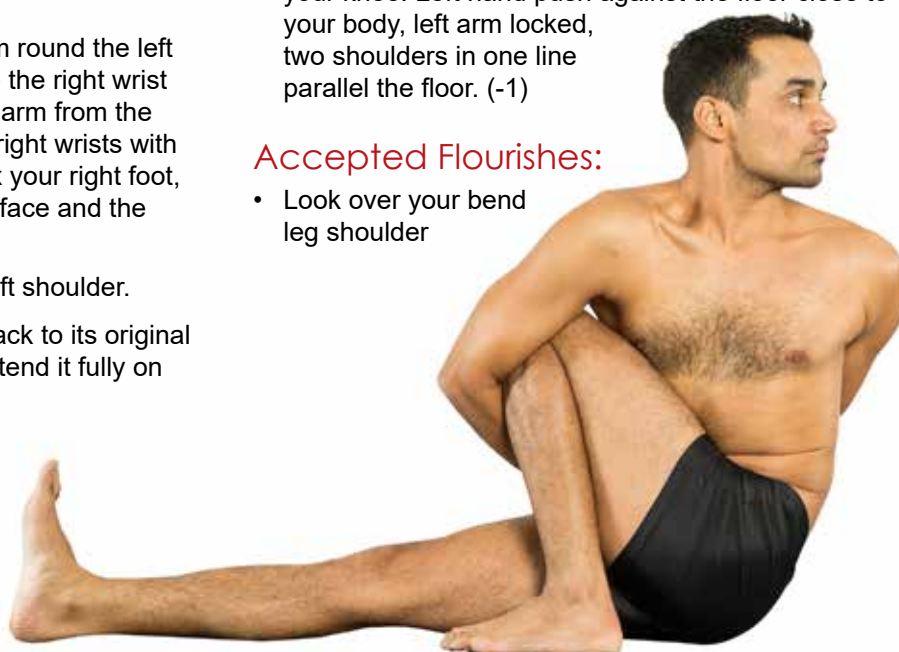
## Extra Skill: None

## Less Skill:

- Instead of clasping your hands behind the back, push your left knee back with the right arm/shoulder and grab the outside of your straight right leg below your knee. Left hand push against the floor close to your body, left arm locked, two shoulders in one line parallel the floor. (-1)

## Accepted Flourishes:

- Look over your bend leg shoulder





# TWIST

## WIDE ANGLE TWIST (Parivrtta Prasrita Padosttananasana)

Difficulty — 7

Characteristics — Strength, Flexibility

### Direction to Face when Performing:

- Facing the Judges.

### Minimum Expression:

- The Athlete must have the legs separated and grab the opposite feet with the head below the hips with the spine twisting.

### Recommended Execution:

- (Instruction for Right Side)  
Stand straight facing the Judges.
- Bring the arms over the top of the head, so that the palms touch each other.
- Step the right leg out and simultaneously bring the arms down parallel to the floor with the palms facing down so that the elbows are directly above the ankles with the two heels in one line.
- Bring your upper body down and Reach the left hand over to the right foot with the palm facing up and grab underneath the right heel with the thumb close to the heel and all five fingers together.
- Pull on the right heel and extend the elbow to the side beyond the tibia.
- Reach the right hand with the palm facing up and reach the left heel with the thumb close to the heel and all five fingers together.
- Pull on the left heel with the right hand, twist your spine and open the right elbow towards the back so that both arms form a 90 degree angle.
- Keep the hips square as much as possible, twist the spine straight in the centre between the feet and create a perpendicular line between the lower spine and the top of the head.

### Deductions:

- Either Legs bending (-2)
- Step too small or too wide
- Incorrect grip on the foot (-1)
- Fingers apart
- Elbows not creating 90 degree
- Feet not in one line
- Spine not straight in the centre (-1)
- Face not facing the front (-1)
- Hips uneven (Deductions from -0.5 depending on the degree of the degree)

Extra Skill: None

Less Skill: None

Accepted Flourishes: None





# POSE OF THE SAGE MARICHI 4 (Marichyasana 4)

Difficulty — 7

Characteristics — Flexibility

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must sit with one leg on the ground folded as for lotus, while the other leg is bent as in Marichyasana 1 (foot flat on the floor close to same side hip) the body is twisted away from the leg in lotus, and the arms are clasped behind the back and around the raised knee.

## Recommended execution:

- (Instructions for Right Side)  
Sit on the floor profile to the judges with your left side of body is showing, your legs stretched straight in front. Bend the right leg at the knee and place the right foot at the root of the left thigh. The right heel should press the navel and the toes be stretched and pointing. The right leg is now in half padmasana (Lotus). Bend the left leg at the knee. Place the sole and heel of the left foot flat on the floor. Keep the left leg shin perpendicular, so that the left thigh and calf touch each other and the left heel touches the perineum.
- With and exhalation, turn the spine about 90 degrees to the left, so that the right armpit touches the outer side of the left thigh.
- Place the right shoulder beyond the left knee and stretch the right arm out forwards by turning the spine still more to the left, stretching the region at the back of the right floating ribs.
- With an exhalation, twist the right arm round the left knee, bend the right elbow and place the right wrist at the back of the waist. Turn the left arm from the shoulder behind the back, hold your right wrists with your left hand behind your back. Stretch the chest and pull up the spine, turn your head to look over you left shoulder.
- Unclasp your wrist, turn your trunk back to its original position and release the legs.

## Deductions:

- Fingers clasping instead of one hand holding other wrist (-1)
- Bend knee not tightly in the armpit
- Half lotus leg toes not visible
- Shoulders not parallel to the floor
- Front let heel not touching perineum
- Shin not perpendicular
- Spine/neck not stretching
- Front hip coming very far off the floor

## Extra Skill: None

## Less Skill: None

## Accepted Flourishes:

- Look over half lotus side shoulder



## TWIST

# FULL SPINE TWIST (Paripurna Matsyendrasana)

Difficulty — 8

Characteristics — Flexibility

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must have one leg in half lotus with the thigh on the floor and the sole of the other foot must be on the floor and the torso must twist towards the leg with the foot on the floor.

## Recommended Execution:

- (Instructions for Right Side)  
Sit with the right-side profile to the Judges.
- Bring the left leg into Half Lotus Position on the right thigh as high as possible.
- Bring the right foot over the left knee, with the sole of the foot flat on the floor.
- Bring the left elbow over the right knee, line up the elbow and the knee, push against the knee with the elbow and bring the left side of the body closer to the right leg.
- Grab the left knee with the left hand, keep the wrist straight.
- Reach the right arm around towards the back, open the chest and grab the thigh of the left leg with the whole hand.
- Keep both sit bones on the floor.
- Keep the spine straight and shoulders level, twist to the right so that the whole chest is flat and open to the Judges.
- Turn the chin over the right shoulder and keep the head straight.

## Deductions:

- Hand supporting body on the floor behind the back (-2)
- Sole of the foot is not flat on the floor (-1)
- Foot is not in contact with knee and hand
- Elbow and knee are not in contact
- Wrist is bending
- Right arm is not grabbing the left leg with the whole hand
- Both sit bones are not on the floor (-1)
- Spine is not straight (-1)
- Shoulders are not level
- Chest not fully opened to the Judges
- Chin is not in line with the right shoulder
- Head is not straight
- Bottom Knee is being pulled or lifted off the floor (-1)

## Extra Skill:

- Not using arms to twist body, e.g. grabbing the left hand and thigh with the right hand at the same time and achieving a full spine twist (+1)

Less Skill: None

Accepted Flourishes: None



# LIFTS



## LIFT

# KUNDINYASANA A (Eka Pada Kundinyasana A)

Difficulty — 5

Characteristics — Strength

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must balance on the hands with elbows bent with one leg extended to the side on top of the same-side elbow (i.e. right leg right elbow) and the other leg extended back.

## Recommended Execution:

- (Instructions for Right Side)  
Bend the legs and put both the hands flat on the floor in front.
- Lean forward onto the hands with the elbows pointing back at a 90 degree angle.
- Lean the right thigh onto the right elbow as close to the body as possible, keeping the left elbow close to the body.
- Extend the left leg to the back, keeping the spine straight and parallel to the floor, with both hips facing the floor.
- Keep the chest and spine parallel to the floor.
- Keep the chin forward and look forward.

## Deductions:

- Hands not flat on the floor
- Legs not straight
- Toes not pointed
- Shoulders not in one line
- Arms/elbows not bent to a 90 degree-angle
- Chin not forward and eyes not looking forward
- Hands much wider than shoulder width
- Elbows not pointing back
- Chest dropped
- Shoulders shrugged
- Spine, hips and legs not parallel to the floor

## Less Extra: None

## Less Skills:

- Body being supported by both elbows (-2)

## Accepted Flourishes: None



# COCK (Kukkutasana)

Difficulty — 6

Characteristic — Flexibility, Strength

## Direction to Face when Performing:

- Facing the Judges.

## Minimum Expression:

- The athlete must be balancing on both hand only, with the legs folded around the arms into lotus position.

## Recommended execution:

- Sit cross-legged facing the judges. Bring your legs into lotus position and insert your hand in front of ankles between the calves and thighs near the knee. Gradually push your arms through the legs up to the elbows.
- Place the palms firmly on the floor with the fingers pointing forward and the thumbs touching. Keep your head straight, focus one point in front of you and raise your body from the floor, balancing only on the hands. Hold the back straight.
- Return to the floor and slowly release the arms, hands and legs.

## Deductions:

- Struggling to slide arms through legs
- Knees/legs not high enough (touching elbows)
- Knees/legs touching hands
- Head not straight
- Arms bending
- Stomach not sucked in
- Spine rounding
- Thumbs not touching

## Extra Skill:

- Balance on your hands before sliding your legs up your arms from hand to elbow or above (+1)

## Less Skill: None

## Accepted Flourishes: None





## LIFT

## EIGHT ANGLE (Astavakrasana)

Difficulty — 6

Characteristics — Balance, Strength

### Direction to Face when Performing:

- Facing the Judges.

### Minimum Expression:

- The Athlete must balance only on both hand while having both legs wrapped around one arm with some part of the legs crossed.

### Recommended Execution:

- (Instructions for Right Side)  
Sit facing the Judges.
- Wrap the right leg above the right elbow.
- Cross the right ankle underneath the left ankle.
- Put both hands flat on the floor underneath the shoulders, with the right arm in between the legs.
- Lean forward, push both hands on the floor, extend your crossed legs, straighten them to the side and lift your hips up.
- Put both elbows at a 90 degree-angle, with the elbows facing back with the shoulders in one line, the spine parallel to the floor and both hips on the top of each other perpendicular to the floor.
- Keep the chin forward and look forward.

### Deductions:

- Hands not flat on the floor
- Ankles not crossed (must be ankles, feet or any other part of the legs incur a deduction)
- Legs not straight
- Hips, ankles, shoulders not in line/parallel to the floor
- Arms/elbows not bent to a 90 degree angle
- Chin not forward and eyes not looking forward
- Hands much wider than shoulder width
- Elbows not pointing back
- Chest dropped
- Shoulders shrugged
- Hips not perpendicular to the floor

### Less Extra: None

### Less Skill:

- Body being supported by both elbows (-2)

### Accepted Flourishes: None



# KOUNDIYASANA B (Eka Pada Koundinyasana B)

Difficulty — 6

Characteristics — Strength

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must balance only on the hands with elbows bent with the bottom leg extended to the side on top of the opposite-side elbow (i.e. left leg right elbow) and the other leg extended back.

## Recommended Execution:

- Bend the legs and put both hands flat on the floor in front.
- Turn the lower body to the right whilst balancing on the toes, both knees together.
- Lean the body forward onto the hands with the elbows pointing back at a 90 degree angle.
- Lean the left thigh onto the right elbow and extend the left leg to the right, at the same time extend the top right leg to the back.
- Keep both the hips on top of each other and perpendicular to the floor, with the hips in the middle of both elbows without leaning onto the left elbow.
- Keep the chest and spine parallel to the floor.
- Keep the chin forward and look forward.

## Deductions:

- Hands not flat on the floor
- Legs not straight
- Toes not pointed
- Shoulders not in one line
- Arms/elbows not bent to a 90 degree angle
- Chin not forward and eyes not looking forward
- Hands much wider than shoulder width
- Elbows not pointing back
- Chest dropped
- Shoulders shrugged
- Spine and legs not parallel to the floor
- Hips not perpendicular to the floor

## Less Extra: None

## Less Skills:

- Body being supported by both elbows (-2)

## Accepted Flourishes: None



## LIFT

## LIFTING LOTUS (Utthita Padmasana)

Difficulty — 6

Characteristics — Strength

## Direction to Face when Performing:

- Facing the Judges.

## Minimum Expression:

- The Athlete must have their legs in a Lotus Position with their body off the floor, while balancing on their arms.

## Recommended Execution:

- Sit on the floor in a cross-legged position, facing the Judges
- Bring the legs into a Lotus Position and bring the knees closer together to tighten the Lotus Position, place the toes beyond the outside of each thigh to create a tight Lotus Position.
- Spread the fingers and place the fingertips on the floor very close to the body on both sides of the hips, no wider than shoulder width, with the thumbs into the body and the fingers pointing out.
- Push the entire body off the floor as high as possible, maintaining the hips and knees parallel to the floor.
- Straighten the arms and contract the triceps muscles to lock the elbows; flex the toes around the outside of the arms behind or higher than the elbows.
- Lift the head up and look forward.

## Deductions:

- Wrong leg (left leg) folded in first into the Lotus Position (-1)
- Lotus is loose and the toes do not go beyond the outside of the thighs
- Hips and knees not parallel to the floor
- Fingers have collapsed and the balance is no longer on the fingertips (-1)
- Hand position is wider than shoulder width
- Elbows bending
- Head does not come up enough to look forward

## Extra Skill: None

## Less Skill:

- Fingers flat on the floor (-1)
- Palms flat on the floor (-2)

## Accepted Flourishes: None



# ONE LEGGED PEACOCK (Eka Pada Mayurasana)

Difficulty — 6

Characteristics — Strength

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must balance only on the hands with one leg weaved around the arms and the opposite leg extended.

## Recommended Execution:

- (Instructions for Right Side)  
Sit on the floor in kneeling position with the left-side profile to the Judges.
- Come forward and bring the right foot forward with the foot flat and the right leg at a
- 90 degree angle.
- Bring the right palm flat on the floor directly behind the right heel.
- Use the left hand and bring the right foot onto the left thigh and place the left elbow in front of the right foot in place.
- Place the left palm flat on the floor in line with the right hand, shoulder width apart.
- Look forward and press into the floor, charge the body forward and extend the left leg straight back.
- Lock the left knee, point the toes, stretch the spine (there should be no gap between the stomach and the right weaved leg) and bring the entire body parallel to the floor.

## Deductions:

- Hands too wide apart
- Head does not come up and not looking forward
- Hands not facing forward
- Extended leg bending
- Foot not pointed
- Body not in one line parallel to the floor
- Spine rounding
- Gap between the stomach and the leg that has weaved

Extra Skill: None

Less Skill: None

Accepted Flourishes: None



## LIFT

## PEACOCK LOTUS (Padma Mayurasana)

Difficulty — 6

Characteristics — Strength

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must balance only on the hands with the elbows in the abdomen and the legs in a Lotus Position.

## Recommended Execution:

- Sit on the floor in a cross-legged position, profile to the Judges.
- Bring the legs into a Lotus Position and bring the knees closer together to tighten the Lotus Position, place the toes beyond the outside of each thigh to create a tight Lotus Position.
- Come forward and place the palms flat on the floor facing directly backwards with the wrists 1 inch/ 2.5 cm apart.
- Bend the elbows and bring the elbows together into the abdomen.
- Charge the body forward and simultaneously lift up the legs in a Lotus Position until the entire body is parallel to the floor with the knees in one line.
- Keep the chin forward and look forward.

## Deductions:

- Wrong leg (left leg) folded in first into the Lotus Position (-1)
- Hands not turned back
- Hands wide apart
- Chin down and not looking forward
- Lotus is loose
- Body not parallel to the floor
- Lower body and upper body not in one line
- Knees not in one line
- Spine rounding

## Extra Skill:

- Balancing on one arm with the hand fully turned back with the fingers facing back (+1)
- Transition from Peacock Lotus with both arms under the body and then extending the free hand forward while maintaining the balancing hand facing back with the fingers facing back and exiting in the exact same manner (+2)

## Less Skill:

- Balancing on the fingers or fingertips, palms up off the floor (-1)

## Accepted Flourishes:

- Going from a Handstand and lowering into a Peacock Lotus (all elements of Peacock Lotus must be demonstrated)





# FINGERSTAND (Angustasana)

Difficulty — 7

Characteristics — Strength

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must balance only on the fingers with the body leaning forward over the legs.

## Recommended Execution:

- Sit on the floor with the profile to the Judges.
- Spread the fingers and place the fingertips on the floor directly next to the body so that the thumbs are under the hips and the fingers face outwards.
- Lean forward and bring the head down, point the toes and contract the thigh muscles.
- Keep the stomach in, push into the floor with only the fingertips and straighten the arms, elbows locked, and the buttocks lift up.
- Pull the hips back and up and drag the feet back along the floor so that the toes touch the floor.
- Lift the feet up and keep the hips as high as possible until the hips and heels are in one line parallel to the floor (the femur bone in line with the elbows or higher).
- Lock the knees, bring the head up and look forward.

## Deductions:

- Not fully on the fingertips (-1)
- Arms too wide
- Elbows bending
- Knees bending
- Toes not fully pointed
- Femur not in line with the elbows or higher (Deductions start at -1 depending on the degree of the error)
- Head does not come up and not looking forward

Extra Skill: None

Less Skill: None

Accepted Flourishes: None



## LIFT

**UPWARD COCK (Urdhva Kukkutasana)**

Difficulty — 7

Characteristics — Strength

**Direction to Face when Performing:**

- Profile to the Judges.

**Minimum Expression:**

- The Athlete must be in a forward bend in a Lotus Position with the whole body only balanced on the arms.

**Recommended Execution:**

- Sit on the floor with the profile to the Judges.
- Bring the legs into a Lotus Position.
- Place the hands on the floor directly in front of the legs, shoulder width apart with the fingers apart.
- Come forward onto the hands and knees.
- Bring the head down and keep the stomach in, round the spine and keep the arms completely straight and push the hands into the floor.
- Lift the entire body with the legs coming up along the back of the arms until the feet touch the chest and the knees go above the elbows and the buttocks lifts to at least the line of the shoulders or above.
- Bring the head up and look forward.

**Deductions:**

- Wrong leg (left leg) folded in first into the Lotus Position (-1)
- Hands too wide
- Elbows bending
- Buttocks not in line with the shoulders or higher
- Head does not come up looking forward
- Gap between the body and the feet
- Knees lower than the elbows

**Extra Skill: None****Less Skill:**

- Bringing the feet into the chest then pressing the body off the floor (-1)
- Pressing into a handstand and folding down (-1)

**Accepted Flourishes:**

# CROW (Kagasana (bakasana))

Difficulty — 7

Characteristics — Strength

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must be in a forward bend and balance only on the arms with the knees bent.

## Recommended Execution:

- Stand straight with the profile to the Judges.
- Open the feet hip width distance apart.
- Bend forwards and place the hands flat
- on the floor directly in front of the feet with
- the fingers apart.
- Come up on to the toes, bend the knees slightly and place the knees directly into the armpits.
- Press the hands into the floor, keep the elbows straight and lift the feet up off the floor.
- Bring the big toes together with the feet pointed and bring the heels as high as possible close to the buttocks so that the front of the tibia is parallel to the floor and knees stay against the armpits
- Lift the head and look forward, bring the chin parallel to the floor.

## Deductions:

- Knees not touching the armpits
- Elbows bending
- Big toes separated
- Front of the tibia not parallel to the floor
- Chin not parallel to the floor
- Feet not pointed
- Big gap between the buttocks and the heels

## Extra Skill:

- Shoulders staying directly on top of the wrists in one line with arms straight(+1)

## Less Skill:

- Knees resting outside of the armpits (-1)

## Accepted Flourishes: None



## LIFT

**PEACOCK (Mayurasana)**

Difficulty — 7

Characteristics — Strength

**Direction to Face when Performing:**

- Profile to the Judges.

**Minimum Expression:**

- The Athlete must balance only on the hands with the elbows in the abdomen.

**Recommended Execution:**

- Sit on the floor in a kneeling position with the profile to the Judges.
- Come forward and place the palms flat on the floor facing directly backwards with the wrists 1 inch/ 2.5 cm apart.
- Bend the elbows and bring the elbows together into the abdomen
- Charge the body forward, simultaneously straighten and extend the backs and bring the legs together.
- Keep the chin forward and look forward, extend the legs back and up to bring the legs off the floor with straight legs and pointed toes until the entire body is parallel to the floor.

**Deductions:**

- Hands not turned back
- Hands too wide apart
- Chin down and not looking forward
- Knees bent
- Feet not pointed
- Legs not together
- Body not parallel to the floor
- Spine rounding

**Extra Skill: None****Less Skill:**

- Balancing on the fingers or fingertips, palms up off the floor (-1)

**Accepted Flourishes:**

- Going from a Handstand and lowering into a Peacock (all elements of Peacock must be demonstrated).



# CRANE (Bakasana)

Difficulty — 8

Characteristics — Flexibility, Strength

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must be in a forward bend and balance only on the arms with the legs forward and on the outside of the arms.

## Recommended Execution:

- Stand straight with the profile to the Judges.
- Open the feet hip width apart, no wider than shoulder width.
- Bend forward and bend both knees.
- Place each hand behind each ankle, thumbs inside and fingers outside; push the upper body through the legs so that the shoulders go behind the knees.
- Reach the hands back and spread the fingers apart, place the fingertips on the floor so that the fingers face back and the thumbs forward.
- Extend the legs forward and point the toes until the legs are completely straight.
- Push into the floor with the arms and fingertips until the arms are straight.
- Bring the hips up so that hips are in line with the feet and legs.
- Lift the head to look forward.

## Deductions:

- Legs sliding away from the shoulders
- Elbows bending
- Knees bending
- Head too low and not looking forward
- Buttocks not in line with the legs, so that it does not create a parallel line to the floor

## Extra Skill: None

## Less Skill:

- Balancing on flat fingers (-1) or with palms flat on the floor facing forward or backward (-2)

## Accepted Flourishes: None





## LIFT

# FOLDING UNFOLDING LOTUS PEACOCK (Baddha Mayurasana)

Difficulty — 8

Characteristics — Balance, Flexibility, Strength

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must balance only on the hands with the elbows in the abdomen and fold the legs into and out of the Lotus Position.

## Recommended Execution:

- Sit on the floor in a kneeling position with the profile to the Judges.
- Come forward and place the palms flat on the floor facing directly backwards with the wrists 1 inch/ 2.5 cm apart.
- Bend the elbows and bring the elbows together into the abdomen
- Charge the body forward, simultaneously straighten and extend the back and bring the legs together.
- Keep the chin forward and look forward, extend the legs back and up to bring the legs off the floor with straight legs and pointed toes until the entire body is parallel to the floor.
- Fold the legs to form the Lotus Position. Hold still for 5 seconds.
- Come out exactly the opposite way: unfold the legs first, go back into the Peacock Position with straight legs and lower the feet back down onto the floor.

## Deductions:

- Wrong leg (left leg) folded in first into the Lotus Position (-1)
- Hands not turned back
- Hands too wide apart
- Chin down and not looking forward
- Knees bent
- Feet not pointed
- Loose lotus
- Legs not together
- Body not parallel to the floor
- Spine rounding

## Extra Skill: None

## Less Skill:

- Balancing on the fingers or fingertips, palms up off the floor (-1)

## Accepted Flourishes:

- Starting in Peacock Lotus then straightening the legs and going back into Peacock lotus



# ONE ARMED PEACOCK (Kahasta Mayurasana)

Difficulty — 8

Characteristics — Balance, Strength

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must balance only on one hand with the elbow in the lower abdomen.

## Recommended Execution:

- (Instructions for Right Side)  
Sit on the floor in a kneeling position with the right-side profile to the Judges.
- Come forward and place the right hand flat on the floor with the fingers facing outwards.
- Bend the right elbow and bring the elbow into the lower abdomen of the same side.
- Extend the left arm forward onto the floor.
- Bring the legs together and extend the legs back and up, parallel to the floor.
- Keep head up, chin forward and look forward.
- Stretch the spine, keep the body level and lift the extended hand up and parallel to the floor.

## Deductions:

- Head is down and not looking forward
- Legs are separated when lifting off the floor
- Legs are separated in the final position
- Extended arm is bent
- Body is tilted or uneven
- Legs are bent

## Extra Skill:

- Balancing with hand fully turned back with the fingers facing back(+0.5)
- Transition from Peacock and extending of the free hand forward while maintaining the balancing hand facing back with the fingers facing back and exiting in the exact same manner(+2)
- Folding and unfolding the Lotus position(+1)

## Less Skill:

- Balancing on the fingers or fingertips, palms up off the floor (-1)

Accepted Flourishes: None



## LIFT

# ONE ARMED PEACOCK LOTUS (Padma Kahasta Mayurasana)

Difficulty — 8

Characteristics — Balance, Strength

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must balance only on one hand with the elbow in the lower abdomen and the legs in a Lotus Position.

## Recommended Execution:

- (Instructions for Right Side)  
Sit on the floor in a cross-legged position, right-side profile to the Judges.
- Bring the legs into a Lotus Position and bring the knees closer together to tighten the Lotus Position, place the toes beyond the outside of each thigh to create a tight Lotus Position.
- Come forward and place the right hand flat on the floor with the fingers facing outwards.
- Bend the right elbow and bring the elbow into the lower abdomen of the same side.
- Extend the left arm forward onto the floor.
- Bring the Lotus back and up, parallel to the floor.
- Keep head up, chin forward and look forward.
- Stretch the spine, keep the body level and lift the extended hand up and parallel to the floor.

## Deductions:

- Head is down and not looking forward
- Legs are separated when lifting off the floor and in the final position
- Extended arm is bent
- Body is tilted or uneven
- Legs are bent
- Wrong leg (left leg) folded in first into the Lotus Position (-1) Lotus is loose
- Body not parallel to the floor and lower body and upper body not in one line
- Knees not in one line
- Spine rounding

## Extra Skill:

- Balancing with hand fully turned back with the fingers facing back (+0.5)
- Transition from Peacock Lotus with two hands and extending one hand forward while maintaining the balancing hand facing back with the fingers facing back and exiting in the exact same manner (+2)
- Transitioning from One Arm Peacock folding in and out of Lotus (+1)

## Less Skill:

- Balancing on the fingers or fingertips, palms up off the floor (-1)

## Accepted Flourishes:

- The extended arm stretched alongside the body Going from a Handstand and lowering into a Peacock Lotus (all elements of Peacock Lotus must be demonstrated).



# TWISTED STAFF (Parsva Dandasana)

Difficulty — 8

Characteristics — Balance, Flexibility, Strength

## Direction to Face when Performing:

- Facing the Judges.

## Minimum Expression:

- The Athlete must have one leg behind the head, maintaining balance only on the hands. The extended leg must extend in the opposite direction.

## Recommended Execution:

- (Instructions for Right Side)  
Sit on the floor cross-legged with the left profile to the Judges.
- Lift the right leg up from the floor and grab the foot.
- Bring the right knee behind the shoulder so that the knee faces directly outwards to the side, with no gap between the knee and the shoulder and the leg is behind the head. Maintaining free movement of the head.
- Pull the right foot down and lift the head up in order to look forward, bring the foot behind the shoulder so that knee is in line with toes and top of shoulders.
- Place the hands shoulder width apart. The head should be up with the chin parallel to the floor.
- Bring the left knee to the right and twist the lower body to the right.
- Lean the upper body forward and push the hands against the floor, lift the hips up and extend the left leg to the right leaning the left thigh on the right elbow.
- Point the toes and keep both arms at a 90 degree angle with the elbows pointing back, maintaining the shoulders, spine and hips parallel to the floor, hips on the top of each other perpendicular to the floor.
- Keep the chin forward and look forward.

## Deductions:

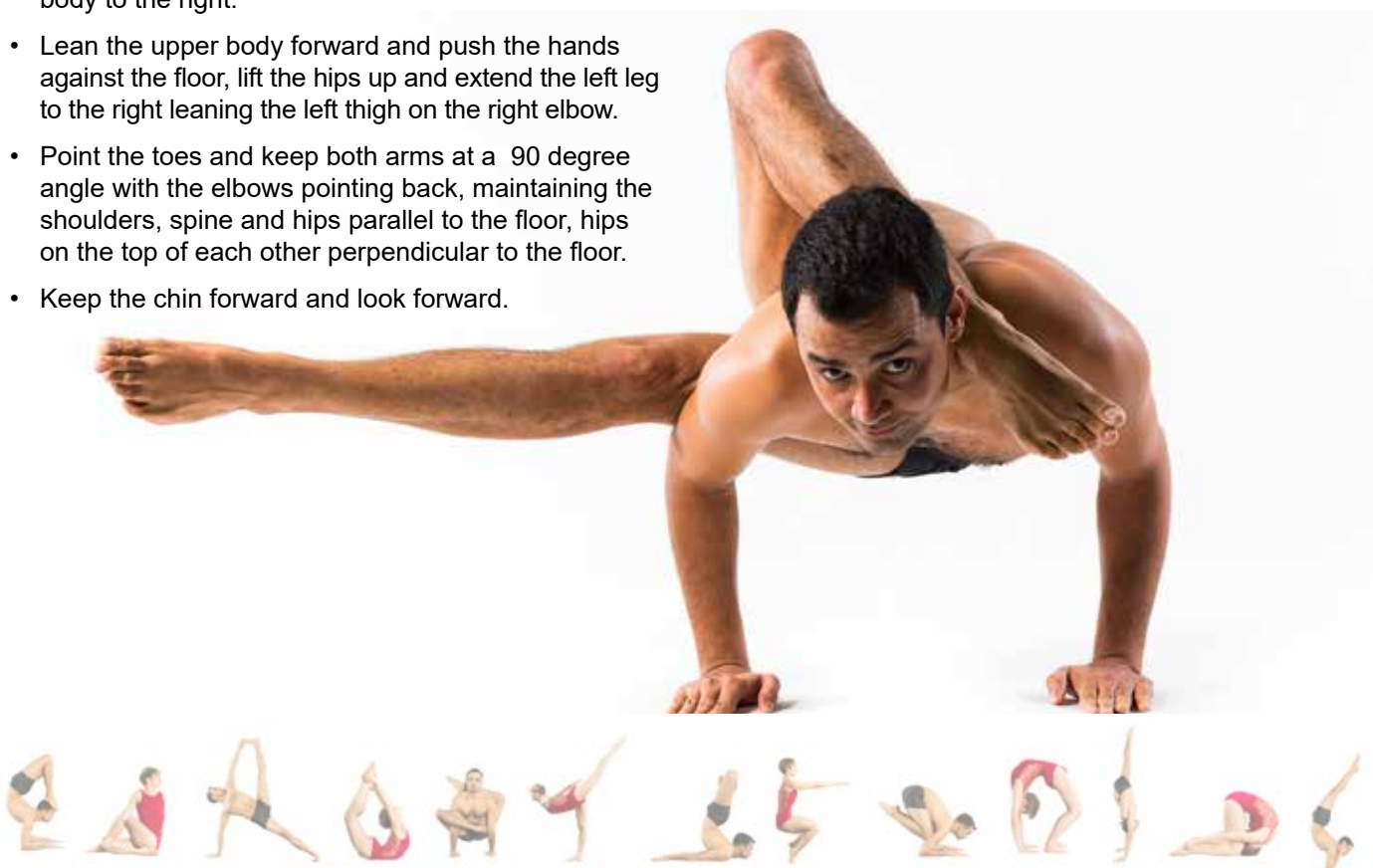
- Forcing and struggling to get the leg behind the head
- Shoulders not in one line
- Head not up and looking forward
- Leg behind head slipping out or not securely placed
- Extended leg is bending
- Extended leg not parallel to the floor (higher/lower)
- Hands not flat on the floor
- Hands wider than shoulder width
- Arms/elbows not bent to a 90 degrees-angle
- Spine not parallel to the floor
- Hips not perpendicular to the floor

## Less Extra: None

## Less Skill:

- Hips being supported by both elbows(-2)

## Accepted Flourishes: None





## LIFT

**OM (Omkaasana)**

Difficulty — 9

Characteristics — Balance, Flexibility, Strength

**Direction to Face when Performing:**

- Facing to the Judges.

**Minimum Expression:**

- The Athlete must balance on the hands with one leg behind the head, and the opposite leg around the same side arm and hooked behind the other arm.

**Recommended Execution:**

- (Instructions for Right Side)  
Sit on the floor cross-legged facing the Judges.
- Lift the right leg up from the floor and grab the foot.
- Bring the right knee behind the shoulder so that the knee faces directly outwards to the side, with no gap between the knee and the shoulder and the leg is behind the head.
- Pull the right foot down and lift the head up in order to look forward, bring the foot behind the shoulder so that knee is in line with toes and top of shoulders.
- Extend the left leg straight out and forward.
- Press the entire body off the floor, with the palms flat and the hands shoulder width apart. The head should be up with the chin parallel to the floor. Hold for at least 3 seconds
- Pull the hips back and up, bring the left leg back through the arms and wrap the leg around the front of the left arm without ever touching the foot to the floor.
- Weave the foot behind right arm and hook the toes behind the arm at the elbow level or higher.
- Lift the head up and look forward with the hips parallel to the floor

**Deductions:**

- Forcing and struggling to get the leg behind the head
- Arms wider than shoulder width apart
- Elbows bending
- Head does not come up high enough to look straight forward
- Stomach not sucked in
- Bottom foot is placed below the elbow (Deductions depend on the distance to the elbow)
- Hips are not parallel to the floor, the buttocks are too low
- If the foot touches the floor once the body lifts off the floor, automatically considered a Second Chance (-5)
- Not holding the extended leg for 3 seconds

**Extra Skill: None****Less Skill:**

- If there is no weave of the leg (-2)

**Accepted Flourishes:**

- Leg behind the head with no hands.





# BOW LEGGED PEACOCK (Gokhilanana Mayurasana)

Difficulty — 9

Characteristics — Flexibility, Strength

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must balance only on the hands with the elbows in the abdomen and have both knees bent with the feet staying in place under the ribs.

## Recommended Execution:

- Sit on the floor with the profile to the Judges or to a diagonal to the Judges.
- Come forward onto the hands and open the legs.
- Bend one leg and grab the foot using one hand, and push the foot so that it goes underneath the rib cage on the same side of the body.
- Let go of the foot so that the foot stays in place without the hand.
- Bend the opposite leg and grab the foot with the other hand, and push the foot so that it goes underneath the rib cage on the same side of the body.
- Let go of the foot so that the foot stays in place without the use of the hands.
- Place the palms flat on the floor facing directly backwards.
- Bring the elbows together and into the abdomen, charge the body forward and lift the knees off the floor with the balance only on the hands. The soles of the feet should point down towards the floor.
- Bring the head up and forward, look forward and stretch the spine so that there is no rounding in the spine.

## Deductions :

- Hands not turned back
- Palms not flat on the floor
- Forearms not parallel to one another
- Spine rounding
- Feet slipping out from underneath the body
- Head down and not looking forward
- Knees below the level of the body and the head
- Knees very wide apart
- Foot rotates and the soles the feet turnout

## Extra Skill:

- One Arm Bow Leg Peacock (+1)

## Less Skill:

- Balancing on the fingers or fingertips, palms up off the floor (-1)

## Accepted Flourishes:

- Lifting knees up higher than the line of the Body





# INVERSIONS



# INVERSION

## HEADSTAND (Sirsasana)

Difficulty — 5

Characteristics — Balance

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The Athlete must have the head in contact with the floor with the body in an inverted position.

### Recommended Execution:

- Sit on the floor in a kneeling position with the profile to the Judges.
- Come forward and grab the opposite elbows to make sure the elbows are shoulder width apart.
- Interlock the fingers and place the little fingers on the floor.
- Bring the crown of the head into the interlocked hand position and touch the hairline on the floor.
- Bring the hips up and forward on top of the shoulders and extend the legs into a straight position.
- Keep the legs together and lift the legs straight up until perpendicular to the floor.
- Hold the stomach in and point the toes straight up to the ceiling, keeping the body in one straight line.

### Deductions:

- Elbows wider than shoulder width
- Knees bending when lifting legs up
- Legs separating
- Toes not pointed
- Stomach not sucked in
- Body not in one line perpendicular to the floor
- Knees not in one line from the side

### Extra Skill:

- Placing the hands in front of the shoulders, keeping the head on the floor and extending the arms simultaneously into a straight position anywhere in front of the body with the palms facing down (+1)
- Placing the hands in front of the shoulders, keeping the head on the floor and extending the arms first back and then to the sides of the body with the palms facing down(+1.5)
- Placing the hands in front of the shoulders, keeping the head on the floor and extending the arms first back and then to the sides and then in front of the body with the palms facing down (+2)

### Less Skill:

- Bending the knees to go up in a tuck position (-1)

### Accepted Flourishes:

- Palms facing up in the versions with extended arms.



## INVERSION

# SHOULDER STAND (Sarvangasana)

Difficulty — 5

Characteristics — Balance

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must balance only on the back of the head, neck and upper shoulders.

## Recommended Execution:

- Sit on the floor with straight legs and the profile to the Judges.
- Lay back onto the floor and place the arms in a straight position next to the floor with the palms flat on the floor.
- Have the legs together and the toes pointed and lift the legs straight up and over the body, so that the tops of the feet touch the floor over the head.
- Place the palms on the back, towards the upper back, and push the back to get the hips over the shoulders.
- Bend the knees and bring the knees to the forehead with toes pointed straight up to the ceiling.
- Keep the stomach in and extend the legs straight up to create one straight line between the heels, knees, hips and shoulders. The body should be in one line perpendicular to the floor.

## Deductions:

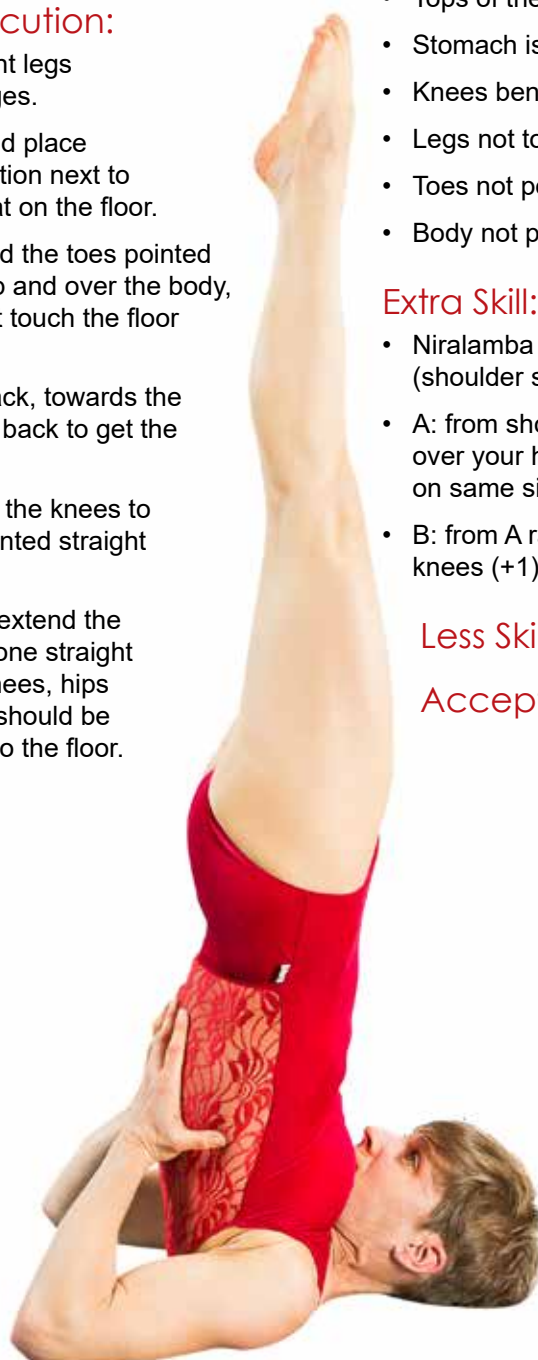
- Elbows wider than shoulder width
- Fingers not together and facing up
- Legs not straight when bringing them over the head
- Hips do not go over the shoulders
- Tops of the feet do not touch the floor
- Stomach is not sucked in
- Knees bend in the final position
- Legs not together
- Toes not pointed
- Body not perpendicular to the floor

## Extra Skill:

- Niralamba sarvangasana (shoulder stand without support)
- A: from shoulder stand release hands, bring them over your head, rest the extended arms on the floor on same side as head (+0.5)
- B: from A raise hands and place by the side of the knees (+1)

Less Skill: None

Accepted Flourishes: None





# INVERSION

## HEADSTAND LOTUS (Urdhva Padma Sirsasana)

Difficulty — 6

Characteristics — Balance

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The Athlete must have the head in contact with the floor with the body in an inverted position and the legs in a Lotus Position.

### Recommended Execution:

- Sit on the floor in a kneeling position with the profile to the Judges.
- Come forward and grab the opposite elbows to make sure the elbows are shoulder width apart.
- Interlock the fingers and place the little fingers on the floor.
- Bring the crown of the head into the interlocked hand position and touch the hairline on the floor.
- Bring the hips up and forward on top of the shoulders and extend the legs into a straight position.
- Keep the legs together and lift the legs straight up until perpendicular to the floor.
- Bring the legs into a Lotus Position and bring the knees closer together to tighten the Lotus Position, place the toes beyond the outside of each thigh to create a tight Lotus Position.
- Line up the knees with the hips and shoulders to bring the body perpendicular to the floor.

### Deductions:

- Wrong leg (left leg) folded in first into the Lotus Position (-1)
- Elbows wider than shoulder width
- Knees bending when lifting legs up
- Legs separating
- Toes not pointed

### Extra Skill: None

### Less Skill:

- Bending the knees to go up in a tuck position (-1)

### Accepted Flourishes:

- Folding the feet down to the chest after holding the posture for at least 3 seconds in the full expression with the knees, hips and shoulders in one line



## INVERSION

# SHOULDER STAND LOTUS (Urdhva Padma Sarvangasana)

Difficulty — 6

Characteristics — Balance

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must balance only on the back of the head, neck and upper shoulders with the legs in a Lotus Position.

## Recommended Execution:

- Sit on the floor with straight legs and the profile to the Judges.
- Lay back onto the floor and place the arms in a straight position next to the floor with the palms flat on the floor.
- Have the legs together and the toes pointed and lift the legs straight up and over the body, so that the tops of the feet touch the floor over the head.
- Place the palms on the back, towards the upper back, and push the back to get the hips over the shoulders.
- Bend the knees and bring the knees to the forehead with toes pointed straight up to the ceiling.
- Keep the stomach in and extend the legs straight up to create one straight line between the heels, knees, hips and shoulders. The body should be in one line perpendicular to the floor.
- Bring the legs into a Lotus Position and bring the knees closer together to tighten the Lotus Position, place the toes beyond the outside of each thigh to create a tight Lotus Position.
- Line up the knees with the hips and shoulders to bring the body perpendicular to the floor.

## Deductions:

- Wrong leg (left leg) folded in first into the Lotus Position (-1)
- Knees bend when they come off the floor
- Hips do not go over the shoulders
- Tops of the feet do not touch the floor
- Stomach is not sucked in
- Using the hands to bring the legs into the Lotus Position
- Loose Lotus
- Knees not in one line from the side
- Body not perpendicular to the floor

Extra Skill: None

Less Skill: None

## Accepted Flourishes:

- Folding the feet down to the chest after holding for at least 3 seconds in the full expression with the knees, hips and shoulders in one line.



# INVERSION

## FOREARM STAND (Pincha Mayurasana)

Difficulty — 7

Characteristics — Balance, Strength

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The Athlete must bend the spine backwards, whilst balancing on the hands and forearms only with the body in an inverted position.

### Recommended Execution:

- Sit on the floor in a kneeling position with the profile to the Judges.
- Come forward and grab the opposite elbows to make sure the elbows are shoulder width apart. Interlock the fingers and place the little fingers on the floor.
- Bring the crown of the head into the interlocked hand position and touch the hairline on the floor. Bring the hips up and forward on top of the shoulders and extend the legs into a straight position. Keep the legs together and lift the legs straight up until perpendicular to the floor.
- Hold the stomach in and point the toes straight up to the ceiling, keeping the body in one straight line.
- Bring the legs over and bend the spine backwards. Place the palms flat on the floor.
- Push into the floor, lift the shoulders and lift the head up and look forward.
- Bring the chest down and lift the head up to bring the throat parallel to the floor.

### Deductions:

- Elbows wider than shoulder width Knees bending when lifting legs up Legs separating
- Toes not pointed
- Head does not come up enough to look forward Throat not parallel to the floor
- Hands not flat on floor

### Extra Skill:

- Grabbing the elbows whilst in the posture (+0.5)
- Placing the hands onto the face so that the balance is maintained only on the elbows (+1)

### Less Skill:

- Bending the knees to go up in a tuck position (-1)
- Kicking into the Tiger position without first going into a Headstand (-2)

Accepted Flourishes: None



## INVERSION

# HANDSTAND (Adho Mukha Vrksasana)

Difficulty — 8

Characteristics — Balance, Strength

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must balance only on the hands with the body in an inverted position.

## Recommended Execution:

- Stand straight with the profile to the Judges.
- Bend forward and place the palms flat on the floor shoulder width apart, look right in between the hands with the face parallel to the floor.
- Keep the arms and the legs straight, press the hands into the floor and lift the legs up without bending or separating the legs.
- Point the toes and extend the legs straight up in the air.
- Push into the floor and place the body in one perpendicular line to the floor with the stomach in.

## Deductions:

- Hands wider than shoulder width apart
- Elbows bent
- Knees bent
- Legs separated
- Toes not pointed
- Body arched
- Body not in one straight perpendicular line to the floor

## Extra Skill:

- Pressing from a seated position with legs straight and going into a pike from the floor.
- Exit must be exactly the same back into seated position (+1)

## Less Skill:

- Pressing into the Handstand position with bent knees (-1)
- Pressing into the Handstand position in a straddle position, with the legs open apart (-1)
- Kicking or jumping into the Handstand position (-2)

Accepted Flourishes: None





# INVERSION

## TIGER LOTUS (Baggharasana Brischikasana)

Difficulty — 8

Characteristics — Balance, Strength, Flexibility

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The Athlete must bend the spine backwards, whilst balancing on the hands and forearms only with the body in an inverted position and legs in Lotus.

### Recommended Execution:

- Sit on the floor in a kneeling position with the profile to the Judges.
- Come forward and grab the opposite elbows to make sure the elbows are shoulder width apart.
- Interlock the fingers and place the little fingers on the floor.
- Bring the crown of the head into the interlocked hand position and touch the hairline on the floor.
- Bring the hips up and forward on top of the shoulders and extend the legs into a straight position.
- Keep the legs together and lift the legs straight up until perpendicular to the floor.
- Hold the stomach in and point the toes straight up to the ceiling, keeping the body in one straight line.
- Bring the legs over and bend the spine backwards.
- Place the palms flat on the floor.
- Push into the floor, lift the shoulders and lift the head up and look forward.
- Bring the chest down and lift the head up to bring the throat parallel to the floor.
- Bring the legs into the Lotus Position.

### Deductions:

- Elbows wider than shoulder width
- Knees bending when lifting legs up
- Wrong leg (left leg) folded in first into the Lotus Position (-1)
- Head does not come up enough to look forward
- Throat not parallel to the floor
- Hands not flat on floor

### Extra Skill:

- Grabbing the elbows whilst in the posture(+0.5)
- Placing the hands onto the face so that the balance is maintained only on the elbows(+1)

### Less Skill:

- Bending the knees to go up in a tuck position (-1)
- Kicking into the Tiger position without first going into a Headstand (-2)
- Legs put in Lotus while balancing in the headstand (-2)

Accepted Flourishes: None





## INVERSION

# TIGER SCORPION (Bagghra Vrschikasana)

Difficulty — 8

Characteristics — Balance, Flexibility, Strength

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must bend the spine backwards, while balancing on the hands and forearms only with the body in an inverted position, and the feet in contact with the head.

## Recommended Execution:

- Sit on the floor in a kneeling position with the profile to the Judges.
- Come forward and grab opposite elbows to make sure the elbows are shoulder width apart.
- Interlock the fingers and place the little fingers on the floor.
- Bring the crown of the head into the interlocked hand position and touch the hairline on the floor.
- Bring the hips up and forward on top of the shoulders and extend the legs into a straight position.
- Keep the legs together and lift the legs straight up until perpendicular to the floor.
- Hold the stomach in and point the toes straight up to the ceiling, keeping the body in one straight line.
- Bring the legs over and bend the spine backwards.
- Place the palms flat on the floor.
- Push into the floor, lift the shoulders and lift the head up and look forward.
- Bring the chest down and lift the head up to bring the throat parallel to the floor.
- Keep the knees together, bend the knees and place the soles of the feet on top of the head.

## Deductions:

- Soles of the feet not touching the top of the head
- Elbows wider than shoulder width
- Knees bending when lifting legs up
- Legs separating, not together
- Toes not pointed
- Head does not come up enough to look forward
- Throat not parallel to the floor
- Hands not flat on floor
- Soles of the feet not in fully contact with head
- If the knees separate (-0.5 for slight opening, -1 if open hip width)

## Extra Skill:

- Grabbing the elbows whilst in the posture (+0.5)
- Placing the hands onto the face so that the balance is maintained only on the elbows (+1)

## Less Skill:

- Bending the knees to go up in a tuck position (-1)
- Kicking into the Tiger position without first going into a Headstand (-2)

## Accepted Flourishes:

- Feet under the chin



# INVERSION

## HANDSTAND LOTUS (Urdhva Hastasana)

Difficulty — 9

Characteristics — Balance, Flexibility, Strength

### Direction to Face when Performing:

- Profile to the Judges

### Minimum Expression:

- The Athlete must balance only on the hands with the body in an inverted position and the legs in a Lotus Position.

### Recommended Execution:

- Stand straight with the profile to the Judges.
- Bend forward and place the palms flat on the floor shoulder width apart, look right in between the hands with the face parallel to the floor.
- Keep the arms and the legs straight, press the hands into the floor and lift the legs up without bending or separating the legs.
- Point the toes and extend the legs straight up in the air.
- Push into the floor and place the body in one perpendicular line to the floor with the stomach in.
- Hold this Handstand position for at least one second.
- Bring the legs into a Lotus Position and bring the knees closer together to tighten the Lotus Position, place the toes beyond the outside of each thigh to create a tight Lotus Position.
- Line up the knees with the hips and shoulders to bring the body perpendicular to the floor.

### Deductions:

- Wrong leg (left leg) folded in first into the Lotus Position (-1)
- Not holding the straight Handstand position for at least one second (-0.5)
- Hands wider than shoulder width apart
- Elbows or knees bent
- Legs separated
- Toes not pointed
- Body arched
- Body not in one straight perpendicular line to the floor
- Loose Lotus

### Extra Skill:

- Pressing from a seated position with legs straight and going into a pike from the floor. Exit must be exactly the same back into seated position (+1)
- One Arm Handstand Lotus (+1)

### Less Skill:

- Pressing into the Handstand position with bent knees (-1)
- Pressing into the Handstand position in a straddle position, with the legs open apart (-1)
- Pressing from Cock Pose to Handstand Lotus (-1)
- Kicking or jumping into the Handstand position (-2)

Accepted Flourishes:  
None



## INVERSION

# TIGER LOTUS SCORPION (Urdhva Padma Bagghara brischika vrschikasana )

Difficulty — 9

Characteristics — Balance, Flexibility, Strength

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must bend the spine backwards, whilst balancing on the hands and forearms only with the body in an inverted position and legs in Lotus. The thighs in the Lotus position must come to at least a 45 degree angle to the floor.

## Traditional Execution:

- Sit on the floor in a kneeling position with the profile to the Judges.
- Come forward and grab the opposite elbows to make sure the elbows are shoulder width apart.
- Interlock the fingers and place the little fingers on the floor.
- Bring the crown of the head into the interlocked hand position and touch the hairline on the floor.
- Bring the hips up and forward on top of the shoulders and extend the legs into a straight position.
- Keep the legs together and lift the legs straight up until perpendicular to the floor.
- Hold the stomach in and point the toes straight up to the ceiling, keeping the body in one straight line.
- Bring the legs over and bend the spine backwards.
- Place the palms flat on the floor.
- Push into the floor, lift the shoulders and lift the head up and look forward.
- Bring the chest down and lift the head up to bring the throat parallel to the floor.
- Bring the legs into the Lotus Position.
- Bring the hips over the head and bring the knees forward until the thighs are parallel to the floor.

## Deductions:

- Elbows wider than shoulder width
- Knees bending when lifting legs up
- Wrong leg (left leg) folded in first into the Lotus Position (-1)
- Head does not come up enough to look forward
- Throat not parallel to the floor
- Hands not flat on floor

## Extra Skill:

- Grabbing the elbows whilst in the posture(+0.5)
- Placing the hands onto the face so that the balance is maintained only on the elbows(+1)

## Less Skill:

- Bending the knees to go up in a tuck position (-1)
- Kicking into the Tiger position without first going into a Headstand (-2)
- Legs put in Lotus while balancing in the headstand (-2)

Accepted Flourishes: None



# INVERSION

## HANDSTAND SCORPION (Adho Mukha Vrschikasana)

Difficulty — 9

Characteristics — Balance, Flexibility, Strength

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The Athlete must balance only on the hands with the body in an inverted position and the feet in contact with the head.

### Recommended Execution:

- Stand straight with the profile to the Judges.
- Bend forward and place the palms flat on the floor shoulder width apart, look right in between the hands with the face parallel to the floor.
- Keep the arms and the legs straight, press the hands into the floor and lift the legs up without bending or separating the legs.
- Point the toes and extend the legs straight up in the air.
- Push into the floor and place the body in one perpendicular line to the floor with the stomach in.
- Hold this Handstand position for at least one second.
- Bring the chest down and the head up until the throat is parallel to the floor.
- Bring the hips over the head and bring the knees forward until the legs are parallel to the floor.
- Keep the knees together, bend the knees and place the soles of the feet on top of the head.

### Deductions:

- Soles of the feet not touching the top of the head
- Not holding the straight Handstand position for at least one second (-0.5)
- Hands wider than shoulder width apart
- Elbows bent and knees bent
- Legs separated, not together
- Toes not pointed
- Throat not parallel to the floor
- Hands not flat on floor
- Soles of the feet not in fully contact with head
- If the knees separate (-0.5 for slight opening, -1 if open hip width)

### Extra Skill:

- Pressing from a seated position with legs straight and going into a pike from the floor. Exit must be exactly the same back into seated position(+1)

### Less Skill:

- Pressing from Wheel Position into Handstand Scorpion (-0.5)
- Pressing into the Handstand position with bent knees (-1)
- Pressing into the Handstand position in a straddle position, with the legs open apart (-1)
- Kicking or jumping into the Handstand position (-2)

### Accepted Flourishes:

- Feet under the chin
- Pressing up from Locust Scorpion, the hands must be shoulder width apart





## INVERSION

# PALM TREE (Brikkhasana)

Difficulty — 9

Characteristics — Balance, Strength

## Direction to Face when Performing:

Profile to the Judges.

## Minimum Expression:

The Athlete must balance only on the hands with the body in an inverted position. The head must be between the arms with the top of the head pointing down towards the floor.

## Recommended Execution:

- Stand straight with the profile to the Judges.
- Bend forward and place the palms flat on the floor shoulder width apart, look right in between the hands with the face parallel to the floor.
- Keep the arms and the legs straight, press the hands into the floor and lift the legs up without bending or separating the legs.
- Point the toes and extend the legs straight up in the air.
- Push into the floor and place the body in one perpendicular line to the floor with the stomach in.
- Hold this Handstand position for at least one second.
- Bring the head down in line with the arms.
- Keep the top of the head parallel to the floor and look straight back.
- 

## Deductions:

- Not holding the straight Handstand position for at least one second (-0.5)
  - Hands wider than shoulder width apart
  - Elbows bent
  - Knees bent
  - Legs separated
  - Toes not pointed
  - Body arched
  - Body not in one straight perpendicular line to the floor
  - Top of the head not parallel to the floor
  - Neck not in line with the spine in between the arms

## Extra Skill:

- Pressing from a seated position with legs straight and going into a pike from the floor. Exit must be exactly the same back into seated position (+1)

## Less Skill:

- Pressing into the Handstand position with bent knees (-1)
- Pressing into the Handstand position in a straddle position, with the legs open apart (-1)
- Kicking or jumping into the
- Handstand position (-2)

## Accepted Flourishes:

- Pressing up into the Handstand position with the head down in between the arms the entire time; the exit must be with the head down in between arms.





# INVERSION

## BOW LEG HANDSTAND SCORPION (Gokhilanana)

Difficulty 10

Characteristics — Balance, Flexibility, Strength

### Direction to Face when Performing:

Profile to the Judges.

### Minimum Expression:

- The Athlete must balance only on the hands with the body in an inverted position with both knees bent and the feet staying in place under the ribs, and the spine in a backward bend.

### Recommended Execution:

- Sit on the floor with the profile to the Judges.
- Come forward onto the hands and open the legs.
- Bend one leg and grab the foot using one hand, and push the foot so that it goes underneath the rib cage on the same side of the body.
- Let go of the foot so that the foot stays in place without the hand.
- Bend the opposite leg and grab the foot with the other hand, and push the foot so that it goes underneath the rib cage on the same side of the body.
- Let go of the foot so that the foot stays in place without the use of the hands.
- Place the palms flat on the floor shoulder width apart; look right in between the hands with the face parallel to the floor.
- Press the hands into the floor, lift the legs up and place the body in one perpendicular line to the floor with the stomach in.
- Hold this Handstand position for at least 1 second.
- Bring the chest down and the head up until the throat is parallel to the floor.
- Bring the hips over the head and bring the knees forward until the legs are parallel to the floor.
- Keep the arm straight and hold the final Posture still for at least 5 seconds.
- To exit: release the feet from the ribs and extend the legs straight and together up to the ceiling.
- Slowly lower the feet to the floor and stand up.

### Deductions:

- Not holding the straight Handstand position for at least one second (-0.5)
- Hands wider than shoulder width apart
- Elbows bent
- Toes not pointed
- Chin/throat not parallel to the floor
- Hands not flat on floor
- Feet slipping out from underneath the body
- Foot rotates and the soles the feet turnout
- Touching the head to the buttocks (+1)

### Extra Skill:

- Pressing from a seated position with legs straight and going into a pike from the floor. Exit must be exactly the same back into seated position (+1)
- Touching the head to the buttocks (+1)

### Less Skill:

- Going from Bow Leg Peacock and bringing the head forward and pressing up into the Handstand (-0.5)

### Accepted Flourishes: None



## INVERSION

# HANDSTAND LOTUS SCORPION (Urdhva Hastasana Vrschikasana)

Difficulty 10

Characteristics — Balance, Flexibility, Strength

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must balance only on the hands with the body in an inverted position with the legs in a Lotus Position and the spine in a backward bend.

## Recommended Execution:

- Stand straight with the profile to the Judges.
- Bend forward and place the palms flat on the floor shoulder width apart, look right in between the hands with the face parallel to the floor.
- Keep the arms and the legs straight, press the hands into the floor and lift the legs up without bending or separating the legs.
- Point the toes and extend the legs straight up in the air.
- Push into the floor and place the body in one perpendicular line to the floor with the stomach in.
- Hold this Handstand position for at least 1 second.
- Bring the legs into a Lotus Position and bring the knees closer together to tighten the Lotus Position, place the toes beyond the outside of each thigh to create a tight Lotus Position.
- Lift the head up, look forward and bend the spine backwards.
- Bring the chest down and the head up until the throat is parallel to the floor.
- Bring the hips over the head and bring the knees forward until the legs are parallel to the floor.

## Deductions:

- Wrong leg (left leg) folded in first into the Lotus Position (-1)
- Not holding the straight Handstand position for at least one second (-0.5)
- Hands wider than shoulder width apart
- Elbows bent
- Legs separated
- Toes not pointed
- Loose Lotus
- Not entering cleanly into the Lotus Position

## Extra Skill:

- Pressing from a seated position with legs straight and going into a pike from the floor. Exit must be exactly the same back into seated position (+1)
- Touching the head to the buttocks (+1)

## Less Skill:

- Pressing into the Handstand position with bent knees (-1)
- Pressing into the Handstand position in a straddle position, with the legs open apart (-1)
- Pressing from Cock Pose to Handstand Lotus (-1)
- Kicking or jumping into the Handstand position (-2)

## Accepted Flourishes: None



# INVERSION

## ONE ARMED HANDSTAND (Eka Hasta Hastasana)

Difficulty 10

Characteristics — Balance, Strength

### Direction to Face when Performing:

- Facing profile.

### Minimum Expression:

- The Athlete must balance on one hand with the body in an inverted position.

### Recommended Execution:

- (Instructions for Right Side)  
Stand straight with the left-side profile to the Judges.
- Bend forward and place the palms flat on the floor shoulder width apart, look right in between the hands with the face parallel to the floor.
- Keep the arms and the legs straight, press the hands into the floor and lift the legs up without bending or separating the legs.
- Point the toes and extend the legs straight up in the air.
- Push into the floor and place the body in one perpendicular line to the floor with the stomach in.
- Keep the legs together and lift the left hand off the floor, so the balance is maintained only on the right hand. Keep the free hand still.

### Deductions:

- Hands wider than shoulder width apart
- Elbows and knees bent
- Toes not pointed
- Body arched
- Body not in one straight perpendicular line to the floor
- Free arm moving

### Extra Skill:

- Pressing from a seated position with legs straight and going into a pike from the floor. Exit must be exactly the same back into seated position(+1)

### Less Skill:

- Pressing into the Handstand position with bent knees (-1)
- Pressing into the Handstand position in a straddle position, with the legs open apart (-1)
- Having the legs apart in the final expression of the posture (-1)
- Kicking or jumping into the Handstand position (-2)

### Accepted Flourishes:

- Having the free arm against the body, must be still



## INVERSION

# ONE LEG BEHIND THE HEAD HANDSTAND

Difficulty 10

Characteristics — Balance, Flexibility, Strength

## Direction to Face when Performing:

- Profile to the Judges.

## Minimum Expression:

- The Athlete must have one leg behind the head, balance only on the hands with the other leg extend into the air vertically.

## Recommended Execution:

- (Instructions for Right Side)  
Sit on the floor cross-legged with the profile to the Judges.
- Lift the right leg up from the floor and grab the foot.
- Bring the right knee behind the shoulder so that the knee faces directly outwards to the side, with no gap between the knee and the shoulder and the leg is behind the head.
- Pull the right foot down and lift the head up in order to look forward, bringing the foot behind shoulder so that knee is in line with the toes and the top of shoulders.
- Place the right hand on the floor and press the body to stand up on the left foot.
- Bring the hips up until the standing leg is straight.
- Place the palms flat on the floor shoulder width apart; look right in between the hands with the face parallel to the floor.
- Press the hands into the floor, lift the legs up and bring the hips above the shoulders.
- Extend the left leg straight up with pointed toes until the leg is in one line with the hips and shoulders.
- Exit exact opposite way and release the leg while standing with control.

## Deductions:

- Hands wider than shoulder width apart
- Elbows bent
- Extended leg bending
- Toes not pointed
- Hands not flat on floor
- Hips not above shoulders

## Extra Skill: None

## Less Skill: None

## Accepted Flourishes:

- Bringing the leg behind the head in a standing position.



# INVERSION

## TWO LEGS BEHIND THE HEAD HANDSTAND

Difficulty 10

Characteristics —Balance, Flexibility, Strength

### Direction to Face when Performing:

- Profile to the Judges.

### Minimum Expression:

- The Athlete must have both legs behind the head, balance only on the hands with the body in an inverted position with the hips over the head.

### Recommended Execution:

- Sit on the floor cross-legged with the profile to the Judges.
- Lift both legs behind the head, either one at a time or both together; cross the ankles with the knees behind the shoulders.
- Press the entire body off the floor with the hands shoulder width apart and lift the buttocks upwards.
- Bring the hips up until the hips come directly above the shoulders.
- Keep the arms straight.

### Deductions:

- Forcing and struggling to get the legs behind the head
- Feet not crossed at the ankles and only held together by crossing the toes
- Feet not crossed at all (-2)
- Elbows bent
- Buttocks are not lifted high enough in a vertical line with the shoulders

### Extra Skill:

- Bringing the both legs cleanly behind the head and crossing the ankles without using the hands (+0.5)
- Crossing the legs behind the head at the calf muscles with free movement of the head(+1)

Less Skill: None

Accepted Flourishes: None





# INVERSION



