

CHAMPION EVENT RULES

A **Separate Competition** will be held for **Male & Female** participants in each **category**.

The **Champion Event** is open to participants in the following age groups:

- **A Group:** Below 6 Years
- **B Group:** 6–7 Years
- **C Group:** 8–9 Years
- **D Group:** 10–11 Years
- **E Group:** 12–13 Years
- **F Group:** 14–15 Years
- **G Group:** 16–21 Years
- **H Group:** 22–35 Years
- **I Group:** 36–45 Years
- **J Group:** 46–55 Years
- **K Group:** 56 Years & Above

The following events are conducted under the **Champion Event**:

- **Forward Bend Individual Event** – Perform any **3 Asanas** (Own Choice)
- **Back Bend Individual Event** – Perform any **3 Asanas** (Own Choice)
- **Twisting Body Individual Event** – Perform any **3 Asanas** (Own Choice)
- **Leg Balance Individual Event** – Perform any **3 Asanas** (Own Choice)
- **Hand Balance Individual Event** – Perform any **3 Asanas** (Own Choice)