

CHAMPION OF CHAMPIONS ROUND RULES

- A separate competition will be conducted for **Male** and **Female** participants in each category.
- The **Champion of Champions Round** is open to participants in the following age groups:
 - **8–11 Years , 12–15 Years, 16–21 Years , 22–45 Years , 46 Years & Above**
- In all **Champion of Champions** events, each athlete shall perform a total of **three (3) asanas**:
 - **2 Compulsory Asanas** from the prescribed syllabus.
 - **1 Own Choice Asana** selected by the participant.

Champion of Champions Events

■ Forward Bend – Individual Event :

- 2 compulsory asanas from the prescribed syllabus , 1 own choice asana.

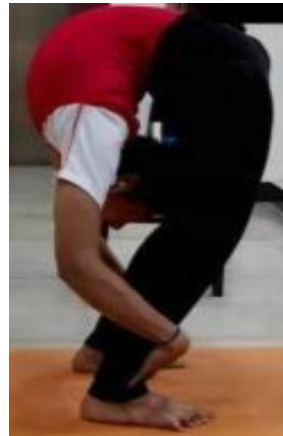


■ Back Bend – Individual Event :

- 2 compulsory asanas from the prescribed syllabus , 1 own choice asana.



Prajaktasana



DIMBASANA

■ Twisting – Individual Event :

- 2 compulsory asanas from the prescribed syllabus ,1 own choice asana.



PARIVRITTA UPAVISTHA KONASANA



Malayasana

■ Leg Balance – Individual Event :

- 2 compulsory asanas from the prescribed syllabus , 1 own choice asana.



Sarasasana



Vamdeva-Tripurasana

■ Hand Balance – Individual Event :

- 2 compulsory asanas from the prescribed syllabus ,1 own choice asana.



Bramhastrasana



Vibhakt-pada-shiva-lingakarasana