

STATE LEVEL YOGA CHAMPIONSHIP – 2026
Competition Rules and Regulations

Competition Rules: Open to all individuals, students of schools, colleges, recognized Yoga Institutions & yoga practitioners. Competition will be conducted strictly as per rules laid down by the organizers. Judges' decision shall be final and binding. Participants with serious or chronic medical conditions are advised not to participate.

Dress Code: Male participants: Bottom (half shorts) only. Female participants: Round-neck T-shirt with tights/leggings. No bangles, chains, rings, watches, or accessories during performance.

Event Format: Maximum 3 minutes per event. Basic: 3 chart asanas + 2 own choice. Champion: 3 own choice. Champion of Champions: 2 chart + 1 own choice.

Categories: Traditional, Forward Bending, Backward Bending, Twisting, Hand Balance, Leg Balance, Inverted Asanas (Individual). Champion & Champion of Champions: Forward, Backward, Twisting, Leg Balance, Hand Balance.

Participants may register for one or more categories by paying separate fees.

Scoring: Posture, Balance, Breathing, Steadiness. 9–10:1st, 7–8:2nd, 5–6:3rd, 4:4th, 3:5th. Overall:130+,105+,80+,60+,45+.

Fees: Individual ■600, Champion ■1000, Champion of Champions ■1200. Registration before last date. Fees non-refundable. Separate form for every participant.

Age Groups: Below 6 | 6–7 | 8–9 | 10–11 | 12–13 | 14–15 | 16–21 | 22–35 | 36–45 | 46–55 | 56 & above. Below 6 & 56+ own-choice asanas only.

General Rules: Report 30 minutes early. No props unless permitted. No phones/music in performance area except if necessary. Misconduct leads to disqualification. Carry ID proof.

Recognition: Grade 2 Certificate for District Winners, Grade 1 Certificate for State Winners, Form 2 Certificate for all participants. Winners progress District→State→National→International. Winner & Runner prizes only for Champion and Champion of Champions; both qualify for National competition.

Organizers reserve the right to amend these rules.