

Yoga Sports Competition

(Offline & Online Format)

1. Introduction and Vision

Yoga, an ancient practice of physical, mental, and spiritual discipline, has evolved into a competitive sport globally. The Modern Pythian Games recognizes Yoga Sports as a core discipline, promoting cultural health, unity, and excellence. Participants will showcase strength, flexibility, control, balance, breathing, and mindfulness through structured performances.

The competition will be held in two formats:

- Offline (In-person Stage Performance)
- Online (Live or Pre-recorded Submission)

It is open to both general and disabled (Para) participants, who will compete separately in their respective categories.

2. International Names and Recognition

Yoga as a competitive art form is known by different names worldwide:

- India: Yoga Sports / Yogasana Competition
- Russia: Йога-спорт (Yoga-sport)
- USA/UK/Canada: Competitive Yoga / Yoga Championship
- Japan: ヨガスポーツ (Yoga Supōtsu)
- France: Compétition de Yoga
- Germany: Yoga-Wettbewerb

Modern Pythian Games unites these styles under one inclusive platform.

3. Description of the Game

Yoga Sports Competition is a judged performance where participants perform a sequence of Yogasana (yoga postures) that demonstrate:

- Strength
- Flexibility
- Balance
- Control
- Breath regulation
- Harmony of body and mind

Each performance is limited in time and scored by a professional jury on technical perfection, difficulty, and presentation.

4. Modes of Participation

Offline Mode (In-person)

- Participants perform live on stage before a jury.
- Duration: 2–4 minutes per participant or team.
- Venue: Approved by the Pythian Organizing Committee.

Online Mode

- Option 1: Live performance via video conferencing.
- Option 2: Pre-recorded video (with time/date stamp) submitted through the official portal.
- Videos must be unedited and recorded in a single take.

Both formats are judged using the same criteria.

5. Registration Process

- Step 1: Visit the official Modern Pythian Games website or mobile app.
- Step 2: Choose your participation mode (Online/Offline).
- Step 3: Fill the registration form with personal and performance details.
- Step 4: Upload ID proof, medical certificate (for disabled category), and a passport-size photograph.
- Step 5: Pay the registration fee (non-refundable).

Last date for registration is 15 days before the event.

6. Eligibility Criteria

- Open to all nationalities.
- Minimum age: 6 years (Age groups specified below).
- Participants must be physically and mentally fit.
- Separate divisions for General and Disabled (Para) Athletes.
- Each participant must declare any physical limitations or medical conditions.

7. Dress Code

- Participants must wear appropriate yoga attire (comfortable, body-fitting, and non-restrictive).
- Colors: Plain, sober, and non-distracting.
- No shoes or socks allowed during performance.
- For online participants, background must be clean, well-lit, and distraction-free.

Disabled participants may use assistive gear upon pre-approval.

8. Categories and Age Divisions

Each division will have Gold, Silver, and Bronze medals.

General Categories

- Sub-Junior (6–10 years)
- Junior (11–15 years)
- Youth (16–20 years)
- Adults (21–35 years)
- Senior (36–50 years)
- Veterans (51+ years)

Disabled Categories (Para Yoga)

- Visually Impaired
- Hearing Impaired
- Physically Disabled (Seated or Assisted)
- Intellectually Disabled

Each category will have male, female, and mixed entries, including solo and group performances (up to 5 per team).

9. How It Is Played

- Participants perform a sequence of 5 yoga postures.
- Each posture must be held for a minimum of 5 seconds and maximum 20 seconds.
- Transition between postures must be smooth and rhythmic.
- Breathing must be controlled and visible.
- The total performance time must not exceed 4 minutes.

10. Jury Panel and Qualifications

- Minimum 3 certified yoga judges per panel.
- Judges must have:
 - International or national-level certification in Yoga or Physical Education.
 - Minimum 3 years' experience in yoga coaching or judging.
 - Knowledge of modern scoring and ethical judging practices.
 - No direct relation to participants.

11. Scoring Criteria

Maximum score: 100 Points, distributed as follows:

- Technical Execution (40 points)
 - Correct posture alignment
 - Stability and balance
 - Duration held
- Difficulty Level (20 points)
 - Complexity of poses selected
 - Transitions and flow
- Presentation (20 points)
 - Grace and expression
 - Confidence and body control
- Breath Control (10 points)
 - Synchronization of breath with movement
- Overall Impact (10 points)
 - Stage presence (or video quality in online)
 - Artistic and spiritual appeal

12. Winning Criteria

- Highest scorers receive Gold, Silver, and Bronze medals in each category.
- In case of a tie, the participant with higher marks in “Technical Execution” will be ranked higher.
- Certificates will be awarded to all participants.
- Jury decisions are final and binding.

13. Additional Rules and Regulations

- Each participant can compete in only one age and disability category.
- Disqualification grounds:
 - Use of prohibited substances or assistance
 - Over-edited videos in online mode
 - Misrepresentation of eligibility
- Live sessions may be recorded for fairness and transparency.
- All online videos are subjected to plagiarism and duplication checks.
- The organizing body holds the right to disqualify or cancel entries for breach of rules.

14. Ethics and Transparency Guidelines

- Judges must sign a declaration of neutrality.
- Organizers must ensure no judge evaluates any student or athlete from their own academy or training center.
- Scoring sheets will be maintained for all participants and available on request after results.
- Live or recorded jury feedback may be shared for learning purposes.