



MODERN PYTHIAN GAMES

UNIFYING NATIONS THROUGH ARTS & CULTURE

In Association With

**BRUHAN MAHARASHTRA YOGA
PARISHAD**

Presents

**1st NATIONAL YOGASANA
CHAMPIONSHIP 2024**

"Celebrate your uniqueness."

**Venue: Tau Devi Lal Stadium, Panchkula,
Chandigarh**





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To,
All Yogasana Practitioners

Subject: 1st National Yogasana Championship by Modern Pythian Games.

Dear participants,

We are glad to announce an exciting new addition to the Modern Pythian Games: the National level Yogasana Competition that invites yogis from every state across the country to showcase their skills and passion for yoga. For the first time, the Modern Pythian Games in association with Bruhan Maharashtra Yoga Parishad is introducing a Yogasana competition, marking a bold and innovative expansion of its traditional athletic offerings. This new event highlights a profound shift towards inclusivity and holistic wellness, incorporating the ancient practice of yoga into the modern competitive arena.

By integrating this discipline, the Pythian Games honor the rich heritage of yoga while inviting the audience to appreciate its transformative potential. This national event aims to bring together yoga enthusiasts of all levels in a celebration of unity, grace, and dedication.

Prepare yourself to be a part of sport event (Yogasana Championship) where champions are recognized, legends are created, and the spirit of competition is more apparent than ever.

Date: 12th to 15th December 2024

Venue: Tau Devi Lal Stadium, Panchkula, Chandigarh.

Modern Pythian Games: A Spectacular Celebration of Arts and Sports.

Opening Ceremony: 12th December 2024

Time: 5:00 pm

Venue: Sector 17 Plaza.



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Guidelines for Modern Pythian Games National Yogasana Championship 2024

➤ Events:

Modern Pythian Games National Yogasana Championship 2024 will be conducted in only one event i.e. Traditional Yogasana (Individual) Event.

➤ Age Groups:

The championship will be conducted in three age groups.

Sr. No.	Age Group
1	10+ to 18 Years Boys & Girls
2	18+ to 30 Years Boys & Girls
3	Above 30 Years Men & Women

In all these age groups boys and girls will participate in separate groups.

➤ Costume:

Boys – Tight fitted game pant & T-Shirt

Girls – Yogasana costume / T-Shirt & Track pant

➤ Registration:

Competitor must register through Website of Modern Pythian Games.

<https://enroll.pythiangames.org/auth/chooserole?uQGlxAfVqbc=>

➤ Registration fee:

- Rs. 1000/- for participants without accommodation.
- Rs. 3000/- for participants opting for dormitory accommodation and meals.

(Details for the payment are available on the registration link)



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➤ **Rounds:**

There will be only one round i.e. Final round in the competition.

➤ **Documents:**

It is mandatory to submit following documents to participate in the competition.

1. Aadhar card photo copy
2. Passport size photo
3. Fitness Certificate from MBBS doctor.
4. Risk Certificate

(Format of Fitness Certificate & Risk Certificate is enclosed.)

Participants should have to submit the above-mentioned documents at the registration desk on the day of the competition.

➤ **Awards:**

1. First, second, third place winners will be awarded merit certificate along with medals.
2. All participants will get the participation certificate.

➤ **Tie Break:**

1. In case of equal marks, a competitor's total marks given by all judges will be calculated to decide the winner.
2. If a tie still remains then a competitor who has obtained more marks in optional asanas will be declared as the winner.
3. If a tie still remains then both the competitors will be declared joint winners. If the tie is for first place then the winners will be decided by a toss of coin.



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➤ **Note:**

1. Judges' decisions will be final and cannot be challenged.
2. Organizing Committee reserves the right to change the schedule of the competition if required.
3. Protest can be raised only from the Individual Player (participating in the championship) and it should be made only for any technical reason. It should be in writing with a fee of Rs. 500/- cash (Non-refundable) and should reach the organizing committee within 30 minutes of the results declared. The decision taken by the organizing committee will be final and binding to the participant.
4. Smoking and consummation of Liquor / Tobacco, etc are strictly prohibited during the tournament and stay. Anyone found violating this rule will be immediately removed from the campus.
5. Organizing committee and association will not be responsible for any type of physical or mental sickness of the competitor.

➤ **Contact:**

Please feel free to get in touch with the organizing committee in case of any query.

For more details, contact: **Mr. Mahesh Kumbhar - 9664896687**

Mr. Ashok Dube – 9769091935

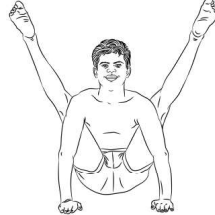
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SYLLABUS

Age Group – 10+ To 18 (Boys & Girls)

Compulsory Yogasana Chart

Sr. No.	FORWARD BEND	BACKWARD BEND	TWISTING BODY	BALANCING
1	 Upavishtha Konasana	 Veernilasana	 Parivrutta Janusirasana	 Bakasana
2	 Uttanasana	 Purn Chakrasana	 Uddalakasana	 Natarajasana
3	 Krounchasana	 Padangushtha Dhjanurasana	 Baddha Parivritta Parshva Konasana	 Veeerbhadrasana III
4	 Parshvottanasana	 Purn Shalabhasana	 Himavanasana	 Tittibhasana

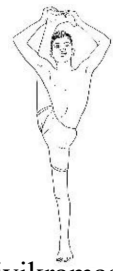
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SYLLABUS

Age Group – 18+ To 30 (Boys & Girls)

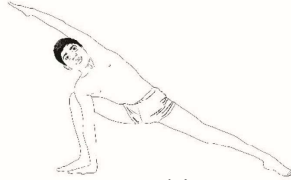
Compulsory Yogasana Chart

Sr. No.	FORWARD BEND	BACKWARD BEND	TWISTING BODY	BALANCING
1	 Ardha Baddha Padmottanasana	 Matsyasana	 Parivritta Parshva Konasana	 Trivikramasana
2	 Karnapidasana	 Kapotasana	 Paripurna Matsyendrasana	 Baddha Natrajasana
3	 Ardha Baddha Padma Paschimottanasana	 Gajanasana	 Ranaveerasana	 Dandayamana Janushirasana
4	 Padapasha Parshvottanasana	 Chitroshtakasana	 Parivritta Utkatasana	 Koundinyasana

SYLLABUS

Age Group – Above 30 (Men & Women)

Compulsory Yogasana Chart

Sr. No.	FORWARD BEND	BACKWARD BEND	TWISTING BODY	BALANCING
1	 Uttanasana	 Ardha Chandrasana	 Baddha Padmasana	 Vrukshasana
2	 Halasana	 Padmanabhasana	 Utthita Parshvakonasana	 Veerbhadrasana III
3	 Maricchyasana I	 Purn Chakrasana	 Ardha Matsyendrasana I	 Koundinyasana
4	 Parshvottanasana	 Matsyasana	 Baddha Parivritta Parshva Konasana	 Bakasana



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1. Competitor has to perform total 7 yogasanas. (4 compulsory and 3 optional)
2. Competitor has to perform 4 compulsory asanas (1 Forward Bend, 1 Backward Bend, 1 Twisting Body & 1 Balancing) from the given compulsory asana chart as per judges announcement (Lottery system)
3. Competitor has to perform 3 optional asanas as per their own choice.
4. Compulsory asanas are not allowed as optional asanas.
5. Holding time of compulsory asana is 20 seconds.
6. Holding time of optional asana is 15 seconds.
7. Each asana will contain 10 marks and thus a competitor will be given marks out of a total of 70 marks.
8. A competitor will be allowed a maximum of three attempts for optional asanas. No chance will be given for compulsory asana.
9. No asana will be changed or altered once fixed or obtained by the competitor.
10. Always start and end the performance with Namaste Mudra.

MEDICAL FITNESS CERTEFICATE

This is to certify that, I have examined

Name of the athlete: _____

Age: _____. Male / Female, Resident of _____

District: _____ State / UT _____

And I am satisfied beyond doubt that he / she is fully fit / not fit for participating
in the _____ competition.

Signature and seal of registered Medical Practitioner

Regd. No. _____

Name _____

Date _____

REGISTRATION FORM

RISK CERTEFICATE / DECLARATION / UNDERTAKING

1	Name of the Athlete	
2	Father's Name	
3	Mother's Name	
4	Date of Birth (DD-MM-YYYY)	
5	Gender	
6	Age Group	
7	Address	
8	Mobile Number (What's App Number)	
9	Email	
10	Name of School / College / Institute / Organization / Individual	
11	Name of District	
12	Name of State / UT	
13	Document submitted as a proof	
14	Name of the competition	
15	Event	

I _____ do hereby undertake that I will abide by the rules and regulations of the Modern Pythian Games, and myself alone will be responsible for any untoward incidence if occurred during traveling, during performance, or during my stay at the place of competition, and under no circumstances I will hold the organizing committee responsible for any such incidence.

Signature of Athlete / Parent / Guardian

Dated _____