

Mallakhambh

(Offline & Online Format)

1. Introduction

Mallakhambh is a traditional Indian sport that combines elements of gymnastics, yoga, and aerial acrobatics performed on a vertical wooden pole, hanging rope, or cane. The Modern Pythian Games envisions this ancient discipline as a bridge between culture, fitness, and performing arts, offering equal opportunities for general and disabled participants, and expanding it globally with culturally recognized names and variations.

2. International Naming and Global Relevance

Mallakhambh is known differently across various countries, reflecting its cultural adaptations:

- India – Mallakhambh (Pole/Rope/Cane)
- Russia – Вертикальная йога (Vertical Yoga) or Полюсная йога (Pole Yoga)
- Germany – Vertikale Turnkunst (Vertical Gymnastics)
- Japan – ボディバランスポールアート (Body Balance Pole Art)
- United States – Indian Pole Yoga or Traditional Vertical Gymnastics
- Brazil – Ginástica de poste indiano
- Sri Lanka/Nepal – Danda Kala or Rope Yogi Art

This global spread helps make Mallakhambh a truly multicultural and international event.

3. Game Description

Mallakhambh is a performance-based sport that involves executing poses, holds, and acrobatic movements on:

- A wooden pole (Pole Mallakhambh)
- A hanging rope (Rope Mallakhambh)
- A hanging cane (Cane Mallakhambh)

Participants showcase strength, balance, flexibility, grace, and control.

4. Competition Modes

Offline Mode:

- Participants perform live at designated physical venues on certified equipment.
- Judging is conducted on-site by qualified jury members.

Online Mode:

- Participants upload a single, unedited performance video within the prescribed time.
- Live-streamed events may also be hosted on video platforms.
- The video must be recorded in landscape mode, with the full body visible at all times.
- The performance area should be well-lit and free of distractions.

5. Categories of Participation

- **Age Categories:**
 - Sub-Junior (Under 12)
 - Junior (13–17)
 - Youth (18–25)
 - Open Category (26 and above)
 - Senior (40+)
 - Disabled/Para (all age groups, as per classification)
- **Gender Categories:**
 - Male
 - Female
 - Mixed (for group performances)
- **Type of Mallakhambh:**
 - Pole Mallakhambh
 - Rope Mallakhambh
 - Cane Mallakhambh
- **Group Categories:**
 - Individual
 - Duo/Pair
 - Team (3–5 members)

6. Para-Mallakhambh (for disabled participants):

- Adaptive routines according to physical ability
- Supported or assisted poses allowed
- Focus on rhythm, coordination, strength and courage

7. Registration Process

- Registration Period: As announced on the official Modern Pythian Games platform
- Mode: Online registration via official website or authorized franchise centers
- Requirements:
 - Name, age proof, ID proof
 - Medical fitness certificate
 - Disability certificate (if applicable)
 - Video submission (for online mode)
 - Entry fee payment (as per category)
- One registration = One event. Separate entries for each category/type are required.

8. Eligibility Criteria

- Open to all nationalities
- Must be physically fit or certified under Para classification
- Consent of guardian required for minors
- Participants must agree to abide by fair play and ethical rules

9. Dress Code

- Traditional or sport-specific costume allowing free body movement
- No jewelry, watches, or accessories allowed
- Hair tied neatly; costumes must not obstruct body view
- Barefoot mandatory

10. How It Is Played

- A participant performs a set routine or free performance within a fixed time (90 seconds to 3 minutes depending on category).
- The act includes poses, holds, transitions, balances, and dynamic movements.
- Movements must be controlled, graceful, and well-executed.
- Falls, slips, or interruptions reduce points.

11. Jury Panel and Qualifications

- Each competition is judged by 3–5 qualified jury members:
 - Certified Mallakhambh coaches
 - National or international-level athletes or experts
 - Physical education professionals with Mallakhambh experience
- For Para events, at least one panelist should have expertise in adaptive sports.

12. Judging and Scoring Criteria

Judges assess performances based on the following:

- Technique (20 Points)
 - Clarity of movement
 - Correct form and balance
- Difficulty Level (20 Points)
 - Complexity of poses and transitions
 - Risk factor with control
- Artistic Expression (20 Points)
 - Grace, rhythm, fluidity
- Stamina and Endurance (15 Points)
 - Duration and quality maintained throughout

- Innovation and Creativity (10 Points)
 - Unique poses, variations, or transitions
- Cleanliness and Safety (10 Points)
 - Smooth landings, no abrupt dismounts
- Presentation and Discipline (5 Points)
 - Confidence, salutation, respect for sport

Total: 100 Points

13. Winning Criteria

- Gold Medal – Highest score in category (minimum 80+ score)
- Silver Medal – Second highest (minimum 70+)
- Bronze Medal – Third highest (minimum 60+)

In case of a tie, the participant with higher difficulty or artistic points will win.

Special awards may be given for:

- Best Artistic Routine
- Best Para Performance
- Most Innovative Pose
- Cultural Expression Award (for integration of music or attire)

14. Rules and Regulations for Transparent Competition

- Performances must be original and self-performed.
- No editing, special effects, or background music with lyrics (instrumentals allowed).
- In online mode, video must be uploaded within deadline.
- In offline mode, participants must report at least 1 hour before event start.
- Jury decision is final and binding.
- No protest allowed unless backed with valid evidence within 30 minutes of result.
- Disrespect, cheating, or misrepresentation leads to disqualification.
- All entries will be archived as part of the Modern Pythian Games Cultural Archive.

15. Safety and Medical Guidelines

- Equipment must be inspected before use
- Warm-up time must be allotted before performance
- First-aid support to be available at offline venues
- Participants must not perform under injury or duress