



RULES 2016-2017

POSTURE GUIDELINES:
ADULT AND SENIOR DIVISION
OPTIONAL ROUTINE

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ADULT AND SENIOR DIVISION FORMAT

- The routine consists of 6 postures to be performed in 3 minutes.
- In order to increase the participation of the competition, both for spectators and to different types of yoga competitors, choices of postures of the 4 compulsory categories have been separated into 3 different difficulty levels. The first difficulty level are all floor postures that demonstrate primarily flexibility and the degree of difficulty multiplier is 6; the second difficulty level demonstrates primarily balance and the degree of difficulty multiplier is 7; the third difficulty level demonstrates a combination of skills and all come from the current Official Approved List of Postures in the SR. The postures in the third level have a degree of difficulty multiplier of 8.
- The Judges score all the postures out of 10 and the calculation with the degree of difficulty multiplier is carried out automatically in the tabulation grid.

GLOSSARY FOR POSTURE LIST

- *Instructions for Right Side* – where a Posture can be performed on either the right or the left side, the Recommended Execution is given for the Right Side only. The instructions for the left side are the same, but on the opposite side.
- *Lotus Position* – always follows the same form and consists of having the right foot on top of the left thigh and the left foot on top of the right thigh.
- *Prayer Position* - both hands together in front of the chest with the fingers together and pointing up to the ceiling.
- *Same (followed by side and/or body part)* – refers to the same side of the body e.g. in the Bow pose when instructing the holding of the foot the Recommended Execution states: “grab the outside of both feet on the same side 2 inches/5 centimeters below the top of the toes with five fingers together, the wrists in a straight position and the toes pointed”. The same side here refers to grabbing the right foot with the right hand and the left foot with the left hand.
- *Split Position* – where the legs are extended fully out or forward. The leg muscles must be contracted.

ADULT AND SENIOR DIVISION Optional Routine

COMPULSORY CATEGORY: FORWARD COMPRESSION

RABBIT

Difficulty Rating: 6 Major Element: Flexibility

- **Direction to Face when Performing the Posture:** Profile to the Judges.
- **Minimum Expression:** The Athlete must be in a forward bend on the front of the legs, while holding on to the feet.
- **Recommended Execution:**
 - Kneel down with the profile to the Judges.
 - Sit on the heels with the knees and the feet together and the tops of feet on the floor.
 - Grab the same side heels with the thumbs on the outside of the foot and the fingers on the inside and keep the stomach sucked in.
 - Tuck the chin to chest, round forward and touch the forehead on the knees, and touch the top of the head to the floor.
 - Pull the heels and lift the hips up towards the ceiling.
 - Keep the arms straight, elbows locked and lift the shoulders up away from the ears.
 - The entire spine should stretch from the coccyx to the neck and the thighs should form a perpendicular line to floor.



- **Deductions Specific to the Posture:**
 - Forehead not touching the knees (-2)
 - Incorrect grip (-1)
 - The head position going too far forward onto the back of the head
 - Wrist bent
 - Thighs not perpendicular to the floor
 - Uneven bend in the spine
 - Shoulders not lifted away from the ears
 - Stomach not sucked in

STANDING HEAD TO KNEE

Difficulty Rating: 7

Major Element: Balance



- **Direction to Face when Performing the Posture:** Profile to the Judges.

- **Minimum Expression:** The Athlete must have the leg muscles of the standing leg contracted so that the knee is locked and the forehead must touch somewhere on the leg close to the extended knee.

- **Recommended Execution:**
- (Instructions for Right Side)
- Stand straight with the left-side profile towards the Judges.
- Look forward and grab the right foot at the ball of the foot with an interlocked grip and the wrists in a straight position.
- Flex the foot so that all the toes turn in and the thigh is parallel to the floor.
- The leg muscles of the left standing leg must be fully contracted, so that the left knee is locked with the weight forward and the foot flat and still on the floor.
- Keep the stomach in, the spine rounded forward and the ribcage in.
- Lift the right leg up and stretch it forward so that it becomes parallel to the floor with the thigh muscle contracted and the heel in line with the foot and flex all the toes in towards the face.
- Keep the chest up and the shoulders down and back.
- Bring the elbows down below the calf muscle and hold still.
- Bring the chin in and put the forehead on the knee.

- **Deductions Specific to the Posture:**
- Grip too low or high
- Thigh goes up or down
- Grip sliding
- Toes not flexed
- Wrists bending and not straight
- Belly moving in and out of contraction
- Ribcage sticking out of the body
- Extended leg moves
- Heel not aligned with hip
- Extended leg not kicking forward
- Chest collapsed
- Shoulders up
- Elbows not below the calf
- Forehead not on the knee (-1)

TORTOISE - FULL/LIFTING

Difficulty Rating: 8

Major Element: Combination of skills



Direction to Face when Performing the Posture: Profile to the Judges.

Minimum Expression: The Athlete must have both legs behind the head, press up on to arms and lower the body down and put the face down onto the floor.

Recommended Execution:

Sit on the floor cross-legged with the profile to the Judges.

Lift both legs behind the head, either one at a time or both together; cross the ankles with the knees behind the shoulders.

Press the entire body off the floor with the hands shoulder width apart and lift the buttocks upwards so that the entire body is parallel, with the head and hips in one line to the floor. Hold this position for at least one second.

Bend the elbows and tuck the chin to the chest to lower the body down until head and buttocks touch the floor.

Keep the feet off the floor by extending the legs.

Bring the hands around the lower back and clasp the hands together.

Exit by pushing back up, sitting on the buttocks and releasing the legs.

Deductions Specific to the Posture:

- Forcing and struggling to get the legs behind the head
- Feet not crossed at the ankles and only held together by crossing the toes (-1)
- Feet not crossed at all (-2)
- Elbows not locked at the top position of the press (-1)
- Buttocks are not lifted high enough in line with head (it is acceptable for the buttocks go higher)
- Body is not parallel at the top of the press
- Descent onto the floor is not smooth and steady
- Feet touch the floor (-1)
- Chin is not tucked into the chest (-1)
- Hands are not clasped together behind the lower back (-1)
- Not pushing back up in the exit (-1)
- On the exit the head and buttocks not lifting up in one line

ADULT AND SENIOR DIVISION Optional Routine

COMPULSORY CATEGORY: BACKWARD BEND

BOW

Difficulty Rating: 6

Major Element: Flexibility



- **Direction to Face when Performing the Posture:** Profile to the Judges.
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- **Minimum Expression:** The Athlete must hold the legs behind in a backward bend, while balancing between the pelvic bones and the lowest ribs.
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- **Recommended Execution:**
- Lie on the stomach with the profile to the Judges.
- Grab the outside of both feet on the same side 2 inches/5 centimeters below the top of the toes with five fingers together, the wrists in a straight position and the toes pointed.
- Keep 6 inches/15 centimeters between knees and toes
- Simultaneously kick both legs up, keep the thighs and knees hip the same 6 inches/15 centimeters distance apart, lift the upper body off the floor and drop the head back and look at the toes.
- Keep the weight between the pelvic bones and lowest rib so that the toes are in the center from the side.
- Keep the knees and feet even from the front and side
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- **Deductions Specific to the Posture:**
- Incorrect distance of the grip to the toes
- The legs and upper body moving at different times
- Legs opening too wide (-1)
- Weight going back on the hip bones or onto the ribcage
- Wrist bending
- The head is not dropped back enough
- Knees and feet not in one line from the front and side

STANDING BOW PULLING

Difficulty Rating: 7

Major Element: Balance



- **Direction to Face when Performing the Posture:** Profile to the Judges.
-
- **Minimum Expression:** The Athlete must have the leg muscles of the standing leg contracted so that the knee is locked and the other leg extend up with same side hand holding the leg.
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- **Recommended Execution:**
- (Instructions for Right Side)
- Stand straight with right-side profile towards the Judges.
- Look forward and simultaneously grab the right foot from the inside of the foot at the ankle with all five-finger together and stretch the left arm up.
- The leg muscles of the left standing leg must be fully contracted, so that the left knee is locked.
- Simultaneously charge the body forward and kick the right leg back and up.
- Bring the body down to the floor, until the abdomen and chest are parallel to the floor.
- Stretch the right arm forward so that the shoulder touches the chin, keep the head up and straight and look forward.
- Kick the right leg back and up until the leg is completely straight and the two feet are in one line with the right toes pointed.
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- **Deductions Specific to the Posture:**
- Incorrect grip (-1)
- Grip too low down the leg
- Fingers are separated
- Gap between the shoulder and the chin
- Body not down low enough (-1)
- Toes not pointed
- Kicking leg not straight (deductions from -0.5 depending on the degree of the bend)

DANCER

Difficulty Rating: 8 Major Element: Combination of skills



- **Direction to Face when Performing the Posture:** Profile to the Judges.
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- **Minimum Expression:** The Athlete must balance on one leg with the other leg kicking up and extended towards the ceiling holding on to the leg with both hands.
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- **Recommended Execution:**
- (Instructions for Right Side)
- Stand with right-side profile to the Judges.
- Contract the left leg muscles so that the knee is locked.
- Grab the foot of the right leg from the outside with the palm facing up and at the same time extend the left arm up to the ceiling with the arm next to the ear.
- Extend the right leg up to the ceiling and bring the body down until the abdomen is parallel to the floor.
- Reach the left arm back to grab the right leg, keep the torso square and hips level, continue to extend the right leg up straight without turning out the hip or knee.
- Straighten the right leg, so that it creates a split with the left standing leg, and straighten the arms with the hands grabbing near the anklebone, with all five fingers interlocked.
- Keep the head between the arms and the chin level to the floor.
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- **Deductions Specific to the Posture:**
- Standing leg muscles not contracted (-2)
- Abdomen is not parallel to the floor (-1)
- Torso is twisted
- The hip of the kicking leg is opening out and the kicking leg is turning out
- Kicking leg does not lock (deductions from -0.5 depending on the degree of the bend)
- Thigh and knee are not in one line, no split
- Grip is low below the ankle
- Arms are uneven, fingers spreading out
- Head is not between the arms (-1)
- Chin not level to the floor

ADULT AND SENIOR DIVISION Optional Routine

COMPULSORY CATEGORY: STRETCHING

STRETCHING

Difficulty Rating: 6

Major Element: Flexibility



- **Direction to Face when Performing the Posture:** Profile to the Judges.
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- **Minimum Expression:** The Athlete must stretch the body forward and hold the feet with both hands.
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- **Recommended Execution:**
- Sit upright with both legs fully extended forward with feet together and the profile to the Judges.
- Grab the big toes from the top, with the middle and index fingers, palms facing each other.
- Pull the toes and keep the feet together and flexed, with the legs straight and the knees locked and **heels on the floor or a little bit in the air.**
- Keep the spine straight and stretch the upper body forward from the lower spine.
- Touch the elbows on the floor alongside the calf muscles, with the wrists straight.
- Bring the body down, stomach on the thighs, chest on the knees, and touch the head on toes.
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- **Deductions Specific to the Posture:**
- Leg muscles not contracted, gap between back of the knees and the floor (-1)
- **Bottom of the calves or heels too much off the floor**
- Wrists bent
- Feet apart
- Feet not flexed.
- Spine not in a straight position
- Spine not stretching
- Stomach away from the thighs,
- Chest up
- Elbows off the floor
- Forehead not in line with the toes
- Face up
- Eyes looking down

UPWARD STRETCHING

Difficulty Rating: 7

Major Element: Balance



- **Direction to Face when Performing the Posture:** Profile to the Judges.
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- **Minimum Expression:** The Athlete must balance on the buttocks with the legs extend upwards making contact between the hands and legs.
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- **Recommended Execution:**
- Sit with the legs together and the profile to the Judges.
- Bend the knees so that thighs are close to the torso.
- Point the feet and grab the heels with five fingers together and the fingers facing the direction of the toes. Elbows touching behind the calf muscles.
- Balance on forward on the sits bones.
- Extend the legs up, keeping the abdomen close to the thighs and stretch the spine upwards.
- Look up towards the toes; pull on the heels with the shoulders down, away from the ears.
- Stretch the spine up and bring the torso and the legs against each other so the whole body becomes perpendicular to the floor.
- Forehead touches the shinbones with the spine straight.
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- **Deductions Specific to the Posture:**
- Eyes not looking up (0.5)
- Wrong grip on heels; Elbows not touching calf muscles (-1)
- Balancing too far back, behind the sits bone
- Gap between abdomen and thighs
- Spine not stretching
- Feet not pointed
- Shoulders hunched up
- Forehead not touching the shins, or forehead touching shins by rounding cervical spine forward (-1)

STANDING SPLITS

Difficulty Rating: 8

Major Element: Combination of skills



- **Direction to Face when Performing the Posture:** Profile to the Judges.
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- **Minimum Expression:** The Athlete must balance on one leg with the thigh muscle contracted and the stomach touching the thigh. The other leg must be extended, straight, as far up as possible.
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- **Recommended Execution:**
- (Instructions for Right Side)
- Stand with the left-side profile to the Judges.
- Lock the right leg by contracting the hip and thigh muscles.
- Bend forward and grab the right heel with the same side hand. The grip should have the thumb outside of the heel and the other fingers inside the heel.
- Place the left hand on the floor with the palm flat.
- Keep the hips levels and lift the left leg off the floor by stretching the leg back and up towards the ceiling, with the thigh of the leg contracted.
- When the two legs are in a Split Position, lift the left hand that was on the floor to meet the right hand that is on the heel of the right leg.
- Forearms and elbows should touch behind the calf muscle.
- Keep the shoulders lifted away from the ears and pull the right heel to stretch the spine and head towards the toes. Keep the abdomen on the thigh, chest on knee, forehead touching the shin. At the same time stretch the left leg up in the opposite direction
- Balance on one leg.
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- **Deductions Specific to the Posture:**
- Keeping one or both hands on the floor (-2)
- Incorrect grip (-1)
- Hips not level, the hip of the lifting leg opens out
- Leg muscles of the lifting leg not contracted (-1)
- Two legs are not perfectly split (deductions from -0.5 depending on the degree of the degree)
- Forearms and elbows are not touching behind calf muscle
- Gap between abdomen and thigh (deductions from -1 depending on the degree of the degree)
- Crown of head not facing down to the floor (-1)
- Spine not stretching
- Shoulders collapsing

ADULT AND SENIOR DIVISION Optional Routine

COMPULSORY CATEGORY: SPINE TWIST

SPINE TWIST

Difficulty Rating: 6

- **Direction to Face when Performing the Posture:** Profile to the Judges.
- **Minimum Expression:** The Athlete must have one leg bent in front of the body with the thigh on the floor and the heel outside the opposite hip. The sole of the other foot must be on the floor and the torso must twist towards the leg with the foot on the floor.
- **Recommended Execution:**
 - (Instructions for Right Side)
 - Sit with the right-side profile to the Judges.
 - Bend the left knee, bring the knee on the floor and touch the left heel to the side of right buttock, with the left toes pointed back.
 - Bring the right leg over the left knee and put the right foot on the floor against the corner of the left knee. The right heel should touch the left knee.
 - Grab the left knee with the left had, keep the wrist straight.
 - Reach the right arm around the back, open the chest and grab the thigh of the left leg with the whole hand.
 - Keep both sits bones on the floor.
 - Keep the spine straight and shoulders level and twist to the right so that the whole chest is flat and open to the Judges.
 - Turn the chin over the right shoulder and keep the head straight.
- **Deductions Specific to the Posture:**
 - Hand supporting body on the floor behind the back (-2)
 - Sole of the foot is not flat on the floor (-1)
 - Foot is not in contact with knee and hand
 - Elbow and knee are not in contact
 - Wrist is bending
 - Right arms is not grabbing the left leg with the whole hand
 - Both sits bones are not on the floor (-1)
 - Spine is not straight (-1)
 - Shoulders are not level
 - Chest not fully opened to the Judges
 - Chin is not in line with the right shoulder
 - Head is not straight
 - Bottom Knee is being pulled or lifted off the floor (-1)



WIDE ANGLE TWIST

Difficulty Rating: 7

Major Element: Balance



- **Direction to Face when Performing the Posture:** Facing the Judges.
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- **Minimum Expression:** The Athlete must have the legs separated and grab the opposite feet with the head below the hips with the spine twisting.
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- **Recommended Execution:**
- (Instruction for right side)
- Stand straight facing the Judges.
- Bring the arms over the top of the head, so that the palms touch each other.
- Step the right leg out so that the elbows are directly above the ankles with the two heels in one line and simultaneously bring the arms down parallel to the floor with the palms facing down.
- Bring your upper body down and Reach the left hand over to the right foot with the palm facing up and grab underneath the right heel with the thumb close to the heel and all five fingers together.
- Pull on the right heel and extend the elbow to the side beyond the tibia.
- Reach the right hand with the palm facing up and reach the left heel with the thumb close to the heel and all five fingers together.
- Pull on the left heel with the right hand, twist your spine and open the right elbow towards the back so that both arms form 90-degree angle.
- Keep the hips square as much as possible, twist the spine straight in the centre between the feet and create a perpendicular line between the lower spine and the top of the head.
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- **Deductions Specific to the Posture:**
- Either Legs bending (-2)
- Step too small or too wide
- Incorrect grip on the foot (-1)
- Fingers apart
- Elbows not creating 90 degree
- Feet not in one line
- Spine not straight in the centre (-1)
- Face not facing the front (-1)
- Hips uneven (deductions from -0.5 depending on the degree of the degree)

FULL SPINE TWIST

Difficulty Rating: 8

Characteristic of the Posture: Flexibility



- **Direction to Face when Performing the Posture:** Profile to the Judges.
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- **Minimum Expression:** The Athlete must have one leg in half lotus with the thigh on the floor and the sole of the other foot must be on the floor and the torso must twist towards the leg with the foot on the floor.
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- **Recommended Execution:**
- (Instructions for Right Side)
- Sit with the right-side profile to the Judges.
- Bring the left leg into Half Lotus Position on the right thigh as high as possible.
- Bring the right foot over the left knee, with the sole of the foot flat on the floor.
- Bring the left elbow over the right knee, line up the elbow and the knee, push against the knee with the elbow and bring the left side of the body closer to the right leg.
- Grab the left knee with the left had, keep the wrist straight.
- Reach the right arm around towards the back, open the chest and grab the thigh of the left leg with the whole hand.
- Keep both sits bones on the floor.
- Keep the spine straight and shoulders level, twist to the right so that the whole chest is flat and open to the Judges.
- Turn the chin over the right shoulder and keep the head straight.
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- **Deductions Specific to the Posture:**
- Hand supporting body on the floor behind the back (-2)
- Sole of the foot is not flat on the floor (-1)
- Foot is not in contact with knee and hand
- Elbow and knee are not in contact
- Wrist is bending
- Right arms is not grabbing the left leg with the whole hand
- Both sits bones are not on the floor (-1)
- Spine is not straight (-1)
- Shoulders are not level
- Chest not fully opened to the Judges
- Chin is not in line with the right shoulder
- Head is not straight
- **Bottom Knee is being pulled or lifted off the floor (-1)**