



FREE FOUNDATION YOGA COACHES TRAINING (US-YOGA ALLIANCE) FOR COMMONWEALTH NATIONS
UNLOCK YOUR POTENTIAL AS A YOGA COACH—ACCESSIBLE, TRANSFORMATIVE, AND COMPLETELY FREE FOR VOICES FROM THE COMMONWEALTH.
JAN. 25 TO FEB 04, 2026



OFFICIAL RULES & REGULATIONS

RULES 1. Eligibility

The competition is open to:

- **Individuals worldwide (male and female)**
- **Members of:** One country one team policy.
 - Yoga Ministry of Canada (YMC) Schools, Colleges, Institutions
 - District/State/National Yoga associations
 - International yoga organizations.

2. Pledge Ceremony

All participants will take an oath under the flag of Yoga Commonwealth Yogasana Sports Federation.
"We swear that we will take part in the Commonwealth Yogasana Sports Championship in fair competition, respecting the rules and regulations, and with the spirit of true sportsmanship—for the honour of our country and the glory of yoga."

3. Group Classifications by Age

Separate categories for male and female:

▪ Group A – 8 to 12 years	Group E – 35 to 45 years
▪ Group B – 12 to 18 years	Group F – 45 to 55 years
▪ Group C – 18 to 25 years	Group G – +55 year
▪ Group D – 25 to 35 years	

Winners in each category will receive: Gold, Silver, and Bronze medals

Rolling trophies and special titles (e.g., Champion of Champions)

4. Age & Fitness Verification

- Birth certificate or national ID is mandatory. Under 18 participants must have guardian consent. A medical fitness certificate is required for all.

Top 6 in each group will be awarded:

- 1st–3rd Place: Medal + Certificate
- 4th–6th Place: Merit
- Certificate Champion of Champions: Trophy, Certificate & Medal.
- Artistic & Rhythmic Winners: Medals, Certificate, Prize

5. Awards & Recognition

- All participants: Certificate + Model of Participation
- Special Recognition: Title trophies, jury awards, & World Record entries

6. Prohibited Substances

- Use of alcohol or stimulants before/during the event is strictly prohibited.
- Violation may lead to suspension up to 5 years.

1st COMMONWEALTH YOGASANA SPORTS CHAMPIONSHIP 2026

FEB.05-08, 2026 | INDIA



HOSTED

BY & VENUE:

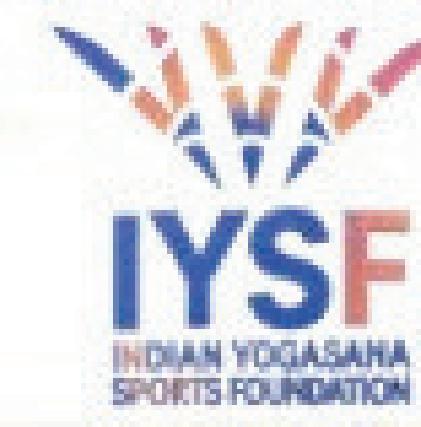


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7. Registration & Charges

- Event Pass (Spectator included): USD \$50

Competition Categories (per person):

- Athletic Yoga: USD \$100
- Artistic Yoga: USD \$50
- Artistic Pair (Any Age): USD \$50 (p/p (Per Participant))
- Rhythmic Yoga: USD \$50 (p/p)
- World Record Attempt (AOWR): USD \$150
- Award Nomination: USD \$100
- Honorable Doctorate Award Nomination (Contact us @+359889775530)
- Yoga Summit Fee: \$50

Upload payment proof at: <https://docs.google.com/forms/d/e/1FAIpQLSf6AiS-98qBfCsRsrtpwQvzCP0Gt5ne9Y7qv9Jael8IP8M5g/viewform>

Note: All payments are non-refundable.

8. Arrival Instructions

- All participants must report 2 hours before the competition.
- Latecomers may be disqualified.

9. Languages

- English, Hindi & Punjabi.

10. COMPETITION FORMAT:

Please refer to Section-2 for details of the selected asana and elimination round. Please refer to Section-3 for details of the Artistic and Rhythmic Yoga-asana Competition.

11. JUDGMENT:

Judges will be appointed by the Committee and their decisions will be final. 2. Two (2) marks will be deducted from the full score if the competitor fails to complete the asana in the first attempt. Four (4) marks will be deducted from the full score if the competitor fails to complete the asana in the second attempt. No mark will be awarded if the competitor fails to complete the asana on the third attempt. 3. The Judges will look at: a) body proportion; b) performance in terms of grace in execution and steadiness of posture; and c) dress, smartness, and appearance.

12. LOCATION OF THE VENUE:

Lovely Professional University, Punjab, India.



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A photocopy of the certificate of medical fitness

The organiser will not be liable for any injury to competitors or participants during the whole festival/championship. Competitors must maintain good conduct and discipline during festivals and competitions or face suspension for 5-10 years. The committee reserves the right to add, alter, amend the rules, program, dates and venue of Festival/championship as its sole discretion without prior notice. Photography of this form will be accepted, if necessary.

DETAILS OF SELECTED ASANAS & ELIMINATION ROUNDS:

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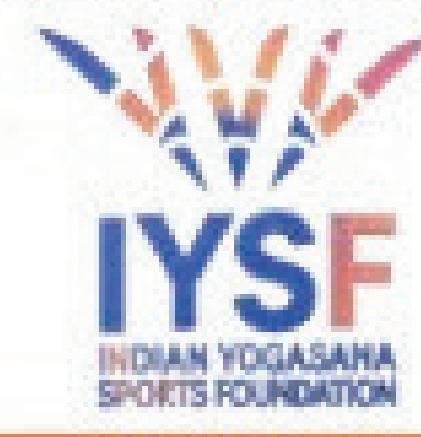


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FIRST ROUND:

According to lottery system Competitors have to perform one (1) asana from each category (Backbend, Balance and Forward Bend) and one (1) asana OF THEIR OWN CHOICE. (Total 4 asana) Time to stay in each asana is 30 seconds

Competitors those will achieve 80% marks and above will be selected to compete in the second round.



SECOND ROUND:

Competitors have to perform one asana of their own choice from each of the 5 category below:

- A. Backbend B. Twisting C. Forward flexion
- D. Arm Stability E. Leg Stability The time to stay in each asana is 30 seconds.

The 1st, 2nd, and 3rd places from each group will be selected from the second round. The first place holder will compete for the title of Champion of Champions.

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WORLD CHAMPION OF CHAMPIONS:-

Competitors have to perform 10 asanas of their own choice in the below sequence:

- Backbend
- Twisting
- Forward flexion
- Arm Stability
- Leg Stability

The time to stay in each asana is 30 seconds. Note: In the situation of a tie break for the winner, management will take a different performance on the spot from both competitors, and the management result will be the final decision.

Tie-Brake Golden Round: (Total: 5 Asanas)

In this round, competition will be according to the lottery system, and competitors have to perform 3 out of the following 12 asanas plus 2 asanas of their own choice. (Total: 5 Asanas)

ASANAS





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Section 3: ARTISTIC YOGA COMPETITION & RHYTHMIC COMPETITION

(1) Singles Artistic Yoga Competition: The competitor(s) will perform a series of asanas choreographed to music in Artistic Yoga. The competitor(s) should perform a wide range of asanas, including

1. Forward bend
2. Backward bend
3. Arm-balancing,
4. Lying and sitting postures, etc.

It will be judged on the grace of the body movement along with the synchronisation with music without break. The competitor(s) should try to utilise all four corners of the stage during the performance. Within the time limit of 2:30 minutes, the competitor(s) must perform at least 8-10 asanas. The Artistic Yoga Competition will be held in the following age groups:

Boys/Girls

1. Under 12 Year (Sub-Junior)
2. 12 to 18 years (Sub-Junior)
3. Over the age of 18 (Senior)

2. Pair Artistic Yoga Competition

Artistic pair yoga will involve either 2 females or 2 males, or 1 male and 1 female from the same age category, performing a series of asana, choreographed with music. The asanas need to be in perfect synchronisation with each other and there must be body contact between the competitors. They will be judged on the grace and execution of their body movements, along with music without break. The competitors should use a diversity of asanas, including forward bend, backbend, leg & arm balancing, lying and sitting postures, etc. The competitors should try to utilise all four corners of the stage during their performance. Competitors should perform at least 8-10 asanas within the time limit of 2:30 minutes. The Artistic Yoga Pair Competition will be held in the following age groups

Boys/Girls

1. Under 12 Year (Sub-Junior)
2. 12 to 18 years (Sub-Junior)
3. Over the age of 18 (Senior)

Rhythmic Yoga Competition (Pairs)

Rhythmic yoga consists of either 2 females or 2 males performing in perfect synchronisation of body movements with music. Rhythmic Yoga will involve the pair performing a series of asanas, including:

1. Forward bend
2. Backward bend
3. Leg balancing
4. Arm-balancing

Lying and sitting postures,

with no variations between the two. There should not be any body contact between the two competitors, and they should try to utilize all four corners of the stage during the performance. The performance should involve at least 8-10 asanas within the time limit of 2:30 minutes. The Rhythmic Yoga Competition will be held in the following age groups:

Boys/Girls

1. Under 12 Year (Sub-Junior)
2. 12 to 18 years (Sub-Junior)
3. Over the age of 18 (Senior)

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CRITERIA FOR JUDGEMENT

The following officials shall be appointed for the management of the competition/championship: a)

Competition/Championship Secretary – One

- b) Observer – One
- c) Technical Controller (Chairman/Secretary of the Technical Committee) – One
- d) Chief Judge (Chairman/Secretary of the Judges Board / Referees Board / Grade “A” Judge) – One
- e) Judges – Five
- f) Scorers (one may be an official from a competing team) – Two

1.(One) Time Keeper

2.(One) Announcer:

3.(One) Stage Manager:

Note: -The officials (as mentioned in sub-clause to i) shall be 11 in number. The Judges' Board/Referees' Board shall appoint them.

OFFICIALS FOR THE MANAGEMENT OF CHAMPIONSHIP/COMPETITION

1. All the asanas, whether they are compulsory or optional, carry 10 marks each.

(a) Each ten marks for a 'Compulsory Asanas' are divided into four parts as follows:

2 Marks: Asana Performance (Starting & Returning): 2 Marks

4 points for posture perfection (correctness/accuracy).

Exhibition of the Posture

(Stability & Tense Less): 2 Marks Fixed Retention 2 marks for posture duration (time). (b) Every ten marks for an 'Optional Asanas' are divided into five parts as follows:

2 Marks:

Asana Performance (Starting & Returning): 2 Marks

Perfection of the posture (Correctness / Accuracy): 2 Marks The Difficulty of the Posture: 2 Marks

Exhibition of the Posture (Stability & Tense Less): 2 Marks Fixed Retention Duration of the posture (time): 2 Marks

Further, the order of difficulty for Optional Asana is as under:

1. Flexibility

2. Balance

3. Twisting

4. Balance and twisting flexibility

(Note: Priority is to be given to No. 4, then No. 3, No. 2, and lastly to No. 1.)

TROPHIES, MERIT AND PARTICIPATION CERTIFICATES, ETC.

The organisation shall issue merit and participation certificates to the competitors, manager, and coach appointed as notified officials, including office bearers of the organisation, chairman/convener sub-committees and other essential officials during the Championships for all age groups. On the merit certificate, a photograph of the participant may be pasted. The Manager/Coach must collect two (2) stamp-sized photographs of each competitor in each age group and turn them over to the Stage Manager/Technical Committee to be affixed to certificates and other items. MERIT CERTIFICATE: (By Organization) Merit Certificates will be awarded to the winners, runners, third place, and fourth to sixth place finishers in each age group. Only the organisation may issue a Merit Certificate.



PARTICIPATION CERTIFICATE:

(1) A participation certificate shall be given to all competitors, managers, coaches, specified officials of all age groups and to other notified officials of the Host State Association/Organizing Committee. The Federation General Secretary, Honorary Secretary of the Host Association, President of the State Association or Organizing Committee, and Organizing Secretary of the sponsoring agency, if any, must sign these certificates.

(2) The participation certificate model must be approved in advance by the Organization's General Secretary before being printed by the host state Secretary/Organizing Secretary. 3) The judges/officials of technical nature who attend the championship duty during any championship will be given participation certificates by the "Canadian Yoga Association" or by the Referee's Board.

TROPHIES: -

The organization will award trophies to the overall team championship winner and runners-up. Rolling trophies or permanent trophies sponsored by the well-wishers/donors may also be given as per the decision of the organisation. The Organization of Organising Committee will award gold, silver, and bronze medals to the top three finishers in each age group.

