



## **RULES 2016-2017**

POSTURE GUIDELINES:  
YOUTH DIVISION  
COMPULSORY POSTURES

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# YOUTH DIVISION

- The routine consists of 6 postures to be performed in 3 minutes.
- 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.

COMPULSORY POSTURES IN PERFORMANCE ORDER

# YOUTH DIVISION

# HALF MOON WITH HANDS TO FEET POSE

## Difficulty Rating: 7



- **PART 1- HALF MOON SIDE BEND (2 PARTS)**
- **Direction to Face when Performing the Posture:** Facing the Judges.
- **Minimum Expression:** The Athlete must bend over to the side with the legs together and the arms over the head.
- **Recommended Execution:**
- (Instructions for Right Side)
- *NB: The Athlete must perform both sides of the Posture starting with the Right side.*
- Stand facing the Judges with the legs and feet together.
- Keep the feet together with the heels and toes together.
- Bring the arms overhead and put the palms into a Prayer Position with the thumbs crossed. Keep the arms straight and contract the arms muscles so that the elbows are locked.
- Keep the legs straight and contract the leg muscles so that the knees are locked.
- Push the hips forward, bring the upper body, bring the arms back and keep the chin up. The weight on the heels.
- Bend the body to the right in a straight line and push the hips out to the left as far as possible.
- Keep both hips and shoulders in one line facing forward to create a lateral stretch of the spine and look straight ahead.
- Hold deepest stretch for at least 5 counts and then return to center.
- Repeat exactly for the Left side and then return to center.
- When finished turn to face the side and begin the Third Part.
- **Deductions Specific to the Posture:**
- Feet apart (-1)
- Legs bending (-1)
- Arms bending
- Palms separated
- Hips not in one line
- Shoulders not in one line
- Chin down or up and not looking forward
- Body leaning forward or backward
- Weight not on the heels

# HALF MOON WITH HANDS TO FEET POSE

## Difficulty Rating: 7



- **PART 3 – HALF MOON POSE BACK BEND**
- **Direction to Face when Performing the Posture:** Profile to the Judges.
- **Minimum Expression:** The Athlete must bend the spine backwards with the legs together and the arms together pointing backwards.
- **Recommended Execution:**
- Stand with the feet flat and together, arms overhead with palms together with the profile to the Judges.
- Bring the head as far back as possible.
- Bring the arms back to touch the ears and bend the entire spine.
- Keep the arms and legs straight, push the upper body back and push the hips, thighs and stomach forward. Keep the weight on the heels.
- Come up with arms overhead.
- **Deductions Specific to the Posture:**
- Feet apart (-1)
- Legs bending (-1)
- Arms bending
- Arms not back enough
- Palms separated
- Hips not in one line
- Shoulders not in one line
- Head not all the way back
- Uneven bend in the spine
- Feet not flat, weight going forward

# HALF MOON WITH HANDS TO FEET POSE

## Difficulty Rating: 7



- **PART 4 – HANDS TO FEET POSE**
- **Direction to Face when Performing the Posture:** Profile to the Judges.
- **Minimum Expression:** The Athlete must bend the forward over the legs and hold the legs with the hands.
- **Recommended Execution:**
- Stand with the arms overhead and the profile to the Judges
- Bend forward with the arms and head together and place the hands under the heels with 5 fingers together on each hand and little fingers touching side by side. Bring the elbows behind the legs on calf muscle, with the arms touching the legs.
- Pull on the heels to stretch the body down and keep upper body with the legs (the stomach on the thighs, the chest on the knees and the face on the shins).
- Straighten the legs and contract the leg muscles so that the knees lock.
- Stretch the upper body down to the floor and the head towards the feet.
- Come up with arms and head together.
- **Deductions Specific to the Posture:**
- Hands out to the side
- Fingers not together, two little fingers not touching each other
- Elbows out from behind the calf muscle
- Legs bending
- Body away from the legs (-1)
- Rounding of the spine
- Head forward, chin away from the legs



# FISH

## Difficulty Rating: 5

- **Direction to Face when Performing the Posture:** Profile to the Judges.
- **Minimum Expression:** The Athlete must be in a backward bend with their legs in a Lotus Position and the head touching the floor.
- **Recommended Execution:**
  - Sit on the floor in a cross-legged position, profile to the Judges.
  - Bring the legs into a Lotus Position and bring the knees closer together to tighten the Lotus Position, place the toes beyond the outside of each thigh to create a tight Lotus Position.
  - Place one elbow at the time behind the back and lie on the floor, and bring the knees up.
  - Place the hands on the floor over the shoulders close to the body.
  - Push the upper body off the floor and touch the top of the head with the floor close to the hips and at the same time lower both knees to floor.
  - At the same time, grab the right foot with the left hand and the left foot with the right hand, and pull on the feet with the wrists in a straight position.
  - Bring the elbows down to the floor.
- **Deductions Specific to the Posture:**
  - Wrong leg (left leg) folded in first into the Lotus Position (-1)
  - One or both knees lifting off the floor
  - Loose grip on the feet
  - Gap between the elbow and the floor
  - The wrists bending
  - Uneven bending of the spine



# RABBIT

## Difficulty Rating: 6



- **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

# 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)

