

**INTERNATIONAL YOGA  
SPORTS FEDERATION  
SPORTING AND  
TECHNICAL  
REGULATIONS RULE  
BOOK**



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# **TABLE OF CONTENTS**

OBJECTIVES OF IYSF.....	- 7 -
HUMAN RIGHTS' OBSERVANCE AND ANTI-DISCRIMINATION POLICY.....	- 7 -
INTERPRETATION OF TERMS IN THE SPORTING AND TECHNICAL REGULATIONS.....	- 8 -
ACCESS TO IYSF DOCUMENTS, INFORMATION AND MATERIAL.....	- 9 -
<b>THE SPORTING AND TECHNICAL REGULATIONS.....</b>	<b>- 10 -</b>
INTRODUCTION.....	- 10 -
REG. 1 PURPOSE AND VALIDITY OF THE REGULATIONS.....	- 10 -
REG. 1.1 PURPOSE.....	- 10 -
REG. 1.2 VALIDITY.....	- 10 -
REG. 1.3 SCOPE OF APPLICATION.....	- 10 -
REG. 1.4 RULES, GUIDELINES AND CODES.....	- 10 -
REG. 2 IYSF COMPETITIONS AND OTHER EVENTS.....	- 11 -
REG. 2.1 OFFICIAL COMPETITIONS.....	- 11 -
REG. 2.1.1 INTERNATIONAL COMPETITION.....	- 11 -
REG. 2.1.2 NATIONAL COMPETITION.....	- 11 -
REG. 2.1.3 REGIONAL COMPETITION.....	- 11 -
REG. 2.2 CHOICE OF VENUES FOR IYSF COMPETITIONS AND OTHER EVENTS.....	- 11 -
REG. 2.3 COMPETITION SCHEDULE.....	- 12 -
REG. 3 COMPETITIONS AND OTHER EVENTS NOT ORGANISED BY THE IYSF.....	- 12 -
REG. 3.1 COMPETITIONS BETWEEN FEDERATIONS.....	- 12 -
REG. 3.2 EXHIBITIONS AND PUBLICITY DISPLAYS.....	- 12 -
REG. 3.3 RESULTS FROM EVENTS.....	- 12 -
REG. 4 ORGANISATION OF COMPETITIONS.....	- 12 -
REG. 4.1.1 REGISTRATION AT INTERNATIONAL COMPETITION.....	- 12 -
Entry Form.....	- 13 -
Waiver.....	- 13 -
Parent or Guardian Waiver for Minors.....	- 14 -
REG. 4.1.2 REGISTRATION AT NATIONAL AND REGIONAL COMPETITIONS.....	- 14 -
REG. 4.1.3 THE OATH.....	- 14 -
REG. 4.1.3.1 THE ATHLETES' OATH.....	- 14 -
REG. 4.1.3.2 THE COACHES' OATH.....	- 15 -
REG. 4.1.3.3 THE JUDGES' AND OFFICIALS' OATH.....	- 15 -
REG. 4.2 CHANGES TO THE LISTS OF NAMES FOR INTERNATIONAL COMPETITION ...	- 15 -
REG. 4.3 PERFORMANCE ORDER FOR ATHLETES.....	- 16 -
REG. 4.4 PROCEDURE FOR DRAWING LOTS.....	- 16 -
REG. 4.5 ORGANISERS.....	- 16 -
REG. 4.5.1 INTERNATIONAL COMPETITION.....	- 16 -
REG. 4.5.2 NATIONAL COMPETITION.....	- 17 -
REG. 4.5.3 REGIONAL COMPETITION.....	- 17 -
REG. 4.6 PRINCIPAL OFFICERS APPOINTED BY THE ORGANISER.....	- 17 -
a) Local Technical Director.....	- 17 -
b) Head of Personnel for Equipment.....	- 17 -
REG. 4.7 PLURALITY OF OFFICES.....	- 17 -

REG. 4.8 PRINCIPAL TASKS OF THE LOC.....	- 17 -
REG. 4.9 INTERNATIONAL PRE-CHAMPIONSHIP BULLETINS .....	- 18 -
REG. 4.10 THE COMPETITION HALL.....	- 18 -
REG. 4.11 PERFORMANCE SPACE .....	- 18 -
REG. 4.11.1 INTERNATIONAL COMPETITION .....	- 18 -
REG. 4.11.2 NATIONAL AND REGIONAL COMPETITION .....	- 18 -
REG. 4.11.3 PERFORMANCE AREA.....	- 18 -
REG. 4.12 JUDGING REQUIREMENTS.....	- 18 -
REG.4.13 PROMOTION OF THE COMPETITION.....	- 19 -
REG. 4.14 SCORING, RECORDING OF SCORES AND TRANSMISSION OF INFORMATION .....	- 19 -
REG. 4.15 AUXILIARY PERSONNEL.....	- 19 -
REG. 4.16 MEDICAL SERVICES .....	- 20 -
REG. 4.17 ACCESS TO THE COMPETITION AREA .....	- 20 -
REG. 4.18 AUDIENCE - RESERVED SEATING .....	- 20 -
REG. 4.19 SECURTIY MEASURES .....	- 20 -
REG. 5 ATHLETES & CONTROL OF ATHLETES.....	- 20 -
REG. 5.1 GENERAL RIGHTS OF PARTICIPATION IN COMPETITIONS.....	- 20 -
REG. 5.2.1 AGE OF PARTICIPANTS .....	- 20 -
Youth:.....	- 21 -
Adults.....	- 21 -
Seniors.....	- 21 -
REG. 5.2.2 AGE DETERMINATION.....	- 21 -
REG. 5.3 RULES OF ELIGIBILITY.....	- 21 -
REG. 5.3.1 ELIGIBILTY OF ATHLETES IN ORDER TO COMPETE .....	- 21 -
REG. 5.3.2 ELIGIBILITY OF ATHLETE IN ORDER TO REPRESENT COUNTRY .....	- 21 -
REG. 5.3.3 ATHLETES WHO HAVE CHANGED OR ACQUIRED A NEW NATIONALITY ....	- 22 -
REG. 5.3.4 PARTICIPATION IN NATIONAL COMPETITION.....	- 22 -
REG. 5.3.5 ELIGIBILITY OF ATHLETES TO REPRESENT REGIONS AT NATIONAL LEVEL .....	- 22 -
REG. 5.3.6 PARTICIPATION OF INELIGIBLE ATHLETES AT NATIONAL/REGIONAL LEVEL .....	- 22 -
REG. 5.4 CONTROLS OF NATIONALITY AND AGE .....	- 22 -
REG. 5.5 QUALIFICATIONS FOR NEXT LEVEL OF COMPETITION.....	- 22 -
REG. 5.5.1 QUALIFICATION FOR INTERNATIONAL COMPETITION .....	- 22 -
REG. 5.5.2 QUALIFICATION FOR NATIONAL COMPETITION .....	- 23 -
REG. 5.6 COMPETITION ATTIRE .....	- 23 -
REG. 5.7 GENERAL OBSERVATIONS ON CONDUCT .....	- 23 -
REG. 5.8 MEDICAL ATTENTION .....	- 23 -
REG. 5.9 DOPING CONTROL .....	- 23 -
REG. 5.10 ASSISTANCE BY COACHES .....	- 23 -
REG. 6 COMPETITION FORMAT.....	- 23 -
REG. 6.1 POSTURE ORDER .....	- 23 -
YOUTH, ADULT AND SENIOR DIVISION FORMAT .....	- 24 -
A. ADULT AND SENIOR DIVISION - POSTURE ORDER AND SCORES .....	- 24 -
COMPULSORY CATEGORIES, DIFFICULTY LEVELS AND DEGREE OF DIFFICULTY	- 24 -
1.) FORWARD COMPRESSION .....	- 24 -
2.) BACKWARD BEND .....	- 24 -
3.) STRETCHING.....	- 24 -

4.) SPINE TWIST .....	- 25 -
B. YOUTH DIVISION - POSTURE ORDER FOR ROUTINE AND SCORES.....	- 25 -
REG. 6.2 OPTIONAL POSTURES.....	- 25 -
REG. 6.2.1 CHOICE AND SUBMISSION OF OPTIONAL POSTURES.....	- 25 -
REG. 6.2.2 CHANGE OF POSTURE.....	- 26 -
REG.6.3 TIMING .....	- 26 -
REG. 6.4 SECOND CHANCE.....	- 26 -
REG. 7 JUDGES AND JUDGING OF COMPETITIONS.....	- 27 -
REG. 7.1 GENERAL PRINCIPLES.....	- 27 -
REG. 7.2 BASIS FOR JUDGING .....	- 27 -
REG. 7.3 DEVELOPMENTS, MODIFICATION AND INTERPRETATION OF THE SPORTING RULES .....	- 27 -
REG. 7.4.1 QUALIFICATIONS OF JUDGES FOR IYSF OFFICIAL COMPETITIONS .....	- 28 -
REG. 7.4.2 QUALIFICATIONS OF JUDGES FOR IYSF INTERNATIONAL COMPETITION ..	- 28 -
REG. 7.5 INCLUSION AS A QUALIFIED IYSF JUDGE - SHADOW JUDGE .....	- 28 -
REG. 7.6 JUDGES' REGISTRATION.....	- 28 -
REG. 7.7 ORGANISATION AND RESPONSIBILITY OF JUDGES AT OFFICIAL COMPETITIONS OF THE IYSF .....	- 28 -
REG. 7.7.1 HEAD JUDGE.....	- 28 -
REG. 7.7.2 JUDGES' PANELS .....	- 29 -
REG. 7.7.3 TIME REFEREE .....	- 29 -
REG. 7.7.4 SCORING TEAM .....	- 29 -
REG. 7.8 JUDGES' WORKING PARAMETERS AT COMPETITION.....	- 30 -
REG. 7.8.1 INTERNATIONAL COMPETITION.....	- 30 -
REG. 7.8.2 NATIONAL AND REGIONAL COMPETITION.....	- 30 -
REG. 8 SCORING .....	- 30 -
Reg. 8.1 METHODS OF DETERMINING SCORES.....	- 30 -
REG. 8.2 SCORING AND DEDUCTIONS .....	- 31 -
REG. 8.2.1 SCORING OF POSTURE.....	- 31 -
REG. 8.2.2 DETERMINATION OF EXECUTION AND EXTRA/LESS SKILL IN OPTIONAL POSTURES.....	- 32 -
REG. 8.2.3 ACCEPTED FLOURISHES .....	- 32 -
REG. 8.2.4 FALLING.....	- 32 -
REG. 8.2.5 TIMING DEDUCTIONS .....	- 33 -
REG. 8.3 INPUT OF SCORES.....	- 33 -
REG. 8.3.1 SCORE SHEETS .....	- 33 -
REG. 8.3.1.2 INPUT INTO TABULATION GRID .....	- 34 -
REG. 8.3.1.3 TIE BREAKER PROTOCOL.....	- 37 -
REG. 8.4 VALIDITY OF SCORES .....	- 37 -
REG. 8.5 APPEALS OVER SCORES.....	- 38 -
REG. 8.6 DISQUALIFICATION .....	- 39 -
REG. 9 ANTI-DOPING FIGHT .....	- 39 -
REG. 10 PROTOCOL .....	- 39 -
REG. 10.1 GENERAL OBSERVATION.....	- 39 -
REG. 10.2 SPECIAL FORMALITIES AT THE OFFICIAL IYSF COMPETITIONS.....	- 39 -
REG. 11 AWARDS.....	- 39 -
REG. 11.1 MEDALS AND AWARDS DESIGN .....	- 39 -
REG. 11.2 TIMING OF AWARD CEREMONIES .....	- 39 -
REG. 11.3 AWARDS GIVEN AT CHAMPIONSHIPS.....	- 40 -

**REG. 11.4 ATTIRE..... - 40 -**  
**REG.12 FINAL PROVISIONS..... - 40 -**

### **OBJECTIVES OF IYSF**

The objectives of the IYSF are as follows:

- To internationally govern Yoga Sports
- To co-ordinate efforts for safe and healthy physical and moral development in Yoga Sports and the practice of all Sports activities relating to it
- To fight against all forms of doping, violence and Sports injustice
- To organise the official Events of the IYSF and supervise Yoga Sports Events
- To contribute to and to consolidate, friendship amongst Yoga Athletes and Nations
- To develop Yoga Sports into an official Olympic Sport and further the ideals of the Olympic Movement
- To assist in the formation of Federations in countries where Yoga Sports has not been developed

### **HUMAN RIGHTS' OBSERVANCE AND ANTI-DISCRIMINATION POLICY**

The IYSF does not permit any political, racial or religious discrimination or any violation of human rights amongst its members. In all its activities and relations, NF and its members must conform to the requirements of fair-play and non-discrimination.

## INTERPRETATION OF TERMS IN THE SPORTING AND TECHNICAL REGULATIONS

Abbreviations used in the Sporting and Technical Regulations. The words standing in the first column of the table below bear the meaning set opposite to them in the second column:

<b>Athlete</b>	Any person participating in any of the competitive activities described under "Yoga Sports"
<b>Authorities</b>	All members involved in an official capacity with the IYSF
<b>Coach</b>	Any accredited coach or trainer of an Athlete competing in any Competition
<b>Competition</b>	Any IYSF sanctioned Yoga Sports Competition
<b>Congress</b>	The Congress of the IYSF
<b>EB</b>	Executive Board of the IYSF
<b>IYSF</b>	International Yoga Sports Federations
<b>Judges</b>	Head Judge Other Judges Shadow Judges
<b>LTD</b>	Local Technical Director
<b>LOC</b>	The Local Organising Committee or other body or person appointed to organise any Event under the auspices of the IYSF
<b>MC</b>	Management Committee of the IYSF
<b>NF</b>	National Federation affiliated to the IYSF
<b>Officials</b>	Assistant Tabulator Tabulator Timekeeper
<b>Plenary Assembly</b>	The Plenary Assembly of the IYSF
<b>PG</b>	<b>Posture Guidelines.</b> <b>Refers to the Youth, Adult and Senior compulsory postures and the Approved Optional Postures, which detail the full requirements of each posture.</b>
<b>Secretary General</b>	Secretary General of the IYSF
<b>Postures</b>	Compulsory Posture Optional Posture
<b>STR</b>	The Sporting and Technical Rules prepared by the respective Technical Committee and approved by the Executive Board, for the following purposes: <ul style="list-style-type: none"> <li>▪ Provide an object means of evaluating the Postures for all IYSF Competitions</li> <li>▪ Standardize the judging in IYSF Competitions</li> <li>▪ Correctly score and place the Athletes in any IYSF Competition</li> <li>▪ Guide Athletes and Coaches on how to correctly carry out the Recommended Execution of the Postures</li> <li>▪ Define the value of each Posture and combination of elements in a Posture</li> <li>▪ Classify the penalties and deductions for errors in the execution and performance of Posture or performance</li> <li>▪ Define the deductions for contraventions, errors, and misconduct set out in the TR in relation to the Athlete's performance</li> </ul>



**Statutes**

Statutes of the IYSF

**TC**

Technical Committee concerned with the disciplines in the definition of Yoga Sports

**Yoga Sports**

The Sports and/or activities of competitive Yoga

1. Any of these abbreviations that are in the singular form will also include the plural and vice versa, e.g. Athlete/Athletes, Competition/Competitions etc.
2. Words importing the masculine gender shall also include the female gender, including the Judges who can be male or female for each of the disciplines, provided that they fulfil the requirements of the STR and the Judges' Regulations (Reg. 7).

**ACCESS TO IYSF DOCUMENTS, INFORMATION AND MATERIAL**

All documents for the IYSF are available for access and download online at [www.iysf.org](http://www.iysf.org). Where in the STR there is a reference to a document or material needed, please refer to the appropriate part of the website in order to access and download the relative page.

# **THE SPORTING AND TECHNICAL REGULATIONS**

## **INTRODUCTION**

The Sporting and Technical Regulations (STR) include Regulations for the following disciplines:

- Youth Competition
- Adult Competition
- Senior Competition

The STR conforms to the Statutes of the IYSF. If, however, any unforeseen circumstances should arise where any STR differs from the intent of any Article of the Statutes the intent and interpretation of the said Article shall prevail and the said Regulation shall be duly amended.

To provide for specific areas of technical organisation and control, these regulations are arranged in sections. When necessary, cross-references serve in circumstances because it is sometimes impossible to deal exclusively with various subject matters under separate headings. Cross-references may also be made to the Statutes.

Where, in the Regulations, it is necessary to make particular provisions for Competitions or Events the following order of reference is observed:

- International Competition
- National Competition
- Regional Competition

The formation, functions, and structure of the IYSF Authorities are set out in the Statutes as well as in these Regulations.

## **REG. 1 PURPOSE AND VALIDITY OF THE REGULATIONS**

### **REG. 1.1 PURPOSE**

The purpose of the STR is to establish a controlling document for the operation, organisation and control of the technical requirements of the IYSF and to encourage, and provide for, continual advancement in all aspects of Yoga Sports in association with the recognized Federations as outlines in the Statutes.

### **REG. 1.2 VALIDITY**

The STR is made in accordance with the Statutes.

### **REG. 1.3 SCOPE OF APPLICATION**

The STR apply to the IYSF Authorities as defined in the Statutes and to both the Federations and any groupings of Federations made in accordance with the Statutes, except where the text otherwise provides.

### **REG. 1.4 RULES, GUIDELINES AND CODES**

From time to time, the IYSF, makes in addition to the STR, Rules and Guidelines related to the control of publicity material, doping control and other subjects.

NF and LOC are required to ensure their compliance with the Regulations governing the participation in and/or organization of the IYSF Events.

The STR, which are developed by the TC and adopted by the MC, address the proper assessment of Postures; the content and combination of Postures, faulty performance deductions, disciplinary action for breaches by the Athletes, Coaches and Judges and the control of the competition and the details of the organisation.

## **REG. 2 IYSF COMPETITIONS AND OTHER EVENTS**

The Statutes and STR dictate the format of the Competition. It is the duty of the NF to ensure these are adhered to. The NF must ensure they correctly:

- Fix the number of Athletes, Participants and Officials
- Fix the number of officially authorised Judges
- Accurately pass on all results and breakdowns and any disciplinary issues to the IYSF within the regulated time limit
- Ensure the Statutes are adhered to
- Fix the number of Judges for each round
- Decide the recognised Postures
- Fix the frame of the age limits
- Fix the period of the qualifications
- Nominate the Judges for each discipline
- Hold the appropriate insurance for the entire competition or Event

### **REG. 2.1 OFFICIAL COMPETITIONS**

The Competition season lasts from September to June inclusive. All Competitions include Youth, Adult and Senior categories, divided by gender for all divisions. All IYSF sanctioned Competitions must provide suitable provision for the inclusion of all these divisions.

#### **REG. 2.1.1 INTERNATIONAL COMPETITION**

In accordance with the Statutes and STR, the IYSF, in collaboration with the NF of the country organising the Competition, is responsible for the organisation and running of the International Competition.

The Competition management is the responsibility of the IYSF authorities and the management decides the date of the Competition, which is to start no earlier than May 31<sup>st</sup> and end no later than June 31<sup>st</sup>. The Competition must take place over two days.

#### **REG. 2.1.2 NATIONAL COMPETITION**

The National Competitions are to run during the Competition season of the year of the International Competition starting no earlier than January 1<sup>st</sup> and finishing no later than April 31<sup>st</sup>. The dates of the National Competition are to be decided by the NF within the Statutes.

#### **REG. 2.1.3 REGIONAL COMPETITION**

As determined and organised by NF in association with LOC Regional Competitions are to be held before the International Competition and National Competition no earlier than September 1<sup>st</sup> and end no later than date of the National Competition. There must be communication between the LOC and the NF to ensure that there is sufficient time for competitors to prepare between Regional and National Competitions.

## **REG. 2.2 CHOICE OF VENUES FOR IYSF COMPETITIONS AND OTHER EVENTS**

The official Competitions of the IYSF and other Events are held at locations decided by the IYSF or NF in accordance with the Statutes.

### **REG. 2.3 COMPETITION SCHEDULE**

The Competition schedules must not begin earlier than 10.00 hours and end not later than 22.30 hours.

## **REG. 3 COMPETITIONS AND OTHER EVENTS NOT ORGANISED BY THE IYSF**

### **REG. 3.1 COMPETITIONS BETWEEN FEDERATIONS**

Each NF has the right to arrange Competitions with other NF, and between Regions under their auspice. Each NF is entirely in control of the competitions that promote the development of friendly relations. In order to ensure a uniformed organisation in all IYSF sanctioned Competitions, the conditions of the meeting must be provided in writing. Regard should be given to the points made in the TR concerning the following:

- Time and place of the Competition
- Nature of the Competition
- The programme of the Competition
- Designation of the winner
- Protocol ceremony and awards

The NF is to strictly respect and adhere to the arrangements made. It is a requirement that the instructions regarding the Judges and judging be fully observed and effectuated.

The participating NF(s) or LOC of the Regions must agree to the programme and running procedures based on the provisions of the STR. Participants must be informed of all these details as well as all other technical and administrative details in writing. Modifications are allowable to accommodate particular needs of Competitions but only with the consent of the IYSF and mutual agreement between the NF and LOC of the Regions involved. Modifications must not be made to the judging, format or scoring of the Competition.

The rights of participation, entry procedures and other organizational questions are to be determined by agreement between the participating Federations or LOC of the Regions. The IYSF is to be notified of all international meetings arranged by a NF and the appropriate NF is to be notified of all regional meetings arranged by the corresponding LOC.

### **REG. 3.2 EXHIBITIONS AND PUBLICITY DISPLAYS**

For the purpose of the development of Yoga Sports, NF and LOC are entitled to organize exhibitions and publicity displays independent of the Competitions and Events mentioned in the STR.

The organization of the Exhibition and/or Publicity Display is the responsibility of the NF or LOC proposing the Event; at International Competition the responsibility lies with the NF appointed by the IYSF. It is not obligatory for the Exhibition Programme to include the full criteria of Competition. It may be adapted to local conditions and include musical accompaniment. Any Yoga Sports demonstrations at the Exhibition or any Publicity Display will not be judged.

### **REG. 3.3 RESULTS FROM EVENTS**

The IYSF will only publish results from Officially Sanctioned Competitions.

## **REG. 4 ORGANISATION OF COMPETITIONS**

### **REG. 4.1.1 REGISTRATION AT INTERNATIONAL COMPETITION**

Athletes who have qualified for the International Competition will receive an official email invitation confirming their place as a finalist. The Athletes must officially submit registrations

through the IYSF online system at [www.iysf.org](http://www.iysf.org). The Athlete must also pay in full the requisite Entry Fee in order to complete the Registration. (In principal, in the case of no show or partial participation, the inscription fee will not be reimbursed.)

The day prior to the start of the first day of International Competition, Athlete's must arrive at the venue and register to gain their accreditation. At the accreditation they must confirm their choice of all their Postures and if they wish, change their choice of Optional Postures from the original submission (**See Reg. 6.2.2**). The Athletes must also sign the Athlete's Oath (**Reg. 4.1.3.1**).

### **Entry Form**

The Entry Form must be completed by the specified date. The Athlete must include, in the following order: last name; first name; email; date of birth (a photo id must be brought to the registration at the Competition); sex; the qualifying championship that they participated in; the country they are representing; name of coach (if they have none, they must list themselves as the coach); click on "Yes" to agree to all the terms of the Waiver (see below); if the Athlete is under 18 they must also click on the Parent or Guardian Waiver for Minors (see below); confirm the place that they achieved in their qualifying competition; all 6 Posture choices.

### **Waiver**

I acknowledge that this Hatha yoga championship can be an extreme test of a person's physical and mental limits and carries with it the potential for serious injury. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability for any other reason, including liability without fault. I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person. I certify that I am not pregnant or have any medical condition that prevents me from performing the yoga asanas as detailed in my information packet. I acknowledge that this Waiver and Release of Liability form will be used by the event holders, sponsors, and organizers in events in which I may participate and that it will govern my actions and responsibilities at said events. In consideration of my application and permitting me to participate in this event, I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me or my traveling to and from this event, and any and all Co-Directors, Associated Directors and or Support Staff affiliated with this event; and THE FOLLOWING ENTITIES OR PERSONS: World Yoga Foundation and BYCOI and their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers, and event officials (collectively Releasees); and their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers, and event officials (collectively Releasees); (B) Indemnify and Hold Harmless the entities for myself, my heirs, executors, administrators, legal representatives, assignees and successors in interest ( collectively Successors) I HEREBY WAIVE, RELEASE, DISCHARGE, HOLD HARMLESS AND PROMISE TO INDEMNIFY AND NOT TO SUE the releasees and the sponsors of this event, the organizer and any promoting organizations, property owners, law enforcement agencies, all public entities, special districts and properties, and their respective agents, officials, and employees through or by which the events will be held (the foregoing are also collectively deemed to be releasees) FROM ANY and all rights and CLAIMS INCLUDING CLAIMS ARISING FROM THE

RELEASEE'S OWN NEGLIGENCE which I have or which may hereafter accrue to me and from any and all damages which may be sustained by me directly or indirectly in connection with, or arising out of my participation in or association with, the event or travel to or return from the event. I hereby consent to receive medical treatment, which may be deemed advisable in the event of injury, accident and/or illness. I understand that at this event or related activities I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and/or assigns. This Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I hereby certify that I have read this document and I understand its content.

#### **Parent or Guardian Waiver for Minors**

I agree to all the terms and conditions stated in the above Agreement regarding "Waiver" and this constitutes an electronic signature that certifies that I have read, understood, and agreed to my rights and responsibilities, and I also understand this Agreement becomes a legally binding instrument when I check this box entered into by me and IYSF. The undersigned parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

#### **REG. 4.1.2 REGISTRATION AT NATIONAL AND REGIONAL COMPETITIONS**

Registration details for National and Regional Competitions must be clearly published by each NF and LOC. Each NF must provide an Entry Form, which includes the Athlete's name, date of birth, country of citizenship and proof of residence (for Regional Competitions), and a copy of the Athlete's Oath (Reg. 4.1.3.1). A suitable Waiver of Liability in accordance with the individual requisites of the country must be included and signed by the Athlete. Athletes must be given suitable time to register and submit their choice of all the Postures. The LOC and the NF can allow registration to take place for Regional and National Competitions on the day of the Competition up to two hours prior to the start of the Competition.

The accreditation procedure for National and Regional Competitions must conclude no later than two hours before the start of the Competition. At the accreditation the Athlete must confirm their choice of all Postures and if they wish, change their choice of the Optional Postures from the original submission (See Reg. 6.2.2).

All Youth Athletes must have their Entry Form and the Waiver of Liability signed and authorised by their parent or legal guardian.

#### **REG. 4.1.3 THE OATH**

The Oath forms part of the registration documents for all IYSF Competitions and is available to download from the IYSF website. It is the responsibility of the LOC to provide the participants with the correct forms during the registration process and ensure they are correctly filled out.

##### **REG. 4.1.3.1 THE ATHLETES' OATH**

All Athletes must read, complete and sign their oath during the accreditation before being able to participate in any sanctioned IYSF Competition.

*"I (NAME OF ATHLETE TO BE WRITTEN BY ATHLETE) promise to take part in this IYSF sanctioned Competition, respecting and abiding by the rules which govern them, committing myself to a Sport without doping and without drugs, in the true spirit of Sportsmanship, for the glory and promotion of Yoga Sports and for the honour of my fellow Athletes."*

#### **REG. 4.1.3.2 THE COACHES' OATH**

All Coaches must read, complete and agree to the oath when registering to become an official IYSF Coach. When Coaches attended a Competition in which one of their Athletes is competing, the Coach must verify their attendance at the accreditation, re-signing the Oath, and listing alongside the name of the Athletes they coached.

*"I (NAME OF COACH TO BE WRITTEN BY COACH) promise to commit myself to ensuring that the spirit of Sportsmanship and ethics are fully adhered to and upheld in accordance with the fundamental principles of Yoga Sports. I commit to educating the Athletes to adhere to fair play and drug free Sport and to respect all IYSF Rules at IYSF sanctioned Competitions."*

At Competition the Oath includes the line:

*"I have dutifully coached the following Athletes present at this Competition: (LIST NAME OF ATHLETES)"*

#### **REG. 4.1.3.3 THE JUDGES' AND OFFICIALS' OATH**

All Judges and Officials (Assistant Tabulator, Tabulator and Timekeeper) must read, complete and sign their oath before judging any sanctioned IYSF Competition.

*"I (NAME OF JUDGE/OFFICIAL specifying their function TO BE WRITTEN BY JUDGE/OFFICIAL) promise to officiate in this IYSF sanctioned Competition with complete impartiality, respecting and abiding by the rules which govern the Sport in the true spirit of Sportsmanship. I am not related to any of the Athletes competing and I have not helped or coached any Athlete competing at this Competition on one to one basis for more than one hour during this current competitive season."*

Sporting justice, ethics and honesty are the basis of a fair judgment and all Judges, Officials and members of the IYSF must abide by this oath to ensure that all Athletes are judged fairly.

#### **REG. 4.2 CHANGES TO THE LISTS OF NAMES FOR INTERNATIONAL COMPETITION**

1. After the draw, no Athlete can be added to the number of Athletes as declared in the Registration.
2. If an Athlete becomes ill or injured before arriving at the Competition, the Athlete can be replaced and accredited by another Eligible Athlete. Upon arrival, an updated list must be given to the LOC, while the IYSF must be given a copy.
3. Between the time of accreditation and until 24 hours prior to the beginning of the International Competition, the NF is allowed to change accreditations in the event of injuries or illness. The Athlete who has been injured or become ill must return his accreditation and another Athlete is allowed to be accredited.
4. Upon receipt of a medical certification verified by the official IYSF/LOC medical doctor, an Athlete can be substituted for up to 60-minutes prior to the beginning of International Competition. The substitute Athlete must take the same exact place of the Athlete who was replaced.

5. Accreditations can only be changed up until 24 hours prior to the beginning of the first day of Competition.
6. If the **Head Judge** is immediately informed of an injury that occurs during warm-up time for a Competition or during Competition, a substitution is allowed.
7. In Competition if an injury occurs during warm-up time, or during the Competitions, a substitution is only allowed if the Head Judge is immediately informed and if the replacement is designated exactly into the place drawn.
8. If a finalist is forced to withdraw from the final day of Competition, the next highest placed Athlete from the semi-finals will take their place.

#### **REG. 4.3 PERFORMANCE ORDER FOR ATHLETES**

Athletes are to be organised in the alphabetical order according to their last name. For International Competition for each Division lots are to be drawn (see Reg. 4.4) to assign the order in which each individual country is set to perform. Once the running order of the country has been decided, the representative Athletes are to perform in the alphabetical order of their last name. National Competitions that have eliminatory Regional Competitions must follow the same protocol in setting up the running order of the regions within the Competition.

At International Competition, if there is a second day of Competition for a Division, the top ten ranked Athletes are placed in reverse point's order, with the last placed Athlete going first and the first placed Athlete going last.

It is the responsibility of the LOC and NF to decide on the order in which the different Divisions are presented and the order of gender within those Divisions.

#### **REG. 4.4 PROCEDURE FOR DRAWING LOTS**

In order to decide the order of performance of countries or regions, the following procedure will be followed:

1. The drawing of lots must be made at least two weeks before the and after the close of the registration.
2. The NF and/or Athletes will be informed within 48 hours of the draw.
3. A Neutral person will draw the lots manually or by computer.
4. The draw will decide the order in which each country or region will commence to compete in the Competition.
5. Athletes will compete in alphabetical order in the allotted space that their country has been given.
6. A separate draw will be made for each division and each gender.

#### **REG. 4.5 ORGANISERS**

##### **REG. 4.5.1 INTERNATIONAL COMPETITION**

It is the responsibility of the IYSF, in association with the NF, to direct and organise the International Competition.

The IYSF and NF undertake to ensure the flawless execution of the International Competition in an appropriate venue; to prepare the Event in accordance with the provisions of the STR; and to assume full responsibility for all costs of publicity and organisation of the event.



#### **REG. 4.5.2 NATIONAL COMPETITION**

It is the responsibility of the NF in association with the LOC to direct and organise the National Competition.

The NF and LOC undertake to ensure the flawless execution of the National Competition in an appropriate venue; to prepare the Event in accordance with the provisions of the STR; and to assume responsibility for all the costs of publicity and organisation of the event.

#### **REG. 4.5.3 REGIONAL COMPETITION**

It is the responsibility of the LOC under the guidelines of the NF to direct and organise the National Competition.

The LOC must undertake to ensure the flawless execution of the Regional Competition in an appropriate venue; to prepare the Event in accordance with the provisions of the STR; and to assume responsibility for all the costs of publicity and organisation of the event.

#### **REG. 4.6 PRINCIPAL OFFICERS APPOINTED BY THE ORGANISER**

The under mentioned principal officers are appointed by the LOC with the agreement of the NF.

##### **a) Local Technical Director**

This officer works under the rules and regulations of the IYSF, and must possess the appropriate Yoga Sports technical knowledge. The officer directs and supervises all the personnel involved at the location of the Competition and assures all provisions and administrative material including scoring sheets, Judges and Official Oaths, and Shadow Judges applications are made for the Competition. It is the duty of the LTD to ensure that the correct equipment and material is available for the recording of the Athletes scores and the transmission of this information (see Reg. 4.14).

The LTD needs to organize the seating of all the Judges (including Shadow Judges) and Officials in order for them to correctly assess the Competition. It is duty of the LTD to ensure that the Head Judge signs the score sheets and to ensure that the score sheets are sent to the appropriate Federation 72 hours after the Competition (see Reg. 4.14).

##### **b) Head of Personnel for Equipment**

This Officer is responsible for the setting-up, maintenance and condition of the stage and monitoring equipment.

#### **REG. 4.7 PLURALITY OF OFFICES**

Members of the IYSF Authorities, Judges, LTD and the personnel concerned with equipment must be responsible only for the tasks assigned to them.

Judges cannot officiate a Competition that they are competing in as an Athlete. However, IYSF Judges who also participate as Athletes in IYSF sanctioned Competition can serve as a Judge in any Competition in which they do not compete, even within the same Competition season (Reg. 7.1). This declaration is included in the Judges Oath (see Reg. 4.1.3.3) and must be signed by the Judge. The Oath is available online at the IYSF website.

#### **REG. 4.8 PRINCIPAL TASKS OF THE LOC**

The LOC must take all available steps, during both the preparation period as well as during the actual Competition, to contribute in absolute good faith to the success of the Competition. Failure to comply with the basic prerequisites, may lead to the prohibition of the LOC from organizing future IYSF Events.

#### **REG. 4.9 INTERNATIONAL PRE-CHAMPIONSHIP BULLETINS**

Information bulletins must be printed and sent to the IYSF, NF and other interested organisations providing information detailing the organisation and running of the Competition.

#### **REG. 4.10 THE COMPETITION HALL**

The selected Competition Hall must be as proportionally prestigious to the Competition as possible, with the stage in comfortable view of the spectators.

The temperature of the hall must be at least from 20°C to 24 °C.

The lighting must be bright enough to clearly see the competitors, but not designed to dazzle the Athletes.

The spectators' seats must be effectively and visibly separated from the Competition area.

The Athletes must have access to a suitable hall, adequately equipped for warming up, both linked to, and in the immediate vicinity of the Competition Hall. Only participants are able to be present in the "warming up" area.

Suitable space must be available for Judges and the scoring team to properly assess the Competition.

#### **REG. 4.11 PERFORMANCE SPACE**

##### **REG. 4.11.1 INTERNATIONAL COMPETITION**

The performance space at International Competition must be large enough to comfortably accommodate the performing area and all the necessary equipment necessary for the Competition, which includes: two display screens, one for live score update and one for a live feed of the Athletes competing; and the IYSF flag or banner. The display screens can be off stage, if the public can easily see them.

##### **REG. 4.11.2 NATIONAL AND REGIONAL COMPETITION**

National and Regional Competitions must have a performance space large enough to accommodate the performance area and a clearly visible banner bearing the name of the Competition in the following order "YEAR NAME OF COMPETITION Yoga Sports Championship". Examples are available at [www.iysf.org](http://www.iysf.org).

##### **REG. 4.11.3 PERFORMANCE AREA**

The Athletes' performance area must have minimum dimensions of 2.5m/8.2feet long and 2m/6.5feet wide. The floor must be clean, even and smooth. The flooring of the area must provide the Athletes with suitable support and stability. If the area is of a hard surface such as wood or cement, an area of suitable matting must be placed on the performance area. The performance area must have an X mark in the centre, which must be clearly visible to the Athletes and Judges. The X mark can be taped securely onto the surface or painted on in a non-removable paint.

#### **REG. 4.12 JUDGING REQUIREMENTS**

The seating of all those involved in the judging process must be established through the implementation of appropriate provisions.

The height and positioning of the chairs for the Judges must ensure that the Judges are able (under the Competition lighting conditions) to see clearly the full range of the Athlete's performance.

#### **REG.4.13 PROMOTION OF THE COMPETITION**

The Competitions must be announced with due time to allow for suitable advertisement and promotion of the Event. As part of the IYSF drive to promote Yoga Sports Competition, the LOC must contact likeminded organisations in the local area to promote the Competition. All IYSF approved Competitions will be promoted on the website.

#### **REG. 4.14 SCORING, RECORDING OF SCORES AND TRANSMISSION OF INFORMATION**

It is the duty of the LTD and the LOC to ensure that all the necessary equipment and forms that the Judges need during the Competition are readily available and in good working order. The equipment that must be provided is as follows:

1. At all IYSF sanctioned Competitions, computers must be available for the Tabulator to record scores given by each Judge. The computers must be able to support the Tabulation software, if available, that is used to record scores according to Reg. 8.3.
2. At Internationals Events only, suitable equipment for the public display of the scores. (Any LOC in liaison with the NF is permitted to also include the public display of results).

Furthermore, the LTD in partnership with the LOC must ensure that the appropriate Federation receives the comprehensive list of Athletes results, including the average scores awarded by the Judges within 72 hours of the completion of the Competition. The procedure for this communication is as follows:

- International Competitions must send the information to all NF
- National Competitions must send the information to the IYSF
- Regional Competitions must send the information to the appropriate NF

#### **REG. 4.15 AUXILIARY PERSONNEL**

In order to ensure the Competition is executed smoothly and efficiently, it is vital that a sufficient number of assistants are put at the disposal of those in positions to direct the Competition.

These comprise of:

- An assistant to communicate with the **Head Judge** in case of an appeal
- A technician for the equipment of the calculations office
- A team to set up the apparatus and to be continually available to intervene if necessary
- A team to erect the podium for the formal ceremonies and to assist in the carrying out of these ceremonies
- Personnel to check the passport of the Athletes to verify age, eligibility, and nationality; and the certificates and licences of the Judges to verify eligibility
- Ushers for the public to supervise the preparation of the Athletes prior to their entry into the hall
- Any other necessary staff

It is the duty of the LOC to ensure that all above-mentioned persons are well trained to fulfil their tasks and totally trustworthy.

#### **REG. 4.16 MEDICAL SERVICES**

At International Competition there must be a trained medical assistant or paramedic at hand during the Event. At National and Regional Competitions there must be a member of the staffing team who is fully trained in First Aid during the Event. At all IYSF events it is the duty of the LOC to organise these Medical Services.

#### **REG. 4.17 ACCESS TO THE COMPETITION AREA**

Only Athletes, Coaches and Judges participating in the Competition should have access to the Competition Area. In addition, the EB, LOC, the official medical staff and the persons concerned with the technical equipment should have access to the Competition Area by way of a special accreditation card. During Competitions, the Competition Area is strictly forbidden to all other persons.

#### **REG. 4.18 AUDIENCE – RESERVED SEATING**

In addition to the display of scores (as mentioned in 4.11.5 above), an efficient public address system is essential.

Flashlight photographs and video recordings for commercial purposes, without official consent of the IYSF, are prohibited. Announcements must be made in order to inform those in attendance of these rules.

At official IYSF Competitions, reserved places are to be put at the disposal of the following:

- Presidents, or a representative, from each of the Federations taking part
- Official Judges who are not working
- Athletes who have competed or are waiting to compete
- Medical teams
- Representatives of the media
- Photographers and other media operatives
- Authorised officials
- Guests of honour (In addition, places must be provided for those members of the EB and TC)

#### **REG. 4.19 SECURITY MEASURES**

The LOC must coordinate with the appropriate authorities to ensure that satisfactory security precautions are taken for the protection of all those involved with the Competition. The LOC must also take the appropriate steps to ensure that under no circumstances a spectator is allowed to interfere with the Competition Area.

### **REG. 5 ATHLETES & CONTROL OF ATHLETES**

#### **REG. 5.1 GENERAL RIGHTS OF PARTICIPATION IN COMPETITIONS**

Official IYSF Competitions are open to Athletes who:

- Belong to a NF affiliated to the IYSF (if a NF exists)
- Have the Nationality of the country represented in accordance with the Statutes and the STR
- Fulfil the requirements of the Statutes
- Fulfil specified performance prerequisites (i.e. age limits)
- Respect the decisions and rules elaborated by the IYSF

#### **REG. 5.2.1 AGE OF PARTICIPANTS**

For all Competitions, Athletes must the Competition Season meet the following age requirements:

**Youth:**

Boys: 11 years to 17 years old

Girls: 11 years to 17 years old

**Adults**

Men: 18 + years old

Women: 18 + years old

**Seniors**

Men: 50+ years old

Women's: 50+ years old

**REG. 5.2.2 AGE DETERMINATION**

- An Athlete under the age of 11 will not be permitted to participate in the Age Group Competition Program under any circumstance. The Athlete must turn 11 years of age before they may begin Competition.

- The competitive season is defined as September 1<sup>st</sup> – July 31<sup>st</sup>. For all aspects of the program, an Athlete's competitive age is determined by their age on September 1<sup>st</sup> at the beginning of the competitive season.

- An Athlete is allowed to move up one year in age for Competition. He/she may move the one-year based only on his/her age as of September 1<sup>st</sup>. (Example: an Athlete is 16 years old September 1<sup>st</sup>, and turns 17 years old September 2<sup>nd</sup>, they may compete as a 17 year old, but they may not compete as an 18 year old because they were not 17 years old on September 1<sup>st</sup>.)

**REG. 5.3 RULES OF ELIGIBILITY**

All Athletes who are eligible may compete as many times as they wish in IYSF sanctioned Competitions. This rule includes any past, current or future 1<sup>st</sup> placed champions from International and National Competitions.

**REG. 5.3.1 ELIGIBILITY OF ATHLETES IN ORDER TO COMPETE**

1. An eligible Athlete is any Athlete who complies with the eligibility rules of the IYSF and the Athlete's NF.
2. In any Competition sanctioned or conducted by the IYSF, each NF is individually responsible for verifying and certifying the eligibility of Athletes from its country.
3. An Athlete may receive financial and material support for Competition and training as well as prizes from Competitions, subject to approval of the Athlete's NF,
4. An Athlete may not have been expelled from any National or International Sports Federation for the use of drugs.

**REG. 5.3.2 ELIGIBILITY OF ATHLETE IN ORDER TO REPRESENT COUNTRY**

1. Any Athlete in an IYSF sanctioned Competition must be a National of the country of the NF which is entering the competitor.
2. An Athlete who is a National of two or more countries at the same time may represent any one of them.
3. After having represented one country in any IYSF Competition the Athlete cannot represent another country unless the Athlete meets the conditions set forth in Reg. 5.3.3. This rule applies to Athletes who have changed their Nationality or acquired a new Nationality.

### **REG. 5.3.3 ATHLETES WHO HAVE CHANGED OR ACQUIRED A NEW NATIONALITY**

1. An Athlete who has represented one country at an IYSF Competition and who has changed his Nationality or acquired a new Nationality may participate in IYSF Competitions to represent his new country provided that at least two years have passed since the Athlete last represented his former country.
2. If an associated State, province or overseas department, a country or colony acquires independence, if a country becomes incorporated within another country by reason of a change of border, if a country merges with another country, an Athlete may continue to represent the country to which he belongs or belonged. However, the Athlete may, if they prefer, choose to represent their new country. This particular choice may be made only once.

### **REG. 5.3.4 PARTICIPATION IN NATIONAL COMPETITION**

Athletes can only compete in the official Competition of their respective NF. If an Athlete wants to compete in an IYSF National Competition, but belongs to a country without a current NF, they are able to compete at the Event of a "host" NF. These "host" Competitions will be listed by the IYSF to incorporate countries that do not have their own Federations. The list of the countries assigned to each NF will be designated at the IYSF Congress and will be posted online prior to the start of the Competition Season. It is the job of the Athlete from Non-Federation countries to contact the appropriate NF to organise their application and attendance.

### **REG. 5.3.5 ELIGIBILITY OF ATHLETES TO REPRESENT REGIONS AT NATIONAL LEVEL**

The eligibility of Athletes at Regional level is to be decided by the NF within the guidelines of the STR as approved by the IYSF. Proof of residence or birth must be provided to demonstrate the Athlete's eligibility to represent the region. Any Athlete who competes at a Regional level in a country, which they are eligible to represent, is deemed as having chosen said country to represent at all levels in accordance with Reg. 5.3.3.

### **REG. 5.3.6 PARTICIPATION OF INELIGIBLE ATHLETES AT NATIONAL/REGIONAL LEVEL**

Athletes who wish to further the objectives of the IYSF at Competition, but who are unable to attend their National Competition, may participate in Regional and National Competitions by presenting an exhibition (see Reg. 3.2). The appropriate NF and LOC must approve their participation.

### **REG. 5.4 CONTROLS OF NATIONALITY AND AGE**

Before official IYSF Competitions, personnel of the LOC are required, through the accreditation process and in cooperation with the IYSF, to check the Nationality and age of Athletes as well as the Nationality of Judges.

### **REG. 5.5 QUALIFICATIONS FOR NEXT LEVEL OF COMPETITION**

The entry, participation or result of a competitor in any IYSF sanctioned Competition shall not be conditional on any financial consideration, material or any type of consideration.

#### **REG. 5.5.1 QUALIFICATION FOR INTERNATIONAL COMPETITION**

The top 2 placed Athletes from the National Competition, as submitted by the NF are eligible to attend the IYSF International Competition. If an Athlete is unable to attend, the next placed Athlete must be submitted.

### **REG. 5.5.2 QUALIFICATION FOR NATIONAL COMPETITION**

If a NF has Regional qualifying Events, the NF is permitted to decide upon the qualification parameters of the Athletes from the Regional Competition to the National Competition. The first placed competitors in any Regional Event automatically qualify for the National Competition. The other Athletes must be chosen in relation to the placing or scores that they received in the Regional qualifying Event.

### **REG. 5.6 COMPETITION ATTIRE**

Female: One or two-piece swimsuit, leotard, or exercise outfit with open arms and legs (no bikinis)

Male: tight fitting shorts or trunks

Participants should minimize accessories and should not wear headbands or bandanas. Unobtrusive jewellery is permissible. The attire should not be overly revealing.

### **REG. 5.7 GENERAL OBSERVATIONS ON CONDUCT**

The Statutes and the STR contain detailed instructions governing conduct and the appropriate penalties to be imposed in the event of a breach thereof. In addition, the STR addresses other questions relative to the unhindered execution and control of the Competition.

Unauthorised re-entry and/or overly excessive demonstrations on the stage are not permitted.

No watches, clocks or timers, cell phones or any electronic devices are allowed on or near the competitor during their routine.

The IYSF and NF in accordance with the Statutes and STR reserve the right to suspend any Athlete in breach of these regulations.

### **REG. 5.8 MEDICAL ATTENTION**

In the event of illness or injury, either the team manager or the leader of the working group must immediately notify the official medical doctor if one is available.

### **REG. 5.9 DOPING CONTROL**

An Athlete's adherence to IYSF requirements pertaining to Doping Control as set out in Reg. 6 is a condition of entry.

### **REG. 5.10 ASSISTANCE BY COACHES**

Under no circumstances may a Coach, team leader or any other official person communicate, by signal or verbally, to an Athlete during the performance of exercises.

## **REG. 6 COMPETITION FORMAT**

### **REG. 6.1 POSTURE ORDER**

The Posture Order for the routine is set out below and must be submitted by the Athlete in accordance with Reg. 4.1.1. Any amendments to the routine must be submitted in accordance with Reg. 6.2.2. Athletes do not need to announce the Postures during the routine with the exception of a change of Optional Posture as explained in Reg. 6.2.2. The 6 submitted postures for each Athlete are written on the Judges' score sheet, any change in the posture must be amended by the Judge on the score sheet.

## **YOUTH, ADULT AND SENIOR DIVISION FORMAT**

The routine consists of 6 postures to be performed in 3 minutes. The routine has 2 parts made up of 4 compulsory postures from the Compulsory Category list and 2 Optional Postures. There is one Compulsory Category list for the Youth Division and another for the Adult and Senior Division. The compulsory postures demonstrate the basic range of motion of the spine: forward compression, backward bend, stretch and twist. The 2 final Optional Postures are chosen by the Athlete (Reg. 6.2.) to demonstrate the skills of Balance, Flexibility and Strength.

The 4 Compulsory Categories are separated into 3 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 advance series. The postures in the third level have a degree of difficulty multiplier of 8.

The Youth, Adult and Senior Athletes must choose 2 Optional Postures in accordance with Reg. 6.2.

The Judges score all the postures out of 10. The score is then automatically tabulated with the degree of difficulty multiplier in the tabulation grid.

The Athlete must follow the correct order of the Compulsory Categories in their routines. Failure to do so will incur a 1-point penalty for every missed posture from the Athlete's overall score.

## **A. ADULT AND SENIOR DIVISION - POSTURE ORDER AND SCORES**

One posture from each of the four Compulsory Categories and two Optional Postures of the Athlete's choice are to be demonstrated in the following order:

### **COMPULSORY CATEGORIES, DIFFICULTY LEVELS AND DEGREE OF DIFFICULTY**

#### **1.) FORWARD COMPRESSION**

- Rabbit – first difficulty level - demonstrating primarily flexibility- 6 points
- Standing Head to Knee - second difficulty level - demonstrating primarily balance - 7 points
- Full Tortoise – third difficulty level - demonstrating combination of skills- 8 points

#### **2.) BACKWARD BEND**

- Bow – first difficulty level - demonstrating primarily flexibility- 6 points
- Standing Bow Pulling - second difficulty level - demonstrating primarily balance - 7 points
- Dancers Pose – third difficulty level - demonstrating combination of skills – 8 points

#### **3.) STRETCHING**

- Stretching – first difficulty level - demonstrating primarily flexibility- 6 points
- Upward Stretching - second difficulty level - demonstrating primarily balance - 7 points
- Standing Splits – third difficulty level - demonstrating combination of skills - 8 points



#### **4.) SPINE TWIST**

- Spine Twist– first difficulty level - demonstrating primarily flexibility- 6 points
- Wide Angle Twist - second difficulty level - demonstrating primarily balance - 7 points
- Full Twist – third difficulty level - demonstrating combination of skills- 8 points
  
- Optional Posture 1
- Optional Posture 2

Athletes are permitted to choose postures from any level within each category, without incurring a points deduction. All the Compulsory Category postures must be demonstrated in the Recommended Execution as set out in the Sporting Rules, without any extra or less Skill and/or accepted flourishes. Athletes are not allowed to repeat any posture in their routine, even if performed with extra or less skill. A repeated posture will receive 0 points.

#### **B. YOUTH DIVISION - POSTURE ORDER FOR ROUTINE AND SCORES**

The four Compulsory Categories and two Optional Postures of the Athlete's choice are to be demonstrated in the following order:

- Half Moon Pose with Hands to Feet Pose (4 parts) 7 points
- Fish Pose 5 points
- Rabbit 6 points
- Spine Twisting Pose 6 points
- Optional Posture
- Optional Posture

#### **REG. 6.2 OPTIONAL POSTURES**

##### **REG. 6.2.1 CHOICE AND SUBMISSION OF OPTIONAL POSTURES**

Athletes must choose two Optional Postures to perform after completing the Compulsory Category Postures as described above in Reg. 6.1. These Postures should be chosen from the Official Approved Optional Postures in the STR.

The Optional Postures are divided into 6 groups: forward compressions, backward bends, stretching poses, twists, lifts, and inversions. Each posture is also given an individual categorization, determining whether the posture demonstrates characteristics of Balance, Flexibility and/or Strength. The full criteria and evaluation for these Postures are set out in the Official Approved Optional Postures.

The Athlete should choose their Optional Postures from 2 of the 6 different groups. The combination of the Optional Postures should also demonstrate the three characteristics of Balance, Flexibility and Strength. Failure to comply with these requirements will incur point penalties (Reg. 8.2.2).

Athletes must declare their choice of all 6 Postures during the Accreditation process (see Reg. 4.1.1). It is the duty of LOC to ensure that this information is passed on to the Tabulator for correct input into the tabulation system.

In IYSF International and National Competitions, if an Athlete intends to perform a Posture that is not listed in the Official Approved List of Postures, the Athlete must submit the Posture

and have it approved by the IYSF Technical Committee (tc@iysf.org) at least 1 month prior to the day on which the Event begins. The TC will decide the difficulty rating and the Characteristics of the Posture (Balance, Flexibility and Strength). If the Posture is not submitted as described, the score for the Posture will be zero.

For Regional Events, the competitor must submit such a Posture at least 1 month prior to the start of the Event to the LOC. It is the duty of the LOC to pass this request on to the TC who must approve the Posture and decide the difficulty rating and the Characteristics of the Posture (Balance, Flexibility and Strength). If the Posture is not submitted as described, the score for the Posture will be zero.

#### **REG. 6.2.2 CHANGE OF POSTURE**

If for whatever reason an Athlete decides to change their Posture on the day of Competition the following procedures must take place:

1. Up to 30 minutes prior to the beginning of the Competition, the Athlete, Accredited Coach or representative of the NF must contact the **Head Judge** and submit the change of Optional Posture. The Head Judge must then pass on the information to the Tabulator.
2. If the 30 minutes' time limit has elapsed, the Athlete may change the choice of Posture during the routine by audibly calling the name of the Posture in English before the execution of the Posture. Only Postures from the Approved List of Postures can be called during a last minute change and must be correctly called. If the Athlete fails to do so or miscalls the Posture, the Posture will be scored zero.

#### **REG. 6.3 TIMING**

For all divisions and genders, Athletes must complete their routine and come back to a neutral point within 3 minutes. The 3-minute timing will begin as soon as the Athlete makes their first move into the first Posture. The Athlete must have exited their final Posture comfortably before time expires or they will face point deductions (Reg. 8.2.4). Athletes must ensure they have completely left the stage within 4 minutes or they may face disciplinary action.

Athletes and Coaches are reminded that each Posture must be held still with normal breathing for at least three seconds to receive a score (Reg. 8.2.4).

It is the duty of the Timekeeper to assure that the exact time of the Athlete's routine is calculated and declared at the end of the Athlete's routine.

The Athlete's name is called before they enter the stage. Once the name is called the Athlete must walk to the middle of the stage and stand on X mark, face the Judges, bring their hands together in the centre of the chest with the fingers pointing up and bow to the Judges and the audience, before releasing their hands to the sides and standing in a neutral position. Instructions to start will be indicated by the Timekeeper or MC saying these words, "Start please". Once the Athlete has finished their routine, they must stand in a neutral position in the centre of the stage on the X mark, bring their hands together in the centre of the chest with the fingers pointing up and bow to the Judge and audience before promptly leaving the stage.

#### **REG. 6.4 SECOND CHANCE**

If an Athlete falls out of a Posture or fails to complete a Posture, they are allowed a second chance to attempt the same Posture, incurring a point's deduction as set out in Reg. 8.2.4. If the Athlete again fails, he or she must move on to the next Posture. An Athlete who insists on continuing with a Posture after their second attempt will be seen as failing to comply

with the IYSF Rules and may face disciplinary action. In line with the protocol on calling the name of the Postures, the Athlete does not need to call the second attempt, as the Judges will consider the Posture a second attempt if the Athlete falls or fails to complete the Posture and then re-attempts the Posture. The Posture is re-scored from 5 points.

## **REG. 7 JUDGES AND JUDGING OF COMPETITIONS**

### **REG. 7.1 GENERAL PRINCIPLES**

All Judges must possess an IYSF certificate approving their ability to Judge IYSF Competitions. They must be members of their NF, hold the Nationality of the NF they represent and be motivated to Judge honestly the exercises presented by the Athlete. Judges cannot officiate in any Competition in which their relative is Competing. Judges who are also Coaches must not participate as a Judge in the division of the Competition in which their student is competing. Judges cannot officiate a Competition that they are competing in as an Athlete. However, IYSF Judges who also participate as Athletes in IYSF sanctioned Competitions can serve as a Judge in any Competition in which they do not compete, even within the same Competition season. This declaration is included in the Judges Oath (see Reg. 4.1.3.3) and must be signed by the Judge verifying that they understand these principles and that they have an honest intention to fulfil them to the best of their abilities. The form is available online.

### **REG. 7.2 BASIS FOR JUDGING**

The IYSF Statutes and STR form the basis for judging, which Judges must use in order to correctly judge and score all the Compulsory Category Postures and Optional Postures within the Athletes performance. For each posture and the performance as a whole, the Judges assess the Athletes demonstration of the following criteria:

- Balance\*
- Flexibility\*
- Strength\*
- Stillness in the Posture
- Appropriate breathing in the Postures and in transitions
- Well-paced timing
- Execution of the Postures in the correct order
- Execution of the Postures facing the Judges in the correct way
- To receive a score each Posture must be held for a minimum of 3 seconds, for the possibility of a maximum score being received this must be for a minimum of 5 seconds

\*The assessment of the characteristics of the Posture of Balance, Flexibility and Strength is to be determined in relation to each individual Posture. The combination of Optional Postures should demonstrate the full range of this skill category or the Athlete will automatically face deductions (see Reg. 8.2.1 and Reg. 8.3)

### **REG. 7.3 DEVELOPMENTS, MODIFICATION AND INTERPRETATION OF THE SPORTING RULES**

The TC is assigned the responsibility of the development of the STR that must then be submitted to the EC for adoption.

In the event of proposed modifications to the STR, there must be a ninety-day period prior to first application in Competition, with the relevant starting date of when the IYSF sent the new instructions.

#### **REG. 7.4.1 QUALIFICATIONS OF JUDGES FOR IYSF OFFICIAL COMPETITIONS**

In order to act in any of the Judging capacities at IYSF Competition it is necessary for the Judge to be on the IYSF Official Judges list. Qualified Judges must have attended the Judges Clinic held at the IYSF Congress at least once in the last two years to maintain their status. The practical experience and the honesty of the Judges will be taken into account for their qualification. Judges must remain active within Yoga Sports and maintain their membership of their NF for their qualification to remain valid.

#### **REG. 7.4.2 QUALIFICATIONS OF JUDGES FOR IYSF INTERNATIONAL COMPETITION**

Judges can only be considered for judging at International Competition only if they have a minimum of 3 years' experience judging Official IYSF Competitions. They must also fulfil the requirements as set out above in Reg. 7.4.1.

All the Judges at the International Competition have to be proposed by the LOC to the EC, and be approved by the EC.

#### **REG. 7.5 INCLUSION AS A QUALIFIED IYSF JUDGE - SHADOW JUDGE**

Those who wish to become an official IYSF Judge must attend a Judges Clinic organized by a National Federation or at the IYSF Congress; and pass the Shadow Judging test at a National or International Competition.

The Shadow Judging test evaluates whether or not the Shadow Judges marks coincide with the average marks given by the Judges. The IYSF or National Federation will then evaluate whether the Shadow Judge is ready to be considered for the Official position as an IYSF Judge.

Shadow Judges should be accommodated by the LOC in order for them to be able to properly assess the Competition (Reg. 4.12). They must be provided with the necessary scoring sheets (Reg. 8.3). Shadow Judges are not allowed to sit with Judges at the Judges table.

Shadow Judges have no bearing on any of the outcome or proceedings of any element within the Competition.

#### **REG. 7.6 JUDGES' REGISTRATION**

All Judges must be registered members of their NF (if one exists) and maintain their subscriptions up to date.

#### **REG. 7.7 ORGANISATION AND RESPONSIBILITY OF JUDGES AT OFFICIAL COMPETITIONS OF THE IYSF**

It is the responsibility of the below-mentioned personnel to judge official Competitions of the IYSF:

##### **REG. 7.7.1 HEAD JUDGE**

At Internationals the Head Judge is chosen by the EB in liaison with the approved list given by the Head Judges Representative. For National and Regional Competitions, it is the job of the LOC working with the NF.

The functions of the Head Judge are as follows:

1. To supervise the Competition and to resolve any breaches of regulations resulting in discipline or any extraordinary circumstances impacting the Competition.
2. Assure all the members of the Judges' panel are consistently completing the appropriate score sheets.
3. Where there is a significant error of judgment on the part of one or several Judges, to take the course of action they consider necessary proper for the circumstances.
4. To continually review the scores awarded by the Judges, to issue warnings to and/or veto the score of any Judge whose scoring is deemed unsatisfactory or

- influenced by bias.
5. In the event of an unsatisfactory result following any warning, to remove and replace any judging personnel.
  6. Assure the appropriate registration for the Competition is completed and submitted by the Judges Panel and Auxiliary Technical Support team.
  7. Assure that tabulation grids are properly set out including any additional Postures

#### **REG. 7.7.2 JUDGES' PANELS**

Alongside the Head Judge and the Time Referee (if present in the competition), there must be a minimum of two more Judges and a maximum of 7.

#### **REG. 7.7.3 TIME REFEREE**

The role of the Time Referee is to assess the length that each posture is held in accordance with the timing requirements set out in the scoring (Reg. 8).

The Time Referee must assess the time each posture was held in stillness and note any relevant deductions as follows:

- 5 seconds or more: no time deduction
- 4- 4.99 seconds: -0.5 points
- 3-3.99 seconds: -1 point
- 2.99 seconds or less the posture must be given 0 points

The Time Referee must note the deductions of the postures in the Time Referee scoring sheet and these deductions are automatically applied to the Tabulation grid. The Judges do not make any time deductions in their scoring of the posture. The exception to this rule is if there is no Time Referee, in which case the judges do the time deductions themselves.

The timing decision made by the Time Referee is final and overrides any decision made by the Judging Panel.

The Time Referee has no influence on how the posture is scored, beyond the timing of each posture.

It is the responsibility of the local organizer to arrange for the Time Referee to be included in the Judging Panel. The Time Referee should be seated in the middle of the Judges Table and assured of a clear and uninterrupted view of the athletes on stage. The Time Referee should be given a score sheet to note down the timing deductions for all the postures. The score sheet is then given the Tabulator so that it can be entered into the tabulation system. It is obligatory to have a Referee Judge at International competition. For National and Regional competitions, it is recommended, but not obligatory.

#### **REG. 7.7.4 SCORING TEAM**

Every Competition must have a Tabulator, Assistant Tabulator and Timekeeper. The duties are as follows:

Assistant Tabulator: To collect or have collected the scores from the Judges and transmit them to the Tabulator

Tabulator: Input the Judges' scores and time into the computer system and assure they are properly tabulated. Ensure the correct Postures have been inputted.

Timekeeper: Indicate to the Athlete when they can begin their routine (if there is no MC present), call the time at the end of the routine, keep track of each Athlete's time and pass it to the Head Judge who is seated next to them (Reg. 8.3.1.3). If necessary, call "Time" if the Athlete is still performing during the 3 minutes of their routines.

These members are to be chosen by the LOC and are to be honest and trustworthy.

## **REG. 7.8 JUDGES' WORKING PARAMETERS AT COMPETITION**

### **REG. 7.8.1 INTERNATIONAL COMPETITION**

At the International Competition the Judges must be organised by the LOC in conjunction with the EB and TC in order to judge effectively each separate Division and gender of the Competition.

Judges may only Judge one gender group in the Adult competition at a time and may not act as a Judge in two different divisions or genders in a row, although they may act as a substitute if no other replacement is available (Reg. 7.1). For example, a Judge may not Judge the Adult Female Division and then the Youth Division if the two follow each other in the program.

Judges may Judge the entire Youth and Adult Divisions including both genders.

### **REG. 7.8.2 NATIONAL AND REGIONAL COMPETITION**

Judges may Judge the entire competition, but according to the number of participants, suitable breaks must be arranged by the LOC for the Judges to be able to rest between Divisions.

## **REG. 8 SCORING**

### **Reg. 8.1 METHODS OF DETERMINING SCORES**

In order for any posture\* to be considered as having reached the Minimum Expression and achieve a score, the Athlete must demonstrate the following criteria:

- The posture must be held still for a minimum of 3 seconds
- Breathing in the posture must be normal and comfortable
- The minimum expression as set out in the posture guidelines must be reached

\*(The exception is Half-Moon Pose in the Youth Division in which a 3 second hold for both sides is enough to achieve maximum points).

Stillness in the posture is achieved when the posture is performed without any uncontrolled movements and demonstrating perfect control for at least 3 seconds. **The slight natural and controlled movements that are required to maintain balance should not be used against the athlete when considering if stillness has been achieved.**

In order for any posture to be able to fulfil the Recommended Execution and receive full marks, the posture must demonstrate the following criteria:

- The posture must be held still for a minimum of 5 seconds
- Breathing in the posture must be normal and comfortable
- The full expression as set out in the PG must be reached
- Exit the posture with control the opposite way as the posture was entered, exactly retracing the steps indicated in the PG for each posture or the way the Athlete entered the posture

If the posture is held still but for less than 5 seconds, 0.5 or 1 points will be deducted, but the posture will be scored. If stillness is not reached due to constant fidgeting or the breathing is audible or the breath is held, the posture will automatically receive 0 points.

In addition to the errors for individual postures mentioned in the PG, which carry a point's deduction of 0.5 or more according to the Judges perception, General Deductions for errors in the execution of the posture are as follows:

- Incorrect positioning of grip (differing from what is stated in PG)

- Slipping of grip
- Loss of muscle control resulting in intermittent contraction of muscles
- Lack of abdominal muscle control, belly moving in and out while breathing
- Entering posture without control
- Exiting without control and inconsistent with entry
- Signs of forcing/struggling during the execution
- Exhibiting signs of difficulty during the execution (readjusting, lack of fluidity in movement, slipping, forcing the posture to the point where straining becomes clearly visible on the Athlete)
- Exhibiting signs of confusion (deliberations, intermissions and inconsistency of tempo)
- Finishing off the X mark
- Unaccepted Flourishes not mentioned in PG

## **REG. 8.2 SCORING AND DEDUCTIONS**

### **REG. 8.2.1 SCORING OF POSTURE**

In all IYSF competitions the Postures must be scored with the same difficulty rating as set out in the PG. In no circumstance is the Head Judge permitted to alter the difficulty ratings that are set out in the PG. In the case of Optional Postures that are not in the Official Approved List of Postures and have been approved by the TC or Head Judge (see Reg. 6.2.1) the Posture must also be scored with the same difficulty rating in all competitions.

The scoring methods are the same for all divisions (Youth, Adult and Senior) in official IYSF Competitions (with the exception of Half-Moon Pose in the Youth Division in which a 3 second hold for both sides is enough to achieve maximum points).

Every Posture, both Compulsory Category and Optional, demonstrated by the Athlete is marked out of 10 points. The Judge deducts points in whole or half point increments for the mistakes in the performance. Additionally, Athletes can gain or lose points if they demonstrate an Extra Skill or Less Skill in a particular Posture according to the guidelines in the PG and the Judge's perception of the execution of the Posture, as stated in the PG. Accepted Flourishes to the Postures will receive no additional points (see Reg. 8.2.3). The incorrect order of the Posture and the incorrect facing of the Posture when performed will incur a one-point deduction for each fault. The incorrect naming of an Optional Posture, which the Athlete has decided to change during their performance will receive zero (see Reg. 6.2).

If an Athlete does not choose their Optional Postures from 2 different groups within the categories set out in the Approved Optional Posture list in the Sporting Rules, the Athlete will receive a 2-point deduction from their overall score.

If an Athlete does not demonstrate all three of the characteristics of Balance, Flexibility and Strength in their Optional Postures, they will receive a 1-point penalty deduction from their final score for each of the missing characteristics.

The score given by the Judge is given to the Assistant Tabulator who communicates it to the Tabulator to input in the Tabulation system. The system then automatically multiplies the final score of the Posture by the difficulty rating of the Posture to give the final result. If the combination of the Optional Postures chosen by the Athlete does not cover one of the Characteristics of the Posture of Balance, Flexibility and Strength, one or more points will be deducted automatically according to the number of areas missed out by the



choice of Postures.

#### **REG. 8.2.2 DETERMINATION OF EXECUTION AND EXTRA/LESS SKILL IN OPTIONAL POSTURES**

The list of Approved Optional Postures in the PG explains the criteria and recommended execution for each Posture, including any Extra/Less Skill, which can be gained. Compulsory Postures do not carry an Extra/Less Skill category. The explanations and guidelines of the Approved Optional Postures are an agreed ideal of the Posture, but individual Athletes can decide how to execute and perform the Posture. Athletes will be judged on their final expression of the Posture.

If an Athlete performs a skill not expressed in the PG description of the Posture, the scoring Judge must determine according to their perception, as to how to score the final Posture. The Head Judge of the Competition must then report this unforeseen circumstance to the IYSF. At the following Congress it will be decided as to whether to incorporate the skill into the PG. Notwithstanding the result reached at the Congress, the Judge's decision at the time of the Competition is final and will remain unchanged.

#### **REG. 8.2.3 ACCEPTED FLOURISHES**

Accepted Flourishes, as listed in PG, are considered as any unnecessary endings of the Posture or additional movements during the Recommend Execution of the Posture, which do not demonstrate any Extra Skill, but do not change the characteristic of the Posture. Athletes do not receive any extra points for performing Accepted Flourishes. Similarly, Accepted Flourishes do not carry any deductions unless the execution of the Accepted Flourish is faulty and/or causes errors in the Posture. As set out in the PG, certain Postures require the final expression to be held for at least 3 seconds before the Accepted Flourish can be performed; otherwise the Posture will receive a score of 0 points. Examples of all Accepted Flourishes within the Postures are set out in the PG.

If an Athlete performs a Flourish not expressed in the PG description of the Accepted Flourishes of the Posture, the Head Judge must determine according to their perception, if a deduction is merited. The Head Judge of the Competition must then report this unforeseen circumstance to the IYSF. At the following Congress it will be decided as to whether to incorporate the skill into the PG. Notwithstanding the result reached at the Congress, the Judge's decision at the time of the Competition is final and will remain unchanged.

Athletes should transition between the postures cleanly and with minimal movements. Any additional movements in between the Postures during the performance not specified in the PG will be considered as Unaccepted Flourishes and are subject to a points' deduction taken from the Posture the Athlete is about to perform or has just performed in case it is the last of the routine.

#### **REG. 8.2.4 FALLING**

Judges will deduct points for falling during any part of an Athlete's performance. Any of the following will be considered a fall:

1. Any premature and complete loss of a grip.
2. A limb or foot prematurely coming out of a tucked position.
3. Any body part touching the floor, either prematurely or when touching is not a feature of the Posture or its entry or exit.
4. Touching the floor with any part of the body, even if required by the Posture, if the contact is uncontrolled, including exiting making a loud noise with the floor.
5. Any uncontrolled exit from a Posture.
6. Entering a posture and the losing balance and then going back to start of the posture before it is completed, even if no part of the body touches the floor.



If a fall occurs prior to completion of the Posture, the Posture will be scored out of five and the Athlete shall have a second chance to complete the Posture. The difficulty rating of the Posture does not change. It is not required that the competitor return to the starting position to attempt a second chance if the character of the Posture remains intact, such as in point 3 above. The Athlete is not required to announce a second attempt. If the Athlete fails in the second attempt, the score for that Posture is zero.

If a fall occurs after the completion of the Posture, Judges may deduct 0.5 to 2 points depending on the severity of the fall.

#### **REG. 8.2.5 TIMING DEDUCTIONS**

The Athlete must complete their routine and come back to neutral point on the X mark within 3 minutes. Failure to do this will incur point deductions as follows:

1. If time expires prior to the completion of the Posture the score is zero.
2. If time expires after the completion of the Posture but before the Athlete is able to hold the Posture for at least 3 seconds, the score given for that Posture is zero.
3. If time expires after the Athlete held the Posture for at least 3 seconds and begins to exit the Posture, but fails to return to a neutral standing position, there shall be a one-point deduction for failing to complete the performance within the allotted time.

Notwithstanding the fact that time has expired, the competitor shall be required to exit the Posture and Judges may make further deductions based on any errors in the exit. The Head Judge shall make a final determination of whether the Posture was held long enough to receive a score.

#### **REG. 8.3 INPUT OF SCORES**

Samples of the Judges' Score Sheets and Tabulations are available on the IYSF website.

##### **REG. 8.3.1 SCORE SHEETS**

All official IYSF Competitions must use the official IYSF spreadsheets and tabulation grid, available from the IYSF website at [www.iysf.org](http://www.iysf.org).

Results from all the rounds of the Competition, alongside the names of the Judges and the full breakdown of the scores given by each Judge, must be sent by the organizing NF to the IYSF via email and to the IYSF Office, by registered letter, within 10 days following the Competition. The Head Judge must sign the results.

It is the duty of the Head Judge to make sure that all the Judges properly fill out the score sheets. It is the duty of the Scoring Team to ensure that the scores are inputted correctly.

One Judge Spreadsheet must be distributed to each Judge for each competitor. This document is the only one that the Judge completes.

There are no additional SKILL POINTS for the Compulsory Category Postures. For the Optional Postures, the Judge determines the Extra Skill (+0.5, 1, or 2 points), Less Skill (-0.5, 1, or 2 points), and Accepted Flourishes, which do not receive any modifications. The Judge then puts the total score for each posture in the column "Total Score".

It is the responsibility of the Judge sitting next to the Timekeeper to fill out the total execution time of the routine on the Spreadsheet. The time will be used as a second Tiebreaker category after the average of the compulsory postures is taken into account.

On the Spreadsheet there is a Faults column for all the Postures, for incorrect Facing of the Postures or for performing the compulsory category Posture in the incorrect Order. Each of these Faults carries a deduction of -1 points. There is no prescribed order for Optional postures.

For all Postures, including Optional Postures – the percentage variance (difficulty rating) for each Posture will be calculated automatically in the computer grid. Furthermore, the computer system will automatically calculate whether the combination of the two Option Postures has fulfilled the full range of the Characteristics of the Posture (Balance, Flexibility, Strength) and make the necessary deductions for the lack of one or more of these Characteristics. As well as assessing whether there are any deductions to be made for the Optional Postures coming from the same group. For Optional Postures, the Total Score also includes the point bonuses or deductions from the Skill Point column. As a result, the score can exceed 10. The Total Scores for all the Postures includes deductions for Faults.

The time is inputted into by the sheet by the judge sitting next to the time keeper.

### TABULATION GRID - YOGA SPORTS COMPETITIONS

WHEREAS, the said State of New York is desirous to have the said Convention held at the City of New York;

- one labelled "marking\_grid" where the scores are inputted,
- second is "list\_optional\_Postures", which lists all the Optional Postures, their Difficulty Rating and their Characteristics as detailed in the Sporting Rules,
- third is "display" and is designed to be projected on the screen during the competition if requested.
- fourth is "Shadow judging", used by shadow judges (if any) to input their scores compared to official judges, and check % of success
- five is "publish" sheet, designed to publish detailed scores for competitors after the end of the competition

### **Sheet 1: Marking grid**

The Division has to be filled on the top of the table. It updates automatically the list of compulsory postures, and the maximum score reachable by competitors.

The Number of Judges must be written in the box at the top of the table. The minimum number of Judges that is accepted by the system is 3 and the maximum is 7. If there are 5 or more Judges, the computer will automatically discard the highest and lowest scores that have been given by the Judge. An extra judge called "Time Judge" is also available but optional.

The grid has been made for a maximum of 100 competitors. If the number exceeds 100, the last line needs to be copied and pasted to create more lines, which are to be filled after each competitor's performance.

Each competitor can be completed with his or her country or region of origin. This field is optional and can be left blank.

All 4 compulsory category postures + 2 Optional Postures must be written before or during the Competition for each competitor. Only the Postures written in the drop-down list can be used, every other value will be refused by the system. Once a correct posture name is written, the system automatically fills in the columns "Multiplier 1", "2", "3"... "O1" and "O2", which is the Percentage Variance of the Difficulty Rating. The system also automatically fills in the column listed "Properties" with values "B" (Balance), "F" (Flexibility) and "S" (Strength). If one of these 3 Characteristics of the Posture is missing in the combination of the Two Optional Postures, the computer automatically calculates a negative adjustment of -1 to the total score for each Characteristic missing. Also if the two chosen optional postures correspond to the same group (backbends, forward bends, stretching poses, inversions, lifts, twists) another -2 is applied on total score.

The Tabulator fills the content of column "TOTAL SCORE" of the Judge Spreadsheet into each column 1-4 + optional (O1 and O2) and the system summarizes for each posture:

- the average mark for all judges, ignoring the highest and lowest value if the number of judges is 5 or more
- \* multiplier for this Posture (calculated automatically)
- for optional postures only, negative points for missing characteristics of the Posture (Balance, Flexibility and Strength)

In columns L-Q, the tabulator can also input the modifiers sent by the time judge. Only negative values can be applied, in case the competitor holds the posture less than 5 seconds: -0.5 points, -1 points, or Null ("N") when the score for the posture is reduced to zero. This modifier is applied to the average score for the posture. Notice that the "time judge" columns are optional. If not filled, the full score is kept from all the judges.

The Final Score is the sum of this calculation for all 4 compulsory category postures + 2 optional postures

The next column is the ranking of participants, which is updated every time a new line is completed.

Next 2 columns are % difficulty and % execution

- % difficulty is calculated by multiplying all coefficients of the chosen postures by 10 (max. score), and dividing it by the overall max possible score (= 52 for Adults/Seniors, 44 for Youths)
- % execution is the fraction between the score actually obtained, and the max. score calculated for the positions chosen by the athlete

In case competitors have exactly the same number of points, the winner is the one with best average of all compulsory category postures, then the one with total time for execution closest to 3 minutes.

Please refer to example given in the Judge spreadsheet of how a competitor's score would appear.

TABULATION GRID - YOGA SPORTS COMPETITIONS																																									
ADULTS - WOMEN																																									
Number of judges:		3																																							
Ignore maiden quote																																									
Nb	Last name	First name	Country/ Town	Forward compress	Backward band	Traction stretching	Torsion Twist	Optional 1	Optional 2	Judge 1 name				Judge 2 name				Judge 3 name				Average		Average		Average		Average		Average		Average		Multiplier		Multiplier		Multiplier		Multiplier	
1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10		
1	Anna	Hepburn	Toronto	STANDING	DANCER	STRETCH	FULL SPIN	CRANE	FULL STAN	8,0	8,0	7,0	6,0	5,0	8,0	7,0	8,0	9,0	8,0	8,0	8,0	6,0	6,0	6,0	7,0	7,7	8,0	7,3	6,0	5,7	6,0	0,7	0,8	0,6	0,7						
2	Sarah	Kusmann	Seattle	TORTOISE	BOW	STANDING	SPINE TW	FLAG POSE	HEADSTAN	6,0	5,0	9,0	8,0	7,0	7,5	5,0	9,0	9,0	8,5	7,0	7,0	4,0	9,0	10,0	8,0	7,5	7,0	5,0	9,0	9,3	8,2	7,2	7,2	0,8	0,6	0,8	0,6				

## Sheet 2: List of postures

The second sheet "List\_Postures" is open for modification from line #82, where any Posture not described in the upper part of the list (i.e. any Posture that does not appear in the PG) can be added. Difficulty Rating, Characteristics of the Posture (Balance, Flexibility, Strength) and Group must to be completed as with any other Posture. The column "F" is calculated automatically and does not need modification.

The Head Judge is to assist the tabulator to fill out the difficulty rating and characteristics of any Posture outside the official list (Balance, Flexibility, Strength) that was submitted by an Athlete and approved by the TC, that does not appear in the upper part of the posture list. For this reason, the Athletes must submit their optional Postures outside the official list and have it approved by the TC at least one month before the Competition.

SPLITS (STRAIGHT)	5,0			F	F	Tractions
STANDING SPLITS	8,0		B	F	BF	Tractions
ARCHER	7,0	S		F	SF	Tractions
FOUR ANGLE	5,0			F	F	Tractions
COWFACE	5,0			F	F	Tractions
ROOT POSE	8,0		B	F	BF	Tractions
FLAG POSE	8,0		B	F	BF	Tractions
BOW LEG MOUNTAIN	10,0		B	F	BF	Tractions
FULL SPINE TWIST	8,0			F	F	Twists

### **Sheet 3: Display**

The 3<sup>rd</sup> sheet is fully blocked for modification. It is used for displaying results to a screen during the competition if requested. It shows competitors ranked top-down, with their score, % execution and % difficulty.

Details on how to use this display grid is given in the last paragraph of the document.

### **Sheet 4: Shadow judging**

If shadow judges are participating to the competition, their scores can be input there at the end of the competition. They are automatically compared with the average score given by the official judges. A tolerance of +/- 1 point with official judges is tolerated. If the note given by the shadow judge is out of this tolerance limit, his notation is counted as incorrect and displayed in RED.

For each competitors and shadow judge, system calculates how many notes are passed and how many not. The total %passed is given in cell AE, AM, AU...etc.

### **Sheet 5: Publish**

This sheet is blocked for any modification (display only). It is designed to publish the results of the competition once it is finished.

The details by judge is not given, only the average score by posture + the coefficient applied. All results are sorted from the best score to the worst.

The broadcast of this page is not automatic. Sheet must be manually copied in the Excel file and transferred to the publication support (web, Facebook...etc)

### **REG. 8.3.1.3 TIE BREAKER PROTOCOL YOUTH, ADULT AND SENIOR DIVISION**

In case competitors have exactly the same number of points, the winner is the one with best average of first 4 Compulsory Category Postures, then the Athlete who has the best timing (closest to 3 minutes).

The Timekeeper keeps track of each Athlete's time and the Judge sitting next to the Timekeeper records the time in the Judges score sheet. The Tabulator then adds the time result to the grid.

### **REG. 8.4 VALIDITY OF SCORES**

In the event that there is a discrepancy between the scores shown on the public electronic scoreboard and what was officially entered on the Judges' score sheet, the scores registered on the score sheet are to be considered the official score.

## REG. 8.5 APPEALS OVER SCORES

An appeal can only be made for the following reasons:

- Failure of the Judges' panel to apply correctly a rule not relating to the Judges' evaluation of the technical merit of a Posture or routine
- A computational error

Athletes can only make an appeal based on the above criteria and are not permitted to verbally contest any Judge's final decision. Once a decision has been made on the appeal, the result is final and may not be appealed, questioned further or debated.

Appeals regarding an Athlete's scores given by the Judges may be made no longer than 10 minutes after the public posting of the Athlete's score. This appeal must be made in writing only by the Athlete in question, the Athlete's Coach or the Athlete's NF. These parties are not allowed to appeal against another Athlete's performance. The written appeal must be handed to the **Head Judge** by a designated backstage assistant. The backstage assistant must be allocated before the start of the competition by the LOC and made known to all participants of the competition. Only this designated assistant is permitted to approach the **Head Judge** and under no circumstance is the Athlete in question, the Athlete's Coach or the Athlete's NF permitted to approach the **Head Judge** or Judges Table to make an appeal during the competition.

Once the appeal has been received and acknowledge by the Head Judge the MC must be immediately informed. At the next possible moment in the competition, usually in between the routines, the MC must publically announce that there has been an appeal and that the scores are not final.

10 minutes after the final score in the Event is publicly posted, the results of the Event are final and are no longer subject to appeal for any reason. Ideally the Local Organising Committee should provide a screen backstage for the Athletes to be able to check their scores as they go online.

Under no circumstances may an appeal be based on the Judges' failure to properly evaluate the technical merit of a Posture or routine. For example, an Athlete may not appeal a score based on having received a deduction for failing to touch the forehead to the knee, even if the Athlete believes the forehead did touch.

Once an appeal has been properly made the competition continues normally and at the next suitable break in proceeding (either at the end of the competition or in between two divisions), the Head Judge and Judges meet to consider evaluate the appeal. Judges can relate with the TC and use video evidence to properly assess the appeal. **The LOC must provide a video camera in the centre of the Judging Table to record the Athletes' routine and a suitable area to analyse the footage accordingly.**

If the appeal is successful, the Head Judge will accordingly change the score. The analysis of the appeal may also lead to the Athlete's score being decreased.

**The appeal requires a payment of USD100, which is given to the Head Judge along with the written appeal. The Head Judge will give the applicant a receipt stating that the money and the appeal were accepted. If the appeal proves successful the full amount will be reimbursed, otherwise the sum will be transferred to the LOC to help with the cost of running the event.**

## **REG. 8.6 DISQUALIFICATION**

All cases of disqualification mentioned in the STR results in the score of the Athlete being removed from that phase in the Competition and the annotation *disq* placed by their respective name

Examples:

Disqualification from Regional Competition means that the Athlete may not proceed to Nationals.

Disqualification from National Competition means that the Athlete may not proceed to International.

Disqualification from the semi-final at Competition means Athlete may not proceed to the finals.

Disqualification is applied in all cases of doping infractions. If a doping infraction is identified subsequently to the completion of a Competition, the ranking lists will be retroactively modified.

## **REG. 9 ANTI-DOPING FIGHT**

Doping is forbidden in all its forms.

The controlling list of prohibited substances is published and updated by WADA.

Anti-Doping provisions are stated in the IYSF Anti-Doping Rules and have been established by the EB in conjunction with the World Anti-Doping Code and the related processes.

## **REG. 10 PROTOCOL**

### **REG. 10.1 GENERAL OBSERVATION**

The formal ceremonies of IYSF Competitions must be conducted with dignity.

At International Competition the EB establishes a list of the persons designated to award the medals or distinctions. The NF and the LOC determine this list for Regional and National Competitions. Persons chosen to award medals must be honest and deemed to further promote the Competition.

For each Competition, a respectful ceremony is conducted in the presence of all the Athletes, delegations of the Federations, the Judges, the members of the LOC and the public. The LOC is required to decorate the Competition Hall in an appropriate manner and to correctly display the IYSF flag.

### **REG. 10.2 SPECIAL FORMALITIES AT THE OFFICIAL IYSF COMPETITIONS**

An official opening ceremony must precede all IYSF Competitions, however, Athletes are not required to attend this ceremony. An official closing ceremony must also be organized that all Athletes and officials must attend.

## **REG. 11 AWARDS**

### **REG. 11.1 MEDALS AND AWARDS DESIGN**

It is the responsibility of the LOC in coordination with the respective NF to provide appropriate diplomas and medals to the Athletes. The design of medals and trophies must be dignified and appropriate for the Competition. All diplomas must feature the insignia of the IYSF, available as a download at the IYSF website.

### **REG. 11.2 TIMING OF AWARD CEREMONIES**

In all Competitions the ceremonies must take place immediately after the Competitions. LOC are responsible for the efficient running of these ceremonies.

The IYSF reserves the right to alter these arrangements in exceptional circumstances.

### **REG. 11.3 AWARDS GIVEN AT CHAMPIONSHIPS**

At IYSF Competitions the following awards are given:

1. 1st rank 1 gold medal and 1 diploma with placing
2. 2nd rank 1 silver medal and 1 diploma with placing
3. 3rd rank 1 bronze medal and 1 diploma with placing
4. 4th to 10th rank 1 diploma with placing (only necessary at International)

In addition to the above, all the accredited Athletes receive a diploma from the LOC

On the podium, awards will only be presented to the medal winners.

An Athlete who is absent at the Award Ceremony with an unjustified reason will be disqualified.

### **REG. 11.4 ATTIRE**

All Athletes must wear the official Competition attire during award ceremonies.

### **REG.12 FINAL PROVISIONS**

In cases where circumstances are not foreseen in the STR, the Statutes apply if:

1. During a major event, unforeseen problems arise.
2. Nothing in the existing regulations provides for them.
3. If an immediate solution is required, it rests with the respective TC or representative to take the responsibility and to decide the matter.