

**MAMTA MODERN SR SEC SCHOOL**  
**H- BLOCK VIKASPURI NEW DELHI**  
**CBSE NATIONAL YOGA CHAMPIONSHIP 2017**

**RULES AND REGULATIONS**

1. Only those students can participate whose uid is generated by CBSE; in no case fresh candidate will be allowed.
2. No team will be permitted to play unless accompanied by a teacher/coach at the venue. In extra ordinary circumstances the changes may be permitted, but only with prior permission from the CBSE, in writing.
3. The dates of the competition are from 23<sup>rd</sup> Nov to 26<sup>th</sup> Nov 2017. Reporting time at the venue for all teams is 23<sup>rd</sup> November at 8:00 a.m.
4. Every player/athlete/team shall carry with them the required documents as mentioned under title "Eligibility".
5. Every team will carry their school flag, for the purpose of March past and to be used during the various ceremonies. Participation in March past is compulsory, failing which their right to participate can be forfeited.
6. No Registration Fee is required. However The boarding charges Rs.350/- cash per head per day including bedding charges, and Rs. 1000/ cash (refundable) will be charged per team as security money. It is advised that from the health and safety point of view, all participating teams dine in the mess arranged by the Organizing school.
7. The school will provide mattress and sheets for teams staying with it. All expenses on items like travel, food, kit etc. will have to be borne by the participating School.
8. The participating school will deposit payments against meals on full day basis and no part payment will be deposited and the participating schools will not insist for refund of part payment.
9. Meals of the mess will be according to menu suggested by CBSE.
10. The school will arrange a Canteen Counter at the place where competition are being held that will sell water, cold drink, tea, snacks etc. at nominal price.
11. In case of any damage to property of venue school, damages recovery would be made at market rates.
12. Dining in the mess arranged by the host school is mandatory for the teams that opt to stay in the school provided accommodation.
13. It is not obligatory on the part of Organizing School to provide food & transport facility to school/teams making their own stay arrangements. Also, it is the responsibility of the school/teams staying outside, to collect information in regard to matches/fixtures/program etc.
14. Any non-designated person accompanying the team will not be entertained for any matter at the venue and will not be permitted to stay in the premises. In case the player/team is being accompanied only by the parent, it should be informed by the Principal of participating school in writing.

### ACCREDITED REPRESENTATIVES (TEACHER/COACH/MANAGER)

- All the teams shall be accompanied by a Teacher/Coach/Manager designated by the participating school Principal.
- No team will be permitted to participate without accompanying official.
- No team shall be accompanied by any parent. However if a parent is accompanying the team, such information may be provided by the school on the school letterhead.
- No team shall be accompanied by more than two officials.
- In case of Girls participants, one of the accompanying officials must be a female.

The officials accompanying the team shall have a valid Identity Card issued by their School Principal.

- No extra person shall be permitted to stay inside the school premises and on the play field along with the teams.

### WITHDRAWING SCHOOL

- If a school, after filling-in its entry, wishes to withdraw from a tournament/meet, it shall give a written request of its intention to do so to the Organizing /School.
- School withdrawing without informing/requesting the Organizing school, will be penalized with a penalty of Rs.1000/-.

### ELIGIBILITY

Age: ELIGIBILITY

The athlete/player should be within the particular age group on 31 December of the year of competition.

- (a) Only bonafide students shall be eligible to participate in the Inter-School tournaments/meets. Including any non bonafide student shall lead to disqualification of the team.
- (b) A student, who has failed twice in a particular class, shall no more be eligible to participate.
- (c) Incomplete information in any respect is liable for disqualification of team.
- (d) Any violation in eligibility (over age or Impersonation) shall be dealt according to rules.

### IMPORTANT: IT SHALL BE MANDATORY FOR ALL THE PARTICIPATING SCHOOLS TO PROVIDE THE FOLLOWING ON ARRIVAL AT VENUE-

- (i) The documents for verification in original if asked for.
- (ii) The team photo with school Principal along with the entry Performa, countersigned by the concerned Principal.
- (iii) To provide CBSE registration number for student/player studying in class IX and above.

(iv) To supply the eligibility performa filled-in online, countersigned by the concerned Principal.

## DISQUALIFICATIONS

A player/team may be disqualified/scratched for the following reasons.

1. If the ineligibility of any member of the team is detected.
2. Inclusion of non bonafide student in the team.
3. Misbehavior on ground by athlete or accompanying official.
4. Use of abusive language by athlete or accompanying official.
5. Misbehavior with Officials/Opponents by athlete or accompanying official.
6. Indiscipline at the place of stay by athlete or accompanying official.
7. Damaging the school property.
8. Indiscipline during the Opening and Closing ceremonies by athlete or accompanying official.
9. Non participation in March Past.

## PROTEST

Protest of any nature in connection with the tournament shall be in writing and must reach the Organizing Secretary and CBSE Observer within one hour of the declaration of the result, duly accompanied by a fee of Rs.1000/- (Rupees One Thousand).

Such a protest will be considered by Jury of Appeal, consisting of following:-

1. Principal, Organizing School
2. Organizing Secretary
3. CBSE Observer
4. One or two technically qualified People present at the venue

The parties under dispute may be heard before deciding the issue. In case the protest is upheld, the protest fee shall be refunded to the protesting school otherwise the fee shall be forfeited.

The decision taken by the Jury of Appeal will be final and binding.

The decision, together with full facts of the protest may immediately be reported to the Jt (Sports) CBSE.

## RULES AND SYLLABUS:

1.. The competition will be held separately in Girls & Boys Category for "Team" & "Individual" Championships.

2. All members of team shall wear same colour Uniform, preferably Cycling Shorts & T-Shirts.

3. List of Asanas :-

Boys Category: Compulsory Surya Namaskar (12 stages), Titibhasana, Mrigasana, Paschimottanasana, Bhunamanasana, Padahastanasana, Likarasana, PurnaSlabhasana, PurnaChakrasana, Dimbasana, PurnaDhanurasana, BaddhaVihangasana, UtthitaKurmasana, Omkarasana, PurnaMatsyendrasana, UrdhavKukkutasana.

Girls Category: Compulsory Surya Namaskar (12 stages), Paschimottanasana, Bhadrasana, Karnapidasana, Padahastanasana, Virbhadrasana, Makarasana, PurnaUshtrasana, PurnaDhanurasana, Dimbasana, Kukkutasana, UtthitaPadaHastanasana, Vyagrasana, Setubandha Asana, Garbhasana

The photos of above Asanas will be uploaded soon on [www.cbssports.in](http://www.cbssports.in) for reference.

4. Team Championship- only 04 players out of the team shall perform together on the stage. The list of such 04 players from each team shall be submitted by the Coach/Manager of the Team before each round in the proforma provided by the Organizing School.

5. Every team shall perform compulsory Surya Namaskar (12 stages) & 05 Asanas to be selected by draw of lots. Every Performer on the stage shall be evaluated by a Judge separately. The total points scored by each Player shall be consolidated to decide the Team Championship.

6. Individual Championship – 02 Players to be nominated by each Team participating in Nationals shall be eligible to take part in the Individual Championship. Each Player shall perform compulsorily Surya Namaskar & 05 Asanas out of the remaining & to be selected by draw of lots. Every Performer shall be evaluated by 03 Judges. The points given by the 03 Judges shall be consolidated to decide the Individual Championship.

7. The competition (team as well as individual championship) shall be conducted in 02 rounds namely preliminary round & final round. After the preliminary round, the top 12 High Scoring Teams/Individuals shall be selected for final round.

8. Scoring – Each Asana shall carry 10 marks; (i) Way of performing the asanas (starting & returning – 02 marks) (ii) Perfection of posture – 04 marks (iii) Exhibition of the posture – 02 marks & (iv) Fixed retention duration of the posture – 02 marks.

9. The Team/Individual will be given maximum 05 minutes to perform the Asanas. The final Asana posture shall be held for 20 sec.

10. All the Players while performing shall bear a Chest Number provided by the Organizing School.

Most important: All Performa & travel plan must be submitted through email by 31 Oct 2017 positively

Email id: [nationalyogacompetition2017@gmail.com](mailto:nationalyogacompetition2017@gmail.com)