



Yoga Ministry of
Canada



"YOGA MINISTRY OF CANADA" Inc. (BN: 705014470)

"CANADIAN YOGA ASSOCIATION" Inc. (BN: 766925937)
"AMAZING OLYMPIA WORLD RECORDS" Inc. (BN: 741576730)

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INTERNATIONAL YOGA DANCE COMPETITION

YOGA DANCE RULES (SINGLE AND PARTNER)

Rubrics

Sr. No.	Description	MARKS
1	Costume	3
2	Theme, Character & Expressions	3
3	Rhythm & Music	3
4	Use of Floor or Stage	3
5	Yoga and dance Steps	4
6	Music length max 2.5 mins	2
7	Every steps of yoga and Dance must be hold in the end at least 5 sec	2
Note	Can use Partner with any age or gender.	-
	Every step should be clean and clear.	-
	Total Final Score Sheet	20

1. ABOUT THE COMPETITION

- i. The vision behind making Dance + Yoga a competitive sport is to encourage the practice of Dance + Yoga and help promote the physical and mental wellbeing of people of all age groups.
- ii. These competitions endorse Dance + Yoga as a sport and help to develop an interest in Dance + Yoga among people around the globe.
- iii. Dance + Yoga involves physical strength, power, agility, flexibility, grace, control, coordination and balance. The Dance + Yoga events will be together for Men and Women. (Mix pair is allowed).
- iv. Dance + Yoga has the following categories:

1. **Dance + Yoga Single (Men/Women)**

2. **Dance + Yoga Pair (Men/Women)**



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- v. In Dance + Yoga Single the number of Dance + Yoga s performed can be single or pair.
- vi. Dance + Yoga s should be selected from the given chart.
- vii. Time duration for the presentation will be 120 or 150 seconds for Dance + Yoga Dance + Yoga Single or pair.
- viii. The Athlete will maintain each posture for 5 to 7 seconds during the performance.
- ix. The transition from one posture to the next posture should be Dance + Yoga and synchronized with music.

Athletes will give a greeting gesture of "Namaste" (joining both the hands before starting performance).

2. THEME, CHARACTER & EXPRESSION

- i. It is important to have a theme in the performance.
- ii. While performing the player must present a theme that matches with the song/ music.
- iii. A composition should be developed to create a unified Dance + Yoga image or guiding idea throughout the act, expressed through the fine body movements.
- iv. The character of the music should be chosen in respect to the age, technical level and Dance + Yoga qualities of the players and ethical norms.
- v. Dance + Yoga s should not only be series without connection to the character, theme & Expression.
- vi. The character should be expressed prominently during the dance steps/yoga steps and during the transition between the two postures.
- vii. Expression should be an amalgamation of the strength, beauty and elegance of the movement.
- viii. Holistic participation of parts of the body like head, shoulder, trunk, arms, legs, including the face.
- ix. Supple movements should convey the character.
- x. Exact response to the music with facial expressions.
- xi. The performance of athletes should be graceful.



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- xii. No props are allowed. Use of any type of props will lead to disqualification of athlete.

Total marks allotted for Theme, Character & Expression is 20 marks.

Deduction by 'A' Judge:

- i. If theme is not matching song then 1 to 2 marks will be deducted in multiple of 0.50/1.00 marks.
- ii. Each time Character is lost then 1 marks will be deducted each time.
- iii. For losing character more than three times will lead to deduction of maximum up to 4 marks.
- iv. Deductions in multiple of 1 marks for missing the appropriate participation of anybody segment/expression in the entire routine with maximum of 4 marks deduction.

3. RHYTHM & MUSIC

- i. The movement of the body should correlate precisely with the musical accents and musical phrases. Body movements should emphasize the tempo of the music.

For Example: -

- When movements are visibly emphasized before or after the accents
 - When a clear accent in the music is "passed through" and not emphasized by the movement
 - When movements are unintentionally after the musical phrase
 - When the tempo changes and the player is in the middle of slower movements and does not reflect the change in speed or rhythm.
- ii. An indicative sound signal may be given before start of music
 - iii. Non typical music of yogic character is not allowed. For example: Vulgar songs, item songs are not allowed. The music should be decent.



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- iv. Participants can use rock music/song, pop music/ romantic song etc.
- v. Players can use meditational, instrumental music or folk, devotion, patriotic songs, instrumental of rock music and instrumental of pop music.
- vi. Players should bring the music on a USB. The USB should have only the music which has to be played and no additional recording at all. The USB should be submitted to the stage manager in advance with the following details -
 - a. **Name of the players**
 - b. **Chest no:**
 - c. **District /State / country.**
 - d. **Category : Dance + Yoga Dance + Yoga Single/Dance + Yoga Dance + Yoga Pair/ Dance + Yoga Dance + Yoga Group/ Rhythmic Pair**
- vii. If the wrong music is played or if there is any interruption in the music again and again it may lead to discontinuation of the routine.
- viii. If the music stops due to technical setup, then the athlete will get a chance to perform again without deduction of marks.

Total marks allotted for Rhythm & Music is 3 marks. Deduction by 'A' Judge:

- i. If the rhythm is missed once then deduction of 1 marks.
- ii. If the rhythm is missed more than one time then deduction of 2 to 3 marks.
- iii. If the rhythm is missed more than 5 times then the deduction of maximum of 8 marks.
- iv. Deduction of 1 to 2 marks for violating the above points 4.iii to 4.vi.

4. USE OF FLOOR

- i. The official floor area for Dance + Yoga Dance + Yoga Single = 9 m (exterior of the line) is compulsory.
- ii. Competitor should use maximum floor area allotted while executing the routine.



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- iii. Touching or crossing or trespassing the boundary line/demarcated area will be penalized. If the athlete crosses the aerial part of boundary line/demarcated area without touching the floor will not lead to penalty of marks. Deductions of marks will be done for lack of use of floor area.

Sr. No.	Event	Floor Area
1	Dance + Yoga Dance + Yoga Single (Men/Women)	8*8 meter
2	Dance + Yoga Dance + Yoga Pair (Men/Women)	10*10 meter
3	Dance + Yoga Dance + Yoga Group (Men/Women)	12*12 meter

Total marks allotted for Use of Floor is 5 marks.

Deduction by 'A' Judge:

- i. If the athlete is not using the whole floor area then the deduction will be in multiple of 1 marks with maximum of 3 marks deduction.

Penalty:

- i. -1.00 marks will be penalised for touching or crossing or trespassing the boundary line each time. Crossing of the line in an aerial part (if not touching floor) will not lead to penalty of marks.

5. Yoga + Dance

- i. Dance + Yoga are mandatory in the routine.
- ii. Dance + Yoga steps should be continuous and connected with smooth transitions.
- iii. Players can use any classical, folk or traditional steps or Hip-Hop.
- iv. Any acrobatic elements other than front walkover, back walkover, cart wheel, front roll and back roll is prohibited. Penalty of -1.00 marks will be levied for each acrobatic elements.



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Eg: flips, summersaults, air jumps, etc. allowed.

- v. Valid acrobatic elements for movements from one place to another is as Front walk over, back walk over, cart wheel, front roll and back roll (maximum of each 2 can be used).
- vi. Dance step/Dance + Yoga steps combinations must be performed according to the tempo, rhythm, character and accents of the music.
- vii. The composition should be developed by technical, aesthetic and connecting elements, where one movement transitions logically and smoothly into the next without unnecessary stops or prolonged preparatory movements.
- viii. Unnecessary stops between movements which are not related to the rhythm or character will lead to deduction of marks.

Total marks allotted for Dance + Yoga steps is 3 marks.

Deduction by 'A' Judge:

- i. For each lack of flow in the steps/no confidence in the movement/ lack of proper merging from one asana or posture or transition to another asana or posture or transition. Will lead to deduction of marks in multiple of 1 marks.

Deduction of marks for each invalid Dance + Yoga step.

7. TIME

- i. The time limit for Dance + Yoga Single or pair is 02:30 min (150 seconds).
- ii. An informative bell or ring at 2:30 min (150 seconds) will be provided.
- iii.

The routine must finish in sync with the music getting over.

- iv. Time starts with music start and with music / closing gesture.

- v. Total marks allotted for Time section is 3 marks. Among that 3 marks is for whole performance time (i.e. TW) and another 3 marks is for each asana holding time (i.e. TA)
- vi. Two minutes thirty seconds (150 seconds) is the qualifying time for the performance.

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- vii. If athlete completes his/her performance before 150 seconds then zero (0) marks will be allotted.
- viii. If the athlete completes his/her performance in between 150 to 180 seconds, then the athlete will get 5 marks.
- ix. After completing of 180 seconds (03:00 minutes), if the athletes continues his/her routine then penalty of -0.2 marks will be levied for each seconds. And after 10 seconds the athlete will be disqualified.
- x. Athlete has to hold every asana for 3 to 5 seconds.
- xi. If athletes hold each asana for 5 to 7 seconds then for each asana, he will get 0.5 marks. I.e. 0.5×10 asanas= 05 marks.
- xii. If asana is held less than 5 seconds then the marks will be as follows:

Holding Time of Asana	Marks
3 to 5 Seconds	0.5
4 seconds	0.3
3 seconds	0.2
2 seconds	0.1
1 second	0.0

- xiii. If athlete start their routine before the music starts then penalty of -0.2 marks for each additional second with maximum of 2 marks will be levied.
- xiv. If the music ends and athlete continues their routine then penalty of -0.2 marks with each additional seconds with maximum of 2 marks will be levied.