

# YOGA EXPO™

International Yoga Asana (Posture) Championship-Bishnu Charan Ghosh Cup  
1<sup>st</sup> TIME IN THE U.S.  
organized by **BIKRAM'S YOGA COLLEGE OF INDIA** and the **WORLD YOGA FOUNDATION**  
INTERNATIONAL HEADQUARTERS  
1862 S. LA CIENEGA BLVD.  
LOS ANGELES, CA 90035 USA

## **RULES AND REGULATIONS**

- I. ELIBIGILITY:** The competition is open to all individuals 18 years and older. First and Second place winners in the statewide/regional competitions are eligible to compete at the **INTERNATIONAL HATHA YOGA CHAMPIONSHIP Finals** at the Los Angeles Convention Center on September 25-28.
- II. AGE:** Applicants shall furnish a birth certificate or other picture ID with proof of age.
- III. PRIZES:** The *Champion of Champions* receives a two week trip to the country of their choice and **\$3,000 cash** for expenses.
- Second Prize: Two Thousand Dollars (**\$2,000**) **Cash** award and Full Scholarship at Bikram's Yoga College of India.
- Third to Fifth Prizes: Various Scholarships and cash awards.
- IV. PROHIBITION** Any stimulating drug or alcoholic beverage must not be used before or during the competition by any competitor and will be treated as violation of the rules.
- Committee maintains the full right to suspend a Competitor.
- V. ENTRY FEE** Entry fee for the Champion of Champions Final will be \$100.00.
- Competitors name and age must be noted on the office stationary of the participating organization or any other institution with its seal and signature of the director of the Institution in support of the candidate's entry.
1. An entry fee must accompany this form
  2. Photo ID of the Competitor must be attached to this form.
  3. Copy of the certificate of the regional Yoga Competition which you have participated in must be attached to this form.
  4. Signed Waiver form.

## **VI. ATTIRE**

Female: One or two-piece costume with open arms and legs (no bikinis), or exercise top with half tights or cycle shorts.  
Male: Swim suit or cycle shorts.

## **VII. ASANAS**

Five Compulsory Asanas (postures) as stated below and two additional asanas at the competitor's option from the 84 asanas as derived from Patanjali all to be completed in 3 minutes.

- 1) Dandayamana Janusirasana (Standing-Head-to-Knee) ( 3 parts)
- 2) Dandayamana Dhanurasana (Standing Bow Pulling Pose)
- 3) Dhanurasana (Bow Pose)
- 4) Sasangasana (Rabbit Pose)
- 5) Pashcimottanasana (Stretching Pose)
- 6) Optional Choice Asana
- 7) Optional Choice Asana

See detailed description on attached.

## **VIII. CHAMPION OF CHAMPIONS**

Asanas will be assigned at judges' discretion.

## **IX. ARRIVAL**

Competitors are to report to office one hour before competition and are subject to disqualification from competition for late reporting.

## **X. RULES**

1. Foundation will not be liable for any injury of competitors sustained during or as a result of competition. Waiver form must be signed by all competitors.
2. Competitors are to maintain good conduct and proper discipline during competition.
3. The Committee reserves the right to add, alter, amend the rules and programs at its sole discretion without prior notice.

## **XI. JUDGING**

Regional Judges will be appointed by the World Yoga Foundation Judging Committee. Each competitor will have to perform the seven asanas as mentioned above within 3 minutes.

The judges will consider:

- a) Proportion of the body
- b) Performance regarding steadiness of the posture
- c) Dress, style, and grace in asana execution

- XII. VENUE (LOCATION)** Los Angeles Convention Center  
Los Angeles, CA, USA
- XIII. ACCOMODATIONS** Discount Accommodations will be available for participants in this competition.
- XIV. AGE LIMITATION** Anyone over the age of 18 years may participate.
- XV. TRANSPORTATION** Public bus transportation is available to the Los Angeles Convention Center.

**XVI. PROGRAM**

September 24—Arrival of competitors  
September 25— from 11 am. Prequalifying groups 1-2  
September 25—from 2 pm. Prequalifying groups 3-4  
September 26—from 11 am. Prequalifying groups 5-6  
September 27—from 11 am. Championship groups 1-3  
September 27—from 2 pm Championship groups 4-6  
September 28—from 1pm Champion of Champions

- XVII. PRIZES** September 28 2003, from 3 pm Finals and Winner Awards

- XVIII. SPECIAL NOTE** Winners must remain present for Prize Distribution Ceremony until 6 pm. Otherwise they will be suspended from participating in future competitions. In case of non-attendance, an authorized letter must be submitted by the prize holder.

- XIX. DETAILS** For entry and other details contact:

**YOGA COLLEGE OF INDIA**

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