

Yoga Sports Association Australia Competition Rules

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1. General Competition

1.1. General Competition: Attire

- Female: one-piece outfit, above the knee
- Male: tight fitting shorts or trunks, above the knee

Athletes should not wear prominent jewellery or wear headbands or bandanas, additionally, athlete attire should not be overly revealing.

1.2. General Competition: Conduct

- Athletes should conduct themselves with decorum at all times
- Excessive (movement in) demonstrations on the stage are not permitted
- No time keeping devices, electronic devices including cell phones may be present on or near the athlete during their routine

1.3. General Competition: Coaches

No coach, team member or official may communicate (in any manner) with an athlete during the performance of the routine.

2. Postures

2.1. Postures: Submissions

An athlete's six (6) postures demonstration and the order they will be performed in must be submitted 24 hours before the commencement of the competition. During registration athletes need to confirm the order of their postures and should identify any posture they intend to perform with Extra/Less Skill. Athletes are permitted to change their routine in for semi-finals or finals.

2.2. Postures: Order of Postures and Changes

The order of postures for a routine must be set out before the start of competition. Changes to the routine must be submitted 24 hours before the commencement of the competition. Routine changes are permitted during the routine, however, the athlete must verbally announce each new posture they are performing in English to the judges, before the commencement of said posture. Every posture different from the routine submitted must be announced audibly to a level the judges can hear or the posture in question will be scored a zero (0). Judges will update athlete score card with the new posture name and score. If an athlete changes a posture during the routine, they may only perform an approved posture from the Posture Guidelines. Failure to do so or performing a posture different to the announced posture will result in a zero (0) being awarded for the posture.

2.3. Postures: Non-approved

Athletes may submit a non-approved posture for consideration. The technical committee will review the posture, determine difficulty, minimum expression and other

defining characteristics the athlete must execute when performing the posture. If the athlete performs a non-approved posture without approval the posture will be scored a zero (0).

2.4. Postures: Timing

Each posture must be held for a minimum of three (3) seconds in stillness and with normal breathing to be considered for a score. To receive no time penalties, the posture must be held for at least five (5) seconds in stillness with normal breathing. Half-Moon pose is the exception to this rule and the Posture Guidelines should be followed for this posture.

Once the minimum expression as detailed in the Posture Guidelines has been achieved in the posture, the Time Judge will determine stillness and measure the length of time the posture is held for. Deductions for not holding the posture in stillness or for exceeding the total time allowed for a demonstration can be found in the scoring clauses.

2.5. Postures: Execution

Postures have a recommended execution in the Posture Guidelines. However, athletes will not be penalised for changes to entry/execution so long as the posture meets the required full expression as described in the Posture Guidelines.

The correct facing, including limbs facing the judges are described in the Posture Guidelines. Refer to Regulation 5.1.3.4 Scoring: Deductions – Posture Names, Order and Facing Direction clause for scoring deductions.

Transitions between postures should be executed cleanly with minimal extra movements or gestures than required. Doing so may incur additional point deductions.

Demonstrations should aim to be performed in the centre of the stage. A cross (X) will be marked on the floor as a guide. Deductions may incur for demonstrations that stray from the marked spot. There will be no mirror on side stage. However, a small mark may be placed on the walls side stage to focus line of sight for athletes.

2.5.1. Postures: Breathing

Correct Breathing is defined and controlled, regular, and in audible breathing both inhale and exhale through the nose.

2.5.2. Postures: Stillness

Stillness in a posture is deemed to be achieved by the Time Judge when the posture is performed without any movement, demonstrating control for at least 3 seconds. However, the slight movements produced that are required to maintain the natural balancing of a posture are permitted.

Conversely, moving deeper into a posture is not considered as maintaining stillness. For example, in Standing Bow Pulling, by continuing to kick the top leg up higher, it is considered to be moving deeper into the posture, and therefore not maintaining stillness.

3. Competition Format

3.1. Competition Format: Youth (9-11)

The Youth (9-11) division routine must consist of four (4) compulsory postures in the below order and two additional postures of the athlete's choice, selected from the Posture Guidelines.

Youth (9-11) Postures:

1. Half Moon Pose with Hands to Feet Pose (4 parts)
2. Fish Pose
3. Rabbit
4. Spine Twisting Pose
5. Additional Posture 1
6. Additional Posture 2

The first four (4) postures demonstrate the full range of motion for the spine; forward compression, back bend, stretching and twisting. The two (2) additional postures must display skills of balance, flexibility and strength as directed in the Posture Guidelines.

One (1) point will be deducted from total score for each skill (balance, flexibility and strength) not present in the additional postures. A two (2) point deduction will be applied if the two (2) additional postures are from the same category. Furthermore, one (1) point will be deducted for each compulsory posture omitted or performed in the incorrect sequence. All deductions will be removed the total score of the routine. The routine should be completed within (3) minutes or scoring penalties will apply.

3.2. Competition Format: Youth (12-14, 15-17), Adult (18-49) and Masters (50+)

The demonstration must complete six (6) postures from the Posture Guidelines in the order submitted during registration. The demonstration should be completed within three (3) minutes and consist of one (1) posture from each of the six (6) categories listed below.

1. Forward Compressions
2. Backbends
3. Traction
4. Twists
5. Lifts
6. Inversions

Failure to perform one (1) posture from each category will incur a four (4) point deduction for each missing category. The categories can be performed in any order. The demonstration must show each skill (Balance, Flexibility and Strength) twice. Failure to do so will incur a two (2) point penalty for each skill not demonstrated twice.

Athletes must also perform the postures in the order they registered as directed in Postures: Order of Postures and Changes or be penalised one (1) point for each posture out of order. Finally, athletes who do not complete their routine within three (3) minutes will incur scoring penalties as listed in the scoring clause.

4. Judges and Judging Conduct

4.1. Judges and Judging Conduct: Validity

Judges need to be approved by Yoga Sports Association Australia and be of good character conducting themselves appropriately and scoring fairly without bias and prejudice.

4.2. Judges and Judging Conduct: Criteria

Judges must evaluate the athlete's routine as a whole and each individual posture based on:

- Postures performed in correct order
- Postures performed facing the correct orientations from the Posture Guidelines
- Correct breathing when transitioning into/out of postures
- Correct breathing when in the posture
- Stillness in postures
- Correct skill is being demonstrated (Balance, Flexibility, Strength)
- The Time Judge marks the time of postures held in stillness

4.3. Judges and Judging Conduct: Head Judge

A Head Judge must be chosen for the event and their responsibilities include:

- Oversee the event
- Resolve any misconduct issues
- Ensure judges are scoring appropriately; in cases where scores are not appropriate:
 - o Correct the inappropriate score
 - o Take action to ensure all future scores of this judge are appropriate
 - o In extreme cases remove the offending judge from panel and replace with appropriate substitute
 - o Any disagreements or discrepancies between panel judges regarding an athlete's posture or routine are resolved by the authority of the Head Judge

4.4. Judges and Judging Conduct: Judging Team

Judging Team should consist of at least three (3) judges plus one (1) time judge unless otherwise approved.

4.5. Judges and Judging Conduct: Time Judge

The Time Judge is to measure the length of time each individual posture is held for in accordance with the timing regulations. The Time Judge must note the point deductions found in the Scoring Regulations, for each posture demonstrated in the Time Judge scoring sheet independently of the other judges.

The other members of the judging panel score the postures independently of the time judge and to not apply timing deductions to their scores.

The timing deductions are applied after the score of the posture is calculated.

4.6. Judges and Judging Conduct: Scoring Team

A competition must have a Tabulator, Assistant Tabulator and Timekeeper.

- Tabulator: Inputs the judges' scores and the time judges' posture timings and deductions into the scoresheet.
- Assistant Tabulator: collect scores from the judges and assist the Tabulator in entering the scores on the score sheet.
- Timekeeper: notify the athlete/mc when the routine can begin. Track the total time of the routine and audibly call "Time" if the athlete exceeds the total routine time listed in the Scoring Regulations. The total routine time to be added to the panel judges' scoresheets, before being passed to the Tabulator.

5. Scoring

5.1. Scoring: Scoring of Postures

All postures are to be scored as described in the Posture Guidelines with no alterations to the category or difficulty ratings of the described posture. In the event a posture is not in the Posture Guidelines, the Head Judge may add an approved posture for the competition using the difficulty rating, category and guidelines dictated by the Technical Director of AYSF.

Each of the postures demonstrated is marked out of 10 points. Postures can be performed with Extra Skill or Less Skill positions as listed in the Posture Guidelines. Additionally, Accepted Flourishes as stated in the Posture Guidelines can be performed but will receive no extra points.

The demonstration must show each posture characteristic (Balance, Flexibility and Strength) at least two (2) times. Failure to do so will result in score penalties found in the Scoring: Deduction Regulation 5.1.3

For other infractions the Judging Panel will deduct points in either whole or half point depending on the severity of the infraction as described in the Scoring: Deduction Regulation 5.1.3.

5.1.1. Scoring: General Scoring

For a posture to receive a score:

- The posture must be deemed to have reached Minimum Expression as described in the most current version of the Posture Guidelines
- The minimum length of time an individual posture is held in stillness must be reached (three (3) seconds) in accordance with the Timing Regulations
- Correct breathing must be demonstrated throughout

For a posture to receive full marks:

- The posture must be held still for a minimum of 5 seconds in stillness
- Correct breathing on entrance, during and exiting the posture
- Full expression of the posture must be achieved as described in the Posture Guidelines
- The exit of the posture exactly opposite to the way as the posture was entered, with control the entire time

Postures have a recommended execution in the Posture Guidelines. However, athletes will not be penalised for changes to entry/execution so long as the posture meets the required full expression as described in the Posture Guidelines.

5.1.2. Scoring: Timing

If stillness is not achieved as per regulation 2.5.1 Postures: Stillness, point deductions to be applied by the Time Judge are as follows:

- 5 seconds or more: no time deduction
- 4 - 4.99 seconds: -0.5 points deducted
- 3 - 3.99 seconds: -1 point deducted
- 2.99 seconds or less: 0 points deducted

An exception to timing deductions is in the Youth Division for Half-Moon Pose. A 3 second hold in stillness, with correct breathing for both sides is enough to achieve maximum points.

All divisions must complete their routine and come back to neutral point (the stage will have a cross marked on the floor) within three (3) minutes.

At the three (3) minute mark of the demonstration the Timekeeper will audibly call "Time" so both the Judging Panel and the athlete can hear. If "Time" is called, the demonstration should still be completed, however not take longer than a total of four (4) minutes.

- If the "Time" is called before the completion of a Posture the score for that Posture is zero
- If "Time" is called after the completion of a Posture, but before the posture is held for at least three (3) seconds, the score given for that Posture is zero
- If "Time" is called after a Posture has been held for at least three (3) seconds and the exit of a Posture has begun, a failure to return to a neutral standing position, shall incur a one (1) point deduction for failing to complete the demonstration within three (3) minutes

5.1.3. Scoring: Deductions

5.1.3.1. Scoring: General Deductions

General scoring deductions:

- Entering the posture without control
- Exiting the posture without control
- Exit of the posture inconsistent with the entry of the posture
- Unnecessary movements in between the postures

- Loss of muscle control during the posture (intermittent contraction of the muscles)
- Loss of abdominal muscle control, belly moving in and out while breathing
- Showing signs of difficulty during posture execution
 - o slipping/readjusting/fidgeting
 - o forcing and/or struggling during the execution
 - o lack of fluidity in movement
 - including moving back in posture before proceeding deeper again
- Slipping of grip or incorrect grip position as described in the Posture Guidelines
- Uncontrolled movement of any part of the body including loud landings
- Finishing demonstration off the X marked on stage
- Performing flourishes not mentioned in Posture Guidelines

5.1.3.2. Scoring: Deductions – Posture Characteristics

The demonstration must show each posture characteristic at least two (2) times

- Balance,
- Flexibility
- Strength

The description of the posture in the Posture Guidelines contains the characteristic(s) for each posture.

Failure to demonstrate each characteristic twice will result in a one (1) point deduction for each time it is missed. For example, not demonstrating the strength characteristic in any posture of the whole demonstration will result in a two (2) point deduction.

5.1.3.3. Scoring: Deductions – Posture Categories

Failure to perform one posture from each category of the six below categories will incur a four (4) point deduction for each missing category.

The six categories for Postures as stated in the Posture Guidelines are:

1. Forward Compressions
2. Backbends
3. Traction
4. Twists
5. Lifts
6. Inversions

5.1.3.4. Scoring: Deductions – Posture Names, Order and Facing Direction

Postures must be performed in the order previously nominated by the athlete. Failure to do so will incur a one (1) point penalty for each posture performed out of order during the demonstration.

If the athlete decides on stage to change postures, they must do so in accordance with Regulation 2.2 Postures: Order of Postures and Changes.

Failure to do so will incur the following penalties:

- Every posture different from the routine submitted must be announced audibly in English so the judges can hear it or the posture in question will be scored a zero (0).
- Performing a posture different to the announced posture will result in a zero (0) being awarded for the posture.

Athletes are permitted to change their routine in any way for finals or semi-finals.

5.1.4. Scoring: Extra/Less Skill

The Posture Guidelines describes the current list of accepted Extra/Less skills for each Posture. Extra/Less skills are altered positions of the base posture, without changing the characteristics of the postures rewarding bonus or penalty points as listed on the posture description.

If the Extra/Less skill is performed the Head Judge will determine how the posture is scored. This decision cannot be appealed.

5.1.5. Scoring: Flourishes

Flourishes are alternative endings to postures or additional movements during the execution of the posture that do not award bonus points as they are not considered to be Extra/Less skills. Flourishes do not incur point penalties unless the flourish is performed incorrectly and causes errors in the posture.

Accepted Flourishes can be found in the Posture Guidelines, if it is not listed, the Head Judge will determine if Flourishes impacts the posture and if there scoring penalties will be incurred. This decision by cannot be appealed.

5.1.6. Scoring: Second Chance

If an athlete falls out during the execution of the posture, they can decide to do the posture again and invoke a Second Chance. A Second Chance at a posture will be scored out of five (5). The technical aspects and the difficulty of the posture do not change and are stated in the Posture Guidelines. The athlete does not have to announce they are taking a Second Chance, they may commence the posture again from the beginning or in cases where the posture has not been altered, such as touching the foot in Om.

When an infraction has been committed the Judging Panel will score a second chance. Infractions include the following:

- A loss grip during execution
- Limbs slipping out of place
- Re-touching the floor once the limb has been lifted as required by the posture

5.2. Scoring: Tie Breaker

5.2.1. Scoring: Tie Breaker Youth 9-11

In cases where competitors have the same number of points:

- Competitor with best average of the 4 compulsory postures will be the winner
- If scores are still level, the competitor whose total time is closest to three (3) minutes will be determined the winner.

5.3. Scoring: Tie Breaker Youth (12-14, 15-17), Adult (18-49) and Masters (50+)

In cases where competitors have the same number of points:

- The Athlete with the higher percentage of execution will be determined the winner
- If scores are still level, the competitor whose total time is closest to three (3) minutes will be determined the winner.

The percentage of execution is the ratio between of highest amount of points that an Athlete could have achieved in a routine against what the Athlete actually received, regardless of the difficulty rating of the postures.

The percentage of execution is determined dividing the amount of points the athlete received by the total amount of point the athlete could have score.

5.4. Scoring: Discrepancies

If there are any discrepancies between official Judging Score Sheets and public notifications, the official Judging Score Sheets will always be considered correct.

5.5. Scoring: Appeals

- Must be made within 15 minutes of the end of the competitor's category
- For the appeal to be considered, an AUD\$100 fee must be presented with the written appeal. If the ruling on the appeal is made in favour of the athlete, then the fee is returned to the athlete. If the appeal fails, the money will be granted to the AYSF.
- The written appeal and fee must be provided to the event's athlete liaison or appointed person and never directly to the judging panel
- The Head Judge or MC will announce there has been an appeal, and the result of the appeal once the decision has been made by the Judging Panel.
- The decision of the Judging Panel is final and cannot be appealed.

5.5.1. Scoring: Appeal Validity

Only appeals for the following can be made:

- Time Judge error
- Score sheet arithmetic error
- Score publication error
- The Judging Panel's failure to correctly apply a rule

Appeals cannot be made relating to the Judging Panel's technical evaluation of the posture.

6. Disqualification

Disqualification from the event will apply in cases where athletes have tested positive to banned substances.

Athletes should conduct themselves with decorum at all times, disqualification will apply in cases of harassment or bullying (physical, verbal or psychological in manner).

7. Rule Interpretation

In the event a rule or regulation is called into question, the Head Judge of the event will make a determination of how the rule is to be interpreted and implemented at the time of the event. The AYSF can be contacted after the event, to propose for a rule to be re-written to avoid the issue in the future, however the determination of the Head Judge at the event in question will stand.