

**INTERNATIONAL YOGA
SPORTS FEDERATION
SPORTING AND
TECHNICAL
REGULATIONS RULE
BOOK
2019-2020**



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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 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

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:

Athlete	Any person participating in any of the competitive activities described under "Yoga Sports"
Authorities	All members involved in an official capacity with IYSF
Coach	Any accredited coach or trainer of an Athlete competing in any Competition
Competition	Any IYSF sanctioned Yoga Sports Competition
Congress	the Congress of IYSF
EB	Executive Board of IYSF
IYSF	International Yoga Sports Federations
Judges	Head Judge Other Judges Time Judges
LTD	Local Technical Director
MC	Management Committee of IYSF
NF	National Federation affiliated to IYSF
Officials	Assistant Tabulator Tabulator Timekeeper
Plenary Assembly	the Plenary Assembly of IYSF
PG	Posture Guidelines. Refers the full requirements of each posture in the Youth (9-11, 12-14, 15-17) Adult and Master Divisions.
Secretary General	Secretary General of IYSF
Postures	Refers to the postures to be demonstrated in the Athlete's Routine.
STRs	The Sporting and Technical Regulations prepared by the respective Technical Committee and approved by the Executive Board for the following purposes: <ul style="list-style-type: none">▪ Provide an objective means of evaluating the Postures for all IYSF Competitions▪ Standardize the judging in IYSF Competitions▪ Correctly score and place the Athletes in any IYSF Competition▪ Guide Athletes and Coaches on how to correctly execute the Postures▪ Define the degree of difficulty, characteristics, and Compulsory Posture Group for each Posture▪ Classify the penalties and deductions for errors in the execution and performance of Posture or Routine▪ Define the deductions for contraventions, errors, and misconduct set out in the STR in relation to the Athlete's performance
Statutes	of IYSF

TC

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

Yoga Sport

the Sport 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. 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 (STRs) include Regulations for the following disciplines:

- Youth Division
- Adult Division
- Masters Division

The STR conforms to the Statutes of IYSF. If 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 order to deal 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 STRs is to establish a controlling document for the operation, organisation and control of the technical requirements of IYSF and to encourage, and provide for, continual advancement in all aspects of Yoga Sports in association with the recognised Federations, as outlined in the Statutes.

REG. 1.2 VALIDITY

The STRs are written in accordance with the Statutes.

REG. 1.3 SCOPE OF APPLICATION

The STRs apply to 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, IYSF, makes Rules and Guidelines related to the control of publicity material, doping control and other subjects.

NFs are required to ensure their compliance with the Regulations governing the participation in and/or organisation of IYSF Events.

The STRs, developed by the TC and adopted by the MC, addresses the proper assessment of Postures, the content and combination of Postures, faulty performance deductions, disciplinary action for breaches by the Athletes, Coaches and Judges, as well as the control of the competition and the details of the organisation.

REG. 2 IYSF COMPETITIONS AND OTHER EVENTS

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

- Fix the number of Athletes, Participants and Officials
- Fix the number of officially authorised Judges
- Accurately fill out the tabulation software
- Report any disciplinary issues to IYSF
- Ensure the Statutes are adhered to
- Fix the number of Judges for each round
- Adjust the age limits in the competition
- 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 1st September to 31st August inclusive. All Competitions include Youth (9-11, 12-14, 15-17), Adult and Masters 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

International Competitions are deemed to be IYSF competitions between two or more countries.

The most important International Competition is the World Championship organised every two years by IYSF alongside an elected NF. For the World Championship IYSF decides on the appropriate venue and date of the competition. The Competition must be carried out in accordance with the Statutes and STR. The Competition management is the responsibility of IYSF authorities alongside the host NF, which must take place during the Competition season. The Competition must take place over two days.

In between World Championship IYSF recommends Continental Cups to be organised. The Continental Cups not only further the promotion of Yoga Sports, but also serve to qualify Athletes who do not have NF to the World Championships. A single NF on each continent should take on the responsibility for the organisation and running of the Continental Cup. The Competition must be carried out in accordance with the Statutes and STR. It is the responsibility of the host NF to decide the time, date and venue of the competition.

REG. 2.1.2 NATIONAL COMPETITION

The National Competitions are to run during the Competition season and, in the year of World Championships, before the International Competition. The dates of the National Competition are to be decided by NF within the Statutes.

REG. 2.1.3 REGIONAL COMPETITION

As determined and organised by NF, Regional Competitions are to be held before the National and International Competitions during the Competition season. Appropriate provisions must be made by NF to ensure that there is sufficient time between Regional and National Competitions.

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

The official Competitions of IYSF and other Events are held at locations decided by 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 IYSF

REG. 3.1 COMPETITIONS BETWEEN FEDERATIONS

NF have the right to arrange Competitions with other NF, and also between Regions within their countries. 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 STR concerning the following:

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

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 put in effect.

The participating NF 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 IYSF and mutual agreement between NF 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 NF.

IYSF is to be notified of all International meetings and Regional meetings arranged by one or more NF.

REG. 3.2 EXHIBITIONS AND PUBLICITY DISPLAYS

For the purpose of the development of Yoga Sports, NF 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 NF proposing the Event. At International Competition the responsibility lies with NF appointed by 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 or visual

accompaniment. Any Yoga Sports demonstrations at the Exhibition or any Publicity Display will not be judged.

REG. 3.3 RESULTS FROM EVENTS

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 be notified by their respective NF confirming their place as a finalist. The Athletes must officially submit registrations through IYSF online system at 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 a 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 their 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 NF 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

NF will provide online registration for Athletes. This form must be completed before the competition. Athlete's must bring a suitable identification to the competition to be checked at the accreditation. Athletes must also sign a suitable Waiver of Liability in accordance with the individual requisites of the country. Athletes must be given suitable time to register and make any changes that are needed to their Routine.

The accreditation procedure for National and Regional Competitions must conclude no later than two hours before the start of the Competition.

All Youth Divisions 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 NF 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 a 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 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 is made 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 NF and IYSF must be given a copy.
3. Between the time of accreditation and until 24 hours prior to the beginning of the International Competition, 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 an official medical doctor, an Athlete can be substituted 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

The draw for each division in IYSF competitions must follow the following procedure. Before the start of the competition, organizing NF must pick a letter randomly and then organise the Athletes alphabetically according to that letter.

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 NF to decide on the order and the day in which the different Divisions are presented and the order of gender within those Divisions. Where there are semi-finals in the competition it is recommended that the competition is split into two days.

The recommended order is for the Youth Divisions to go first, then the Masters and lastly the Adult. It is also recommended for the Male division to go before the Female division. For the International competitions, IYSF alongside the hosting NF must divide all the divisions over the course of the competition days to ensure even time management over the course of the competition.

REG. 4.4 PROCEDURE FOR DRAWING LOTS AT INTERNATIONAL COMPETITIONS

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. 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 IYSF, in association with NF, to direct and organise the International Competition.

IYSF and NF undertake to ensure the smooth running 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 AND REGIONAL COMPETITION

It is the responsibility of NF to direct and organise the National and Regional Competitions. NF undertake to ensure the smooth running of the National and Regional Competitions 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 NF:

a) Local Technical Director

This officer works under the rules and regulations of 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 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 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 IYSF website.

REG. 4.8 PRINCIPAL TASKS OF NF IN COMPETITIONS

NF must take all available steps, during 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 NF from organizing future IYSF Events and the cancelation of NF membership to IYSF.

REG. 4.9 INTERNATIONAL PRE-CHAMPIONSHIP BULLETINS

Information bulletins must be printed and sent to 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 all 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.

REG. 4.11.3 PERFORMANCE AREA

The Athletes' performance area must have minimum dimensions of 2.5m/8.2ft long and 2m/6.5ft 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 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 NF 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 NF is permitted to also include the public display of results).

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 to set up all the necessary tabulation equipment
- 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 NF 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 NF 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, NF, 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 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

NF 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 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 IYSF

REG. 5.2.1 AGE OF PARTICIPANTS

For all Competitions, Athletes must meet the following age requirements, which are marked by the Competition season:

Youth:

Boys and Girls: 9 to 11 years
Boys and Girls: 12 to 14 years
Boys and Girls: 15 to 17 years

Adults

Men and Women: 18+ years

Masters

Men and Women: 50+ years

REG. 5.2.2 AGE DETERMINATION

- The Competition season is defined as September 1st – August 31st. For all aspects of the program, an Athlete's competitive age is determined by their age on September 1st 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 1st. (Example: If an Athlete is 17 years old on September 1st, they may compete as an Adult in the competition. This rule is valid for all Age Divisions.)

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 1st 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 IYSF and the Athlete's NF.
2. In any Competition sanctioned or conducted by 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 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 IYSF to incorporate countries that do not have their own Federations. The list of the countries assigned to each NF will be designated at 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 NF within the guidelines of the STR as approved by 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 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 must approve their participation.

REG. 5.4 CONTROLS OF NATIONALITY AND AGE

Prior to any official IYSF Competitions NF are required, during the accreditation process, to check the Nationality and age of Athletes as well as the Nationality of Judges.

REG. 5.5 QUALIFICATIONS FOR COMPETITIONS

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

For the World Championships each NF is permitted to send up to 6 qualified athletes per Division. The first 3 placed Athletes from both years prior to the competition automatically qualify. If the same Athletes qualified in both years then the 4th placed Athlete from the later year and the 4th place Athlete from first year are eligible for qualification. Subsequently the 5th placed Athletes from both years are eligible and so on, until 6 qualified Athletes per division have been chosen to represent their country at the forthcoming World Championship.

For other International Competitions it is the responsibility of the host NF to decide on the number of Athletes eligible to compete. NF are not permitted to favour or discriminate any country or NF and the qualification criteria must be the same for all the Athletes of all NF participating.

REG. 5.5.2 QUALIFICATION FOR NATIONAL COMPETITION

If a NF has Regional Qualifying Events, 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-piece exercise outfit

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.

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 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 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.

REG. 6.1.1 YOUTH 9-11 FORMAT

Four Compulsory Postures and two additional postures, of the Athlete's choice are to be demonstrated in the following order:

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

The Youth Division 9-11 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 from the Approved list of Postures in the PG. 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 to be chosen by the Athlete to demonstrate the skills of Balance, Flexibility and Strength.

The Optional Postures must cover all the skill categories of balance, flexibility and strength. There is a mandatory **1-point deduction** for each skill category that is not covered.

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 **2-point deduction** from the overall score is given 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 PG. 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 Judges score all the postures out of 10. The score is then automatically tabulated with the degree of difficulty multiplier in the tabulation grid.

REG 6.1.2 YOUTH (12-14, 15-17), ADULT AND MASTERS DIVISION FORMAT

Each Athlete must complete **6 optional postures** within 3 minutes. The Athlete must choose **1 posture** from each of the **6 compulsory posture groups** demonstrating the basic range of motion of the spine and the skills of the Athlete:

- **Backbends**
- **Forward Compressions**
- **Tractions**
- **Twists**
- **Lifts**
- **Inversions**

The Athlete is allowed to perform the postures in the order that they want, but must submit their routine at the registration. Failure to comply with the submitted order will incur a 1-point penalty for every posture out of sequence. The deduction will be made from the Athlete's total score.

A **1-point deduction** from the overall score is given for each compulsory posture group missing in an Athlete's performance.

A **1-point deduction** from the overall score is given for **each** characteristic of Balance, Flexibility and Strength missing in an Athlete's performance. An Athlete must demonstrate each of these characteristics at **least twice** during the performance. Example: If the Athlete does not demonstrate Flexibility in the postures chosen for the performance, they will automatically receive a 2-point deduction from their overall score, since Flexibility needs to be demonstrated at least twice during the performance.

The Judges score all the postures out of 10 and the calculation with the degree of difficulty multiplier is carried out automatically in the Tabulation Grid.

REG. 6.2 SUBMISSION OF POSTURES

Athletes must register with the National Federation (NF) no later than 24 hours prior to the start of the competition or by the deadline established by NF. The Athlete must declare their choice of all 6 Postures, including any Extra or Less Skills, and the order of performance at the time of registration.

The Athletes must complete the registration requirements, including paying the registration fee and signing the Athlete Oath.

At the published deadline for posture changes (which might vary depending on the event) the Athlete must confirm their choice of all Postures, including any extra skills and less skills, and if they wish change their choice of Posture(s) from the original submission.

Athletes are permitted to change their routine if they qualify for the Finals. The Athlete has 3 hours after the results are announced in which to submit their new routine online.

REG. 6.3 CHANGE OF POSTURE

Athletes are permitted to change their routine if they qualify for the Finals. The Athlete has 3 hours after the results are announced in which to submit their new routine online.

If for whatever reason an Athlete decides to change their Posture on the day of Competition, during their performance the Athlete must audibly call the name of the Posture in English before executing 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. 6.4 SUBMISSION OF NON-APPROVED POSTURES

In IYSF 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 to **the** NF and have it approved at least 1 Month prior to the day on which the event begins.

The NF will submit the Posture to **the** IYSF Technical Committee tc@iysf.org The TC will then decide the Posture's difficulty rating, characteristics and the Compulsory Posture Group.

If the posture is not submitted as described and the Athlete chooses to perform that Posture, the Posture will be scored zero.

REG. 6.5 TIMING OF POSTURE

Athletes must hold each posture in stillness with normal breathing for at least 3 seconds to receive a score. For a maximum score, they must hold the posture for at least 5 seconds (except for Half-Moon pose).

It is the duty of the Timekeeper to make sure that the exact time of the Athlete's routine is calculated and declared at the end of the Athlete's routine. This information is passed on to the closest Judge sitting to them, who inputs it into score sheet or Tabulation software. The Time Judge is responsible to measure the stillness in each posture once it has been achieved and determine the appropriate deductions once the minimum expression has been reached. The Time Judge's role is to assess the length that each posture is held in accordance with the timing requirements set out in the scoring. For further timing deductions see Reg. 8.2.5.

REG. 7 JUDGES AND JUDGING OF COMPETITIONS

REG. 7.1 GENERAL PRINCIPLES AND INCLUSION AS A JUDGE

In order to become a certified IYSF Judge and Time Judge the applicant must fulfil the following requirements:

1. Attend an IYSF Rules Clinic at the event or online. Fee US\$20.
2. Participate in an online Shadow Judging run of at least 60 athletes in an official recorded IYSF competition. The applicant must obtain an overall score of 80% or above match compared to the scores given by the Official Judges. Fee US\$50.
3. Pay the US\$100 membership fee to IYSF.

The International Judge certification is valid for four years and can be extended at the end of this term. Extension requires a new payment of the membership fee and the approval from IYSF Technical Committee. This approval is usually done automatically if the Judge can prove regular judging activity during the last four years.

Only Judges listed on IYSF website (<http://www.iysf.org/judges/>) are entitled to judge IYSF competitions.

No competitor can participate as a Judge at any competition. Athletes who fulfill the Judging requirements, can serve as a Judge during any competition season if the Athlete has chosen not to compete, or their involvement as an Athlete has finished for the season.

A Judge cannot participate in a competition if they are related to any of the Athletes competing.

Judges who are also coaches should not officiate a competition category in which one of their Athlete's is participating.

The Judge must not have helped or coached any Athlete competing at the Competition on a one to one basis for more than one hour during this current competitive 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

IYSF Statutes, STR and PG form the basis for judging, which Judges must use in order to correctly judge and score the Athlete's Routine. 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 Athlete's Routine 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.

REG. 7.4 QUALIFICATIONS OF JUDGES FOR IYSF INTERNATIONAL COMPETITION

Judges can only be considered for judging at International Competition 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. 7.1.

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

REG. 7.5 JUDGES' REGISTRATION

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

REG. 7.6 ORGANISATION AND RESPONSIBILITY OF JUDGES AT OFFICIAL COMPETITIONS OF IYSF

It is the responsibility of the below-mentioned personnel to judge official Competitions of 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 NF to choose the Head Judge.

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

National competitions must have a Judges panel consisting of 3 to 7 Judges and 1 Time Judge.

International competitions should have a Judges panel of 7 Judges and 1 Time Judge.

A Head Judge and Time Judge are mandatory for all National and International competitions. Regional competitions can have only one Head Judge on the Judges panel.

The elected Head Judge must sit in the middle of the Judges' table next to the Time Judge.

REG. 7.7.3 TIME JUDGE

The role of the Time Judge 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 Judge 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 Judge must note the deductions of the postures in the Time Judge 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 Judge, in which case the judges do the time deductions themselves.

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

The Time Judge 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 Judge to be included in the Judging Panel. The Time Judge 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 Judge 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 Time Judge at International and National competitions. It is recommended for Regional competitions, but it is not obligatory.

REG. 7.7.4 SCORING TEAM

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

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 Judge sitting 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.

For competitions without online software:

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.

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 host NF in conjunction with IYSF 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. 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 NF 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 movement, 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. Those are the slight movements produced by the balancing limb in contact with the floor to maintain the balance in the posture, which does affect the rest of the body.

Moving deeper into the posture does not count towards maintaining the posture in stillness. For example: Continuing to kick the top leg up in Standing Bow Pulling during the execution of the posture to maintain the balance is considered as moving deeper into the posture, the posture will then be scored zero points.

If stillness is not reached due to constant fidgeting, the breathing is audible or the breath is held the posture will automatically receive zero points.

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
- Additional movements in between the postures

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 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 Masters) in official IYSF Competitions (with the exception of Half-Moon Pose in the Youth Division in which a 3 second hold on both sides is enough to achieve maximum points).

Every Posture 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 a Posture, which the Athlete has decided to change during their performance will receive zero (see Reg. 6.2).

A 1-point deduction from the overall score is given for each compulsory posture group missing in an Athlete's performance.

A 1-point deduction from the overall score is given for each characteristic of Balance, Flexibility and Strength missing in an Athlete's performance. An Athlete must demonstrate each of these characteristics at least twice during the performance. Example: If the Athlete does not demonstrate Flexibility in the postures chosen for the performance, they will automatically receive a 2-point deduction from their overall score, since Flexibility needs to be demonstrated at least twice during the performance.

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

The list of Postures in the PG explains the criteria and recommended execution for each posture including any Extra/Less Skills.

Extra/Less skills are aspects or elements of the posture that demonstrate either greater or lesser proficiency in the posture's execution.

Extra/Less skills do not change the characteristics of the posture.

Extra/Less skills carry rewards or penalties of 0.5, 1, 1.5, or 2 points.

The Recommended Execution in the PG is an agreed ideal, but individual Athletes can decide how to execute and perform the postures. Athletes will be judged on their final expression of the posture. Nonetheless, when performing the postures, the Athletes must face the Judges and present the correct limb in the manner specified in the PG.

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 IYSF. IYSF aided by the TC will decide 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 the PG, are considered as any unnecessary endings of the Posture or additional movements during the recommend traditional execution of the Posture. Accepted Flourishes do not demonstrate any extra skills, but also do not change the characteristic of the posture.

Athletes do not receive any extra points for performing Accepted Flourishes. Also, Accepted Flourishes do not carry any deductions unless the execution of the Accepted Flourish is faulty and/or causes errors in the posture.

Any additional movements in between the postures during the performance not specified in the PG are subject to a points' deduction.

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. The IYSF aided by the TC will decide 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 ERRORS LEADING TO A 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. If a fall occurs prior to completion of the Posture, the **Posture will be scored out of 5** and the Athlete shall have a second chance to complete the Posture. The difficulty rating of the Posture does not change.

Judges will score the posture as a Second Chance if the following errors are committed during any part of the performance:

1. A limb or foot prematurely coming out of a tucked position. i.e. One Leg Peacock.
2. Any premature and complete loss of a grip. i.e. Rabbit.
3. Any part of the body touching the floor either prematurely or when touching the floor is not a feature of the posture, its entry or exit. i.e. Om.
4. Touching the floor in an uncontrolled manner with any part of the body, even if required by the posture, will incur deductions. This fault includes making a loud noise with the floor during any part of the posture. i.e. Wheel.
5. Entering a posture, 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. i.e. Standing Bow Pulling.
6. Retouching the floor with any part of the body after the set-up of a posture has been completed. i.e. making a step in a Handstand posture; lifting the hand off the floor and touching it back on the floor in the One Arm Peacock; lifting the knee off the floor and putting it back down in Spine twist etc.

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. If the Athlete fails in the second attempt, then the score for that Posture is automatically 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.

If the Athlete again fails, the posture is scored a zero, and the Athlete must move on to the next Posture.

The Athlete does not need to state that they are taking a Second Chance.

REG. 8.2.5 TIMING DEDUCTIONS

In all the Divisions Athletes must complete their routine and come back to neutral point within **3 minutes**.

Failure to finish within 3-minutes will incur point deductions as follows:

1. If "Time" is called prior to the completion of the Posture the score for that Posture is zero.

2. If "Time" is called 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.
3. Despite 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 such exit.
4. If "Time" is called 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.

Once the 3-minutes of the Athlete's routine has expired, the Time Keeper will audibly say "Time" to notify the Judges. The Athlete should still finish their performance.

Athletes must ensure they have completely left the stage within 4 minutes or they may face disciplinary action.

REG. 8.3.1.3 TIE BREAKER PROTOCOL

YOUTH 9-11

1. In the case of Athletes having exactly the same number of points, the winner is determined by the Athlete with the best average in the first 4 Compulsory Category Postures.
2. If scores are level, the following tiebreaker is decided by the Athlete who has the best timing (closest to 3 minutes).

YOUTH 12-14, 15-17, ADULT AND MASTERS DIVISION

1. In the case of Athletes having exactly the same number of points, the winner is determined by the Athlete with the higher percentage of execution.
2. If the execution percentages are still level, the following tiebreaker is decided by the Athlete who has the best timing (closest to 3 minutes).
3. The percentage of execution is the ratio between the 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.

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 correctly apply a rule not relating to the Judges' evaluation of the technical merit.
- A computer error.
- A Time Judge error.

Appeals cannot be based on how a Judge evaluates the Athlete's performance.

Athletes have 15 minutes to appeal from the end of their section in the competition (i.e. Adult Female).

The Athlete, their Coach or an Athlete's representative must make the appeal in writing. Once the appeal is received the MC will announce that there is an appeal at the first possible opportunity.

The written appeal must be given to the Head Judge by a designated backstage assistant. The assistant must be designated prior to the start of the competition and must be introduced to all participants. Only this designated assistant can approach the Judge's table and the Head Judge.

There is a US \$100 fee, to be given to the Head Judge with the written appeal. If the appeal is decided in favor of the Athlete the US \$100 will be returned. If the appeal is not decided in the favor of the Athlete, then the money will be given to the IYSF.

Once a decision has been made it is final and no further discussion will take place.

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 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 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 to be conducted in the presence of all the Athletes, delegations of the Federations, the Judges and the public. The NF is required to

decorate the Competition Hall in an appropriate manner and to correctly display IYSF logo.

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 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. NF are responsible for the efficient running of these ceremonies. 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 NF

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 appropriate 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.