



Yog Sports Foundation

Presents

National Yogasana Championship 2026

In Association with

**MAHARISHI MAHESH YOGI
RAMAYAN UNIVERSITY**

&
Aplomb Health Care Ltd.

Venue

**Mahrishi Mahesh Yogi Ramayan University , Ayodhya ,
Uttar Pradesh (NCR) , INDIA**

11 & 12 April 2026

YOG SPORTS FOUNDATION

National YogAsana Championship 2026

Ramayan University, Ayodhya , Uttar Pradesh , India

Mob - 7011086728 ,7838279801 , 8920921620 | gsyogsportsfoundation@gmail.com

To

The General Secretary/Principal/ HoD/Directors

(All Nationals Bodies, Schools, Colleges, Universities, Yoga Centers)

Sub: National Yogasana Championship

Dear Sir/Madam

We are very pleased to inform you that the Yog sports foundation is going to conduct the National Yogasana Championship 2026 at MAHARISHI MAHESH YOGI RAMAYAN UNIVERSITY, AYODHYA, UTTAR PRADESH , INDIA from 11 & 12 APRIL 2026.

The syllabus instruction, rules & regulations of above said championships, entry form and other instructions are attached here.

Considering your immense dedication and expertise in the field of yoga, we would be honoured to have you and your team participate in this prestigious event. Your participation will not only contribute to the success of the championship but also provide an excellent opportunity for you to network with like-minded individuals and gain recognition in the yoga community.

To facilitate your participation, we have attached the registration form along with this pdf. Kindly fill it out with the required details and send it back to us by 01 April 2026.

We welcome all yoga participants/coaches/officials from YSF Bodies and other institutions.

Regards,

Dr Shivam Mishra

(Gen. Secretary)

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Rules and Regulations

Age groups - The championship will be conducted separately for

Males/Females under the following 9 age groups A, B, C, D, E, F,G, H, I, J respectively.

2. Specially-abled candidates will compete in separate male and female .There is no age bar for specially-abled candidates.

Group A: Male and Female - 07 to 11 years.

Group B: Male and Female - 12 to 15 years.

Group C: Male and Female - 16 to 19 years.

Group D: Male and Female – 20 to 25 years.

Group E: Male and Female - 26 to 35 years.

Group F: Male and Female - 36 to 45 years.

Group G: Male and Female- 46 to 50 years. (Additional Age Group)

Group H: Male and Female - 50 Above.

Special Group : Specially abled Males and Females (separate) - No age bar. {Any five yoga asanas of your choice}

Four compulsory asanas are to be performed by each **(1 forward bending, 1 backward bending, 1 Twisting, 1 balancing Hand or Leg Balancing (Not Other than this any balancing pose will consider as balancing like head or hip)** from the **Own Choice** asanas. So a total of 04 (Four) compulsory as category + 01 (one) optional asana-05 (five) asanas. Each player has to hold each posture for a Minimum of **30** seconds from starting.

3. Competitors of Group I and Group J have to perform 05 (five) asanas of their own choice. The champion of champions competition will be conducted among the first place holders of groups A, B, C, D, E, F, G, & H for both boys & Girls separately.

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4. Prizes and merit certificates will be awarded from 1st to 6th positions in each group. Every competitor will receive a participation certificate.

5. The championship will be conducted according to the rules and regulations of the YOG SPORTS FOUNDATION COC (Refer YSF Website)

6. Participation & Accommodation Details

The entry fee for the event is **INR 1000** (Including Participation Fees & food) per participant (applicable for both male and female) for each category of participation. For participants who wish to stay at the venue, accommodation options are available at the following rates:

- **INR 1500 – Ashram Accommodation (Including Participation Fees & food)**
- **INR 2000 – Deluxe Room Accommodation (Including Participation Fees & food)**

Participants who prefer to arrange their own accommodation are welcome to do so. In such cases, only the participation fee of **INR 1000** will be applicable. We fully respect and encourage this choice for those who wish to make independent lodging arrangements as per their convenience.

No entry fee will be charged for specially-abled candidates.

7. Evidence of age- The candidate applying for entry in any group has to submit a certificate in support of his/her age. A physically handicapped person will be required to produce an attested copy of the certificate in the prescribed form in support of his/her claim from a competent authority.

8. Competitors must have to follow rules & regulations and they must follow disciplined behaviour. He/she must not argue or quarrel with the judge's decision. The judge's decision will be final & binding. If disobey or violation occurs the competitor Judge expels the participants or team from the competition.

9. Competitors must perform/follow only the prescribed yoga Syllabus of the YSF.

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Prizes

1. All participants will be awarded with certificates of participation and a Participation Medal.
2. The 1st, 2nd and 3rd place from each category of the Yoga Asana Sports Competition, (including Artistic and Group events) will be awarded Medals, Merit Certificates.
4. 4th, 5th and 6th place will be awarded with Merit Certificates.
5. The 1st place & 2nd from each group will compete for the **Champions Challenge Round Champions** Title Male and Female Individually, 1st Runner up and 2nd Runner up Title combined.
6. The Challenging Round Winner will be awarded with Trophy, & Certificate.
7. The RunnersUp (Male or Female) will be awarded with Trophy, & Certificate.
8. The 2nd Runner-Up (Male or Female) will be awarded with Trophy & Certificate

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Accommodation For Participants

We will arrange Ashram Halls for Participants Boys and Girls separately from 10 April 2026 After 12 pm onwards till 12 Nov 07 PM

Food

Free Vegetarian Food will be provided to participants and officials from 11 April 2026 From the Morning until 12th Dinner. it will include Morning Simple Yogic snacks (Preferable Tea, & Fruits), Lunch Sattvic food, and Dinner Sattvic food.

Entry Form

Entry Forms will be Written in good writing or Typed in Capital Letters (The form is Type able) and duly signed by the Head of the Institution, President / Secretary of the State body of YSF and competitors.

Medical Fitness Certificate

The Medical Fitness Certificate of the player is compulsory. Each player will submit MedicalFitness Certificate at least from M.B.B.S. Doctor to the Scorer before their performance during the Championship and must be sent by email to General Secretary at gsysfindia@gmail.com .

Risk Certificate/Declaration/Undertaking by the Competitor

The player will submit the Risk Certificate / Declaration / Undertaking Forms duly filled and signed (In the case of minor participants, the parents of minor participants will sign the risk certificate / Declaration Certificate) and counter-signed by the group teacher/leader, to the scorer before their performance during the competition.

Player Registration Card

The Yoga Players participating in the National Yoga Sports Championship should have a Player Registration Card issued by Yoga Sports Foundation. New Competitors can apply for new registration with the Entry Form.

Photographs of Players/Officials

Each player should have 2 Latest Coloured Passport size Photographs. While coming for their performance during the Championship, the same to be pasted on the Participation/Merit Certificate of the player/souvenir.

Arrival of Teams

The teams who are participating make sure to reach the 10 April Evening of 2026. at Venue Ramayan University Ayodhya , Uttar Pradesh India, as the meeting of Team Official and Referees will be held at 8:00 pm sharp followed by technical officials meeting.

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ARTISTIC EVENT DETAILS

NAME OF COMPETITION – NATIONAL YOGASANA COMPETITION 2026

EVENT

i.INDIVIDUAL YOGASANA,

ii. ARTISTIC SINGLE & ARTISTIC PAIR (Registration Before 11th April 2026 against payment of **INR 200** for Artistic single and **INR 300** for Artistic pair) , Group Musical Yoga Asana Event Fees 100 Rs Each Participants.

iii. CHAMPION OF CHAMPIONS TROPHY.

REPORTING TIME – 7:00 AM

OPENING CEREMONY – 9:30 AM

RULES FOR ARTISTIC EVENTS-

ARTISTIC SINGLE

· 2.00- 2.30 SECONDS (Two Minutes to Two minutes thirty seconds)

ARTISTIC PAIR

2.30-2.45 SECONDS.

(DO ANY 8 – 10 ASANA AS PER YOUR OWN CHOICE FOR BOTH ABOVE EVENTS)

(Preferable all mixed forms of Asana like Front bend, back bend, Balance, twisting Etc)

ELIGIBILITY – THIS COMPETITION WILL BE FOR ALL AGE GROUP PLAYERS.

PLEASE BRING XEROX OF YOUR BIRTH CERTIFICATE COPY, Medical Fitness Certificate, Risk Certificate, Aadhar Card & ONE PASSPORT-SIZE PHOTO along with filled forms given by YSF

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Fees Payments

Account Number - 923010040242591

ISFC Code - UTIB0003982

Bank Name - Axis Bank (Noida Sec 137 Branch)

Account Name - Yog Sports Foundation

Treasurer's QR Code (Only Pay if unable to pay in Account)

UPI - G-Pay Phone Pay / PayTM Number - 7838279801



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Rules for Players and Family Members Regarding

Objections in Yoga Asana Competition

1. Objections Process:
2. If any player or family member has an objection related to the judgment or scoring during the Yoga Asana competition, they are required to follow the official process outlined below.
3. Objection Fee:
4. A fee of ₹500 must be paid at the time of raising the objection. This fee ensures the objection is formally considered and processed.
5. Access to Competition Recording:
6. Upon payment of the fee, the concerned party will be provided with the official video recording of the specific round or performance in question. This recording will serve as a reference to review the objection.
7. Escalation to Higher Levels:
8. If the player or family member is not satisfied with the resolution provided after reviewing the recording, they have the right to escalate the objection to a higher level within the Yog Sports Foundation for further review.
9. Timeframe for Raising Objections:
10. All objections must be raised within 1 hour after the competition round concludes. No objections will be entertained after this period.
11. Final Decision:
12. The decision made at the higher level of review within the Yog Sports Foundation will be considered final and binding on all participants.

