



INTERNATIONAL YOGA FEDERATION
IYF
SPORTING AND TECHNICAL RULES BOOK
2022-2024

www.internationalyogafederation.com.tr

Copyright © 2020 International Yoga Federation

This document is intended for use only in yoga games sanctioned
by the International Yoga Federation.

All rights reserved. It is a criminal offense to reproduce, utilize, store, or display any part of
this document without the written permission of the International Yoga Federation.

This document revised on 2023, December 15

OBJECTIVES OF THE INTERNATIONAL YOGA FEDERATION

Our main goal is to govern Yoga and elevate it to the status of an official Olympic sport. We assist individuals in countries where Yoga has not yet been developed to establish National Yoga Federations.

We are committed to combating the use of prohibited drugs, all forms of violence, and injustice in all sports.

The International Yoga Federation does not permit any political, racial, or religious discrimination among its members. In all IYF activities, all members must conform to the requirements of fair play and non-discrimination.

ANTI-DOPING FIGHT

All forms of doping are strictly prohibited.

The list of banned substances is published and regularly updated by WADA.

In the IYF Anti-Doping Rules, anti-doping provisions are stated in conjunction with the World Anti-Doping Code.

GENDER EQUALITY

Yoga is a sport that is more popular among women than men. As yoga becomes more popular, the participation of women in sports overall will increase proportionally, leading to a positive impact on gender equality.

INTERNATIONAL YOGA FEDERATION
THE SPORTING AND TECHNICAL RULES BOOK (STRs)
FOR ALL CATEGORIES

INTRODUCTION

The Sporting and Technical Rules (STRs) include rules for the following categories and divisions:

PART 1

THE YOGA GAMES' RULES

Purpose

Article 1

The purpose of this regulation is to ensure that national, international, and related events and organizations are managed in accordance with the rules of the International Yoga Federation (IYF).

Scope

Article 2

This instruction shall be distributed to all national yoga games held under the International Yoga Federation (IYF), including clubs, managers, coaches, referees, representatives, observers, athletes, and other participating officials.

Article 3

3.1. Organization of the Yoga Games

National Yoga Organization (NYO) has to organize the National Yoga Games.

3.2. The duties of the National Yoga Organization

- a) To organize the National Yoga Games.
- b) To find a suitable place and date for the yoga games
- c) To announce the yoga games and ensure that all relevant organizations have the promotional and advertising materials.
- d) To organize the athlete order for stage performances in accordance with regulations.
- e) To select the referees to assign to the yoga games.
- f) To assign the scoring team
- g) To provide certificates and medals for the winning athletes and other participants.
- h) To organize the award ceremony.
- i) To maintain continuous communication with IYF.

3.3. The Yoga Games Period

The yoga games season starts on January 1st and ends on December 31st.
National Yoga Games are held every year.
The organizing committee decides the date and location of the national yoga games.

PARTICIPATION IN THE YOGA GAMES

Article 4

4.1. Participation

An athlete can participate in yoga games on behalf of their organization or on behalf of themselves.

The exact deadline for registration will be announced by the Organizing Committee.

For Kids:

A written permission from the parent or guardian is required to participate in the yoga games.

4.2. Registration

The registration for the yoga games must be completed before the deadline.

PERFORMANCE ORDER FOR ATHLETES

Article 5

The organizing committee determines the sequence for athletes' stage entrance.

The order of the divisions is decided by the organizing committee.

THE YOGA GAMES AREA

Article 6

The suitability of the yoga games area is determined by the NYO.

Only athletes, coaches, and referees participating in the yoga games are allowed access to the area. In addition, medical and technical staff can access the yoga games area if necessary.

CATEGORIES IN THE YOGA GAMES

Article 7

There are 8 categories recognized by the International Yoga Federation. The organizing committee will determine which categories will be included in the yoga games.

Categories are as follow:

1. Yoga Acrobatic (Acro Yoga)
2. Yoga Artistic
3. Yoga Asana
4. Yoga Athletic
5. Yoga Choreography
6. Yoga Dance
7. Yoga Flow

8. Yoga Rhythmic

DIVISIONS IN THE YOGA GAMES

Article 8

For each category, the divisions are as follows:

7.1. By the number of participants:

1. Artistic, Asana, and Flow categories: Individual
2. Athletic Category: Individual or more people
3. Acrobatic, Choreography, Dance, and Rhythmic categories: Two or more people.

7.2. By Participant's Age

1. Kids aged 4-17
2. Adults aged 18-49
3. Seniors aged 50+

7.3. By Gender

1. Women
2. Men
3. Mixture

THE YOGA GAMES'S OUTFIT

Article 9

The athlete is free to choose the outfit for the performance.

The athlete's outfit must be in an appropriate form so that the poses can be clearly seen by the referees.

THE YOGA GAMES OFFICERS

Article 10

9.1. Referees

At least three referees who are registered on NYO should be present at the yoga games.

9.2. Timekeeper

At least one timekeeper must be present at the yoga games.

9.3. Score holder

If necessary, the score holder might be required. The duty of the Score Holder is to collect the referees' scores and time, input them into the computer system, and ensure that all scores are calculated correctly.

PERFORMING

Article 11

Coaching Assistance

During the performance, coaches and trainers are not allowed to communicate with athletes under any circumstances.

REFEREES AND JUDGING OF THE YOGA GAMES

Article 12

11.1 The Referee

All referees must have NYO Referee Certification and be registered on the NYO website.

In every yoga games under NYO, a referee panel should be set consisting of a minimum of 3 referees.

The national referees must participate in the IYF/NYO Referee Certification Program and become certified.

After three year of service, a national referee can also participate in the IYF International Referee Certification Program and become certified as an International Referee. All international referees can serve as the head referee. IYF will recommend these referees to officiate both international and national yoga games.

11.2. Judging

For each category, the referees assess the athletes' demonstration of the following criteria:

1. Artistic criteria: Artistic features, harmony, and presentation are assessed.
2. Technical criteria: The difficulty, accuracy, and comfort of postures and transitions are assessed.

PROMOTION

Article 13

All NYOs and related organizations must promote and advertise all the yoga games and festivals.

DISQUALIFICATION

Article 14

When an athlete is disqualified from a yoga games, he cannot participate in the next yoga games.

AWARDS

Article 15

14.1. Medals

Gold, silver, and bronze medals are awarded to the winning athletes.

14.2. Certificate of Merit

The recipients of the gold, silver, and bronze medals receive a Certificate of Merit in recognition of their success.

14.3. Certificate of Participation

All athletes may receive a Certificate of Participation for their involvement.

14.3. Awards Ceremony

In all yoga games, an award ceremony has to be held immediately after the yoga games.

ANTI-DOPING FIGHT

Article 16

All forms of doping are strictly prohibited. The World Anti-Doping Agency publishes and updates the list of prohibited substances.

The anti-doping rules and provisions are outlined in accordance with the World Anti-Doping Code and its related processes.

GENDER EQUALITY

Article 17

In a yoga games organization, gender equality should be taken into consideration in all units.

PART 2

RULES AND SCORING FOR EACH CATEGORY

YOGA ACROBATIC (ACROYOGA)

Yoga Acrobatic combines yoga postures and acrobatics. Yoga Acrobatic includes many types of poses and movements. Partner and group acrobatics involve lifting at least one person. The success of this partnered yoga technique depends on the team's ability to communicate effectively with each other. Properly giving cues to move as one unit in synchronized flow to perform Yoga Acrobatic.

POSTURES

The athletes should select at least 6 poses from IYF's Posture List.

JUDGING

The judging criteria are as follows:

- Artistic

- Harmony among athletes
- Comfort in the postures and transitions
- Execution
- Difficulty
- Timing

DURATION

The execution must be completed within 3 minutes.

DIVISIONS

The athlete's execution number: 2 or more

Divisions by Age:

1. Kids aged 4-17
2. Adults aged 18-49
3. Seniors aged 50+

Divisions by Gender:

1. Women
2. Men
3. Mixture

The score calculation is the same for all divisions.

YOGA ARTISTIC

Artistic Yoga consists of a series of yoga postures that create an uninterrupted cascade of asanas. Artistic yoga incorporates the use of music, costumes, good taste, natural art, rhythm of execution, and breath work. The routine should be performed to tastefully selected music. The postures are connected through the use of intercalary postures, which create a smooth transition between two postures with minimal weight displacement and time. In artistic yoga, it is essential to express the joy of movement. The athlete should strive to achieve a state of empathy and connection with the referees and the audience. The success of a yoga athlete's performance depends on their ability to gracefully execute asanas with creative expression. Creativity and individual expression combined with beautiful asanas are key to practicing Artistic Yoga.

POSTURES

The athletes should select at least 6 poses from IYF's Posture List.

JUDGING

The judging criteria are as follows:

- Artistic
- Execution
- Difficulty
- Comfortable breathing in the poses and transitions
- Timing

- Choreography
- Music

DURATION

The execution must be completed within 3 minutes.

DIVISIONS

The number of the athlete in the execution: Individual (only 1 athlete performs artistic yoga).

Divisions by Age:

Kids aged 4-17

Adults aged 18-49

Seniors aged 50+

The score calculation is the same for all divisions.

Divisions by Gender:

4. Women
5. Men

YOGA ATHLETIC

The three basic components of Yoga Athletic performance are power, balance, and flexibility. These components are expected to be fully functional and in sync. The postures must be executed correctly and clearly. Durability and stability are considered during transitions between postures. One or more athletes can attend the presentation.

POSTURES

The athletes should select at least 6 poses from IYF's Posture List.

JUDGING

The judging criteria are as follows:

- Artistic
- Execution
- Difficulty
- Comfortable breathing in the poses and during transitions,
- Timing

DURATION

The execution must be completed within 3 minutes.

DIVISIONS

The athlete's execution number: 1 or more athletes

Divisions by Age:

1. Kids aged 4 to 17
2. Adults aged 18-49
3. Seniors aged 50+

Divisions by Gender:

1. Women
2. Men
3. Mixture

YOGA CHOREOGRAPHY

The yoga choreography execution must have a theme and a name. The theme should have a clear narrative that takes the viewer on an imaginative journey with a beginning, middle, and end. Choreography should be based on ideas and creativity, complemented by a concept, appealing costumes, makeup that reflects the concept, and strong presentation and expression. Live singing or music is permitted in this field. The participants' ability to use their artistic vision to depict the theme and develop a strong concept is more important than technique. All submissions are assessed based on artistic value, creativity, and interpretation of the theme. In yoga choreography, the message about the theme (audio, visual) can be presented upon request.

POSTURES

The athletes should select at least 6 poses from IYF's Posture List.

JUDGING

The judging criteria are as follows:

- Theme
- Interpretation of the theme
- Harmony between the theme, postures, costumes, make-up, transition figures, and music, as well as harmony between the athletes.
- Comfort in the postures and transitions.
- Execution
- Difficulty
- Timing

DURATION

Execution must take between 7 minutes.

DIVISIONS

The athlete's execution number: 3 or more

Divisions by Age:

1. Kids aged 4-17
2. Adults aged 18-49
3. Seniors aged 50+

Divisions by Gender

There are no gender divisions

The score calculation is consistent across all divisions.

YOGA DANCE

Yoga Dance is a fusion of yoga postures and dance movements. The body, yoga postures, dance movements, costumes, and music rhythm must be in harmony. A couple can participate in the yoga dance category. Pairs can consist of women, men, or a mix.

POSTURES

The athletes should select at least 6 poses from IYF's Posture List.

JUDGING

The judging criteria are as follows:

- Artistic
- Execution Difficulty
- Comfort in postures and transitions
- Timing
- Dancing Skills
- Harmony with music
- Harmony between partners

DURATION

The execution must take 3 minutes.

DIVISIONS

The athlete's number during the performance: 2 or more athletes

Divisions by Age:

1. Kids aged 4-17
2. Adults aged 18-49
3. Seniors aged 50+

Divisions by Gender:

1. Women
2. Men
3. Mixture

The score calculation is consistent across all divisions.

YOGA FLOW

On the stage and under the spotlight, the success of a yoga athlete's performance depends on their ability to transition smoothly and seamlessly. Fluid transitions without strain or haste are key to mastering flow. Yoga Flow assesses the proper execution of asanas, including alignment, flexibility, strength, and balance.

There is an uninterrupted flow between the postures. There is no transitioning jumping from one posture to another.

POSTURES

The athletes should select at least 6 poses from IYF's Posture List.

JUDGING

The judging criteria are as follows:

- Artistic
- Execution
- Difficulty
- Comfortable breathing in the postures and during transitions
- Timing
- Flow

DURATION

The execution must be completed within 3 minutes.

DIVISIONS

The athlete's number during the performance: Individual (only 1 athlete)

Divisions by Age:

1. Kids aged 4-17
2. Adults aged 18-49
3. Seniors aged 50+

Divisions by Gender:

1. Women
2. Men

The score calculation is consistent across all divisions.

YOGA RHYTHMIC

Yoga Rhythmic is performed in group and is practiced with the use of a mirror to ensure the synchronization of the postures. The postures should be performed by each person to the same extent and simultaneously.

POSTURES

The athletes should select at least 6 poses from IYF's Posture List.

JUDGING

The judging criteria are as follows:

- Artistic
- Execution
- Difficulty
- Comfortable breathing in the postures and during transitions
- Timing
- Synchronization of Music
- Choreography

DURATION

The execution must be completed within 3 minutes.

DIVISIONS

The athlete's identification number during the event: 2 or more athletes

Divisions by Age:

1. Kids aged 4-17
2. Adults aged 18-49
3. Seniors aged 50+

Divisions by Gender:

1. Women
2. Men
3. Mix

The score calculation is consistent across all divisions.

YOGA ASANA

On the stage and under the spotlight, the success of a yoga athlete's performance depends on their ability to "master the moment."

Working in harmony with the mind, body, breath, balance, strength, and postural alignment is essential for the skillful execution of Asanas.

One athlete must be at the presentation.

POSTURES

The athletes should select at least 6 poses from IYF's Posture List.

Posture Order:

The athlete is free how to perform the posture order.

The posture order must be submitted by the athlete at the time of registration.

Posture List:

The Organizing Committee must review the posture list within 2 days of submission and inform the athlete of the results accordingly.

Posture Groups:

The Posture List consists of 6 postures selected from each mandatory posture group. It is suggested to choose 1 posture from each group.

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

Posture Characteristics:

The athlete must demonstrate each of the characteristics at least twice during the performance.

Balance Flexibility Strength

If the posture list is not approved, the athlete has two days to submit a new posture list.

To adjust the posture:

After the Posture List is submitted, the athlete has the right to change the posture with another posture from the Posture List until 1 hour before the yoga games by accepting the score adjustment.

The athlete must announce the name of the posture on the stage before performing it.

Posture Timing:

Each posture must be held for at least 3 seconds.

Each performance or routine must be completed within 3 minutes.

JUDGING

Referees must use the IYF Posture List for judging.

The judging criteria are as follows:

- Balance, Flexibility, Strength
- Stillness in the Posture
- Comfortable breathing in the postures and transitions
- Timing
- Performance of the postures in the correct order
- Performance of the postures in the correct manner is explained in the IYF Posture List.

DIVISIONS

The athlete's identification number during the event: Individual (only 1 athlete)

Divisions by Age:

1. Kids 4- 17 Ages

2. Adults aged 18-49
3. Seniors aged 50+

Divisions by Gender:

1. Women
2. Men

