

YUVA **YOGASANA** **PRO** **LEAGUE**

EDITION 1ST SESSION -2025-2026

YYPL SYLLABUS

Org. By :- NAYI SOCH NAYI UDAAN FOUNDATION

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GENERAL GUIDELINES

1. **This YUVA YOGASANA PRO LEAGUE Guidelines Document** is a guide containing important information about the YYPL and its conduct with respect to:
 - a. Age & Event Categories
 - b. Rules & Regulations
 - c. Protest Policy & Sanctions
2. All participating students and their guardians/school/Club/Academy /Unit/individual authorities are request edto read through this document and **be aware of the updates posted on the Specific YYPL website at www.nsnufoundation.in**
3. The Age & Event Categories are decided in consultation with the respective Sport Associations and the same will be strictly adhered to during the Championship.
4. Any protests regarding a participant's age & eligibility will be accepted or with held considering the Age & Event Categories and Tournament Rules & Regulations.
5. Every Participant must always carry their **government- issued Age Proof Photo ID** during the Offline YYPL. No participant will be allowed to play his/her match if they do not carry the same. **Please note that details provided during registration on www.nsnufoundation.in and the documents provided should match.** All Participants to always carry the following documents for verification :-
 - a. **Identity Proof:** Original YYPL ID CARD signed/stamped by the NSNU FOUNDATION authority (DIRECTOR/ Administrator). The YYPL ID CARD should contain the full name of the REGISTERED Participants (First Name & Last Name), their Date of Birth, their Aadhar card number.
 - b. **Age Proof:** ONLY with original Aadhar Card / Any central government document The letter should contain the full name of the REGISTERED Participants(First Name & Last Name),and their full Date of Birth.
 - c. Participants (For offline Mode) who have not carried the above documents partially or wholly, will be required to sign a DECLARATION, stating that they will provide the same by the next game. The participant will be disqualified if he/she fails to present the same.
6. Sports at the YYPL are liable to be cancelled based on the number of registrations received. A sport event change or refund will be initiated in such case as long as the request is placed within the registration deadline.
7. The YYPL schedule will be published on our website – www.nsnufoundation.in 20-40 days prior to the YYPL start date. Specific YYPL schedules will be published at least 3 days before the commencement of the sport.
8. The YYPL will be conducted as per the schedule released up front. It is the responsibility of the

participant/school/coach/guardian/administrator to keep track of the same. **Requests for last-minute fixtures changes or walkover/relaxations will not be entertained and will only be permitted by the Tournament Committee on a case-by-case basis.**

9. The YYPL Organizing Committee **has the right to alter/postpone/cancel the tournament or any specific sport event or category in case of unavoidable circumstances.** All schools and Participants are requested to co-operate in such case.
10. In case of a player replacement at any time during the Championship due to a serious injury medical certificate and related reports have to be produced and submitted to the Tournament Organizing Committee. Please note that this change will only be permitted after scrutiny of medical documents and confirmation from the Committee.
11. **Deliberate and unfair attempts to cheat in the YYPL penalized by the Tournament Committee.** All participants, coaches, and parents, are to uphold the spirit of sportsmanship, fair play, orderly behaviour and conduct at all times.
12. **If any participant is found over age / in eligible or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.** An ineligible Participant is any student who is any of the following,
 - a. Over age on the basis of fraudulent data submitted.
 - b. An unregistered student at the YYPL.
 - c. Or any other reason found valid by the YYPL Organizing Committee.
13. **In case of any dispute the decision of the YYPL Organizing Committee and the Officials will be final and binding.**
14. Participants will only be allowed inside the field of play based on their schedule. No participant will be allowed to use their mobile phones in the stipulated playing arena.
15. **Parents / coaches of any Participant should not enter the Field of Play at any point in the YUVA YOGASANA PRO LEAGUE (unless specifically permitted).**
16. Parents, fellow schoolmates, friends, and other spectators are requested to view various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.
17. Provision for drinking water and energy drinks has been made at all sporting arenas. Please note that YYPL will be providing food & Hotel etc to participants.
18. Help desks and Notice boards are available across the venue and at the respective sporting arenas. Players and Coaches are requested to contact the Helpdesk personnel or view the same for information such as draws, schedules, etc.
19. For any kind of further details on the YYPL the School Authority / Parent / Player can contact us on the YYPL **Mobile Number 70079-23930** or Email yypl@nsnufoundation.in mentioned on www.nsnufoundation.in
20. **All protests need to be made to the Sport in-charge at the particular venue following due process laid out. At all times, it is expected that protests (if any) are to be made in an orderly manner upholding the spirit of the Championship. Unruly behavior at the Championship will not be tolerated.**
21. A Protest Policy is made in this regard where there preventative shall have to fill in a protest

form and have to pay a **protest fee Rs. 1000.**

22. Match Videography at the YYPL is solely provided for Participants to have a look at their performance / games once the YYPL is over on their digital profile(*conditions apply*). **Match Video graphy will not be looked at during any Protest or will not be shown to any coach/Participant at the venue. Participants / coaches are not permitted to approach the video graphy crew to view or request for any recording.**

23. The YYPL is aimed towards giving every participant a chance and platform to play and keep in mind the spirit of sportsmanship and fair play, and we expect the same from Participants participating at the YYPL.

24. The Only Participants coming to the YYPL venues are expected to always take care of their belongings, YYPL shall not be responsible for any loss or theft of any personal belongings at the Competition.

25. Every participant registering at the YYPL understands the nature of the sport they are registering for and YYPL shall not be liable for injury caused during the Competition or otherwise.

EVENT PROCESS & FLOW

- The participant must report at the specific sport venue's Verification desk 60 minutes-45 minutes prior to his/ her scheduled match and collect their Bib/ verify registration.
- The team/player must report at least 30 minutes prior (or as mentioned on the Sport Schedule) to their scheduled match time at the sports verification desk.
- Participants are requested to pay attention to Match Announcements / Call Room Announcements / Reporting Calls, and respond accordingly.
- If any team/player fails to report with in 10 minutes of the match being announced the match officials will have full right to announce a walkover at their sole discretion.

POINTS SYSTEM

The points for the medals are mentioned below –

	<i>TOTAL MARKS IN SEMI FINAL ROUND</i>	<i>TOTAL MARKS IN FINAL ROUND</i>	<i>TOTAL MARKS IN SEMI FINAL ROUND + TOTAL MARKS IN SEMI FINAL ROUND</i>	<i>Place</i>
Eg:	48 Marks	50 Marks	98	2nd
	43 Marks	56 Marks	99	1st

YYPL RULES & REGULATIONS

- ☞ YUVA YOGASANA PRO LEAUGE is open to all
- ☞ The Player Has to registered their name through our website www.nsnufoundation.in
- ☞ The Competition will be held in two age categories (Boy's & Girl's) will separated categories.

1. Sub Junior (Under- 14)

2. Junior (Under - 19)

- ☞ Cut of date age calculation

1. Sub Junior Boys & Girls (Under-14)

- *Must be born on or after May 30 , 2019. Some recent documents specify a cut-off of May30, 2012.*

2. Junior Boys & Girls (Under-19)

- *Must be born on or after May 30 , 2007. Some recent documents specify a cut-off of May 30, 2012.*

- ☞ Player has to submit any government documents for age proof.

- ☞ Events :- There Are 3 Events.

1. Traditional Event

2. Artistic Single

3. Artistic Pair Events

- ☞ An Athlete can Participants in Any one events.

- ☞ Round of selection : There are three round :-

1. Selection Round :- All the athlete will participate in this round through online mode only (Asanas Video Recoding and Upload on Youtube and submit NSNU/YYPL Website www.nsnufoundation.in)

2. Semi Final Round & Final Round : After Selection Round Selected Player's will qualify

for the next round. (offline mode)

☞ Trial Registration Fees **Rs 500 / Players.**

☞ Organizer will provide Transports (only For Venue to Hotel), lodging & Fooding for the selected Player during semi final and Final round.

TRADITIONAL YOGASANA

Selection Round :-

- A competitor has to perform 5 compulsory asanas and 2 optional asana from given different categories optional chart.
- A competitor shall select these 2 optional asana from different varieties. Only A category of optional asanas can be performed in selection round.
- Compulsory Yogasana to be avoided as optional asana.
- Repetitions of any Yogasana or selecting Yogasana of same varieties will result in getting 0 marks for second Yogasana.
- Holding time of Compulsory and Optional Yogasana is mentioned the table below.
- Always start and end your Yogasana performance with Namaste Mudra.

Age Group	Compulsory Yogasana HoldingTime	Optional Yogasana Holding Time
Sub Junior Boys	30 seconds	15seconds
Sub Junior Girls	30 seconds	15seconds
Junior Boys	30 seconds	15seconds
Junior Girls	30 seconds	15seconds

Semi Final Round :-

- A competitor has to perform 5 compulsory asanas and 2 optional asana from given different categories optional chart.
- A competitor shall select these 2 optional asana from different varieties. Only A/B category of optional asanas can be performed in selection round.
- Compulsory Yogasana to be avoided as optional asana.
- Repetitions of any Yogasana or selecting Yogasana of same varieties will result in getting 0 marks for second Yogasana.
- Holding time of Compulsory and Optional Yogasana is mentioned the table below.
- Always start and end your Yogasana performance with Namaste Mudra.

Age Group	Compulsory Yogasana Holding Time	Optional Yogasana Holding Time
Sub Junior Boys	30 seconds	15 seconds
Sub Junior Girls	30 seconds	15 seconds
Junior Boys	30 seconds	15 seconds
Junior Girls	30 seconds	15 seconds

Final Round :-

- A competitor has to perform 4 compulsory asanas and 3 optional asana from given different categories optional chart.
- A competitor shall select these 3 optional asana from different varieties. A/B/C category of optional asanas can be performed in selection round.
- Compulsory Yogasana to be avoided as optional asana.
- Repetitions of any Yogasana or selecting Yogasana of same varieties will result in getting 0 marks for second Yogasana.
- Holding time of Compulsory and Optional Yogasana is mentioned the table below.
- Always start and end your Yogasana performance with Namaste Mudra.

Age Group	Compulsory Yogasana Holding Time	Optional Yogasana Holding Time
Sub Junior Boys	30 seconds	15 seconds
Sub Junior Girls	30 seconds	15 seconds
Junior Boys	30 seconds	15 seconds
Junior Girls	30 seconds	15 seconds

ARTISTIC SINGLE

- Athlete has to performed number of 10 Asanas.
- Asana Should be selected from the given optional asana chart.
- Time Duration for the Presentation will be 150 to 180 seconds.
- Each Asanas is to be hold for minimum 5 seconds.
- The Costume should be non transparent material.
- The Official Floor Area for Artistic Single is 8m X 8m.
- It is compulsory for players to choose asana from 5 Major categories (**One Asanas from one Sub Category**)
- It **Quarter final** round player has to choose asanas from **only A Category**.
- For **semi final** round player can choose asana from **A & B Categories**.
- For **Final Round** athlete can choose asana **From A/B/C categories**.
- In any round players can't repeat same asana for there next Round.(Selection Round, Semi Final Round, Final Round).
- **10 asanas to be performed and selected by athlete from the below categories:**

A) Leg Balance

- ☞ Leg balance Forward bend (LBF)
- ☞ Leg balance Backward bend(LBB)

B) Hand Balance

- ☞ Hand balance Forward bend (HBF)
- ☞ Hand balance Backward bend(HBB)

C) Back bend

- ☞ Back bend Standing(BBS)
- ☞ Back bend Floor (BBF)

D) Forward Bend

- ☞ Forward bend Standing(FBS)
- ☞ Forward bend Floor (FBF)

E) Body Twisting

- ☞ Twisting body Balance(TBB)
- ☞ Twisting body Floor (TBF)

- Athlete Will have to write the sequence and the base value on the athlete order of performance sheet to be submitted to judge before his/ her performance.
- Athlete are not allow to change the sequence . if Athlete Changes the sequence of asana will lead to penalty of marks. For 1st change 2 marks penalty, 2nd change 4 Marks & 3rd change 6 Marks. 4th Change will lead to disqualification.

Age Group	Artistic Single whole performance time	Yogasana Holding Time
Sub Junior Boys	150-180 seconds	5 seconds
Sub Junior Girls	150-180 seconds	5 seconds
Junior Boys	150-180 seconds	5 seconds
Junior Girls	150-180 seconds	5 seconds

ARTISTIC PAIR YOGASANA

- Both Athletes has to performed number of 10 Asanas.
- Asana Should be selected from the given optional asana chart.
- Time Duration for the Presentation will be 150 to 180 seconds.
- Each Asanas is to be hold for minimum 5 seconds.
- Both Athletes can perform asanas in pyramidal or in structure formation. With or without body touch.
- Maximum upto 3 Pyramidal formation are allowed.
- Performing 4th Pyramid will lead to zero marks for that particular Pyramid.
- Maximum 2 layers of Pyramid are allowed.
- The Costume should be non transparent material.
- The Official Floor Area for Artistic Pair is 10m X 10m.
- It is compulsory for players to choose asana from 5 Major categories **(One Asanas from one Sub Category)**

- It **Selection round** player has to choose asanas from **only A Category**.
- For **semi final** round player can choose asana from **A & B Categories**.
- For **Final Round** athlete can choose asana **From A/B/C categories**.
- In any round players can't repeat same asana for there next Round.(Selection Round, Semi Final Round, Final Round).
- **10 asanas to be performed and selected by athlete from the below categories:**
 - A) Leg Balance**
 - ☞ Leg balance Forward bend (LBF)
 - ☞ Leg balance Backward bend(LBB)
 - B) Hand Balance**
 - ☞ Hand balance Forward bend (HBF)
 - ☞ Hand balance Backward bend(HBB)
 - C) Back bend**
 - ☞ Back bend Standing(BBS)
 - ☞ Back bend Floor (BBF)
 - D) Forward Bend**
 - ☞ Forward bend Standing(FBS)
 - ☞ Forward bend Floor (FBF)
 - E) Body Twisting**
 - ☞ Twisting body Balance(TBB)
 - ☞ Twisting body Floor (TBF)
- Athlete Will have to write the sequence and the base value on the athlete order of performance sheet to be submitted to judge before his/ her performance.
- Athlete are not allow to change the sequence . if Athlete Changes the sequence of asana will lead to penalty of marks. For 1st change 2 marks penalty, 2nd change 4 Marks & 3rd change 6 Marks. 4th Change will lead to disqualification.

Age Group	Artistic pair whole performance time	Yogasana Holding Time
Sub Junior Boys	150-180 seconds	5 seconds
Sub Junior Girls	150-180 seconds	5 seconds
Junior Boys	150-180 seconds	5 seconds
Junior Girls	150-180 seconds	5 seconds

REGISTRATION PROCESS

1. This Championship is open to all.
2. Every Athletes has to registered their name. Registration link is available in our website www.nsnufoundation.in
3. Once you register get Auto Generated UID number.
4. This UID Number is permanent for this championship as well as for further any competition.
5. Those who register name he/she will be eligible to choose in any one event for selection round.
6. After Registration submit then Athlete not edited any type of information.
7. Registration fee is Rs. 500/-for selection round. (Not Refundable)
8. **2nd Registration Date :-** 25th December 2025 to 25th January 2026
9. Registration information :-
 - ☞ OTR (**ONE TIME REGISTRATION**)
 - ☞ Full Name (**Capital Letter**)
 - ☞ Aadhar Number **Mandatory**.
 - ☞ Date Of Birth
 - ☞ Email Id
 - ☞ Mobile Number
10. Upon Official Approval from the NSNU Foundation team After successful registration, you will be added to the **WhatsApp group**.
The Nayi Soch Nayi Udaan Foundation (NSNU Foundation) will Connduct YYPL 2025-26 Selection Round (Online) Mode , as per Schedule given in Table below :

Submission of Online Application Form	25 th December 2025 to 25 th January 2026 (Upto 11:50pm)
Last Date for Submission of Registration fee	25 th January 2026 (Upto 11:50pm)
Selection Round Video	10 th February 2026 (Upto 11:50pm)
Result Display	To be announced later on the website
Website	www.nsnufoundation.in
Registration fee	Rs. 500/-

Contact for Queries:

Resource Person	Mobile No.	Email ID
NSNU Foundation Office Mobile No.	+91 70079-23930	office@nsnufoundation.in
MR. RISHABH PANDEY	+91 98076-24616	rishabh15@gmail.com
MR. CHANDRA KANT	+91 93695-41613	cndkworld@gmail.com
MR. DEV KUMAR SEN	+91 96317-60220	director@nsnufoundation.in

Office Time - 10:00 Am to 06:00 Pm

Email: yypl@nsnufoundation.in , info@nsnufoundation.in , contact@nsnufoundation.in ,
office@nsnufoundation.in

AWARD & PRIZE MONEY

(BOYS & GIRLS EACH GROUP)

SL.NO.	GROUP	1ST	2ND	3RD
1	SUB JUNIOR GROUP Traditional Yogasana	₹ 7000	₹ 5000	₹ 3000
2	SUB JUNIOR GROUP Artistic Single Yogasana	₹ 7000	₹ 5000	₹ 3000
3	SUB JUNIOR GROUP Artistic Pair Yogasana	₹ 10,000	₹ 7000	₹ 5000
4	JUNIOR GROUP Traditional Yogasana	₹ 7000	₹ 5000	₹ 3000
5	JUNIOR GROUP Artistic Single Yogasana	₹ 7000	₹ 5000	₹ 3000
6	JUNIOR GROUP Artistic Pair Yogasana	₹ 10,000	₹ 7000	₹ 5000
	TOTAL CASH AWARD		₹ 2,08,000	

FACILITIES

After Selection Facilities :-



5 DAYS HOTEL ROOM'S



1Pcs Tracksuit



1 Pcs Yoga Dress



1 Pcs Yoga Mat



1 Pcs T- Shirt



Trophy & Prize Money



Certificate



Bus Facilities Only For Hotel to Venue



5 Days Food Facilities (4 Time)



First Aid's



Physiotherapy

Note :- Your Home to Competition Venue Transport Athlete own payable.

EVENTS & AGE GROUP

Event No.	Age Group	Event Categories (Boys & Girls)
1	Under - 14	Traditional Yogasana
2		Artistic SoloYogasana
3		Artistic Pair Yogasana
1	Under - 19	Traditional Yogasana
2		Artistic SoloYogasana
3		Artistic Pair Yogasana

NOTE :-

1. Cut off Date :- Sub Junior Boys & Girls (Under-14)

- *Must be born on or after May 30 , 2019. Some recent documents specify a cut-off of May 30 , 2012.*

2. Cut off Date :-Junior Boys & Girls (Under-19)

- *Must be born on or after May 30 , 2007. Some recent documents specify a cut-off of May 30 , 2012.*

MICRO MARKING SYSTEM
(Traditional Yogaasana Events)

Sl. No.	Evaluation by	Particulars	Marks	Marks
1	D Judge	Perfection of Posture		6 Marks
		Accuracy of Posture 1.Stretch, Band, Cuve,Twist 2.Plam, Teos,Fingers Perfection 3. Alignment, Symmetry, Tiltness 4. Face Direction	4.75 Marks	
		Mounting - Dismounting 1.Mounting of Asana 2. Dismouting of asanas (Smooth movements, No jerks,No extra stretching and no supported movement)	1.25 Marks	
2.	D Judge	Stability / Tremblingness, Stresslessness, Geace & Presentation	2 Marks	2 Marks
3	T Judge	100% holding time is compulsory for athletes. ▶For holding time of 75% and more, the marks will be given as per Annexure A. ▶For holding time less th an 75 %, then deduction of 1 mark will be done and athletes has to perform again i.e 2nd attempt. ▶In case of 2nd attempt, for holding time of 75% and more will be given marks as per Annexure B. ▶In 2nd attempt, if the athlete holds less than 75% then penalty will be levied. The marks will be freeze and zero will be displayed for that particular asana.		2 Marks
		Total		10 Marks

Note:

- Athletes will be given 2 process attempts to attain/ to perform asana posture. If asana posture not attained in 2 attempts, then complete asana will be zero marks.
- If the asana posture attained in 1st attempt and asana is maintained as per given time frame, then marks will be allotted as per Annexure I. Wherein, if the asana posture is attained in 2nd attempt and maintained as per given time frame, then the marks will be allotted as Annexure II.

3. Where support is taken for balancing postures of any category of asana, at that time only 4 marks of Accuracy of Posture will be zero. Wherein, athlete will get some marks not more than 5 marks as per his actual performance.

Base Formula

$$\text{Time Base Marks} = \frac{\text{Seconds Held}}{30} \times 2$$

Annexure I

1st Attempt				
Seconds	Marks		Seconds	Marks
30	2		15	2
29	1.9333		14	1.8666
28	1.8666		13	1.7333
27	1.80		12	1.60
26	1.7333		11	1.4666
25	1.6666			
24	1.60			
23	1.5333			
22	1.4666			

Annexure II

2nd Attempt				
Seconds	Marks		Seconds	Marks
30	1		15	1
29	0.9666		14	0.9333
28	0.9333		13	0.8666
27	0.9		12	0.8
26	0.8666		11	0.7333
25	0.8333			
24	0.8			
23	0.76666			
22	0.73333			

MICRO MARKING SYSTEM
(ARTISTIC SINGLE / ARTISTIC PAIR YOGASANA)

Sl. No.	Evaluation by	Particulars	Marks	Marks
1	D Judge	Perfection of Posture		8 Marks
		Accuracy of Posture 1.Stretch, Band, Cuve,Twist 2.Plam, Teos,Fingers Perfection 3. Alignment, Symmetry, Tiltness 4. Face Direction	6 Marks	
		Mounting – Dismounting 1.Mounting of Asana 2. Dismouting of asanas (Smooth movements, No jerks,No extra stretching and no supported movement)	2 Marks	
2.	D Judge	Stability /Tremblinglessness 1. Hand/Leg Mucles stability 2. Abdominal muscles stybility 3. Face stability 4. Normal Breathing	1 Marks	2 Marks
		Stresslessness, Geace & Presentation 1. Expression (Smil, Eye Positin, Clsed Mouth) 2. Decent Makeup/Costume 3. Walking/ Standing/ Greeting 4. Confidence, Calmness	1 Marks	
3	T Judge	Whole Time Holding Marks (150-180sec.)	5 marks	10 Marks
		Each asanas holding timing (0.5 marks x 10)	5 marks	

Note:

1. Athletes is be given 2 process attempts to attain/ to perform asana posture. If asana posture not attained in 2 attempts then complete asana will be given zero mark.

2. Deduction of 1 mark by D Judge for performing asana in 2nd attempt.

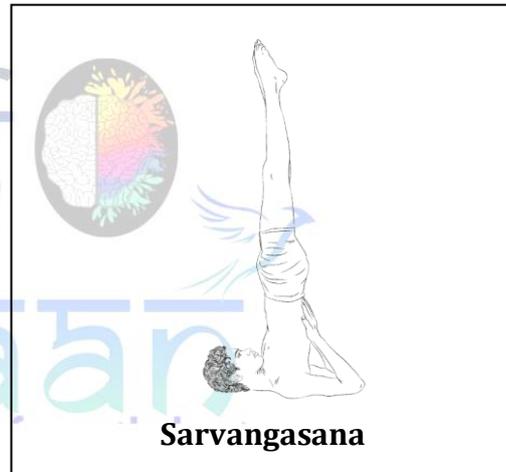
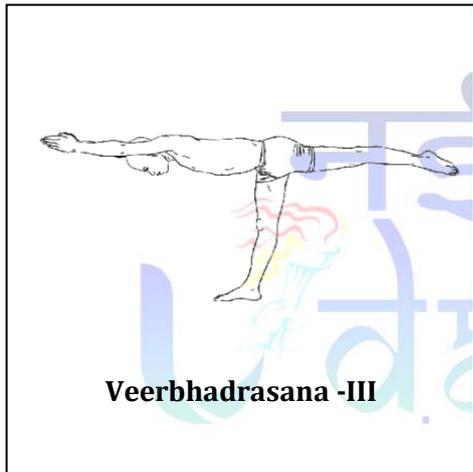
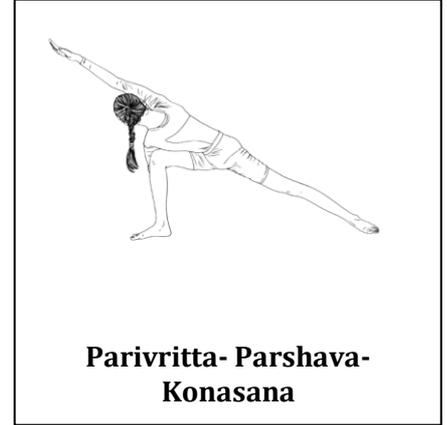
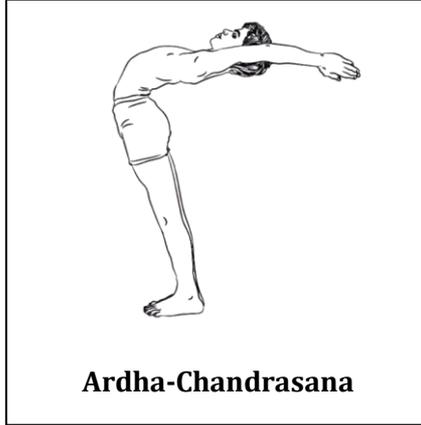
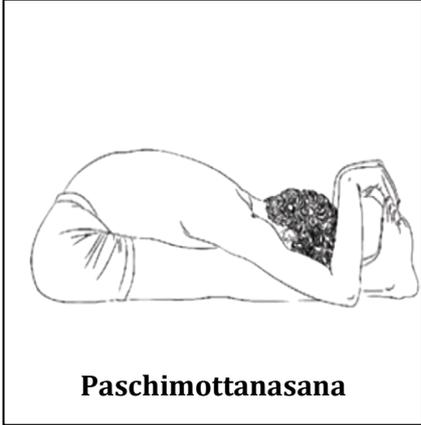
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YUVA YOGASANA PRO LEAGUE

SELECTION ROUND ASANAS

(Sub Junior Group Under-14)

(Boys & Girls)



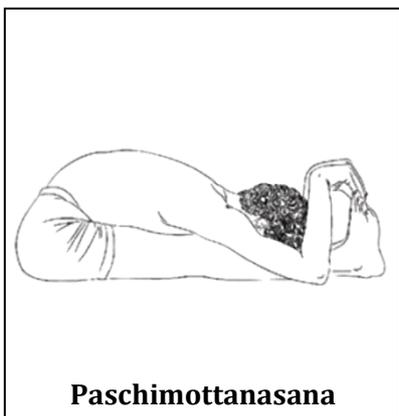
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- A competitor shall select these 2 optional asana from different varieties. Only A category of optional asanas can be performed in selection round.
- Compulsory Yogasana to be avoided as optional asana.
- Repetitions of any asana or selecting asana of same varieties will result in getting 0 marks for second asana.
- Holding time of Compulsory Asanas 30 seconds and Optional Asanas Holding time 15 seconds mandatory.
- Always start and end your asana performance with Namaste Mudra.

YUVA YOGASANA PRO LEAGUE

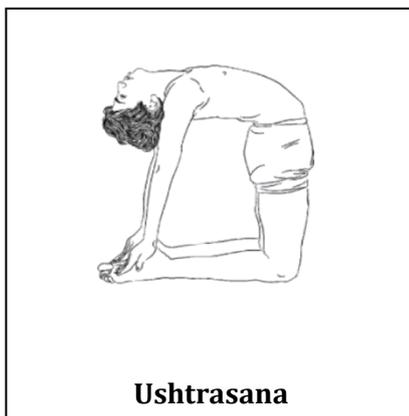
SELECTION ROUND ASANAS

(Junior Group Under-19)

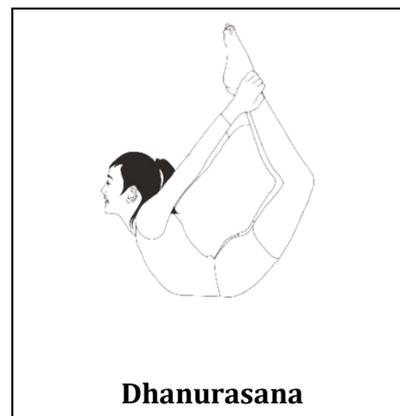
(Boys & Girls)



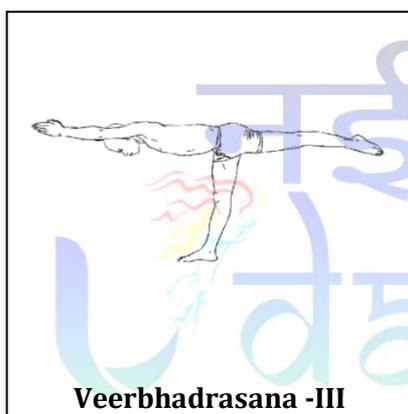
Paschimottasana



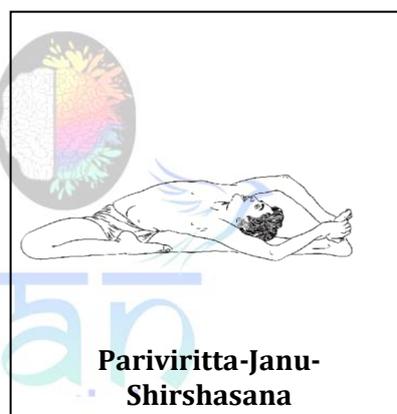
Ushtrasana



Dhanurasana



Veerbhadrasana -III

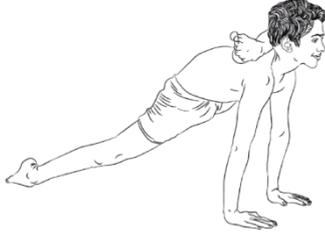


Parivritta-Janu-Shirshasana

- A competitor has to perform 5 compulsory asanas and 2 optional asana from given different categories optional chart.
- A competitor shall select these 2 optional asana from different varieties. Only A category of optional asanas can be performed in selection round.
- Compulsory Yogasana to be avoided as optional asana.
- Repetitions of any asana or selecting asana of same varieties will result in getting 0 marks for second asana.
- Holding time of Compulsory Asanas 30 seconds and Optional Asanas Holding time 15 seconds mandatory.
- Always start and end your asana performance with Namaste Mudra.

OPTIONAL CHART

Forward bend Standing (FBS)

	FBS-A 0.8	FBS-B 0.9	FBS-C 1.0
1	 <p>Prapada-Uttana-Prushthasana</p>	 <p>Skandha-Pada-Dandasana</p>	 <p>Urdhvamukha Tittibhasana</p>
2	 <p>Paripurna-Tittibhasana</p>	 <p>Adhomukh Tittibhasana</p>	 <p>Shatapadyasana</p>
3	 <p>Padahastottanasana</p>	 <p>Padapasha-Parshvottanasana</p>	 <p>Kardalikasana - II</p>

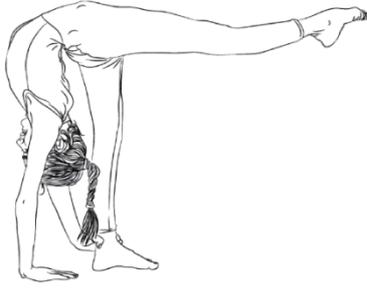
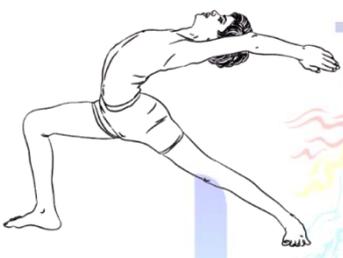
OPTIONAL CHART

Forward bend Floor (FBF)

	FBF-A 0.8	FBF-B 0.9	FBF-C 1.0
1	 <p style="text-align: center;">Marichyasana -1</p>	 <p style="text-align: center;">Ramdootasana</p>	 <p style="text-align: center;">Supta Tittibhasana</p>
2	 <p style="text-align: center;">Urdhavamukha -Paschimottasana - II</p>	 <p style="text-align: center;">Saraghasana</p>	 <p style="text-align: center;">Utthit-Ekpada-Hasta- Prushtasana</p>
3	 <p style="text-align: center;">Salamb- Sarvangasana-1</p>	 <p style="text-align: center;">Baddha- Viparit- Kurmasana</p>	 <p style="text-align: center;">Timayasana</p>

OPTIONAL CHART

Back bend Standing (BBS)

	BBS-A 0.8	BBS-B 0.9	BBS-C 1.0
1	 <p style="text-align: center;">Tryanga-Mukhotanasana</p>	 <p style="text-align: center;">Eka-Pada-Lambakona-Chakrasana</p>	 <p style="text-align: center;">Dimbasana</p>
2	 <p style="text-align: center;">Veernilasana</p>	 <p style="text-align: center;">Chakravyuvhasana</p>	 <p style="text-align: center;">Eka-Pada-Urdva-Dand-Dhanurasana</p>
3	 <p style="text-align: center;">Gajananasana</p>	 <p style="text-align: center;">Kambalasanana</p>	 <p style="text-align: center;">Dhawaja Dwarasana</p>

OPTIONAL CHART

Back bend Floor (BBF)

	BBF-A 0.8	BBF-B 0.9	BBF-C 1.0
1	 <p style="text-align: center;">Laghu-Vajrasana</p>	 <p style="text-align: center;">Shankhapalasana</p>	 <p style="text-align: center;">Ekapada-Viparita-Shalbasana</p>
2	 <p style="text-align: center;">Ushtrasana</p>	 <p style="text-align: center;">Gandabherudasana</p>	 <p style="text-align: center;">Viparita-Valkhilyasana</p>
3	 <p style="text-align: center;">Mahaveerasana</p>	 <p style="text-align: center;">Poorna - Matsyasana</p>	 <p style="text-align: center;">Mriga- Mukhasana</p>

OPTIONAL CHART

Twisting body Floor (TBF)

	TBF-A 0.8	TBF-B 0.9	TBF-C 1.0
1	 <p style="text-align: center;">Amit- Vikramasana</p>	 <p style="text-align: center;">Padaputa-Parivritta-Janu-Shirasana</p>	 <p style="text-align: center;">Parivritta Upavishta-Konasana</p>
2	 <p style="text-align: center;">Parivritta-Paschimottanasana</p>	 <p style="text-align: center;">Parivritta-Ramadootasana</p>	 <p style="text-align: center;">Paripurna Matsyendrasana</p>
3	 <p style="text-align: center;">Trishoolpashasana</p>	 <p style="text-align: center;">Ardha-Padma-Shoolpashasana</p>	 <p style="text-align: center;">Parivritta-Ushtrasana</p>

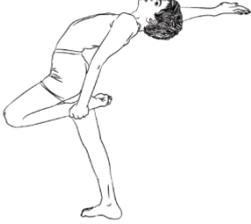
OPTIONAL CHART

Twisting body Balance (TBB)

	TBB-A 0.8	TBB-B 0.9	TBB-C 1.0
1	 <p style="text-align: center;">Angushta- Padottanasana</p>	 <p style="text-align: center;">Maroodasana</p>	 <p style="text-align: center;">Kailasasana</p>
2	 <p style="text-align: center;">Baddha-Parivritta- Parshva-Konasana</p>	 <p style="text-align: center;">Malayasana</p>	 <p style="text-align: center;">Vetalasana</p>
3	 <p style="text-align: center;">Vindhyasana</p>	 <p style="text-align: center;">Parivritta-Uttanasana</p>	 <p style="text-align: center;">Maheshwarasana</p>

OPTIONAL CHART

Leg balance Backward bend (LBB)

	LBB-A 0.8	LBB-B 0.9	LBB-C 1.0
1	 Dwiastapada- Natarajasana	 Hastapada-Lasyasana	 Vamdeva-Tripurasana
2	 Baddha-Natarajasana	 Skandhapada-Natarajasana	 Tandavasana
3	 Saral- Natarajasana	 Greevapada-Natarajasana	 Muktahast- Marutsakhasana

OPTIONAL CHART

Leg balance Forward bend (LBF)

	LBF-A 0.8	LBF-B 0.9	LBF-C 1.0
1	 <p style="text-align: center;">Garudasana</p>	 <p style="text-align: center;">Uttkata-Dandayamana- Janushirasana</p>	 <p style="text-align: center;">Pakshikasana</p>
2	 <p style="text-align: center;">Dandayamana- Janushirasana</p>	 <p style="text-align: center;">Vamanasana</p>	 <p style="text-align: center;">Kanishasana</p>
3	 <p style="text-align: center;">Urdha-Prasarita- Lambakonasana</p>	 <p style="text-align: center;">Sankhyasana</p>	 <p style="text-align: center;">Sarasasana</p>

OPTIONAL CHART

Hand balance Forward bend (HBF)

	HBF-A 0.8	HBF-B 0.9	HBF-C 1.0
1	 <p style="text-align: center;">Ashtavakrasana</p>	 <p style="text-align: center;">Koundinyasana</p>	 <p style="text-align: center;">Bramhastrasana</p>
2	 <p style="text-align: center;">Bakasana</p>	 <p style="text-align: center;">Tittibhasana</p>	 <p style="text-align: center;">Parashupashasana</p>
3	 <p style="text-align: center;">Kukkutasana</p>	 <p style="text-align: center;">Urdhva Kukkutasana</p>	 <p style="text-align: center;">Fanindrasana</p>

OPTIONAL CHART

Hand balance Backward bend (HBB)

	HBF-A 0.8	HBF-B 0.9	HBF-C 1.0
1	 <p style="text-align: center;">Vrushikasana-I</p>	 <p style="text-align: center;">Ekpada-Vrushika-Shiva-Linkarasana</p>	 <p style="text-align: center;">Paripurnasana</p>
2	 <p style="text-align: center;">Ekpada-Kokilasana</p>	 <p style="text-align: center;">Shiv-Lingakarasana</p>	 <p style="text-align: center;">Hast-Samkonasana</p>
3	 <p style="text-align: center;">Pinch-Mayurasana</p>	 <p style="text-align: center;">Putpada-Kokilasana</p>	 <p style="text-align: center;">Dwipada-Kokilasana</p>

SELECTION PROCESS

YYPL SELECTION ROUND – 2025-26

Selection Format:

1. Online Selection Round (Stage 1)

- ☞ Every players has to participate in selection round.
- ☞ **Mode:** For selection round the players has to upload their selection round asanas upload their video in own YouTube Channel.
 - **Note :- Editing video is not acceptable.**
- ☞ Then result will be published in our NAYI SOCH NAYI UDAAN FOUNDATION website www.nsnufoundation.in . The selected players will be divided into 8 team. Each team will consist 16 members. The details will be communicated later among the selected players .
- ☞ **Chest Number :-** UID NO. Is your cheat number.
- ☞ **Eligible Participants:** Individual/School Students / college Students / Club/academies.
- ☞ **Performance Duration:**
 - ❖ TRADITIONAL EVENT
 - Holding time of each Compulsory Asana is 30 sec .
 - Each Optional Asana Holding time is 15 sec.
 - Video Should not be more than 5 minutes.
 - ❖ Artistic Events :-
 - Holding Time every Asana is minimum 5sec. Holding time of asana less then 5sec will be considered as a invalid asana and zero mark will be awarded.
 - Whole Performance Time :- 3 minutes.
- ☞ Top 128 players + 32 substitute/Reserve Player will be shortlisted.

2. Offline After Final Selection (Stage 2)

- ☞ **Mode:** Physical performance at YUVA YOGASANA PRO LEAGUE.
- ☞ **Date & Venue:** To be announced
- ☞ Technical Evaluation by TO's Panel
- ☞ Final 128 players will be drafted into league teams.

Eligibility Criteria:

- ✓ Age Group: **Under 14**
Under 19
- ✓ **Nationality: Indian Citizen**
- ✓ Must have valid ID proof & NSNU/YYPL UID NUMBER

Registration Details:**Mode:** Online Form**Video Submission Last Date:** 10 /02/2026**Required Documents:**

- ✓ Aadhar Card / ID Proof
- ✓ Birth Certificate / Age Proof
- ✓ Passport Size Photo (2 copies)
- ✓ Medical Fitness Certificate
- ✓ YYPL Registration Form
- ✓ Previous Competition Certificate (if any)

Benefits for Selected Players:

- ✓ Entry into YYPL Yuva Yogasana Pro League 2025–26
- ✓ Training & Mentorship by Experts
- ✓ Official Jersey , Kit & Yoga Mat.
- ✓ 5 Day's Hotel Room Facilities.
- ✓ 5 Day's Fooding Facilities.
- ✓ Physiotherapist & Medical Facilities.
- ✓ Opportunity for National Level Exposure & Publicity.
- ✓ **Certificate of Participation & Memento.**
- ✓ **Certificate of Merit Certificate , Cash Prize Money & Trophy.**

Contact for Queries:

Resource Person	Mobile No.	Email ID
NSNU Foundation Office Mobile No.	+91 70079-23930	office@nsnufoundation.in
MR. RISHABH PANDEY	+91 98076-24616	rishabbhu15@gmail.com
MR. CHANDRA KANT	+91 93695-41613	cndkworld@gmail.com
MR. DEV KUMAR SEN	+91 96317-60220	director@nsnufoundation.in

Office Time - 10:00 Am to 06:00 Pm

Email: yypl@nsnufoundation.in , info@nsnufoundation.in ,
contact@nsnufoundation.in , office@nsnufoundation.in

Website: www.nsnufoundation.in

SEMI FINAL ROUND
SUB JUNIOR GROUP
(Under-14)
Boys & Girls



Ek-Pad-Skandhasana



Purna Bhujangasana



Kurmasana



**Ardha Baddha
Padmottanasana**



Kukkutasana

- A competitor has to perform 5 compulsory asanas and 2 optional asana from given different categories optional chart.
- A competitor shall select these 2 optional asana from different varieties. A/B category of optional asanas can be performed in selection round.
- Compulsory Yogasana to be avoided as optional asana.
- Repetitions of any asana or selecting asana of same varieties will result in getting 0 marks for second asana.
- Holding time of Compulsory Asanas 30 seconds and Optional Asanas Holding time 15 seconds mandatory.
- Always start and end your asana performance with Namaste Mudra.

SEMI FINAL ROUND
JUNIOR GROUP
(Under-19)
Boys & Girls



Karnapinasan



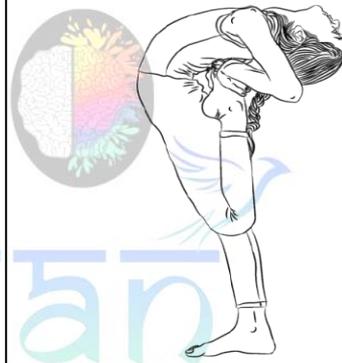
Padma Sarvangasana



Purna Dhanurasana



Kukuttasana



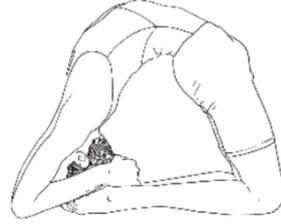
Saral Natraj

- A competitor has to perform 5 compulsory asanas and 2 optional asana from given different categories optional chart.
- A competitor shall select these 2 optional asana from different varieties. A/B category of optional asanas can be performed in selection round.
- Compulsory Yogasana to be avoided as optional asana.
- Repetitions of any asana or selecting asana of same varieties will result in getting 0 marks for second asana.
- Holding time of Compulsory Asanas 30 seconds and Optional Asanas Holding time 15 seconds mandatory.
- Always start and end your asana performance with Namaste Mudra.

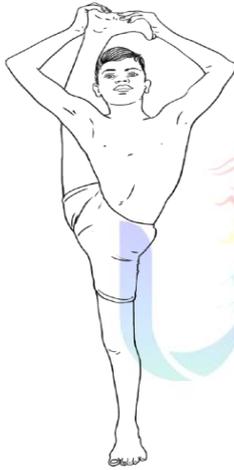
FINAL ROUND
SUB JUNIOR GROUP
(Under-14)
Boys & Girls



**Baddha Parivritta Parsva
Konasana**



Kapotasana



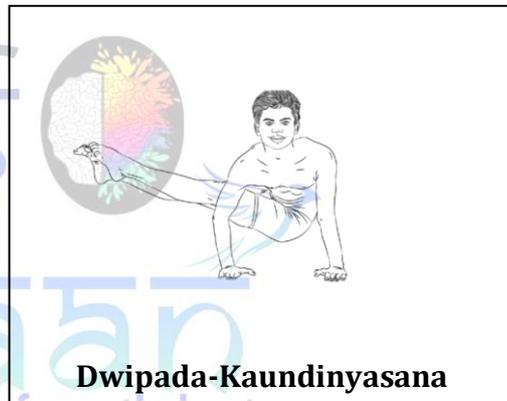
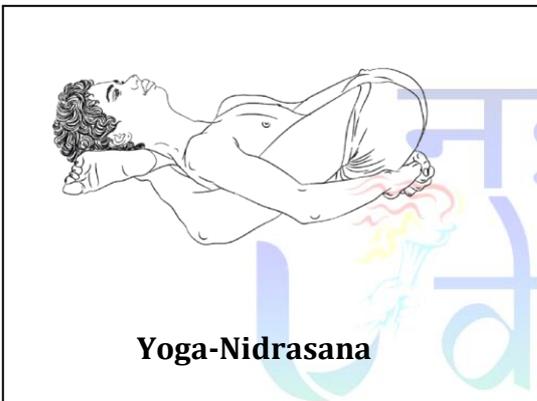
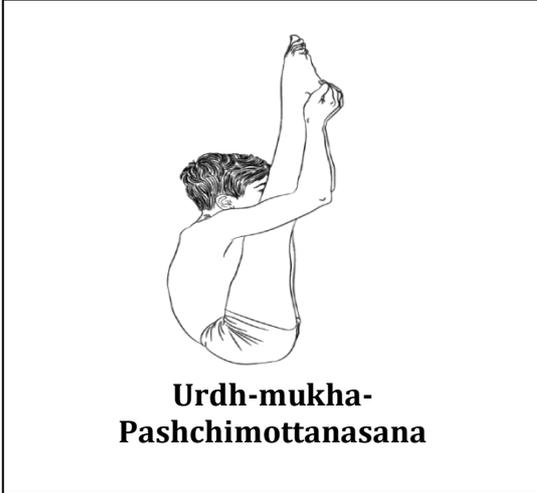
Trivikramasana



Paripurna Matsyendrasana

- A competitor has to perform 4 compulsory asanas and 3 optional asana from given different categories optional chart.
- A competitor shall select these 2 optional asana from different varieties. A/B/C category of optional asanas can be performed in selection round.
- Compulsory Yogasana to be avoided as optional asana.
- Repetitions of any asana or selecting asana of same varieties will result in getting 0 marks for second asana.
- Holding time of Compulsory Asanas 30 seconds and Optional Asanas Holding time 15 seconds mandatory.
- Always start and end your asana performance with Namaste Mudra.

**FINAL ROUND
JUNIOR GROUP
(Under-19)
Boys & Girls**



- A competitor has to perform 4 compulsory asanas and 3 optional asana from given different categories optional chart.
- A competitor shall select these 2 optional asana from different varieties. A/B/C category of optional asanas can be performed in selection round.
- Compulsory Yogasana to be avoided as optional asana.
- Repetitions of any asana or selecting asana of same varieties will result in getting 0 marks for second asana.
- Holding time of Compulsory Asanas 30 seconds and Optional Asanas Holding time 15 seconds mandatory.
- Always start and end your asana performance with Namaste Mudra.

PROTEST POLICY

- ❖ In the event that a Participant wishes to lodge a protest against his/her opponent with respect to age or any other unfair practices etc.; he/she will need to follow the below mentioned steps:
- ❖ Contact the tournament director/NSNU Foundation Representative.
- ❖ Fill out the protest form within 15 minutes of the event
- ❖ Pay a protest fee of Rs. 1000/-
- ❖ The protest committee will arrive at a decision within the duration of the tournament.
- ❖ An ineligible Participant is any student who is any of the following,
 - ☞ Overage on the basis of fraudulent data submitted
 - ☞ Impersonating another student or Student playing in multiple teams in the same age group
 - ☞ Student playing in multiple teams without registering for them all or An unregistered student
 - ☞ Student playing in doubles/teams not from the same school
 - ☞ Or any other reason found valid by the Tournament Organizing Committee
- ❖ In the event that a student is found to be Ineligible has been disqualified YYPL will not be liable to conduct a re-match of for any student/team who may have lost to him/her in the interest of the time. However, the Ineligible student will be disqualified. The player may also face a ban on participating at the YYPL of up to 3 years. The same will be mentioned on his/her sporting profile on www.nsnufoundation.in
- ❖ For Team Sports any ineligible player fielded by team means that the team loses the match and points awarded to opponent. This includes previous matches where this player has played, even though the protest occurred later.
- ❖ To entertain genuine protests, YYPL has taken the decision of levying a protest fee. Handling protests is a time-consuming process and has an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for YYPL to entertain only the genuine cases to be able to provide a seamless sporting experience.
- ❖ The YYPL Protest Form is attached below, in the event of a protest the same will have to be duly filled and signed by the protestor.

PROTEST FORM
YUVA YOGASANA PRO LEAUGE

Protest Submitted by:

TEAM NAME

Name of the Protestor:

Designation:.....

If a Participant/coach wishes to lodge a protest against their opponent, they/he/she will need to follow the below mentioned steps:

Contact the tournament director/YYPL Representative

Fill out the protest form below:

Pay a deposit of Rs.1000/- Documents accepted as valid –Aadhar card, Passport, Birth Certificate, Government ID, etc.

In the event that a Participant is found to be overage/ineligible and has been disqualified, YYPL will not be liable to conduct a rematch of for any Participant/team who may have lost to him/her in the interest of the time. However, the overage/ineligible Participant will be disqualified without any prior notice. The player may also face a ban on participating at the Yuva Yogasana Pro Leauge of up to 3 years. The same will be mentioned on his/her sporting profile on www.nsnufoundation.in

Details of the Participant being protested against:

Participant Name:

Team Name:

YYPL PLAYER UID :

SPORTS – YOGASANA

Reason for Protest:	
Signature	Designation

Official Use Only:

Date & Time Received	Fees Paid		Signature of person receiving protest
	Yes	No	

Outcome of the Protest:

Result	Successful	Unsuccessful

Decision Given by:	Decision Accepted by:
Name:	Name
Position:	Position:
Signature:	Signature:

Date: / /

MEDICAL FITNESS CERTIFICATE

This is certify that , I have examined Name of the player -

.....
S/O.....

Age Male / Female Resident of.....
.....
.....

and He /She is found to be healthy and free sickness either physical or mental. He/ She is found to be fit for joining the YUVA YOGASANA PRO LEAUGE. .



Seal of the Clinic/ Hospital

Signature/Name of the Doctor.
MBBS/ BAMS /BHMS

Note:- Examining doctor must be a medical practitioner with MBBS/ BAMS /BHMS degree.

Date: / /

RISK CERTIFICATE

(For Yuva Yogasana Pro League organized by NAYI SOCH NAYI UDAAN FOUNDATION)

I Father/ Guardian

Name of the player.....

Who will be playing in Yuva Yogasana Pro League organized by NAYI SOCH NAYI UDAAN FOUNDATION, Varanasi U.P. here by certify that my ward is playing in the YUVA YOGASANA PRO LEAUGE (YYPL) with my full and free consent and at my own risk and that I or my son/ daughter/ ward shall not be entitled to claim any compensation, expenditure or any other relief from NAYI SOCH NAYI UDAAN FOUNDATION. if my son /daughter /ward sustain any injury of any kind including fatal during the period of the Competition either while playing or in stay or travel due to any reasons.

Place :

Signature of Player

signature of Parent/ Address

Contact for Queries:

Resource Person	Mobile No.	Email ID
NSNU Foundation Office Mobile No.	+91 70079-23930	office@nsnufoundation.in
MR. RISHABH PANDEY	+91 98076-24616	rishabh15@gmail.com
MR. CHANDRA KANT	+91 93695-41613	cndkworld@gmail.com
MR. DEV KUMAR SEN	+91 96317-60220	director@nsnufoundation.in

Office Time – 10:00 Am to 06:00 Pm

Email: yypl@nsnufoundation.in , info@nsnufoundation.in ,
contact@nsnufoundation.in , office@nsnufoundation.in

Website: www.nsnufoundation.in

