

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.

Sl. No.	Age categories Group	Cutoff Age
1	Under -14 Sub Junior Boys & Girls	<i>Must be born on or after May 30 , 2019. Some recent documents specify a cut-off of May30, 2012</i>
2	U-19 Junior Boys & Girls	<i>Must be born on or after May 30 , 2007. Some recent documents specify a cut-off of May 30, 2012.</i>

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 :**

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.**

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/-.** (Not Refundable)
8. **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 Conduct 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 Website	To be announced later on the 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	1 ST	2 ND	3 RD
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



Certificate



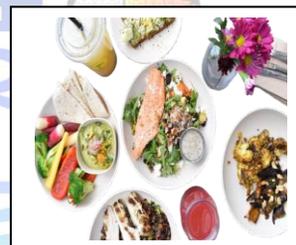
Bus Facilities Only
For Hotel to Venue



1 Pcs Yoga Dress



1 Pcs Yoga Mat



5 Days Food
Facilities (4 Time)



First Aid's



Physiotherapy



Trophy & Prize Money

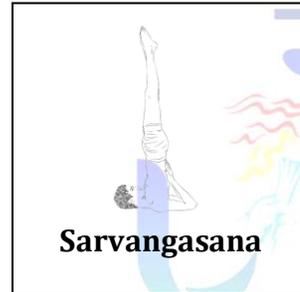
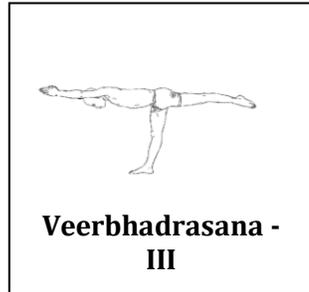
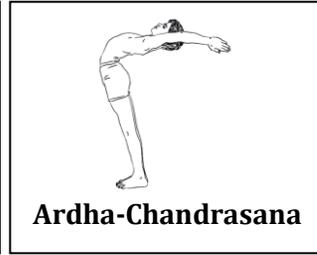
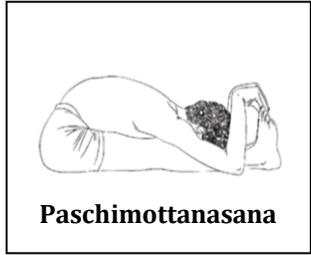


1 Pcs T- Shirt

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

YUVA YOGASANA PRO LEAGUE

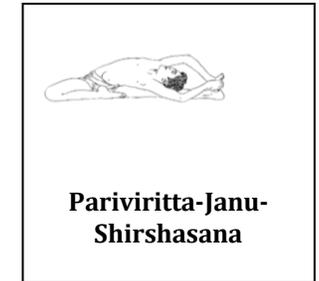
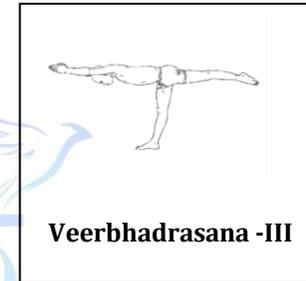
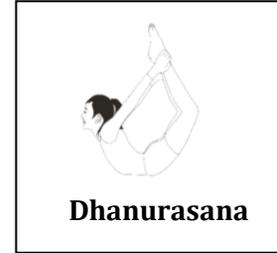
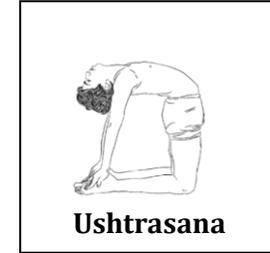
SELECTION ROUND ASANAS
(Sub Junior Group Under-14)
(Boys & Girls)



- 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.

YUVA YOGASANA PRO LEAGUE

SELECTION ROUND ASANAS
(Junior Group Under-19)
(Boys & Girls)



- 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.

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 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:

Leg Balance	Leg balance Forward bend (LBF)	Leg balance Backward bend(LBB)
Hand Balance	Hand balance Forward bend (HBF)	Hand balance Backward bend(HBB)
Back bend	Back bend Standing(BBS)	Back bend Floor (BBF)
Forward Bend	Forward bend Standing(FBS)	Forward bend Floor (FBF)
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.

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.
- 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:

Leg Balance	Leg balance Forward bend (LBF)	Leg balance Backward bend(LBB)
Hand Balance	Hand balance Forward bend (HBF)	Hand balance Backward bend(HBB)
Back bend	Back bend Standing(BBS)	Back bend Floor (BBF)
Forward Bend	Forward bend Standing(FBS)	Forward bend Floor (FBF)
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.

OPTIONAL CHART			
	A1	A2	A3
FBS	 Prapada-Uttana-Prushthasana	 Paripurna-Tittibhasana	 Padahastottanasana
FBF	 Maricchyasana -1	 Urdhavamukha-Paschimottasana - II	 Salamb-Sarvangasana-1
BBS	 Tryanga-Mukhotanasana	 Veernilasana	 Gajanasana
BBF	 Laghu-Vajraasana	 Ushtrasana	 Mahaveerasana

OPTIONAL CHART			
	A1	A2	A3
TBF	 Amit-Vikramasana	 Parivritta-Paschimottanasana	 Trishoolpashasana
TBB	 Angushta-Padottanasana	 Baddha-Parivritta-Parshva-Konasana	 Vindhyasana
LBB	 Dwihastapada-Natarajasana	 Baddha-Natrajasana	 Saral-Natrajasana
LBF	 Garudasana	 Dandayamana-Janushirasana	 Urdha-Prasarita-Lambakonasana

OPTIONAL CHART

	A1	A2	A3
HBF	 <p>Ashtavakrasana</p>	 <p>Bakasana</p>	 <p>Kukkutasana</p>
HBB	 <p>Vruchikasana-I</p>	 <p>Ekpad-Kokilasana</p>	 <p>Pinch-Mayurasana</p>

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	rishabhbhu15@gmail.com
MR. CHANDRA KANT	+91 93695-41613	cndkworld@gmail.com
MR. DEV KUMAR SEN	+91 96317-60220	director@nsnufoundation.in

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

Website: www.nsnufoundation.in

Want to join Yuva Yogasana Pro League? Here's how you can register as an athlete!

Steps to Register:

1. Visit the official registration portal / link: <https://www.nsnufoundation.in/player>
2. Fill out the athlete registration form with correct personal & contact details.
3. Upload required documents (ID proof / age proof / photo, if needed)
4. Submit any required payment / registration fee (if applicable)
5. After submission, you will receive a confirmation email / message with further instructions.

Registration Period

Registration Date: 25th December 2025 to 25th January 2025

How To Registration :-

Website :- <https://www.nsnufoundation.in/>

Athlete Registration- www.nsnufoundation.in/player

Important Notes:

- Ensure all uploaded documents/photos are clear and valid
- Fill the form carefully — incorrect info may disqualify you
- Keep a screenshot/receipt of registration for future reference

If you face any issues — feel free to DM us / contact our support at contact :-

NSNU Office :- 7007923930

Mr. Rishabh Pandey :- 9807624616

Mr. Chandrakant :- 9369541613

Mr. Dev Kumar Sen :- 9631760220

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