



KARNATAKA YOGASANA SPORTS ASSOCIATION (R)

Regd. No. : DRB3/SOR/516/2020-2021

Recognized by Dept. Youth Empowerment & Sports Govt. of Karnataka

Affiliated to Yogasana Bharat, New Delhi.

Recognized by Ministry of Youth Affairs & Sports, Govt. Of India

Associate Member of Indian Olympic Association

Affiliated to Asian Yogasana, World Yogasana

7, 4th Floor, Dr. Vishnuvardhan Road, Padmahabhanagar, Bangalore-61

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Ref No. KYSA/07/2024-25

Date: 21-07-2024

FIRST MEDALLIST DISTRICT YOGASANA SPORTS CHAMPIONSHIP

Date: 11-08-2024

Venue: SPORTS AUTHORITY OF INDIA, BENGALURU

Sl. no.	Name of the championship	Rounds	Dates
01	District Yogasana Sports Championship 2024-25	Quarter Final Round (Traditional Yogasana Sports Competition only)	11-08-2024
02	State Yogasana Sports Championship 2024-25		17th and 18th August 2024

Rules and Regulations:

- All the Schools, Colleges and Any Institutions and University from Bengaluru urban, Bengaluru Rural and Tumkur Districts can participate in this Championship.
- All the Yoga athletes of Karnataka State are hereby informed to get ready for the selection process of 5th National Yoga Championship 2024-25.
- Winners' certificates or medals will not be sent by post for any reason to those who want to go early after the competition is over and wait for the result.
- Athletes concerned can collect it by writing a letter. Athletes must abide by all the conditions and rules of the organisation.
- The only thing is that only the seats of the quarter finals will be allowed to be made in the competition.
- The age limit and round details of newly added competitions for Yogasana Competition 2024 are given below.

1. Sub Junior Division (10 to 14 years). Quarter Final Round
2. Junior Division (14 to 18 years). Quarter Final Round
3. Senior Division (18 and above). Quarter Final Round
4. Masters Division (36 to 45 years). Final round only
5. Veterans category (45 to 55 years).

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- Final round only Athletes should write down the codes of their compulsory seats and optional seats before participating in the respective category competitions.
- Athletes cannot change the asana code or sequence they have entered. In case of change, points will not be awarded or penalty points will be awarded.
- Athlete's age limit will be considered as per the year 1/January 2024.
- In case of any discrepancy in the age limit of the athletes, the decision of the governing body will be the final decision.
- The decision of the referees will be the final decision.
- The coaches of the sportspersons are **Rs. 500/-** along with application fee and official letter to the competition director within 30 minutes of announcement of competition result.
- Mandatory documents to be submitted for participation in competition.
Aadhaar card Birth certificate OR bonafide certificate OR transfer certificate,
3 photographs.
Codes of optional seats should be written down.
Medical fitness certificate (from a certified MBBS doctor).
Risk certificate OR no objection certificate.
- Representation letters will be given to all participating athletes at district level.
- First, second and third placed athletes will be awarded certificates and medals.
- Award certificates will be given to the fourth and fifth placed athletes.
- The first, second and third place winners of the district competition will be selected for the state level yoga sports competition It is requested to register their names for Traditional Yoga District Sports Competition and Artistic Single, Artistic Pair, Rhythmic Pair State Yoga Sports Competition by July 31, 2024

Syllabus Link:

https://drive.google.com/file/d/1J99M5evLrRXk4UHeSXTIn-Q_1qwAY4sQ/view?usp=drivesdk

Registration link : <https://forms.gle/zMKKeFmXwXa5B2Ar7>

DR. NIRANJAN S REDDY

Bengaluru District Coordinator

9844722866

MR. NAGARAJU H B

Bengaluru District Coordinator

9743199131



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Dr. M. Niranjana Murthy

Secretary Karnataka Yogasana Sports Association

9343583787 / 9108247999

Mr. Harshan R

Office Secretary

Karnataka Yogasana Sports Association

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