



Malaysia Yogasana & Mallakhamb Association
"Treasure the Traditions"

Under the
auspices of



**International Yoga Sports Federation
(Switzerland)**

Age groups:

- Group A (Below 9 years)
- Group B (9 - 11 years)
- Group C (12 -14 years)
- Group D (15 – 17 years)
- Group E (Above 18 years)
- Group F (Masters/Coaches)

Categories:

Athletic Yoga, Artistic Solo,
Artistic Pair and Rhythmic Pair

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தொக்யோ தமிழர் சங்கம்
TOKYO TAMIL SANGAM



+60 111 163 7092

+60 12 505 0980

MYMA National Yoga Competition 2021

1. All participants must register their entries @ <http://alokas.com/MYMAyoga2021competition.php> along with proof of payment before **15 October 2021**.
2. Entry fees RM50 payable to Persatuan Yagasana dan Mallakhamb Malaysia (MYMA); CIMB bank; Ac/No: 8604846004.
3. Group A & Group B must perform four compulsory postures and two additional postures of the Athlete's choice are to be demonstrated within 3 minutes in the following order:
 - Half Moon Pose with Hands to Feet Pose (4 parts)
 - Fish Pose
 - Rabbit
 - Spine Twisting Pose
 - Optional Postures 2 (combination of balance, strength, and flexibility)
4. Group C - F must complete 6 optional postures within 3 minutes. The Athlete must choose 1 posture from each of the 6 compulsory posture groups demonstrating the basic range of motion of the spine and the skills of the Athlete:
 - Backbends
 - Forward Compressions
 - Tractions
 - Twists
 - Lifts
 - Inversions (as given in the list of postures)
5. The list of postures can be obtained from <https://www.iysf.org/rules/>
6. Athletes must hold each posture in stillness with normal breathing for at least 3 seconds to receive a score. For a maximum score, they must hold the posture for at least 5 seconds (except for Half-Moon pose).
7. All players must send their performance video with their full name, and age group through their youtube link before 22 October 2021.
8. The video submission link will be provided in the telegram group upon registration.
9. The video must be maximum 3 minutes long and must be taken continuously in proper lighting, angle & background without any edits and cuts.
10. Top 10 winners of athletic yoga will be qualified for final round.
11. Final round will be conducted live via Zoom on 30 /31 September 2021.
12. All top 10 winners of athletic yoga will be performing 6 asanas of their choice demonstrating all the skills as in the 1st round from the given lists of postures in the final round.
13. All players of artistic, rhythmic yoga categories must perform minimum 10 asanas comprising of back bend, forward bend, flexibility, balance, and strength with or without background music (the length of the video must not exceed 3 minutes; the organizers are not liable for any copy right issues on the music).
14. All players will be provided with E – Certificate.
15. **Top 3 winners of each group will be awarded with cash prizes and will be qualified to represent Malaysia in the International Yoga Sports Championship organized by International Yoga Sports Federation**