



# TRAACS INTERNATIONAL CARNIVAL 2021

Organized by



www.thetraacs.com



Malaysia Yogi & Multibank Association  
"Treasure the Tradition"



www.alokas.com



## Age groups:

- Group A (Below 9 years)
- Group B (10 - 12 years)
- Group C (13 - 15 years)
- Group D (16 – 18 years)
- Group E (19 – 25 years)
- Group F (26 – 35 years)
- Group G (36 – 45 years)
- Group H (above 45 Years)

## Categories:

Athletic Yoga, Artistic Solo,  
Artistic Pair and Rhythmic Pair

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A SMARTER COMMUNITY THROUGH



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# TRAACS International Yoga Competition 2021

Virtual

Approved by KPM (Ministry of Education)



Purna Bhujangasana	Dhanurasana	Sasangasana
Vathiyasana	Bhivaktha Janusirshasana	Viswamitrasana
Trivikramasana	Kamar Marodasana	Purna Matyendrasana
Bakasana	Omkarasana	Padma Sirasasana

1. All participants must register their entries @ <http://alokas.com/TraacsYoga2021competition.php> before **15 October 2021**.
2. International participants shall pay USD 20 as entry to (TRAACS) Transnational Association of Arts, Culture and Sports; CIMB bank; Ac/No: 8603598682
3. There is no entry fee for Malaysians, but Donations are welcome.
4. All participants will be provided with free workshops by Industry experts.
5. Group A and H must totally perform 4 asanas (any 2 asanas from the given list and 2 asanas of their own choice).
6. Group B to D must totally perform 5 asanas (any 4 asanas from the given list and 1 of their own choice).
7. Group E to G must totally perform 5 asanas (any 3 asanas from the given list and 2 of their own choice).
8. The holding time for each asana will be 15 seconds.
9. All players' choice of asanas must be the combination of back bend, forward bend, flexibility, balance, and strength.
10. All players must send their performance video with their name, group, and the code number sent to them by email at the time of registration through the link that will be provided after the free workshop.
11. The video must be maximum 3 minutes long and must be taken continuously in proper lighting, angle & background without any edits and cuts.
12. Top 10 winners of athletic yoga will be qualified for final round.
13. Final round will be conducted live via Zoom.
14. All top 10 winners of athletic yoga will be performing 5 asanas of their choice in the final round.
15. 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).
16. All players will be provided with E – Certificate & Top 3 winners will be awarded with cash prizes.