



Association „LATVIAN YOGA SPORTS FEDERATION”

APPROVED:
President of LYSF Aleksejs Pavlovs
Riga, February 22, 2017

Association “LATVIAN YOGA SPORTS FEDERATION”
OPEN COMPETITION IN YOGA SPORTS
“LYSF SPRING CUP”

RULES

Purpose and tasks:

To promote yoga sports in Latvia. To determine the best yoga athletes.

Time and place:

May 27, 2017, at 11.00 o'clock, Salaspils Sports hall, Smilšu street 1, Salaspils. *Registration and warm-up starting from 9.00 - 10.30*

Competition management and procedure:

Competition is organized by the association “Latvian Yoga Sports Federation”
Chief Judge: I. Kalniņa

Participants and program:

Athletes in the following categories and Asana classes shall participate in the competition:

CATEGORIES:

- 1st category: CHILDREN (girls, boys) age group 4 - 6 years.
- 2nd category: CHILDREN (girls, boys) age group 7 - 10 years.
- 3rd category: JUNIORS (girls, boys) age group 11 – 17 years.
- 4th category: ADULT (women, men) age group 18 – 49 years
- 5th category: SENIORS (women, men) age group 50 + years

ASANA CLASSES:

- A class: 24 - 35 points
- B class: 36 - 41 points
- C class: 42 - 47 points
- D class: 48 - 53 points
- Master: 54 - 60 points



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General competition rules:

- 1) The athlete shall prepare and submit a program application for the selected qualification class (see procedure for preparing of the application below).
- 2) The program consists of 6 (six) asanas, selected from the list of competition asana approved by LYSF, combining complexity level points of each asana.
- 3) The program shall be completed in 3 minutes ensuring even intervals between asanas, holding each asana in its maximum performance for 5 seconds.
- 4) Asanas shall be performed in the sequence specified and submitted in the application.
- 5) Changes to the submitted program can be made latest 3 days before the competition date.
- 6) If at the competition day the athlete performs the program in a sequence that differs from the submitted one, the total amount of points shall be reduced by 1 point (except for 1st category athletes).
- 7) If at the competition day the athlete performs an asana, which has not been applied for, the total amount of points shall be reduced by 2 points.
- 8) The athletes shall be evaluated in accordance with the competition judging rules approved by the International Yoga Sports Federation (IYSF).

Athlete's clothing:

Girls, women – fitting body with open shoulders and leggings (preferably of the same colour) or yoga sports competition form.

Boys, men – fitting shorts or leggings, no shirt.

Participation fee:

For LYSF Members – 10 euros

Others – 15 euros

Bank details for participation fee payment:

Biedrība “Latvijas Sporta jogas federācija”

RN 40008247482

Nordea bank: LV18NDEA0000084688891

The payment purpose shall specify name, surname and qualification class (category + asana class, for example, 4C) of the participant.

Payment shall be made by May 15, 2017.

Awarding:

Athletes who have won the 1st – 3rd place at the competitions in their own qualification class (girls, boys, women, men) shall be awarded with medals and diplomas. All participants shall be given diplomas. Special prize – Cup of the President of LYSF to the athlete for the most excelling demonstration of ambition and inner strength at the competition.

Applications:

Applications shall be submitted by e-mail to sportajoga@gmail.com, and originals shall be submitted at the competition day. Children and juniors shall provide doctor's reference permitting participation in competition.

Applications shall be submitted latest by May 15, 2017, 23.59 o'clock.

At the competition day the athlete shall present personal identification document upon registration.

Application form can be downloaded at www.lsjf.lv/sacensibas/noteikumi/