



## Association „LATVIAN YOGA SPORTS FEDERATION”

*APPROVED:*  
*President of LYSF Aleksejs Pavlovs*  
*Riga, July 29, 2016*

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

### RULES

**Purpose and tasks:**

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

**Time and place:**

December 18, 2016, 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:

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



## **Association „LATVIAN YOGA SPORTS FEDERATION”**

### **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 1<sup>st</sup> 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:**

Children and juniors – 10 euros  
Adults and seniors – 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 December 10, 2016.

### **Awarding:**

Athletes who have won the 1<sup>st</sup> – 3<sup>rd</sup> 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](mailto:sportajoga@gmail.com) and [kalnina.iveta@inbox.lv](mailto:kalnina.iveta@inbox.lv) (**must be sent to both addresses**), 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 December 10, 2016, 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/](http://www.lsjf.lv/sacensibas/noteikumi/)**