

# 4<sup>th</sup> Annual Singapore Regional Yoga Asana Championship

## October 30, 2010

Organized by **Bikram Yoga City Hall**  
252 North Bridge Road  
#02-14 Raffles City Shopping Centre  
Singapore 179103

### **RULES AND REGULATIONS**

**I. ELIGIBILITY:** The Championship is open to all individuals 18 years and older. All competitors will compete separately in Men, Women and Youth category respectively for this Championship. It is **mandatory** for first place and second place winners to compete for the International Yoga Asana Championship 2011 Finals in Los Angeles in February 2011.

**II. AGE:** Applicants shall furnish a copy of a birth certificate or a government issued picture identification with proof of age of minimum 18 years old. Anyone under the age of 18 years may Participate in the Youth Category.

**III. PROHIBITION:** No stimulating drug or alcoholic beverage can be used before or during the competition by any competitor. Any such use will be treated as violation of the rules. The Championship Committee, which shall consist of 3 judges, has full right to suspend a competitor for violation. The Championship Committee's decision on the matter shall be final and binding.

#### **IV. REGISTRATION:**

1. **The entry fee must be submitted by 12pm, October 17, 2010.**
2. Copy of Competitor's photo ID must be attached to the Entry Form.
3. Attach signed Waiver of Liability
4. Attach signed Photo & Video Release Authorization

#### **V. ATTIRE:**

**Female:** One or two piece costume with exposed arms and legs (no bikinis), or exercise top with half tights or cycle shorts.

**Male:** Swim suit or cycle shorts.

#### **VI. ASANAS:**

Please refer to **Youth Division Compulsory Postures** and **Adult Division Compulsory Postures**

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## **VII. RULES:**

1. Bikram Yoga City Hall will not be liable for any injury to competitors sustained during or as a result of the competitions. Waiver form must be signed by all competitors.
2. Competitors are to maintain good conduct and proper discipline during competition.
3. The Rules and Regulations Committee, which shall consist of 3 representatives from Bikram's Yoga College of India, reserves the right to add, alter, and amend the rules and programs at its sole discretion without prior notice.

**VIII. JUDGING:** Judges for the Championships will be appointed by Bikram Yoga City Hall. The Judges shall be qualified and approved by Bikram's Yoga College of India. Each competitor will have to perform seven Asanas as mentioned above within 3 minutes before a group of 3 Judges, the constitution of which shall be solely decided by Bikram Yoga City Hall.

The Judges will consider:

1. Proportion of the body
2. Steadiness of the posture execution
3. Dress, style, and grace in asana execution

The Judges' decision shall be final and binding.