



Vinyasa Yoga Competition Rules, Standards, and Evaluation Criteria

1. Definition

Vinyasa is a dynamic form of yoga practice that emphasizes the synchronization of breath and movement, ensuring harmony between the body and mind. The practice includes smooth transitions between poses (asanas), developing both physical and mental flexibility.

2. Objectives

- To popularize vinyasa yoga practice among people of various ages and experience levels.
- To cultivate body awareness and improve physical and emotional health.
- To ensure qualified teacher training and organize professional coaching sessions.

3. Training Standards

- Instructors must be certified and have at least 200 hours of teaching experience, based on international standards.
- Training sessions must be adapted to participants' physical conditions and levels, offering variations of exercises.
- Participants are encouraged to follow yoga ethics – respect, mindfulness, and discipline.

4. Health and Safety

- A safe environment must be ensured during sessions with appropriate equipment (mats, blocks, straps, etc.).
- Participants must be informed of potential risks and health contraindications.
- All participants must provide information about their current health status, especially if there are any restrictions.

5. Participant Behavior Rules

- Arrive on time for sessions and adhere to the established schedule.
- Respect the instructor and other participants.
- Follow hygiene requirements (cleanliness, appropriate clothing, personal hygiene).



6. Competition/Contest Rules and Requirements

Demonstration Duration

Each participant must prepare a 2-3 minute vinyasa yoga demonstration.

Demonstration Content

Participants can choose to demonstrate one of the following:

- Sun Salutation – a classic sequence integrated with breathing and movement rhythm.
- Standing Poses – focusing on strength, stability, and balance.
- Seated Poses – demonstrating flexibility, relaxation, and control.
- Inversions – poses that require the ability to invert the body and maintain stability.

Demonstration Aspects

Participants should demonstrate:

- Smoothness and synchronization – consistent transitions between poses.
- Creativity and style – an original sequence presentation.
- Control and balance, especially in more complex poses.

7. Evaluation System

Participants are evaluated according to the following criteria (from 1 to 10 points):

- Accuracy of technique
- Harmony of movement and breath
- Creativity and originality of the sequence
- Aesthetic impression of the demonstration

8. Participant Preparation

- Participants must submit their planned sequence of poses to the judging panel before the start of the competition.
- Music (if used) must be provided in USB format during registration. The USB should contain only one song for the competition.

9. Participant Age Groups and Experience Levels

Age Groups:

- Children (up to 11 years)
- Adolescents (12-16 years)
- Youth (16-21 years)
- Adults (21-40, 40+, 50+, 60+ years)



Experience Levels:

- Beginners – up to 1 year of practice.
- Intermediate – 1-5 years of practice.
- Experts – more than 5 years of yoga practice.

10. Disqualification Rules

A participant may be disqualified if:

- They do not adhere to the established competition rules.
- They participate under the influence of alcohol or drugs during the event.
- They show disrespectful behavior towards the panel or other participants.
- They intentionally damage the event's equipment or environment.
- Instances of violence or theft are observed.

11. General Information

- The event organizer is not responsible for any injuries incurred during the competition or during individual preparation.
- The organizer will ensure suitable conditions for participants' performances, as far as possible.
- The organizer reserves the right to modify event details and conditions.
- The organizer has the right to record the event in various formats (photos, videos) and to publish or remove this material.