



UN New York-based Missions Games
(Diplomatic Sports Games)

YOGA TOURNAMENT

Date: 09th April 2025, 11 AM to 12.30 PM

Venue: Roses Garden, North Lawn, UN Headquarters.

(Regulations)

1. Teams:

- Each team will consist of 5 participants.
- The tournament is open to diplomats and representatives of diplomatic missions and the United Nations agencies, as well as their family members.

2. Format:

- The competition will have 5 rounds, each featuring 5 predetermined asanas and a 'surprise asana'.
- Every Team member must participate in at least one round, with only one individual per team allowed in each round.
- Teammates can assist and guide the participant performing the asana.
- An instructor will demonstrate the yoga postures during each of the 5 rounds.

3. Points and Ranking:

- Each round will be graded out of 20 points with a total possible score of 100 points after 5 rounds.
- The team with the highest cumulative score wins. In case of a tie, a 'surprise asana' faceoff will determine the winner.
- Asanas will be evaluated based on:
 - Flexibility
 - Alignment
 - Body Balance
 - Endurance
 - Form/Grace

4. Sportsmanship:

- All players and supporters are expected to exhibit good sportsmanship throughout the event.
- The instructor and judges decisions are final.

5. Additional Information:

- Yoga mats will be provided.
- Participants can wear comfortable clothes, preferably white T-shirt/top.
- Awards will be presented to the finalists.

6. **List of Asanas:** Below is a list of asanas for each round.

A] Level 1 - Beginner's Bliss

- Vrksasana - Tree Pose
- Kati Chakrasana - Standing Spinal Twist
- Utkatasana - Chair Pose
- Salabhasana - Locust Pose
- Bhujangasana - Cobra Pose
- **** SURPRISE ASANA****

B] Level 2 - Intermediate Asana

- Trikonasana - Triangle Pose
- Baddha Konasana - Bound Angle Pose (Butterfly Pose)
- Paschimottanasana - Seated Forward Bend
- Naukasana - Boat Pose
- Uttanpadasana - Raised Leg Pose
- **** SURPRISE ASANA****

C] Level 3 - Advanced Alignment

- Virabhadrasana 2 - Warrior 2 Pose
- Hastapadasana - Standing Forward Bend
- Adho Mukha Svanasana - Downward-Facing Dog Pose
- Purvottanasana - Upward Plank Pose
- Setu Bandhasana - Bridge Pose
- **** SURPRISE ASANA****

D] Level 4 - Advanced Attunement

- Sarvangasana - Shoulder Stand Pose
- Prasrita Padottanasana - Wide Legged Forward Bend
- Viparita Salabhasana - Reverse Locust Pose
- Natarajasana III - Dancer Pose
- Ustrasana - Camel Pose
- **** SURPRISE ASANA****

E] Level 5 - Ultimate Union

- Parivrit Trikonasana - Rotated Triangle
- Parivrtta Janushirasana - Revolved Head-to-Knee Pose
- Ardha Chandrasana Half Moon Rising
- Chakrasana - Wheel Pose
- Matsyasana - Fish Pose
- **** SURPRISE ASANA****

7. **Contact:**

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