

USA YOGA SPORTS FEDERATION

COMPETITION RULES AND REGULATIONS

Updated as of November 8, 2018

I. ATHLETE ELIGIBILITY

1.1 Athlete Membership

All individuals who compete at a USA Yoga event must be Athlete members of the United States Yoga Federation (USA Yoga). Non-US citizens may register as Athlete members of USA Yoga and may compete at the Qualifier level, and on the Regional level, but eligibility to compete in the National Competition shall be restricted to US citizens.

1.2 Eligibility and Competition Categories

USA Yoga competitions are divided into youth 7-11, youth 12-17, adult 18-49, and adult 50+ divisions. Each division is divided into Male and Female categories. See Section 1.6 for method of determining age eligibility.

1.3 State Eligibility

An athlete is eligible to compete for any state on the qualifier level provided he/she has maintained his/her primary physical residence in that state for a minimum of three (3) months prior to such competition, and has not competed as a resident of a different state during that competition season. Evidence of residency may be required. In cases of hardship, an athlete may apply to USA Yoga for an exception to the residency rule. An athlete can only submit one entry in any given year.

1.4 Regionals

The top scoring submissions from the qualifier level of each state will be invited to participate in one of four Regionals. If there is only one competitor for a state, then they have the option to move directly to Nationals. USA Yoga reserves the right to make exceptions as to which Regional is attended for extraordinary circumstances to be decided on a case-by-case basis by the USA Yoga Board.

1.5 National Competition

(a) Invitations for Competitors

The USA Yoga National Championship is an invitational competition. Eligible first place winners of adult and youth categories for each state from the Regional level are automatically invited to compete at the USA Yoga National Championship. Second place winners may act as an alternate if the first place winner is unable to attend the national championship, or may be invited to the National competition based on overall score. All other competitors in all

categories may be invited to compete in the next level of competition based on the overall score a competitor receives. The National competition organizers will decide the number of invitations issued within a reasonable time prior to the Competition.

USA Yoga reserves the right to make exceptions to allow advancing directly to the National Championship for extraordinary circumstances to be decided on a case-by-case basis by the USA Yoga Board.

(b) Deadlines

Even if an athlete has received an invitation, entry deadlines still apply, and the competitor must register within the registration period in order to be eligible to compete.

1.6 Age Determination

(a) Minimum Age

An athlete under the age of 7 will not be permitted to participate in the Age Group Competition Program under any circumstance. He/she must turn 7 years of age before he/she may begin competition.

(b) Competition Season

The competition season is defined as September 1st, - August 31st. For all aspects of the program, an athlete's competitive age is determined by his/her age on September 1st at the beginning of the competitive season.

(c) Age Calculation

An athlete is allowed to move up one year in age for competition. He/she may move the one-year based only on his/her age as of September 1st. (Example: an athlete is 16 years old September 1st, and turns 17 years old September 2nd, he/she may compete as an 17 year old, but he/she may not compete as an 18 year old because he/she was not 17 years old on September 1st.)

1.7 Condition of Eligibility

As a condition of eligibility, each competitor must agree that the competitor assumes all risk of injury and neither USA Yoga nor any of its officers, directors, employees, agents or volunteers will be liable for any injury to or damages of any kind suffered by a competitor before, during or as a result of the competition. Competitors will not be allowed to participate without submitting a Waiver of Liability.

1.8 Other Eligibility Restrictions

(a) Good Conduct

Competitors are to maintain good conduct and proper discipline

during competitions. USA Yoga Federation reserves the right to suspend a competitor at any time for improper conduct.

(b) Drug Use

If any competitor shall use any stimulating drug or alcoholic beverage before or during a competition, such competitor will immediately be disqualified and future eligibility shall be subject to review.

(c) Pregnancy

Female competitors are not eligible to compete if pregnant.

(d) Injuries or Medical Conditions.

Competitors with injuries or serious medical conditions are not eligible to compete unless a licensed physician approves the competitor's participation in writing.

1.9 Good Faith

USA Yoga is not required to investigate whether a competitor is eligible for a competition, but may rely on the good faith representations of the competitor to establish eligibility. USA Yoga may require documentation to support a claim of eligibility in its sole discretion.

II. JUDGES ELIGIBILITY

2.1 Qualifications

To be eligible to judge you must hold an active Judges Membership with USA Yoga. A judge must have completed at least one USA Yoga Judges Clinic, pass the Judges Exam, and have been a certified yoga teacher for at least three years. The United States Yoga Federation must approve all judges prior to his/her participation in a competition.

2.2 Eligibility of Competitors

No competitor can participate as a judge at any competition. Athletes who fulfill the requirements of Section 2.1 can serve as a judge during any competition season if such competitor has elected not to compete or once their involvement as an athlete is complete for such season.

2.3 Conflicts of Interest

A judge cannot participate in a competition if a member of the judge's immediate family is competing. Judges who are also coaches should not officiate a competition category in which one of their students is competing without disclosing such relationship to USA Yoga prior to accepting the judging position. USA Yoga may replace any such judge at its sole discretion.

III. ORGANIZATION OF COMPETITIONS

3.1 Attire

Competitors shall wear attire in conformity with these rules.

(a) Requirements

Attire should be elegant but modest and not overly revealing. Competitors should minimize accessories and should not wear headbands or bandanas. Unobtrusive jewelry is permissible but it is preferred that no jewelry is worn. Judges will not be required to give credit in any posture where the judges' view of the competitor's body is obscured by attire that does not conform to the preferences of these rules.

(b) Preferred Attire for Females

One or two-piece swimsuit, leotard, or form-fitting exercise outfit, with open arms and legs (no bikinis), or similar.

(c) Preferred Attire for Males

Speedo style swimsuit, or tight fitting shorts, or similar.

3.2 Attendance

All competitors shall be present in the competition area in conformity with the event schedule. If a competitor is not present when his or her name is called to compete, the Head Judge may disqualify the competitor.

3.3 Presentation

When a competitor's name is called he or she will walk to the middle of the stage, face the judges, bring hands to namaskar (prayer position in the center of the chest), bow to the judges and the audience and then release the hands to the sides. Instructions will then be given by the words, "Begin please," for the competitor to begin.

3.4 Registration

3.4.1 National Competition

Athletes who have qualified and/or been invited to participate at the National Competition will receive an official email to participate. The Athlete must officially submit registrations through the designated USA Yoga protocols. The Athlete must declare their choice of all 6 Postures at the time of registration. The Athlete will receive an email receipt that lists the postures submitted. The Athlete should check this receipt and email info@usayoga.org immediately if they made a mistake in their posture submission. If the Athlete performs the wrong posture on stage, then they will receive a score of zero. The Athlete can change their postures once via email no later than two weeks before the competition. The Athlete may also change their postures during the routine by audibly calling the name of the

Posture on stage, in English, before the execution of the Posture. Only Postures from the Approved List of Postures can be called during a last minute change and must be correctly called. If the Athlete fails to do so or miscalls the Posture, the Posture will be scored zero.

Athletes are not required to announce the Postures during the routine.

Registration must be completed by the designated deadline in order for the Athlete to participate at the National Competition. The Athlete must pay in full the required Entry Fee in order to complete the Registration. The Athlete must also sign the Athlete's Oath at this time. Once paid, the registration fee is non refundable for any reason. The Athlete must arrive at the event at the designated time and check in to gain their accreditation.

3.5 Regionals

All Athletes must register with the Local Organizing Committee [LOC] no later than 1 week prior to the start of the Competition, (or by the deadline established by the LOC, whichever comes first). The Athlete must declare their choice of all 6 Postures at the time of registration. The Athlete will receive an email receipt that lists the postures submitted. The Athlete should check this receipt and email info@usayoga.org immediately if they made a mistake in their posture submission. If the Athlete performs the wrong posture on stage, then they will receive a score of zero. The Athlete can change their postures once via email no later than one week before the competition. The Athlete may also change their postures during the routine by audibly calling the name of the Posture in English before the execution of the Posture. Only Postures from the Approved List of Postures can be called during a last minute change and must be correctly called. If the Athlete fails to do so or miscalls the Posture, the Posture will be scored zero.

The Athlete must have an active membership with USA Yoga and complete the registration requirements, including paying the registration fee and signing the Athlete's Oath.

Athletes are not required to announce the Postures during the routine.

3.6 Qualifiers

All Athletes must register when they submit their qualifier video, at which time they must declare their choice of all six postures. The Athlete will receive an email receipt that lists the postures submitted. The Athlete should check this receipt and email info@usayoga.org immediately if they made a mistake in their posture submission. If the Athlete performs the wrong posture in their video, then they will receive a score of zero.

The Athlete must have an active membership with USA Yoga and complete the registration requirements, including paying the registration fee and

signing the Athlete's Oath.

3.7 Competition Format

3.7.1 Posture Order

The Athlete must follow the correct order of the Compulsory Categories in their routines. If the Athlete fails to do so the Athlete will incur a 1-point penalty for every missed posture, this will be taken from the overall score.

While the Optional Postures can be performed in any order, they must be performed in the order submitted at the time of registration, or they will be scored a zero.

3.7.2 Youth 7-11, 12-17, and Adult 18-49, 50+ Division

The routine consists of 6 postures to be performed in 3 minutes. The routine has 2 parts made up of 4 compulsory postures from the Compulsory Category list and 2 Optional Postures.

There is one Compulsory Category list for the Youth Divisions and another for the Adult Divisions.

The compulsory postures demonstrate the basic range of motion of the spine: forward compressions, backward bends, tractions, and twists. The final 2 Optional Postures are chosen by the Athlete to demonstrate the skills of Balance, Flexibility and Strength.

The Youth and Adult Athletes must choose 2 Optional Postures.

The Judges score all the postures out of 10. The score is then automatically tabulated with the degree of difficulty multiplier in the tabulation grid.

A. Adult Divisions

The 4 Compulsory Categories are separated into 3 difficulty levels (see Adult Division Compulsory Postures).

The first difficulty level is all floor postures that demonstrate primarily flexibility and the degree of difficulty multiplier is 6.

The second difficulty level demonstrates primarily balance and the degree of difficulty multiplier is 7.

The third difficulty level demonstrates a combination of skills from advanced level postures. The postures in the third level have a degree of difficulty

multiplier of 8.

One posture from each of the four Compulsory Categories and two Optional Postures of the Athlete's choice are to be demonstrated in the following order:

Forward Compressions:

Rabbit- first difficulty level -6 points

Standing Head to Knee -second difficulty level -7 points

Full Tortoise –third difficulty level -demonstrating combination of skills -8 points

Backward Bends:

Bow –first difficulty level -6 points

Standing Bow Pulling -second difficulty level -7 points

Dancer Pose –third difficulty level -demonstrating combination of skills –8 points

Traction:

Traction –first difficulty level -6 points

Upward Stretching -second difficulty level -7 points

Standing Splits –third difficulty level -demonstrating combination of skills -8 points

Spine Twist:

Spine Twist–first difficulty level -6 points

Wide Angle Twist -second difficulty level -7 points

Full Twist –third difficulty level -demonstrating combination of skills-8 points

Optional Posture #1:

Optional Posture #2:

Athletes are permitted to choose postures from any level within each category, without incurring a point(s) deduction.

All the Compulsory Category postures must be demonstrated in the Recommended Execution as set out in the Compulsory Postures, without any extra or less Skill and/or accepted flourishes.

Athletes are not allowed to repeat any posture in their routine, even if performed with extra or less skill. A repeated posture will receive 0 points.

B. Youth Divisions

Four Compulsory Postures and two additional postures of the Athlete's choice are to be demonstrated in the following order:

Half Moon Pose with Hands to Feet Pose (4 parts) -7 points

Fish Pose -5 points

Rabbit Pose -6 points

Spine Twisting Pose -6 point

Optional Posture #1

Optional Posture #2

3.7.3 Optional Posture - Choice and submission of Optional Posture

Athletes must choose two Optional Postures to perform after completing the Compulsory Category Postures. These Postures should be chosen from the Official Approved Optional Postures.

The Optional Postures are divided into 6 groups: forward compressions, backward bends, traction poses, twists, lifts, and inversions. Each posture is also given an individual categorization, determining whether the posture demonstrates characteristics of Balance, Flexibility and/or Strength. The full criteria and evaluation for these Postures are set out in the Official Approved Optional Postures.

The Athlete should choose their Optional Postures from 2 of the 6 different groups. If the Athlete chooses the Optionals from the same group, then they will incur a 2 point deduction. The combination of the Optional Postures should also demonstrate the three characteristics of Balance, Flexibility and Strength. Failure to comply with these requirements will incur point penalties.

If the Athlete intends to perform an Optional Posture that is not listed in the Official Approved List of Optional Postures, then the Athlete must submit the Posture to USA Yoga at least ONE MONTH prior to the day of their video submission, or the date of the Event. The posture will be submitted to the IYSF Technical Committee who will decide the Difficulty Rating and the Characteristics and Group of the Posture. If the Posture is not submitted as described, the score for the Posture will be zero.

3.7.4 Change of Compulsory or Optional Postures

If for whatever reason an Athlete decides to change their Compulsory or Optional Postures the following procedure can take place:

- (a) The Athlete may change the choice of Posture during the routine by audibly calling the name of the Posture in English before the execution of the Posture.
- (b) Only Postures from the Approved List of Postures can be called during a last minute change and must be correctly called. If the Athlete fails to do so or miscalls the Posture, the Posture will be scored zero.

3.8 Timing

3.8.1 Timing of the Routine

For all divisions and genders, Athlete must complete their routine and come back to neutral position within 3 minutes. The 3-minute timing will begin as soon as the Athlete makes their first move into the first Posture. The Athlete must have exited their final Posture comfortably before time expires or they will face point deductions. The point deductions are as follows:

- (a) If time expires prior to the completion of the Posture the score is 0
- (b) If time expires after the completion of the Posture but before the Athlete is able to hold the Posture for at least 3 seconds, the score given for that Posture is zero.
- (c) If time expires after the Athlete held the Posture for at least 3 seconds and begins to exit the Posture, but fails to return to a neutral standing position, there shall be a one-point deduction for failing to complete the performance within the allotted time
- (d) Notwithstanding the fact that time has expired, the competitor shall be required to exit the Posture and Judges may make further deductions based on any errors in such exit. The Head Judge shall make a final determination of whether the Posture was held long enough to receive a score.
- (e) The Athlete must leave the stage within 4 minutes or they may face disciplinary action.

3.8.2 Timing of the Postures

Athletes and Coaches are reminded that each Posture must be held still with normal breathing for at least three seconds to receive a score. The exception is Half-Moon pose in the youth division in which a 3 second hold on both sides achieves maximum points.

3.9 Second Chance

If an Athlete falls out of a Posture or fails to complete a Posture, they are allowed a second chance to attempt the same Posture. If a second chance occurs the posture score is a maximum of 5. If the Athlete again fails, the posture is scored a zero and he/she must move on to the next Posture. In line with the protocol on calling the name of the Postures, the Athlete does not need to call the second attempt, as the Judges will consider the Posture a second attempt if the Athlete falls or fails to complete the Posture and then re-attempts the Posture.

IV. JUDGES AND JUDGING OF COMPETITIONS

4.1 General

The rules regarding judging postures shall apply to all formats.

4.2 Posture Scores

Each posture will be judged on a scale of 0 to 10 points.

Judges shall arrive at a score by starting with 10 points for each posture, and applying all relevant deductions to arrive at a final score.

Judges should be able to account for each specific deduction and demonstrate the calculation used to arrive at the final score given by such judge. Accepted Flourishes to the Postures will receive no additional points. The incorrect order of the Posture and the incorrect facing of the Posture when performed will incur a one-point deduction for each fault.

4.3 Demonstrating Control of the Posture

4.3.1 Minimum Expression

In order for any posture to be considered as having reached the Minimum Expression and achieve a score, the Athlete must demonstrate the following criteria:

- (a) The posture must be held still for a minimum of 3 seconds (with the exception of Half Moon Pose in the Youth Division in which a 3 second hold on both sides achieves maximum expression)
- (b) Breathing in the posture must be normal and comfortable
- (c) The minimum expression as set out in the Sporting Rules [SR] must be reached
- (d) Stillness in the posture is achieved when the posture is performed without any movement and demonstrating perfect control for at least 3 seconds

4.3.2 Traditional Recommended Execution

In order for any posture to be able to fulfill the Traditional Recommended Execution and receive full marks, the posture must demonstrate the following criteria:

- (a) The posture must be held still for a minimum of 5 seconds, (with the exception of Half Moon Pose in the Youth Division in which a 3 second hold on both sides achieves maximum points)
- (b) Breathing in the posture must be normal and comfortable
- (c) The full expression as set out in the official documents must be reached
- (d) Exit the posture with control the opposite way as the posture was entered; exactly retracing the steps indicated in the official documents for each posture or the way the Athlete entered the posture

If the posture is held still but for less than 5 seconds, the posture will be deducted in increments of 0.5 depending on the time the posture was held. If stillness is not reached due to constant fidgeting or the breathing is audible or the breath is held, the posture will automatically receive 0 points.

4.4 Degree of Difficulty and Specific Deductions

The 'degree of difficulty' listed in the Sporting Rules shall be applied to each judge's score as described under 'Tabulation Method.' Each posture performed must meet the judging criteria listed for that posture in the Sporting Rules. Judges shall apply the deductions listed in the Sporting Rules to each posture performed.

4.5 General Deductions.

In addition to all deductions required by the Sporting Rules, points should be deducted, in whole (1.0) or half (0.5) point increments, for the following:

- (a) Incorrect positioning of grip (differing from what is stated in SR)
- (b) Slipping of grip
- (c) Loss of muscle control resulting in intermittent contraction of muscles
- (d) Lack of abdominal muscle control, belly moving in and out while breathing
- (c) Entering posture without control
- (d) Exiting without control and/or inconsistent with entry
- (e) Signs of forcing/struggling during the execution
- (d) Exhibiting signs of difficulty during the execution (readjusting, lack of fluidity in movement, slipping, forcing the posture to the point where straining becomes clearly visible on the Athlete)
- (e) Exhibiting signs of confusion (deliberations, intermissions and inconsistency of tempo)
- (f) Finishing off the X mark
- (g) Unaccepted Flourishes not mentioned in Sporting Results

4.6 Time Called During Posture

If time expires prior to the completion of the posture, or if time expires after the completion of the posture but before the competitor is able to hold the posture for at least 3 seconds, the score is zero.

For example, a competitor enters palm tree and holds the balance for 1 second before time expires – because the competitor does not have enough time to demonstrate that he/she can actually hold the posture in stillness, the score is zero.

The Head Judge shall make a final determination of whether the posture was held long enough to receive a score.

If time expires after the competitor completes and holds the posture for 3 seconds, but has not exited the posture, there shall be a 1.0 point deduction from the score for failing to complete the performance within the allotted time.

4.6.1 Falling During Posture

Any of the following shall be considered a fall:

- (a) Any premature and complete loss of a grip (e.g. losing the grip on the heel in rabbit so that the hand separates from the foot and must be replaced).
- (b) A limb or foot prematurely coming out of a tucked position (e.g. foot coming out in bowleg or leg coming out of lotus).
- (c) Any body part touches the floor (i) prematurely or (ii) when touching is not a feature of the posture or its entry or exit (e.g. toes retouching the floor when attempting to enter peacock but before completing it, or hand retouches the floor after lifting it to enter mountain but before completion).
- (d) Touching the floor with any body part, even if required by the posture, if the contact is uncontrolled (e.g. dropping to the elbows in full wheel or coming down from an inversion, so that the contact with the floor is hard, making a loud noise).
- (e) Any uncontrolled exit from a posture (e.g. dropping the held leg when coming out of standing head to knee or standing bow, or coming down from an inversion in the wrong direction or without landing on the feet).
- (f) If a fall occurs prior to completion of the posture, there shall be a deduction of 50% of the point value of the posture, and the competitor shall have a second chance to complete the posture.
- (g) If the Athlete again fails, posture receives a zero and he or she must move on to the next Posture. Athlete does not need to call the second attempt.
- (h) If a fall occurs after the completion of the posture, judges may deduct 0.5 to 2 points depending on the severity of the fall.

For example, if a competitor is exiting a standing forehead to knee pose, and has nearly completed the exit but loses the grip at the last moment before putting the foot down, a 0.5 deduction may be merited.

Another example is if a competitor is balancing in handstand, and when exiting loses the balance and falls the wrong direction or without landing on his feet, a 2- point deduction may be merited.

A maximum of 5 points can be given for any posture that was attempted twice.

The Athlete shall not be allowed to consult with a coach or other person during his or her performance.

4.7 Judges Panel

Each competition shall have a Judges panel consisting of 3, 5 or 7 judges, at the discretion of the event organizer.

Each judge shall score each performance on the score sheet form provided, making notes when possible to be able to justify the score if called upon at a later time.

Judges should not speak during a performance, but after a performance judges may consult each other in the event of a question or controversy regarding the performance.

4.8 Head Judge

One of the Judges of the Judges' panel shall be selected by USA Yoga to be the Head Judge.

Each judge shall deliver his/her completed score sheet for each performance to the Head Judge. The Head Judge may question another judge as to whether the correct rule (i.e. rules on falling or time called during posture) was applied for any score, and require that such judge change any score based upon an incorrect rule application.

The Head Judge shall review any score of zero given by another judge to determine whether the rules had been properly applied, and may require such judge to score the posture if the Head Judge deems a zero score to be contrary to these rules. The Head Judge may not require another judge to change a score merely because of a difference in the evaluation of a competitor's performance or for any other reason other than an incorrect rule application.

The Head Judge shall deliver the completed score sheets to the tabulator, and once delivered, the score sheets are final and may not be changed unless there is a successful scoring appeal (see below).

4.9 Timing Referee

A Timing Referee is mandatory for National and Regional Competitions. A Timing Referee is not mandatory for the Video Submissions, where the Head Judge will act as Timing Referee. The role of the Timing Referee is to assess the length that each posture is held in accordance with the timing requirements set out in the scoring.

The Timing Referee must assess the time each posture was held in stillness and note any relevant deductions as follows:

- (a) A hold of:
 - 5 seconds or more: no time deduction

4-4.99 seconds: -0.5 points
3-3.99 seconds: -1 point
2.99 seconds or less the posture is scored a zero

- (b) The Timing Referee must note the timing and the deductions of the postures on the Timing Referee score sheet and these deductions are automatically applied to the Tabulation Grid.

The Judges DO NOT make any time deductions. The EXCEPTION to this rule is in the video submission, in which case the Head judge acts as the Timing Referee.

V. COACHES

All Coaches must hold a valid membership with USA Yoga and have passed the Judge's exam. Coaches can be in the warm up area with their Athletes, but they may not in any way communicate with the Athlete during the Athlete's performance.

VI. TABULATION PROCEDURES

See Appendix A Guidelines Grids and Spreadsheets

VII. TIE BREAK PROTOCOL

For all Divisions, in case competitors have exactly the same number of points, the winner is the one with best average of the first 4 Compulsory Category Postures, then the Athlete who has the best timing (closest to 3 minutes).

The Timekeeper keeps track of each Athlete's time and the Head Judge records the time in the Judges score sheet. The Tabulator then adds the time result to the grid.

7.1 Appeals Over Scores

- (a) An appeal can only be made for the following reasons:
- (1) Failure of the judges' panel to apply correctly a rule not relating to the judges' evaluation of the technical merit of a posture or routine
 - (2) A computational error
- (b) Athletes can only make an appeal based on the above criteria and are not permitted to verbally contest any Judge's final decision. Once a decision has been made on the appeal, the result is final and may not be appealed, questioned further or debated.
- (c) Appeals regarding an Athlete's scores given by the Judges may be made

within twenty-four (24) hours of the athlete's complete score ("complete score" to be defined as including but not limited to each judge's individual posture scores, timing deductions, degree of difficulty, any skill factor deductions and the total score) posted via official email with receipt, from USA Yoga or within fifteen minutes of the athlete's complete score posted at a live event. After such time limits have expired, the results of the event are final and are no longer subject to appeal for any reason.

- (d) The Athlete in question, the Athlete's Coach or the Athlete's representative must make this appeal in writing. These parties are not allowed to appeal against another Athlete's performance. The written appeal must be handed to the Head Judge by a designated backstage assistant. This assistant must be designated prior to the start of the Competition and must be made known to all participants of the competition. Only this designated assistant is permitted to approach the Head Judge. Under no circumstances is the Athlete in question, the Athlete's Coach or the Athlete's representative permitted to approach the Head Judge or the Judges table.
- (e) Once the appeal has been received and acknowledged by the Head Judge the MC must be immediately informed. At the next possible moment in the competition, usually in between the routines, the MC must publicly announce that there has been an appeal and that the scores are not final. Fifteen minutes after the final score in the Event is publicly posted, the results of the Event are final and are no longer subject to appeal for any reason. Ideally the Local Organizing Committee should provide a screen backstage for the Athletes to be able to check their scores as they go online.
- (f) Under no circumstances may an appeal be based on the Judges' failure to properly evaluate the technical merit of a Posture or routine. For example, an Athlete may not appeal a score based on having received a deduction for failing to touch the forehead to the knee, even if the Athlete believes the forehead did touch.
- (g) Once an appeal has been properly made the competition continues normally and at the next suitable break in proceeding (either at the end of the competition or in between two divisions), the Head Judge and Judges meet to consider and evaluate the appeal. Judges can relate with the TC and use video evidence to properly assess the appeal. The LOC must provide a video camera in the center of the Judging Table to record the Athletes' routine and a suitable area to analyze the footage accordingly.
- (h) If the appeal is successful, the Head Judge will accordingly change the score. The analysis of the appeal may also lead to the Athlete's score being decreased.

- (i) The appeal requires a payment of USD100, which is given to the Head Judge along with the written appeal. The Head Judge will give the applicant a receipt stating that the money and the appeal were accepted. If the appeal proves successful the full amount will be reimbursed, otherwise the sum will be transferred to the LOC to help with the cost of running the event.

VIII. RULE CHANGES

The USA Yoga Federation Committee reserves the right to amend the rules and regulations at its sole discretion without prior notice. If a rule is changed or amended, USA Yoga will endeavor to inform competitors before the date of a competition.