

### All India Inter NIT Table Tennis Tournament:

1. The Table Tennis matches will be played on wooden surface; players should bring their Table Tennis racket and non-mark gum sole shoes for the match.
2. Table Tennis men team will consist of maximum 05 players and women team of 04 players.
3. The tournament will be played on best of five matches i.e. five single matches, best of three games of 11 points.
4. Matches will be conducted by STIGA competition 3 star 40+ ball (white).
5. No individual championship will be conducted.

### All India Inter NIT Yoga Tournament:

1. Inter NIT Yoga Tournament will be held for both boys and girls categories separately.
2. A team will consist of maximum of six (06) members (including one reserve) in both categories separately. A team consisting less than five competitors, shall not be eligible for team championship marks of only best five will be counted.
3. The sequence of participating teams shall be drawn by the organizers.
4. Dress: The men and women competitors will wear the following dresses:  
Men- Short / Slacks and vest/sports T-shirt.  
Women- Short and sports T-shirts Gymnastic costume.
5. The competition will consist of following yogic practices:

Part A	Surya Namaskar	10 marks
Part B	Four compulsory Asanas	40 marks
	Three Optional Asanas	30 marks
Part C	Two Shanti Kriyas	20 marks
	<b>TOTAL</b>	<b>100 marks</b>

6. The competitors will have to retain each yogic practice as following which will be counted after attaining the final position.
  - i) One round of Surya Namakar (in twelve count / with mantras)
  - ii) One minute for each optional asana.
  - iii) 30 seconds for each optional asana.
  - iv) Within two minutes each for Sutraneti, Jalneti, Nauli and Shit Karma Kapalbhati and within 10 minutes for vastraDhauti.
7. No individual championship will be conducted.

## Yogic Practices:

### Part A (Compulsory Yogic Exercises for (Men and Women)

- i. Surya Namashkar (For Men and Women) (in Twelve counts / mantras)  
ASANAS (for Men and Women)
- |     |                   |      |               |
|-----|-------------------|------|---------------|
| i.  | Paschimottanasana | iii. | Dhanurasana   |
| ii. | Sarvangasana      | iv.  | Karnapidasana |

### Part B (Optional yogic Exercise – Select any three respectively)

<u>For Men</u>	<u>For Women</u>
1. Mayurasana	1. PurnaBhujangasana
2. Hanumanasana	2. Natrajasana
3. Padambakasana (UrdhvaKukuttasana)	3. Vatayanasana
4. PurnaShalabhasana	4. ArdhaBadhPadmotanasana
5. SetubandhSarvangasana	5. EkpadShirasasana
6. Titiabhasana	6. VibhaktaPaschimottanasana
7. Purna Chakra Badhasana	7. PurnaMatasendrasana
8. Vrischikasana	8. EkpadRajkapaopasana

### Part C (Shat Kriyas)

- Shat Kriyas (For Girls)
  - i. JalNeti or Sutra / Rubber Neti
  - ii. Shit KaramKapalbhati (JalKapalbhati)  
(Water intake through mouth and out through nostrils)
- Shat Kriyas (For boys)
  - i. Shit KaramKapalbhati (JalKapalbhati)  
(Water intake through mouth and out through nostrils).
  - ii. Vastradhauti (muslin cloth 6 to 7 mts. in length and 8 cms. in width).  
Or  
Nauli (Vam, Dakshin and Madhyam).