

USA YOGA SPORTS FEDERATION
COMPETITION RULES AND REGULATIONS
Updated as of February 2, 2021

I. ATHLETE ELIGIBILITY

1. Membership

All individuals who compete at a USA Yoga event must be members of the United States Yoga Federation (USA Yoga). Non-US citizens may register as members of USA Yoga and may compete at the qualifier level and on the regional level. Eligibility to compete in the national competition, however, is restricted to US citizens.

2. Eligibility and Competition Categories

USA Yoga competitions are divided into 4 youth divisions: (7-8, 9-11, 12-14, and 15-17), adult 18+, and adult 50+ divisions. Each division is divided into male and female categories. (See Section 1.6 for method of determining age eligibility.)

3. 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.

4. Other Eligibility Restrictions

a) Good Conduct

Competitors are to maintain good conduct and proper discipline during competitions. Athletes are to refrain from using obscene language and gestures verbally and in writing, and are to be respectful to other athletes, officials, coaches, and judges. USA Yoga reserves the right to suspend a competitor at any time for improper conduct. (See USA Yoga's Code of 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.

5. 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 at its sole discretion.

6. Age Determination

a) 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 their age on September 1st at the beginning of the competitive season.

b) Minimum Age

An athlete under the age of 7 will not be permitted to participate in the age group competition program under any circumstance. The athlete must turn 7 years of age before they may begin competition.

c) Age Calculation

An athlete is allowed to move up one year in age for competition.

They may move the one year based only on their age as of September 1st. For example, if an athlete is 16 years old on September 1st and turns 17 years old September 2nd, they may compete as an 17-year-old, but they may not compete as an 18-year-old, because the athlete was not 17 years old on September 1st.

II. COMPETITION REQUIREMENTS

1. Attendance

All competitors shall be present in the competition area in conformity with the event schedule. If a competitor is not present when their name is called to compete, the head judge may disqualify the competitor.

2. Presentation

When a competitor's name is called, they 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. Attire

Competitors shall wear attire in conformity with the following 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 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.

III. Competition Format

1. Youth 7-8, 9-11 Divisions

Four compulsory postures and two additional postures of the athlete's choice are to be demonstrated in the following order:

1. Half Moon Pose with Hands to Feet Pose (4 parts)
2. Fish Pose
3. Rabbit
4. Spine Twisting Pose
5. Optional Posture 1
6. Optional Posture 2

The youth division 7-8, 9-11 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 from the approved list of postures in the posture guidelines. The compulsory postures demonstrate the basic range of motion of the spine: forward compression, backward bend, traction, and twist.

The athlete must follow the correct order of the compulsory postures in their routines. Failure to do so will incur a 1-point penalty from the first of the 2 postures out of sequence. There can be a maximum of 3 points deducted if all 6 postures in a routine are out of sequence.

The athlete must execute the posture facing the judges in the correct way. (See USA Yoga Posture Guidelines for specifics.) Failure to do so will incur a 1-point penalty from the posture.

The 2 final optional postures must cover all the skill categories of balance, flexibility, and strength. There is a mandatory 1-point deduction for each skill category that is not covered.

A 2-point deduction from the overall score is given if an athlete does not choose their optional postures from 2 different groups within the categories set out in the approved optional posture list in the posture guidelines.

The judges score all the postures on a 10-point scale. The score is then automatically tabulated, with the degree of difficulty multiplier in the tabulation grid.

2. Youth (12-14, 15-17) and Adult (18+ & 50+) Division

Each athlete must choose 1 posture from each of the 6 compulsory posture groups demonstrating the basic range of motion of the spine and the skills of the athlete:

1. Backbends
2. Forward Compressions
3. Traction
4. Twists
5. Lifts
6. Inversions

The athlete is allowed to perform the postures in any order, but must submit their chosen order at the time of registration. Failure to do so will incur a 1-point penalty from the first of the 2 postures out of sequence. There can be a maximum of 3 points deducted if all 6 postures in a routine are out of sequence.

The athlete must execute the posture facing the judges in the correct way. (See USA Yoga Posture Guidelines for specifics.) Failure to do so will incur a 1-point penalty from the posture.

The athlete must complete their routine within the allowed 3 minutes. Deductions for not completing a routine in 3 minutes are discussed in section VI.6.

A 1-point deduction from the overall score is given for each compulsory posture group missing in an athlete's performance.

A 1-point deduction from the overall score is given for each characteristic of balance, flexibility, and strength missing in an athlete's performance. An athlete must demonstrate each of these characteristics at least twice during the performance. For example, if the athlete does not demonstrate the characteristic of flexibility in any of the postures chosen for the performance, they will automatically receive a 2-point deduction from their overall score, since flexibility needs to be demonstrated at least twice during the performance.

The judges score all the postures out of 10 possible points, and the final posture score, taking into account the degree of difficulty multiplier, is carried out automatically in the tabulation grid.

IV. REGISTRATION AND ADVANCEMENT IN COMPETITION:

1. Qualifiers

All Athletes must register under their legal name when they submit their qualifier video, at which time they must declare their choice of all 6 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 there is a mistake in their posture submission. If the athlete performs the wrong posture in their video, they will receive a score of zero for that posture.

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.

An athlete is eligible to compete for any state on the qualifier level provided they have maintained their primary physical residence in that state for a minimum of 3 months prior to the 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.

2. Regionals

The top-scoring submissions from the qualifier level of each state will be invited to participate in 1 of 4 Regional Competitions. Even if there is only 1 competitor for a

particular division in a state, then they must participate in their Regional Competition.

The Board of USA Yoga reserves the right to make exceptions as to which regional is attended by an athlete on a case-by-case basis. If an athlete is granted this concession, then they cannot place at the regional, they can only qualify to go into the invitational pool ranked by score for the National Competition.

All athletes must register with the local organizing committee no later than 1 week prior to the start of the regional competition (or by the established deadline or whichever comes first). Each athlete must declare their choice of all 6 postures, including extra or less skills, 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 there is a mistake in their posture submission. If the athlete performs the wrong posture on stage, they will receive a score of zero for that posture. The athlete can change their postures once via email no later than 1 week before the competition.

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. National Competition

The USA Yoga National Championship is an invitational competition. Eligible 1st-place winners of adult and youth categories (7-8, 9-11 and 12-14, 15-17) 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 1st-place winner is unable to attend the National Championship or may be invited to the National Championship 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 Championship 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.

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, including extra or less skills, 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 there is a mistake in their posture submission. If the athlete performs the wrong posture on stage, they will receive a score of zero for that posture. The athlete can change their postures once via email no later than 2 weeks before the competition.

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

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

4. Qualification for International Competition

For the World Championships, which are held every other year, IYSF allows each Nation Federation to send up to 6 qualified athletes per division. The top 3 athletes from both years prior to the competition automatically qualify. If the same athlete/s qualified in both years, then the 4th-placed athlete with the highest score qualifies. If that athlete cannot attend, then the 4th-placed athlete from the other year qualifies. Qualification continues in this manner until 6 athletes are identified who are able and willing to attend.

V. **POSTURE SUBMISSION PROCEDURES**

1. Submission of Postures

Athletes must register with USA Yoga no later than 24 hours prior to the start of the competition or by the established deadline, whichever comes first. The athlete must declare their choice of all 6 postures, including any extra or less skills, and the order of performance at the time of registration.

At the published deadline for posture changes, the athlete must confirm their choice of all postures, including any extra skills and less skills, and if they wish to change their choice of posture(s) from the original submission.

2. Change of Posture

Athletes are permitted to change their routine if they qualify for the finals at the National Competition. The athlete has 3 hours after the qualifying results are announced in which to submit their new routine online.

If, for whatever reason, an athlete decides to change their posture on the day of either a Regional or National Competition during their performance, the athlete must audibly call the name of the posture in English before executing 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.

VI. DEMONSTRATING THE POSTURE

1. Minimum Expression

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.
- b) Breathing in the posture must be normal and comfortable.
- c) Minimum expression as set out in the posture guidelines must be achieved.

Stillness in the posture is achieved when the posture is performed without any movement and demonstrating perfect control for at least 3 seconds.

The slight natural and controlled movements that are required to maintain balance should not be used against the athlete when considering if stillness has been achieved. Those are the slight movements produced by the balancing limb in contact with the floor to maintain the balance in the posture, which does affect the rest of the body.

Moving deeper into the posture does not count towards maintaining the posture in stillness. For example, continuing to kick the top leg up in Standing Bow Pulling during the execution of the posture to maintain the balance is considered as moving deeper into the posture, and posture will then be scored zero points.

If stillness is not reached due to constant fidgeting, the breathing is audible, or the breath is held, the posture will automatically receive zero points.

2. Maximum Expression

In order for any posture to be considered as having reached the maximum expression and achieve full points, the athlete 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 expression).
- b) Breathing in the posture must be normal and comfortable.
- c) The full expression as set out in the posture guidelines must be reached.
- d) The posture is exited with control the opposite way it was entered; exactly retracing the steps the way the athlete entered the posture.

If the posture is held still, but for less than 5 seconds, points will be deducted from the posture in increments of 0.5 points depending on how long 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 zero points.

3. Extra Skill/Less Skill

Extra skill/Less skills are aspects or elements of the posture that demonstrate either greater or lesser proficiency in the posture's execution and are listed in the posture guidelines. Extra/Less skills do not change the characteristics of the posture, but can carry rewards or penalties of 0.5, 1, 1.5, or 2-points.

4. Accepted Flourishes

Accepted flourishes, as listed in the posture guidelines, are any unnecessary endings of the posture or additional movements during the recommended traditional execution of the posture. Accepted flourishes do not demonstrate any extra skills, but also do not change the characteristic of the posture.

Athletes do not receive any extra points for performing accepted flourishes. Accepted flourishes do not carry any deductions unless the execution of the accepted flourish is faulty and/or causes errors in the posture.

Any unnecessary movements or flourishes in between the postures may be subject to a deduction.

If an athlete performs an extra/less skill or a flourish not expressed in the posture guidelines, the scoring judges must determine how to score the posture according

to their own criteria. The decision of the judges at the time of the competition is final.

5. Timing of the Postures

Athletes must hold each posture in stillness with normal breathing for at least 3 seconds to receive a score. For a maximum score, they must hold the posture for at least 5 seconds (except for Half Moon Pose in the youth division, in which a 3-second hold on both sides achieves maximum points).

6. Timing of the Routine

For all divisions and genders, an athlete must complete their routine and come back to neutral position within 3 minutes. The timekeeper will begin the 3-minute timing as soon as the athlete initiates their first move into the first posture. It is the duty of the timekeeper to make sure that the exact time of the athlete's routine is calculated and declared at the end of the athlete's routine. This information is passed on to the nearest judge, who inputs it into the score sheet or tabulation software. The athlete must have exited their final posture comfortably before time expires or they will face deductions

The point deductions are as follows:

- a) If time expires prior to the completion of the posture the score for the posture is zero.
- 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. For example, if an athlete enters Palm Tree and holds the balance for 1 second before time expires, because the athlete does not have enough time to demonstrate that they can actually hold the posture in stillness for at least 3 seconds, the score 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 1-point deduction from the posture for failing to complete the performance within the allotted time.

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

Even if time has expired, the athlete shall be required to exit the posture, and judges may make further deductions based on any errors in the exit.

Each athlete must leave the stage within 4 minutes or they may face disciplinary action.

VII. SCORING

The rules regarding judging postures shall apply to all athletes at all levels of competition.

1. Posture Scores

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

Judges shall arrive at a score by starting with 10 points for each posture and then apply all applicable 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 their final score.

2. General Deductions.

In addition to deductions already listed in the rules and guidelines, points are deducted, in whole (1.0) or half (0.5) point increments, for the following:

- a) Incorrect positioning of the grip (differing from what is stated in the posture guidelines).
- 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.
- e) Entering posture without control.
- f) Exiting without control and/or inconsistent with entry.
- g) Signs of forcing/struggling during the execution.

- h) 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).
- i) Exhibiting signs of confusion (deliberations, intermissions, and inconsistency of tempo).
- j) Finishing off the X mark.
- k) Unaccepted flourishes not mentioned in the posture guidelines.

3. Falling During a Posture

Any of the following shall be considered a fall:

- a) Any premature and complete loss of a grip (i.e., 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 (i.e., foot coming out in Bowleg or leg coming out of Lotus).
- c) Any body part touches the floor either prematurely or when touching is not a feature of the posture or its entry or exit (i.e., toes retouching the floor when attempting to enter Peacock but before completing it, or hand retouching the floor after lifting it to enter mountain but before completing it).
- d) Touching the floor with any body part, even if required by the posture, if the contact is uncontrolled (i.e., 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 (i.e., 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, the athlete may have, or may choose a second attempt.
- g) If the athlete falls again, the posture receives a zero and the athlete must move on to the next posture.
- 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 an athlete is

exiting a Standing Head to Knee Pose, has nearly completed the exit, but loses the grip at the last moment before putting the foot down, 0.5 points may be deducted.

4. Second Attempt

If an athlete falls out of a posture or fails to complete a posture, they are allowed a second attempt of the same posture. If a second attempt occurs the posture score is a maximum of 5 points. If the athlete falls again, the posture is scored a zero and the athlete must move on to the next posture. The athlete does not need to announce 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 same posture. It is also not required that the athlete return to the starting position for a second attempt if the character of the posture remains intact. The head judge will make the final determination as to whether an athlete utilized a second attempt in a posture.

Judges will score the posture as a second attempt if the following errors are committed during any part of the performance:

- a) A limb or foot prematurely coming out of a tucked position (i.e., One Leg Peacock).
- b) Any premature and complete loss of a grip (i.e., Rabbit).
- c) Any part of the body touching the floor either prematurely or when touching the floor is not a feature of the posture, its entry, or its exit (i.e., Om).
- d) Touching the floor in an uncontrolled manner with any part of the body, even if required by the posture, will incur deductions. This fault includes making a loud noise with the floor during any part of the posture (i.e., Wheel).
- e) Entering a posture, losing balance, and then going back to start of the posture before it is completed, even if no part of the body touches the floor (i.e., Standing Bow Pulling).
- f) Retouching the floor with any part of the body after the set-up of a posture has been completed (i.e. making a step in a Handstand Posture; lifting the hand off the floor and touching it back on the floor in the One Arm Peacock; lifting the knee off the floor and putting it back down in Spine Twist).

VIII. JUDGES AND JUDGING OF COMPETITIONS

1. Judges' Qualifications

To be eligible to judge you must be a US citizen or permanent resident of the United States, hold an active USA Yoga membership, and be a certified and active yoga teacher for at least 3 years. A judge must complete at least one USA Yoga Judges Clinic, take the Judges Assessment, participate in shadow judging, and judge in the video pre-qualifier round. To be a head judge at least 3 years of judging experience is required. USA Yoga must approve all judges prior to their participation in a competition.

2. Competitor and Judge

No competitor can participate as a judge at any competition in which they are competing. Athletes who fulfill the requirements of Section 2.1 can serve as a judge during any competition season if they have elected not to compete, or once their involvement as an athlete is complete for that season.

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 judge at its sole discretion.

4. 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 in order to justify the score if called upon to do so 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.

5. Head Judge

One judge on the panel, who has at least 3 years of judging experience, shall be selected by USA Yoga to be the head judge for that competition. Each Regional Competition must have a head judge from outside of that region.

Each judge shall deliver their completed score sheet for each performance to the head judge. The head judge may question another judge as to whether the

correct rule was applied to any score and may 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 were 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.

6. Timing Judge

A timing judge is mandatory for National and Regional Competitions. A timing judge is not mandatory for the video submissions, where the head judge will act as timing judge. The role of the timing judge is to assess the length that each posture is held in accordance with the timing requirements set out in the scoring.

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

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

The timing judge must note the timing deductions of the postures on the timing judge score sheet, 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.

Only the timing judge makes time deductions. The EXCEPTION to this rule is in video submissions, when the head judge acts as the timing judge.

7. Judging of Competition

The rules regarding judging postures shall apply to all athletes at all levels of competition.

8. Posture Scores

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

Judges shall arrive at a score by starting with 10 points for each posture and then apply all applicable 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 their final score.

IX. COACHES

All USA Yoga endorsed coaches must hold a valid USA Yoga membership, be an active and certified yoga teacher for at least 3 years, and must have completed at least one Judges Clinic and taken the Judges Assessment. All 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.

X. TABULATION PROCEDURES

See IYSF <https://docs.google.com/spreadsheets/d/1wDIHXyHq-NwfErqq0q42KnMZzzntLntyZPiaNGrGH0Q/edit?usp=sharing>

XI. TIE BREAKER PROTOCOL

1. Tie Breaker Protocol Youth (7-8, 9-11) Division
In the case of athletes having exactly the same number of points, the winner is determined by the athlete with the best average in the first 4 compulsory category postures. If those averages are the same, the tie breaker is awarded to the athlete who has the best timing (closest to 3 minutes).
2. Tie Breaker Protocol Youth (12-14, 15-17) Division; Adults (18-49) (50+) Division
In the case of athletes having exactly the same number of points, the winner is the athlete with the higher percentage of execution. The percentage of execution is the ratio of the athlete's highest score divided by the maximum points that an athlete could have achieved in their routine. If there is still a tie, the tie breaker is then awarded to the athlete who has the best timing (closest to 3 minutes).

XII. APPEALING A SCORE

An appeal can **only** be made for the following reasons:

- a) Failure of the judges' panel to correctly apply a rule not relating to the judges' evaluation of the technical merit of a posture or routine.
- b) A computer error.
- c) A time judge error.

Athletes have 15 minutes to appeal after their scores are posted at a live event and 24 hours to appeal after receiving their scores via email for video qualifiers. An athlete can only appeal their own score, not the score of another athlete.

The athlete, their coach, or the athlete's representative must make the appeal **in writing**.

Under no circumstances may an appeal be based on the judges' failure to properly evaluate the technical merit of a posture or routine.

At a live event, the written appeal must be given to the head judge by a designated backstage assistant. This assistant must be designated prior to the start of the competition and must be introduced to all participants. Only this designated assistant can approach the judges table and the head judge. Once the appeal is received, the MC will announce that there is an appeal at the first possible opportunity.

There is a US \$100 appeal fee, to be given to the head judge, or sent electronically to USA Yoga in the case of a video appeal, with the written appeal. If the appeal is decided in favor of the athlete, the US \$100 will be returned. If the appeal is not decided in the favor of the athlete, then the money will be given to USA Yoga.

If the appeal is successful, the head judge will change the score accordingly. The analysis of the appeal may also lead to the athlete's score being decreased.

Once a decision has been made on the appeal, the result is final and may not be appealed, questioned, or further debated.

XIII. RULE CHANGES

USA Yoga 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 athletes before the date of a competition.