



## RULES AND REGULATIONS

### Game : Kabaddi (Girls & Boys)

**The competition shall be governed and played as per the prevailing rules:**

Under 14: for girls [below 48 Kg weight] & boys [below 51 Kg weight].

Under 17: for girls [below 55 Kg weight] & boys [below 55 Kg weight].

Under 19: for girls [below 65 Kg weight] & boys [below 70 Kg weight]

#### RULES OF PLAY

- 1) The team that wins the toss shall have the choice of the court or the raid and the team that loses the toss shall have the remaining choice. In the second half, the court shall be changed and the team, which did not, opted for raid shall send their raider first. The game in the second half shall continue with the same number of players, as it was at the end of the first half.
- 2) A player shall be out if any part of his body touches the ground outside the boundary but during the struggle a player shall not be out if any part of his body touches the ground outside the boundary by keeping contact of the playfield. The portion of contact must be inside the boundary.
- 3)
  - a) If any player goes out of the boundary during the course of play, he shall be out. The Umpire or Referee shall try to take out such players at once. The Umpire or Referee shall declare such players out by calling out the numbers. No whistle shall be blown as the raid may continue.
  - b) If an anti or antis who have gone out of bounds (as per rule 03 a), hold a raider, the raider shall be declared NOT OUT. The anti or antis who have gone out of bounds only will be declared out.
- 4) When the struggle begins, the play field includes the lobbies. During the struggle and after the struggle in the same raid, the players involved in the struggle can use the lobbies to enter their respective courts. This rule will only be applicable in the anti's court.
- 5) A raider shall continue to chant "KABADDI" as the approved cant. If he is not keeping the proper approved cant in the opponent's court, he shall be ordered back and the opponent will be given one technical point and chance to raid. Under such circumstances, he shall not be pursued.
- 6) A raider must start his cant before he touches the opponent's court. If he starts the cant late, he shall be ordered back by the Umpire or Referee and the opponent will be given one technical point & a chance to raid.
- 7) If a raider goes out of turn, the Umpire or Referee shall order him to go back and a technical point will be given to opponent team.
- 8) Not more than one raider shall enter the opponent's court at a time, if more than one raider enters the opponent's court at a time, the Umpire or Referee shall order all to go back to their court and a technical point will be awarded to the opponent and chance to raid.



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- 9) After a raider has reached his court or is put out in the opponent's court, the opponents shall send their raider within 5 Seconds. Thus alternately each side shall send their raider until the end of the game. In case the raider fails to start his raid within 5 seconds the team loses its chance to raid and the opponent team gets a technical point.
- 10) If a raider, who is caught by the anti or antis, escapes from their attempt to hold and reaches his court safely he shall not be pursued. Note: But if a raider touches the anti or antis and reaches back to his court safely he may be pursued.
- 11) If a raider, while in the opponent's court loses his cant, he shall be out.
- 12) When a raider is held, the antis shall not try deliberately to stifle his cant by shutting his mouth, using violent tackling leading to injuries, any type of scissoring or use of any unfair means. If such incident happens, the Umpire or Referee shall declare the raider NOT OUT. (For punishment see no. 3 & 4 of the rules under heading "Officials").
- 13) No anti shall willfully push the raider out of the boundary by any part of his (Anti's) body, nor shall any raider willfully push or pull an anti or antis out of the boundary. If the raider is pushed outside the boundary or the anti is pushed or pulled out-side the boundary, the Umpire or Referee shall declare the raider or the anti, as the case may be, as NOT OUT, and the anti or the raider who pushes or pulls the opponents outside the boundary shall be declared out.
- 14) During the course of raid none of the antis shall touch the raider's court until completion of the raid. In case any anti or antis touches the raider's court before completion of the raid they will be declared out and the opponent team will be given that many points.
- 15) If an anti or antis who are out, having violated Rule No.14, holds a raider or have violated the said rule while holding or helping to hold the raider, the raider shall be declared NOT OUT and the anti or antis who touches the raider's court shall be declared OUT.
- 16) When a team manages to put out the entire opponent team and none of the opponents are entitled to be revived, then that team scores a LONA and two extra points for LONA shall be awarded in addition to the points scored by the team putting out all the players of the opponent. The play continues and all the players who are out shall enter in their court within Ten Seconds. Other wise the referee or umpire shall award one technical point to the opponent. If the team fails to enter within one minute, the team shall be scratched from the match and the match shall be awarded to the opponent.



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- 17) If a raider is warned or in any way instructed by one of his own side, the Umpire or Referee shall award one technical point to the opponent.
- 18) A raider or an anti is not to be held by any part of his body deliberately other than his limb or trunk. The one who violates the rule shall be declared OUT. If the raider is held deliberately other than his limb or trunk, the Umpire or Referee shall declare such raider NOT OUT.

**Note:** If a raider is caught by his clothes or hair the raider shall be declared NOT OUT and the anti or antis who have violated the Rule No.18 shall be declared OUT.

- 19) When one or two players of a team are left during the game and the Captain of the team declares them out in order to bring in the full team, the opponent shall score as many points as the players that existed in the court at the time of declaration as well as Two Extra Points for LONA.
- 20) A Player or players who are out shall be revived in the same order as they were out when one or more opponents are out.

### **RULES OF MATCHES**

#### **01) Team**

Each team shall consist of maximum 12 Players. 7 Players shall take the ground at a time and the remaining players are substitutes.

#### **02) Duration of the match**

The duration of the time of the match shall be two halves of 20 minutes in case of Men & Junior Boys with 5 Minutes interval. In the case of Women, Junior Girls, Sub -Junior Boys & Girls two halves of 15 Minutes with 5 minutes interval. The teams will change court after interval. The number of players for each team at the start of second half shall remain the same as it was at the end of first half.

**NOTE:** The last raid of each half of the match shall be allowed to be completed even after completion of the scheduled time as mentioned above.

#### **03) System of scoring**

Each team shall score one point for every opponent out or put out. The side, which scores a LONA, shall score two extra points. The out and revival rule will be applicable.

#### **04) Time Out**

- a) Each Team shall be allowed to take Two "Time Outs" of 30 Seconds each in each half; such time out shall be called for by the Captain, Coach or any playing member of the team with the permission of referee. The time out time shall be added to match time.
- b) During the time out the teams shall not leave the ground, any violation in this; a technical point shall be awarded to the opponent team.
- c) Official Time out can be called for by the Referee Umpire in the event of any injury to a player, interruption by outsiders, re-lining of the ground or any such unforeseen circumstances. Such time out time will be added to the match time.



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#### 5) Substitution

- a) Five Reserve Players can be substituted with the permission of Referee during time out or interval.
- b) Substituted Players can be re-substituted.
- c) If any player is suspended or disqualified from the match, no substitution is allowed for that particular player. The team will play with less number of players
- d) No substitution is allowed during the official time out.
- e) Substitution is not allowed for out players.

#### 6) Bonus Point

- a) One point shall be awarded to the raider when he crosses the bonus line. If, the raider after crossing the bonus line is caught, the opponent team will also be awarded one point.
- b) The Bonus line will be applicable when there are minimum 6 players in the court; the Referee/Umpire shall award the bonus point after completion of such raid by showing thumb upwards towards the side which scores.
- c) If the raider while crossing the bonus line is caught then a point will be awarded to the defending team & No Bonus point shall be given.
- d) The raider after crossing the bonus line if he puts out one or more antis, he will get the number of points scored in addition to the bonus point for crossing the bonus line.
- e) The raider has to cross the bonus line to score the bonus point before touching the anti / antis or before he is caught by the anti/antis. The raider will not be awarded bonus point if he crosses the bonus line after a touch/struggle.
- f) There shall be no revival for bonus point.
- g) If player/players are suspended temporarily or disqualified from the match, then the team will play with less number of players. Such players shall be counted to award Bonus point.

7) **Result** The team, which scores the highest number of points at the end of the match, shall be declared the winner.

8) **Tie in Knock Out** If there is a tie in the Knock out matches the match will be decided on the following basis:

1. Both the teams should field 7 Players in the Court.
2. Both teams should play the game on the baulk line.
3. The baulk line shall be treated, as Baulk Line Cum Bonus Line and all the Bonus point rules shall be followed.
4. If the raider succeeds in crossing the baulk line cum bonus line he will get one point.
5. After crossing the Baulk line cum Bonus line, if the raider puts out one or more antis, he will get the number of points scored in addition to the one point scored by crossing the baulk line cum bonus line.





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6. The out or revival rule shall not be applicable, only points scored will be counted.
7. Both the teams should give the names of the five different Raiders with their Chest Numbers as per their order of raid to the referee. Substitution of players shall not be allowed from the fielded seven Players.
8. Each team shall be given 5 Raids by different raiders to raid alternately.
9. In case any raider in the given list of 5 raiders is injured before his chance of raid, in such cases, one of the remaining 2 players out of the seven in the field can do the raid.
10. The side, which raids first at the beginning of the match, shall be allowed to raid first
11. Even after 5 Raids, if there is a tie, the game will be decided as per the Golden Raid Rule.

**N.B:** If player/players are suspended temporarily or disqualified during the Tiebreaker, the team will play with less number of players. Such players shall be counted to award Bonus point.

#### ❖ Golden Raid

- \* Even after 5-5 raids, if there is a tie, a fresh toss will be taken and the team that wins the toss shall have the chance to raid i.e. "GOLDEN RAID"
  - \* If there is tie even after the Golden Raid then a chance will be given to the opponent team for the Golden Raid.
  - \* In the Golden Raid the team which scores the leading point shall be declared as Winner.
- 9) If owing to failure of light, heavy rains or any other unforeseen circumstances, a match could not be completed in the same session; such a match shall be replayed in the next session. In case of replay, the players need not be the same for fielding a team.
  - 10) In case of temporary suspension of the match, change of court/ground / play field such match shall be continued with the same score and remaining time in the same session. During the temporary suspension the players shall not leave their respective courts without the permission of the referee. If a team violates this rule a technical point will be awarded to the opponent team.
  - 11) Nails of the players must be closely clipped and no ornaments of any sort shall be allowed.
  - 12) All players must have distinct numbers on their T-shirt of at least 4 Inches thickness in front and 6 inches thickness at the back. The team should follow the dress code compulsorily.
  - 13) Application of oils or any other soft substances to the body shall not be allowed.
  - 14) Shoes are compulsory in case the match is played on the mat surface.
  - 15) The school Organizing Cluster/Zonal level competition shall take a Group Photo of the teams that have qualified to participate at Zonal/National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.