

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No.: I (Part-B 1)

Topic No. A (4)

Topic Name: Kabaddi

Lecture No.: 35

Lecture Name:

Kabaddi – II

Frequently Asked Questions (F.A.Qs)

Q1 What is meant by Raid?

Ans - Raid is the focal point of Kabaddi. For an individual raider to face up to seven opponents or antis, and come back successfully with points. Raid is the main tool of the offense for scoring points against the opponent team. It is a continuous process since players from both teams raid on the opponent court alternatively. If, for example, when there are two teams, team 'A' and team 'B', when a player from team 'A' raids on team 'B', the player from team 'A' becomes the attacker or raider and team 'B' becomes the defending team with the players taking on the role of antis. Similarly, when the player from team 'B' raids on team 'A', it is the turn of team 'A' to take to defense.

Q2 What are the skills required for playing kabaddi?

Ans. The important skills required for playing kabaddi are raids, dodging, holding one's breath, Formations, offensive skills, movement of hands and feet, holding, safe raids, body position during raid, presence of mind, stamina, agility and quick reflexes.

Q3 What does Golden Raid means?

Ans. Golden raid is an important rule in game of kabaddi. According to Golden raid rule even after 5-5 raids 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 and if there is tie even after the golden raid then the chance will be given to the opponent team for the Golden raid. The team which scores the highest point shall be declared winners.

Q4 How kabaddi ground should be maintained?

Ans. Maintenance of the Kabaddi ground is important & regular process to keep it in good condition. This involves regular watering and light rolling. Watering is to be done with the help of a watering can or a hosepipe attached to a sprinkler for even watering. Direct pouring of water will tend to make the play field muddy.

The ideal time to water the play field is one hour before practice. Fifteen minutes after watering, a scrapper is to be used to lightly scrap the surface. After the practice session, a wooden plank is to be used to level the surface, which gets disturbed during practice. After the leveling, a light roller is to be used followed by watering the surface. Efforts are to be made to keep the surface free of pebbles and other foreign material. Nets can be used for this purpose. In hot weather, watering may be done even during half time to maintain moisture. The upper layer can be renewed once in every two years.

Q5 What are the measurements of the kabaddi Court?

Ans. The ground measurement for Men team is 13x10m and 12x8m for women. the sub- junior boys and girls play in 11x8m ground. There is a sitting block 2 meter away from the ENDLINE for the sit out players. The ground has stripes on both side called as LOBBIES. The ground has two halves called as COURT which is equally divided by central line called MIDLINE. It is the most important domain of the playfield. The baulk lines are the lines away from the midline and there is one line parallel baulk line and endline is BONUS LINE.