

Course Name: Bachelor of Physical Education

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Topic No. A (4)

Topic Name: Kabaddi

Lecture No.: 35

Lecture Name:

Kabaddi – II

Script

Introduction

Welcome to the dynamic world of Physical education. In the last episode we discussed about the history of kabaddi. In this episode let us talk about the kabaddi rules, measurement and equipment e.t.c

FORMS OF KABADDI

AMAR

Amar literally means invincible. This is a form of Kabaddi, which is played based on points scored by both sides. The play field has no specific measurements and nine to eleven players constitute each of the teams. In this form of Kabaddi, there is no 'out' and 'revival' system or 'Iona' but time is the deciding factor. The main advantage of this form of the game is that all players remain in the court throughout the match and are able to give their best performance.

GEMINI

This form of Kabaddi is played with nine players on either side, in a play-field of no specific measurements. The principle characteristic of this form of Kabaddi is that a player who is put out has to remain out until all his team members are put out. The team that is successful in putting out all the players of the opponent's side secures a point. This is akin to the present system of 'Iona'. After all the players are put out, the team is revived and the game continues. The game continues until five or seven 'Iona' are secured. The game has no fixed time. The main disadvantage of this form of Kabaddi is that the player is not in position to give his best

performance since he is likely to remain out for the better part of the match until a Iona is scored.

SANJEEVANI

This form of Kabaddi is the closest to the present game. In this form of Kabaddi, players are put out and revived and the game lasts for 40 minutes with a 5-minute break in between. The team consists of nine players on each side. The team that puts out all the players on the opponent's side scores four extra points for a 'Iona'.

The winning team is the one that scores the maximum number of points at the end of 40 minutes.

The play field is bigger in this form of Kabaddi and the 'cant' was different in various regions.

Modern Kabaddi resembles this form of Kabaddi a great deal especially with regard to 'out & revival system' and 'Iona'. The present form of Kabaddi is a synthesis of all these forms of Kabaddi with a good number of changes in the rules and regulations.

Key skills required for playing Kabaddi

1. Raids
2. Holding one's breath
3. Dodging
4. Formation
5. Movement of hands and feet
6. Holding
7. Safe raids
8. Offensive skills
9. Starting a raid
10. Body position during raid
11. Defensive skills
12. Taunting
13. Touching with the hands

Equipment and Material of Game It is an inexpensive outdoor game. It requires a great deal of skill, stamina, presence of mind, courage for catching or for escaping from opponents' hold. In a game of kabaddi there are 12 players on each side, 7 players shall take the ground at a time and remaining 5 players shall be reserved. Players from each side enter the opponents' ground while uttering the same word and try to touch someone. If the player returns to his ground in same

breath, the person whom he had touched is out. Alternately if the opponent stops the entering player from returning back to his ground and he losses breath, then he is out.

One player each team enters the opponents ground alternately and tries to put the opponent out. For putting every opponent out the side shall get one point. The side that scores highest number at the end of the game shall be declared the Winner.

MAINTENANCE OF THE KABADDI GROUND

Maintenance of the Kabaddi ground should be a continuous 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.

RULES OF MATCHES

1) Team

Each team shall consist of minimum 10 and maximum 12 Players. 7 Players shall take the ground at a time and the remaining players are substitutes.

2) 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.

3) 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.

4) 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.

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.

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) League System

In the League System the team that wins the match will score two league points and the looser will score zero point. In case of Tie both the sides will score one league point each.

Tie in league points:

If there is a tie in the league points scored in the league system, the winner and runner of the pool will be decided on the basis of “For and Against Points” scored by using the following formula:

a) The team which scores less than 25% of the league points will not be considered for the “For and Against Points” formula.

b) To decide the tie, the “For and Against points” of the concerned teams against the teams which scored 25% or more of the league points will be considered and the difference calculated.

c) The team which is scoring highest score difference of “For and Against” will be declared pool winner.

d) Even after considering “For and against” points, if there is a tie, the total points “SCORED FOR” only will be counted.

e) Even after this if there is a tie, the result of the match played between the teams is to be considered.

f) Even after this if there is a tie, the highest number of points scored without applying 25% rule shall be considered.

g) Even after this if there is a tie, the Winner and Runner will be decided on toss.

Note: Walkover is given to the opponent team by the referee due to late reporting, non-reporting or due to any other technical issues of the defaulting team. Such team will be scratched from the competition and the score of such teams shall not be considered to decide the tie. The same rule shall be applicable to teams, which concede the match also.

10) 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.

11) 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.

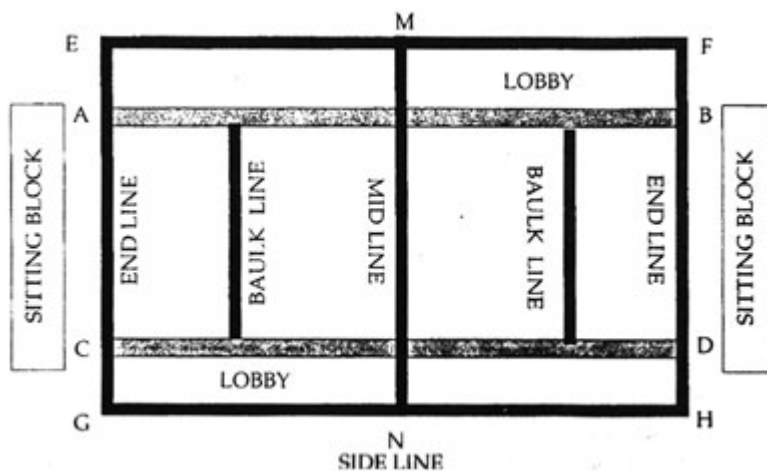
12) Nails of the players must be closely clipped and no ornaments of any sort shall be allowed.

13) 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.

14) Application of oils or any other soft substances to the body shall not be allowed

15) Shoes are compulsory in case the match is played on the mat surface.

Measurement and Rules of KABADDI



The kabbadi is one of the easiest game to learn and one of the hardest games to be an expert. However, you can start to paly this game anywhere. The only things to be considering about ground that it should be leveled and smoother surfaced. The ground measurement for Men Team is 13x10m and 12x8m for Women. The sub-Junior boys and girls play in the 11x8m ground. There is a sitting block 2meter away from the end lines to sit out players. It is 1 meter wide and 8 meter long for Men and 1x6 m long for Women team. As per shown in the image the ground has stripes on both side called ‘Lobbies’. The Lobbies are inactive during the regular game. When any of the opposite players touches the lobby becomes active. “Cant” is an essential word in the

game of kabbadi. The repeating sound of ‘kabbadi’ is called as “Cant”. It should be neat, aloud and continuous with the singal respiration.

In kabbadi, Raider sometimes goes to Lobbies as he /she is confident about oppositions touching and appeal for the touch point. Even though, the ground has two halves, the game plays on a singal half everytime. The halves are called as the COURTS and equally divided by central line called “MIDLINE”. The midline is one of the most important domains of the ground. Raider gets touch points only and only he/she crosses or touches the midline. On other hand, defenders aim is to donot return raider by grabbing before the midline or throw out one of the side. The BAULK Lines are the lines 3.75meters away from a Midline (3m for Women) .

There is a one line parallel to Bualk line and End Line called as “BONUS LINE”. Bonus line is separated 1 meter from Baulk Line.

Raider is the attacking player which enters into the opposites half with the Cant known as “Raider” in the Kabbadi. This player has to start the Cant before entering the opposite half. Anti/ Anti Raider are the player whose half is being raid. In general Antis are as similar as defenders in other sports.

When raider touch the antiRaider without breaking any rule or anybody part of anti’s body touches the raiders body and raider successfully cross or touch the Midline than that/ those anti/Antis announces as out. Where as if raider got caught and losses the Cant than referees blow the whistle and called as Hold a raider. Raid turns over when the raider safely comes back to his/her court. Touch is called when anti/ antis are touched by raiders any part of a body. The lobbies are included into touch and struggle condition where struggle is the circumstances when raider come in the contact of anti Raider.

The “Successful raid” is done when raider once touches or crosses the Baulk line and get back to their court without losing Cant.

MEASUREMENT CHART

SL	FIELD MEASUREMENTS [IN METERS]	MEN AND JUNIOR BOYS (Mtrs)	WOMEN, GIRLS AND SUB-JUNIOR BOYS (Mtrs.)
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1.	Side lines (AB, CD, EF & GH)	12.50	11 [length]
2.	End line (EH, FG)	10	8 [width]
3.	Lobby) AE, BF, CG, DH)	1	1
4.	Baulk line [from mid line]	3.75	3
5.	Mid-line [MN]	10	8
6.	Sitting block [2 meters Away form midline]	8 x 1	6 x 1
7.	Each half of the play-field divided by the mid-line. Court		
8.	Space surrounding the playfield	4 meters	4 meters
DURATION OF THE MATCH [IN MINUTES]		20:5:20	15:5:15

Conclusion

So this was all about the rules and regulations, Measurement and preparation of the field, Equipment and material of Kabbadi. Hope this session has given you enough knowledge about the game and its rules.

Thank you Have a nice day

