**RULES OF KABADDI**

• Each team shall consist of no more than 10 players with only 7 taking to the field at any one time.

• The duration of the match is two halves of 20 minutes each with a half time break of 5 minutes.

• At the start of a Kabaddi match, there is a coin toss with the winner having the choice as to whether to have the first raid or not.

• To win a point when raiding, the raider must take a breath and run into the opposition’s half and tag one or more members of the opposing team and then return to their own half of the pitch before inhaling again.

• To prove that another breath hasn’t been taken, the rider must continue to repeatedly yell the word ‘Kabaddi’. Failure to do this, even for just a moment means that the rider must return to their own side of the court without points and the opposite team is awarded a point for a successful defense play.

• The team being raided is defending, and the players must prevent the raiders from tagging them and returning back over the halfway line.

• Empty raids are the ones in which the raider returns to his court without earning any points. After two successive empty raids, the attacking teams have to make a “do-or-die” raid, where if they fail to score a point, the defending team earns a point.

• Raiders may only be grabbed by their limbs or torso, not by their hair, clothes or anywhere else, and defenders are not permitted to cross the centre line.

• Each team will take turns in raiding and defending. Following halftime, the two teams switch sides of the court and the team who defended first in the first half begin the second half by raiding.

• The game continues in this way until the time is up, the team with the most points at the end of the match is declared the winner. Note: All events will be played following the international game rules.