



ATHLEON

Where Athletes Defy Gravity

रुतुर BOOK

Kabaddi

Rule :

1. Team Composition

- Each team shall consist of 7 players on the playing field at all times.
- Each team may have up to 5 substitutes, who may be rotated into the game during stoppages in play.
- Substitutions shall only be permitted during breaks in play.

2. Match Duration

- A standard Kabaddi match consists of two halves, each lasting 20 minutes.
- In the event of a tie at the end of regular time, the tie breaker will be played:

Players: Both teams field 7 players.

Raids: Each team gets 5 raids, alternating turns.

Modified Lines: The baulk line also acts as the bonus line.

Scoring: Only touch points count; traditional revival/out rules are suspended

Winner: The team with more points after 5 raids wins.

Golden Raid (If tied after 5 raids)

Toss: A fresh toss determines who gets the first Golden Raid.

Winning: If the raiding team scores a point, they win instantly.

Defenders Win: If the raider fails to score, the defending team wins.

3. Gameplay Rules

- The match commences with a coin toss to determine which team will raid first.
- Teams alternate raiding, with one player from the attacking team (the raider) entering the opponent's half of the field.
- The raider must tag defenders and return to their side of the court while continuously chanting "Kabaddi" without interruption.
- If the raider is successfully tackled or prevented from returning to their side, they are declared "out."
- The defending team's objective is to stop the raider using legal tackles or by preventing their safe return to their side.

4. Scoring System

- **Raider's Points:** A raider earns one point for each defender they tag and successfully return to their side.
- **Defending Team's Points:** The defending team earns one point for successfully tackling the raider and preventing them from returning to their side.
- **All-Out:** If a team eliminates all members of the opposing team (i.e., all seven players are out), the team earns two additional points.
- **Bonus Points:** Bonus points are awarded if a raider crosses the bonus line with one foot in the air while performing a successful raid.

5. Fouls and Violations

- **Raider's Chanting:** The raider must continuously chant "Kabaddi" during the raid. Failure to do so will result in the raider being declared out.
- **Stepping Out:** Any player stepping outside the designated playing area will be considered out.
- **Illegal Tactics:** Holding a raider's jersey or hair, or engaging in dangerous tackles, is prohibited and will result in penalties.
- **Unsportsmanlike Conduct:** Arguing with referees or engaging in unsportsmanlike behavior will result in warnings, suspension, or disqualification depending on the severity of the action.

6. Player Conduct and Fair Play

- Players must demonstrate respect for both the referees and their opponents at all times.
- The use of abusive language, violent behavior, or actions that undermine the integrity of the game is strictly prohibited.
- Misconduct may lead to warnings, suspension, or disqualification at the discretion of the officials.

7. Super Tackle and Special Rules

- A Super Tackle occurs when three or less defenders successfully tackle a raider. In such cases, the defending team will be awarded an additional point.
- The team in the lead is required to maintain a fair approach to both raiding and defending and must avoid any stalling tactics that would intentionally delay the game.

8. Winning the Match

- The team with the highest score at the conclusion of the match will be declared the winner.
- In the event of a tie score at the end of the match, a tiebreaker procedure may be implemented as per the tournament rules.

All the matches will be on Knockout basis. FINAL DECISION will be taken by the Officials. These official rules are designed to ensure a fair, competitive, and enjoyable game of Kabaddi. All players are expected to adhere to the rules and foster a spirit of sportsmanship throughout the duration of the match.

CONCLUSION :

As we come to the end of the Athleon Fest Rules and Regulations book, we want to reiterate the importance of maintaining the spirit of sportsmanship, respect, and fair play throughout the event. By adhering to these guidelines, we ensure a positive and enjoyable experience for everyone involved — from competitors to volunteers to spectators. The RGNAU'S Fest is an opportunity to celebrate not just individual achievements, but also the strength of our community. It is about coming together, pushing your limits, supporting one another, and creating memories that will last far beyond the event itself. Whether you take home a trophy or simply enjoy the camaraderie of the games, every participant plays a vital role in making this event special. We encourage you to approach every event with enthusiasm, respect for others, and a commitment to excellence. Remember that the true essence of the Athleon Fest lies in participation, unity, and the joy of friendly competition. Let's embrace the opportunity to grow, learn, and have fun together. Thank you for your commitment to the event, and we wish you the best of luck as you participate in this exciting celebration of athleticism, school spirit, and community. May the **ATHLEON FEST** be an unforgettable experience for you all. Enjoy, compete fairly, and most importantly, have fun!!!