

KABADDI RULES

1. Rectangular Field 13*10 meters (MEN) .
2. Boundary lines, Centre line, Baulk Line, Bonus Line.
3. 7 player game 5 Subs.
4. The player who is attacking is known as Raider.
5. The raider must have to touch the baulk line.
6. If the raider doesn't touch the baulk line and comes back to its compartment then he is out from the game until he doesn't revive.
7. The raider must say "kabaddi" word for 30 sec.
8. A raider should raid for 30 sec.
9. 40 min. is the length of a game.
10. Lobby Area.
11. A player can only go in lobby area until he touches the opponent player.
12. By touching the bonus line a team gets a reward of 1 pt.
13. If a team gets all out then the opponent team will get a reward of 2 pts extra.