

LESSON-14**KABADDI**

The following components will be learnt in this lesson:

- History of the game ➤ Rules of the game
- Skills of the game

Introduction:-

Kabaddi is one of the purely indigenous game that has its roots in villages of India, and developed upto the Asian games. Kabaddi is a game of physical abilities and tactics. It is simple and least expensive. This game requires small area and no specific equipments. Strength, agility, concentration and courage are necessary for this game.

History:-

It is believed that Kabaddi is played in early “Mahabharatha”. It was played in different parts of India, under different names such as Chudu-gudu, Hututu, Hu-du-du- etc.

The game was named “Kabaddi” in 1918 at Amaravati of Maharashtra. The word “Kabaddi” was originally “Koun Bada” which means Challenge to the opponent “who is great”

➤ In 1923 the first rules were made by Baroda’s ‘Hind Vijay Gymkhana’, in the early days it was played as Jaimini, Amar and Sanjeevini methods. Now a days all three methods are in use.

➤ In 1950 “All India Kabaddi Federation” was established and rules have been reframed.

➤ In 1972 Amateur Kabaddi Federation of India was established.

➤ The game Kabaddi was included in Asian Games in the year 1990 Beijing Asiad.

General Rules of the Game:-

1. There shall be 12 players in a team where 7 players are active players and 5 players for substitute.
2. Raider has to start chanting Kabaddi from his court in one breath.
3. When all the players of team get out the opponents team get 2 extra points as “Lona”
4. Players shall not come in contact with the restricted area (Lobbies) except during a struggle.
5. If a raider crosses bonus line in the presence of atleast six anties, the raider’s team is awarded one bonus point. Players who are put out shall not enter the play on bonus points or any technical points.
6. Players cannot enter the court for bonus points and technical points. Technical points are awarded during:
i) Late entry ii) Double entry iii) Raid for more than 30 seconds iv) Not returning to court within 5 seconds when all opponents are out. v) Giving instructions to same team player when he is in opponent court. vi) Players stepping out of the court during time out.
7. Players are not allowed to cross the endline at the time of play. If they do so players declared as “out”.

Important Skills :

- a. Offensive skills b. Defensive skills

a. offensive skills / Attacking :

- | | |
|------------------------|---------------------|
| 1. Cant | 2. Movement |
| 3. Entry | 4. Leading leg raid |
| 5. Shuffling foot raid | 6. Natural leg raid |
| 7. Running hand touch | 8. Simple toe touch |
| 9. Back kick | 10. Side kick |

b. Defensive Skills :

- | | |
|----------------|---|
| 1. Wrist catch | 2. Ankle catch |
| 3. Thigh catch | 4. Chain catch (positions of the players) |

4. Position of players :

- 2 - 3 - 2 ➤ 2 - 1 - 2 - 2

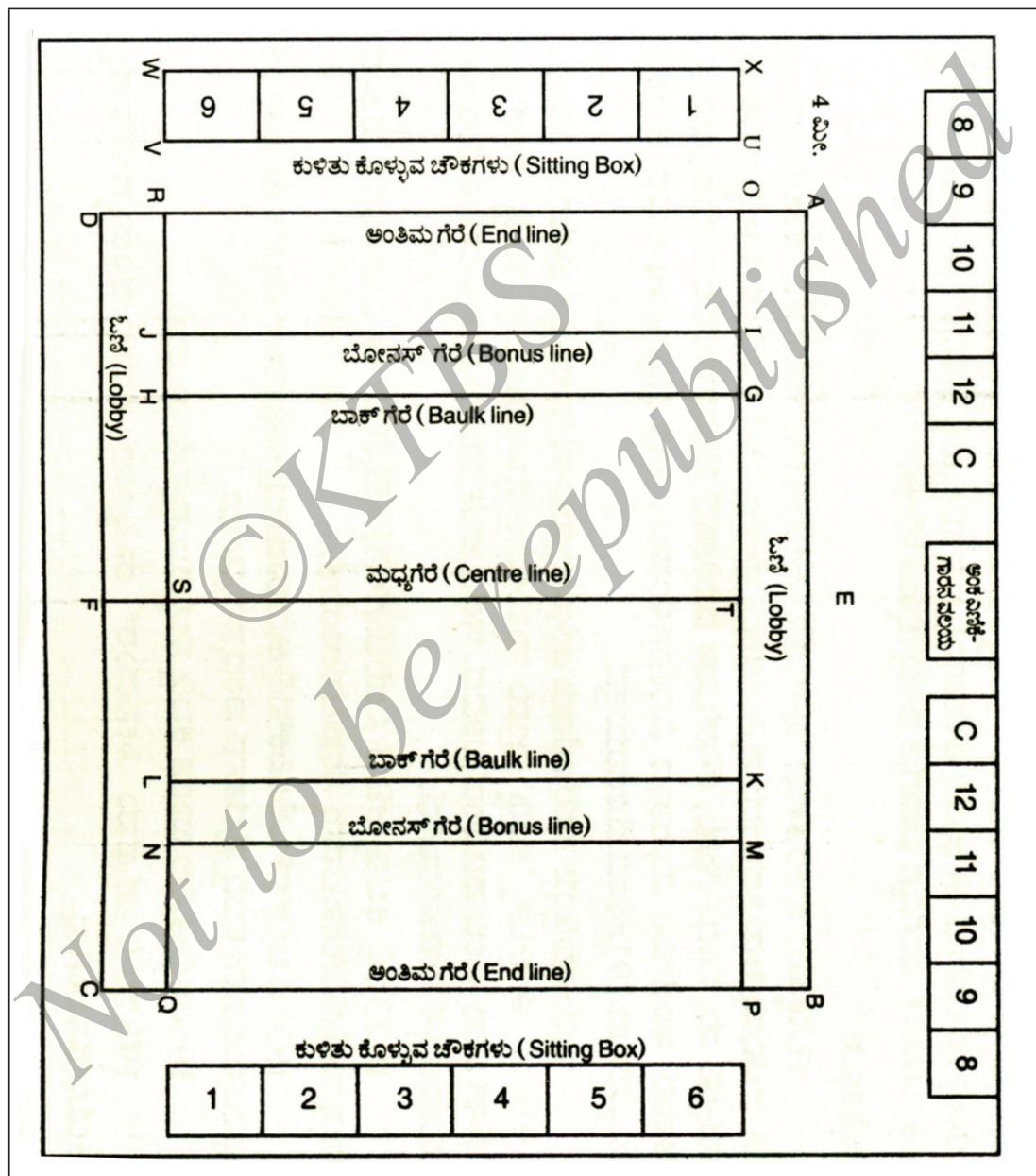
“Healthy body is Palace for soul”

Introduction of court :- Court should even and soft mud layer. And There should be 4 to 5 meters free area from the court.

Competitions conducted by Department of Public Instructions in Karnataka and Player categorization for the tournament.(SGFI):-

Section	Gender/Age	Dimensions of the court	Body weight
Primary School	Boys & Girls under 14 years	11×8 Mtrs 15 - 5 - 15 = 35	51 k.g. (Boys) 48 k.g. (Girls)

Diagram of court



Exercises

I Fill in the Blanks.

1. Kabaddi word is derived from _____ word.
2. Lona means _____ Points.
3. Cant is a _____ skill.

II Tick the appropriate answers among the following

1. Total number of players in Kabaddi _____
a. 7+5 b. 8+4 c. 6+6 d. 9+3
2. Bonus point provides a team with _____ points.
a. 1. b. 3. c. 4 d. 2
3. The game of Kabaddi got its name in the year _____
a. 1818 b. 1919 c. 1920 d. 1928

III Match the followings:

- | A | B |
|------------------|-------------|
| 1. Raiding Skill | Koun bada |
| 2. Defensive | Back kick |
| 3. Kabaddi means | Ankle catch |

IV Answer the following in one sentence.

1. How should be a Kabaddi court?
2. Which is Indias ancient sport?
3. How many types of skills are there?
4. 00000

Kabaddi court.