

Men's Kabaddi Rules

- **Total Players per Team:** 14
- **Playing Players:** 7
- **Weight Limit:** Below 85 kg

Match Duration

- **First Half:** 20 minutes
- **Break:** 5 minutes
- **Second Half:** 20 minutes
- **Total Match Time:** 40 minutes

Timeouts

- **Total Timeouts:** 4 (each timeout is **30 seconds**)
- **First Half:** 2 timeouts
- **Second Half:** 2 timeouts

Game Rules

- After **two empty raids**, the **third raid will be a Do-or-Die raid**.
- If there are **Less than 4 defenders**, **Super Tackle is ON**.
- If the match ends in a tie, **both teams will be given five raids each**.
- If the match is tied after the raids, the **Baulk Line will be treated as the Bonus Line**.
- If the match is still tied, a **coin toss will decide the Golden Raid**.

Court Measurement

- **Men:** 13 m × 10 m

Women's Kabaddi Rules

- **Total Players per Team:** 14
- **Playing Players:** 7
- **Weight Limit:** Below 75 kg

Match Duration

- **First Half:** 15 minutes
- **Break:** 5 minutes
- **Second Half:** 15 minutes
- **Total Match Time:** 30 minutes

Timeouts

- **Total Timeouts:** 4 (each timeout is **30 seconds**)
- **First Half:** 2 timeouts
- **Second Half:** 2 timeouts

Game Rules

- After **two empty raids**, the **third raid will be a Do-or-Die raid**.
- If there are **Less than 4 defenders**, **Super Tackle is ON**.
- If the match ends in a tie, **both teams will be given five raids each**.
- If the match is tied after the raids, the **Baulk Line will be treated as the Bonus Line**.
- If the match is still tied, a **coin toss will decide the Golden Raid**.

Court Measurement

- **Women:** 12 m × 8 m