



KABADDI

RULES AND REGULATIONS

General Regulations: - Each team must have a minimum of **7** Players and a maximum of **10** Players in its match-day playing squad.

Duration of the match:

Each match is played between the other branch atleast once in which the matches are considered to be league matches. Point table is made so to declare top teams will be playing in the final match.

Each match is of duration 30min.

In the case of tie point difference is taken into consideration. The point difference is between points for and against team managed to score. If the point difference somehow came to be same each team will be playing extra 5 min of time with taking the toss again. And if the points came same then five golden raids are taken into account raided by each team.

In golden raids only points count and there is no sending defenders or raiders outside, at any time each team will be playing with seven players always.

If the result after golden raids come same then the tie process is repeated.

General Rules:

The team that wins the toss shall have the choice of the court or the raid and the team that looses the toss shall have the remaining choice. In the second half, the court shall be changed and the team, which did not, opted for raid shall send their raider first. The game in the second half shall continue with the same number of players, as it was at the end of the first half.

Each Team shall be allowed to take **2 "Time Out"** of **60 Seconds** each per match. Such time out shall be called for by the Captain, or any playing member of the team with the permission of referee. During the time out, the Match clock will be paused and will restart on the commencement of the next raid which has to start on the blow of the whistle by the referee/umpire.

During time out the teams shall not leave the ground. In case of any violation a technical point shall be awarded to the opponent team. If any player goes out of the boundary during the course of play, he shall be out. The Umpire or Referee shall try to take out such players at once. The Umpire or Referee shall declare such players out by calling out the numbers. No whistle shall be blown as the raid may continue.

The raider must begin his cant before he crosses the mid line to enter the opponents' half court.

The cant must be continuous and loud sounding.

Raider is said to have crossed the Bonus line when he comes into contact with the ground between the End line and Bonus line. At the same time any part of his body should not have contact with the ground between the mid line and Bonus line.

Pursuit is allowed.

A raider shall continue to chant "KABADDI" as the approved cant. If he is not keeping the proper approved cant in the opponent's court, he shall be ordered back and the opponent will be given one technical point and chance to raid. Under such circumstances, he shall not be pursued.

A player shall be declared out if any part of his body touches outside the court (outside any end line). During struggle, a player shall be declared out only if his entire body is out of the court, and no part of his body is in contact with the court, including the lobby area.

If any player goes out of the end line during the course of play, he shall be declared out. The Umpire or Referee will ensure that the out player is no longer active during the raid. The Umpire or Referee shall declare such players out by calling out the numbers. No whistle shall be blown and raid will continue.

No anti shall willfully push the raider out of the boundary by any part of his (Anti's) body, nor shall any raider willfully push or pull an anti or antis out of the boundary. If the raider is pushed outside the boundary or the anti is pushed or pulled out side the boundary, the Umpire or Referee shall declare the raider or the anti, as the case may be, as NOT OUT, and the anti or the raider who pushes or pulls the opponents outside the boundary shall be declared out.

If a raider goes out of turn, the Umpire or Referee shall order him to go back and a technical point will be given to opponent team and the chance to raid.

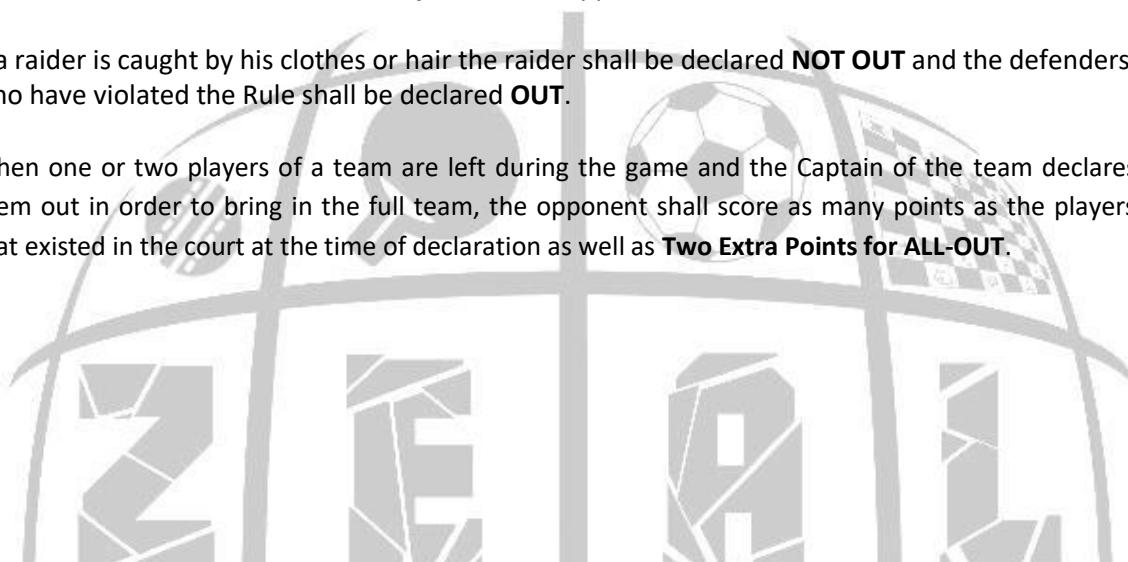
Not more than one raider shall enter the opponent's court at a time, if more than one raider enters the opponent's court at a time, the Umpire or Referee shall order all to go back to their court and a technical point will be awarded to the opponent and the chance to raid.

After a raider has reached his court, the opponents shall send their raider within **6 seconds**. Each side shall continue to send their raider until the end of the game in this fashion. In case the raider fails to start his raid within 6 seconds the team loses its chance to raid and the opponent team is awarded a technical point.

If a raider is warned or in any way instructed by one of his own side during a raid, the Umpire or Referee shall award **one technical point** to the opponent.

If a raider is caught by his clothes or hair the raider shall be declared **NOT OUT** and the defenders who have violated the Rule shall be declared **OUT**.

When one or two players of a team are left during the game and the Captain of the team declares them out in order to bring in the full team, the opponent shall score as many points as the players that existed in the court at the time of declaration as well as **Two Extra Points for ALL-OUT**.



In case a team makes three such consecutive empty raids, the raider of the third empty raid shall be declared out and the opponent team shall be awarded a point along with one of their player being revived.

One point shall be awarded to the raider when he crosses the bonus line. If the raider after crossing the bonus line is caught, the opponent team will also be awarded one point.

If the raider while crossing the bonus line is caught then a point will be awarded to the defending team & No Bonus point shall be given.

The raider has to cross the bonus line to score the bonus point before touching the defenders or before he is caught by the defenders. The raider will not be awarded bonus point if he crosses the bonus line after a touch or struggle.

If player/players are suspended temporarily or disqualified from the match, then the team will play with less number of players. Such players will be counted to award **Bonus point**.

Substitution: - Each team is allowed a maximum number of 5 substitutions per match with the permission of referee.

Substituted Players can be re-substituted by utilizing one of the remaining substitute chances out of the total **5** number of substitutions allowed in a match.

If any player is suspended or disqualified from the match, no substitution is allowed for that particular player. The team will play with less number of players.

Substitution is not allowed for players who are out.

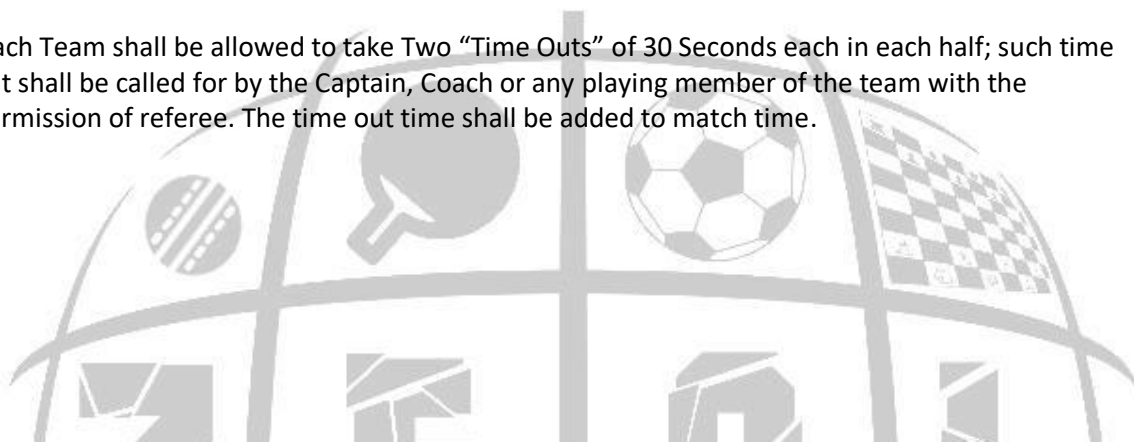
In case a team has utilized all its 5 substitutes, and in the immediate raid after the final substitution, one of its players suffers an injury, in such an instance referee may choose to allow a substitute. However, the injured player will not be allowed to return and play in the remainder of the match.

The decision of the umpires on the field shall be final but in special circumstances, the referee may exercise his power to overrule the decision.

Official Time out can be called for by the Referee / Umpire in the event of any injury to a player, interruption by outsiders, re-lining of the ground, or any such unforeseen circumstances.

Match clock will be paused and will restart on the commencement of the next raid which has to start on the blow of the whistle by the referee / Umpire.

Each Team shall be allowed to take Two "Time Outs" of 30 Seconds each in each half; such time out shall be called for by the Captain, Coach or any playing member of the team with the permission of referee. The time out time shall be added to match time.



Gross violations & Foul: - The referee and the umpires shall have the power to warn, declare technical point against, temporarily suspend or to disqualify any player or team from the match who is committing any of the following violations or Foul:

Persistently protesting or objecting the official's decision, thereby disrupting the match.

Making derogatory remarks about the officials & their actions, thereby trying to influence their decision.

Showing aggression towards the referee or umpire demanding for a favourable decision.

Stifle a raider by shutting his mouth or throat in any way.

Violent tackling leading to injuries being sustained the by opponent raider.

Taking more than 6 seconds to start the raid unless specified in the rules.

Hold the raider with the help of scissors operated by legs.

Disciplinary Actions: - The referee and the umpire can use the following cards to warn, temporarily suspend, suspend from the match or debar from the tournament:

Green Card: An initial warning for any violation of rules.

Yellow Card: 2 minute suspension from the game along with 1 technical point to the opposition.

Red: 1 technical point to the opposition and suspension for the rest of the match. In this case, the team that loses the player shall continue the match with the remaining number of players. No substitution for a red carded player is allowed.

The two minutes suspension of players shall commence from the time the player is on court only.

If the out player is suspended for two minutes then the suspension will begin after revival.

Teams will not be allowed to revive the next out player in place of the suspended player.

Field Measurements Chart:

S. No	FIELD MEASUREMENTS	MEN & JUNIOR BOYS	WOMEN & JUNIOR GIRLS	SUB- JUNIOR BOYS& GIRLS
		ALL MEASUREMENTS IN METERS		
1	Side lines (AB, CD, EF & GH)	13	12	11
2	End Line (AD, BC)	10	8	8
3	Lobby (AE, BF, DG, CH)	1	1	1
4	Baulk Line (from Mid line) (LN, KM, LR, KQ)	3.75	3	3
5	Baulk Line (RQ, MN)	8	6	6
6	Mid-line (IJ)	10	8	8
7	Bonus Line (TS, PO) from Baulk Line (RT, QS, MO, NP)	1	1	1
8	Bonus Line (MN, ST)	8	6	6
9	Sitting Block (2 meters away from End lines)	8x1	6x1	6x1
10	Court (Each half of the playfield divided by the mid line)	6.5x8	6x6	5.5x6
11	Space surrounding the play field from side lines from side lines from side lines playfield divided & end lines & end lines & end lines by the mid line)	4 meter	4 meter	4 meter
12	DURATION OF THE MATCH	20-5-20 Minutes	15-5-15 Minutes	15-5-15 Minutes

