

Rules Of Kabaddi

- All the team participants should carry original Collage ID proof as well as aadhar card on field which is to be submitted during match for verification.
- All the matches will be played on mat. Only kabaddi shoes are allowed on mat else play without shoes.
- A team consists of 7+5 players (7 playing and 5 substitutes). All the rules are as per the Kabaddi federation.
- A match consists of two innings of 7 minutes with each inning consisting of chasing.
- The Semi-finals will be of 10 minutes and finals will be of 10 min each innings.
- At least 15 Min before the match, the captain has to submit the names of their team members.
- Only 5 substitutions are allowed in the match and 1 timeout in each half.
- Aggressive behaviour and foul language can result in the player or even the team being disqualified.
- Organising committee shall have the power to repeal, amend and modify the byelaws.
- Team should be at the venue half an hour before the allotted match time, failing to which team may be disqualified.
- The referee can disqualify participants if required. Umpires decision will be final.

BONUS POINT:

- 6 or 7 players must be present on the court.
- The Raider gets one point when he crosses the bonus line.
- If the raider crosses the bonus line with one foot with the other one in the air, when defending team has 6 or 7 defenders, he or she gets a bonus point. There is no revival for bonus point.

OBJECTIVES FOR RAIDERS:

- The Raider should take a breath and intone 'kabaddi kabaddi' without any break
- The raider should tag a member of the opposite team and return to his half. Every 3rd raid will be a do-or-die raid if the raider is unsuccessful in Two consecutive raids .
- Player is out when a player runs out of breath.
- 30 seconds are available for each raid. If the raider fails to reach his half within time, he is out, and the opposite team gets point.

OBJECTIVES FOR DEFENDERS:

- The role of a tagged player is to catch the raider and prevent him/herself from reaching the other half of the field. One point is awarded when the defender tackles to prevent the raider from going back.
- Defenders must be conscious enough not to cross the centre line of the field known as the "lobby" while trying to catch the defender as doing this can lead to a foul.
- Defenders should not grab or hold raiders by their clothes, hair or any part of the body other than their limbs and torso.