

SPORTMANIA
Student council 2023-24
Rule Book

1) KABADDI

BASIC RULES:

- All the team participants should carry original Collage ID proof as well as Aadhar Card on field which is to be submitted during the match for verification.
- All matches will be played on mat
- Only kabaddi shoes are allowed on the mat; otherwise, 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 do so may result in the team being 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 3 raids will be a do-or-die raid if the raider is unsuccessful in two consecutive raids.
- Players are out when they run out of breath
- 30 seconds are available for each raid. If the raider fails to reach his half within the time, he is out, and the opposite team gets point.
- If the raider crosses the bonus line with one foot and the other one in the air he/she gets a bonus point only when defending team has 6 or 7 defenders.

- Organising committee shall have the power to repeal, amend and modify the bylaws.

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 centreline 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.