

KABADDI

GENERAL RULES

The match starts with a coin toss between the two teams and the winner can decide whether to raid or defend first.

Each team is allowed two time-outs in a half.

Each team in a kabaddi match has 7 players. The teams can also have 5 substitute players on the bench.

Weight Limit:

The Weight Limit is 85 kg (mandatory) for boys, i.e., any boy recorded as weighing more than 85 kg shall not be allowed to participate in this event.

Team:

Each team shall consist of a minimum of 14 players and 7 Players shall take to the mat at a time and the remaining players are substitutes.

Duration of the match:

The duration of the match shall be two halves of 20 minutes.

The teams will change courts after the interval. The number of players for each team at the start of the second half shall remain the same as it was at the end of the first half. The last raid of each half of the match shall be allowed to be completed even after completion of the scheduled time as mentioned above.

System of scoring:

Each team shall score one point for every opponent out or put out. The side, which scores a LONA, shall score two extra points. The out and revival rule will be applicable.

Time Out:

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 the referee. The time out time shall be added to match the time. During the time out the teams shall not leave the ground, any violation in this; a technical point shall be awarded to the opponent team. Official Time-out can be called for by the Umpire officiating in the event of any injury to a player, interruption by outsiders, re-

lining of the ground, or any such unforeseen circumstances. Such time-out time will be added to the match time.

Substitution:

Five Reserve Players can be substituted with the permission of the Referee during timeout or interval.

Substituted Players can be re-substituted.

Suspended or disqualified players cannot be substituted.

The team will play with a smaller number of players.

No substitution is allowed during the official time-out.

Substitution is not allowed for the players that are out.

Bonus Point:

A 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.

A bonus is available when there are a minimum of 6 players on the court. If the raider while crossing the bonus line is caught then a

point will be awarded to the defending team and no Bonus point shall be given.

If the raider after crossing the bonus line puts out one or more antis, he will get the number of points scored in addition to the bonus point. The raider has to cross the bonus line to score the bonus point before touching the anti / antis or before he is caught by the anti/antis. The raider will not be awarded the bonus point if he crosses the bonus line after a touch/struggle. If player/players are suspended temporarily or disqualified from the match, then the team will play with a smaller number of players.

Such players shall be counted to award a bonus point.

Super tackle:

Super tackle is sometimes referred to as super catch. Super tackle is a specific scenario where a raider from the opponent team has to be tackled, captured or caught when there are 3 or fewer than 3 players on the defending team.

Do or Die raid:

When your team has not scored a point in 2 continuous raids, then the third raid is do or die raid. If you have not scored a point (bonus or touch point) in your do-or-die raid, then you will be considered out and 1 point will be given to the opposite team.

Tie in Knockout:

If there is a tie in the Knockout matches the match will be decided on the following basis: Both teams should field 7 Players on the Court.

Both teams should play the game on the balk line. The balk line shall be treated, as a baulk line cum bonus line and all the Bonus point rules shall be followed.

If the raider succeeds in crossing the balk line cum bonus line, he will get one point. After crossing the balk line cum bonus line, if the raider puts out one or more antis, he will get the number of points scored in addition to the one point scored by crossing the balk line cum bonus line. D

Each team shall be given 5 Raids, to be done by 5 different players.

In case any raider in the given list of 5 raiders is injured before his chance of raid, in such cases, one of the remaining 2 players out of the seven in the field can do the raid. The side, that raids first at the beginning of the match, shall be allowed to raid first.

SUPER RAID:

If a raider gets three or more points (can be touch or bonus or technical points) for his team in a single raid.

Result:

The team, which scores the highest number of points at the end of the match, shall be declared the winner.

IMPORTANT NOTE:

RULES AND SCHEDULE ARE SUBJECT TO CHANGE IN THE SPIRIT OF THE GAME & THE FESTIVAL. THE FINAL DECISION IN ALL MATTERS RESTS WITH THE VRIDDHI TEAM.