



**GOVERNMENT ENGINEERING COLLEGE,  
VAISHALI**



# **KABBADI** **RULEBOOK**



- **The game of Kabaddi will be governed  
and played under the following rules:**

🚦 The desirable ground Size should be 20x20 Meter but  
not less than 17x18 meter (where 17 is vertical)

## Field of Play Measurements

- Boys :13 X 10 meters
- Girls :12 X 8 Meters



Figure 1 Girls ground



Figure 2 Boys ground

➤ **Weight Criteria**

- ❖ **MEN Should not be greater than 85 Kg.**

**1. Team Composition:**

- ❖ **Each team consists of 7 players.**
- ❖ **Teams can have a maximum of 5 substitute players on the court to start the game.**
- ❖ **Team can register a maximum of twelve (12) players.**

**2. Playing Area:**

- ❖ **The playing area is a rectangle divided into two halves by the central line.**
- ❖ **Each half has a team's court, and there is a bonus line in each half.**

**3. Duration of the Match:**

- ❖ **The standard duration of a Kabaddi match is usually two halves of 20 minutes each, with a 5-minute halftime break max.**
- ❖ **Teams shall switch sides after the first half .**

#### **4. Starting the Game:**

- ❖ A coin toss determines which team gets to choose the side or raid/defend first.
- ❖ The game starts with a player from the attacking team, known as the "raider," entering the opponent's half.

#### **5. Raiding:**

- ❖ The raider must tag as many opponents as possible and return to their half before inhaling again within 30 secs.
- ❖ The raider must continuously chant "Kabaddi, Kabaddi" during the raid.
- ❖ If the raider is tagged or steps out of bounds, they are out, and the tagged defender scores a point.

- ❖ The raider must cross the baulk line with one foot while keeping the other foot in the air to make their raid valid. Only after a raid has been validated can the raider attempt to score points.
- ❖ If the raider fails to cross the baulk line during a raid, they are called "Out" and a point is awarded to the opposing team.

## **6. Defending:**

- ❖ The defending team aims to stop the raider by tagging them.
- ❖ Defenders must avoid being tagged by the raider and work as a team to prevent the raider from returning to their half.

## **7. Scoring:**

- ❖ Points are scored when a raider successfully tags defenders and returns to their half without being tagged.
- ❖ Defenders score a point when they successfully tag the raider.

- ❖ **THE TEAM WITH THE MOST POINTS AT THE END OF THE GAME IS DECLARED THE WINNER.**

### **8. Bonus Line:**

- ❖ If a raider crosses the bonus line during a raid, the raider scores an additional point.
- ❖ Defenders, if tagged, do not score a point if the raider has crossed the bonus line.

### **9. All-Out:**

- ❖ If a team manages to get all the players of the opposing team out, it is called an "All-Out," and the team scores additional points.

### **10. Substitution:**

- ❖ Substitutions can be made during stoppages in the game with the referee's permission.

## **11. Fouls**

- ❖ Players are not allowed to kick, punch, or use any form of physical force.
- ❖ Unsportsmanlike conduct or intentional fouls can result in penalties.

## **12.DO or DIE RAID:**

- ❖ The third raid after 2 empty raids by a side is called the „DO or DIE RAID“. The Raid count after the break will restart from 1.

## **13.Referees:**

- ❖ **The decisions of the referees are final.**

- ❖ Teams may express grievances respectfully through team captains.

#### **14.Super Tackle:**

- ❖ Super Tackle is awarded to the defending team when they successfully tackle the raider while having three or fewer players on the mat. The defending team scores two points instead of the usual one.

#### **15.Super raid:**

- ❖ A super raid occurs when a raider scores three or more points for their team in a single raid. The points can be touching points or a combination of touch and bonus points.

#### **16.Tie Breaker**



- ❖ In case of a tie, a "Golden Raid" will be conducted, and the team with the most points at the end wins.

## 17. Disputes

- ❖ Disputes should be brought to the attention of the organizing committee.

- + These rules are based on AKFI norms.
- + Any modifications or advancement in rules is totally upon the organising committee and will be notified prior.
- + All the National level as well as International level rules and norms are accepted.

### FOR ANY MORE INFORMATION AND ANY QUERY CONTACT:

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