

Kabaddi Rules

- The tournament will be conducted according to the International Kabaddi Federation Rules as adopted from time to time by the Indian Kabaddi Federation unless otherwise modified.
- The two teams alternate between raiding and defending for two halves of twenty minutes each (20-5-20) for men and 15 minutes each (15-5-15) for women
- In case of a draw, an additional time of 5 minutes will be given. If draw persists each team will get a golden raid.
- A total of 2 timeouts will be available for each team in entire match.
- Total of 5 substitutions are allowed in the whole match.
- The weight of the player should be less than equal to 85 kg in the men's category and less than equal to 80 kg in the women's category.
- Students currently studying in the institute are allowed to participate.

For any more information please contact the following

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