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Kabaddi is basically an outdoor team game, played in the tropical countries of Asia. This indigenous game of India was adopted by other countries in Asia viz. Pakistan, Nepal, Bhutan, Bangladesh, Sri Lanka, Maldives, Malaysia and more recently by Japan and China.

The excitement and thrill provided by the game has made it very popular and Kabaddi is rightly called the ‘Game of the masses’, since spectators totally involve themselves and give the players a great deal of encouragement. The game requires no equipment whatsoever, and the rules of the game are very easy to comprehend. This is the reason for the popularity of the game in rural areas, since rural youth in India can ill-afford the sophisticated equipment demanded by other sports.

The game demands agility, muscular co-ordination, breath holding capacity, quick response and a great deal of presence of mind. Kabaddi was probably invented to develop defensive responses by an individual against group attacks and a group's responses to an individual attack.

This is the only combative sport in which offence is an individual effort whereas defence is a group effort. For an individual to face up to seven opponents and remain unscathed is no mean achievement. This calls for tremendous fitness of body and mind and the ability to concentrate as well as anticipate the opponent's moves. This can only be achieved with a lot of tactical preparation and manoeuvering.

Kabaddi has also been related to Yoga, since 'Pranayama of Yoga, which means taking a deep breath and withholding it plays a major role in Kabaddi in the form of 'CANT'. Yoga is the means to control body and mind and has gained world-wide popularity. Yoga has become an essential part of the curriculum of sports and in almost every walk of life. ‘CANT’ which has a relation to
'Pranayama' is the continuous utterance of the approved term 'Kabaddi' while with-holding breath by the raider during the entire duration of his attack. ‘CANT’ is the means by which internal organs are exercised by controlling breath as in Yoga together with physical activity as in any other sport. This is the only game which combines Yoga with vigorous physical activity.

Kabaddi believes in the maxim of a strong mind in a strong body. This inexpensive game should be given the maximum encouragement since it is well suited for developing countries to realize the underlying spirit of sports, which is health for all.

History and Development

The origin of the game dates back to pre-historic times. The game was played all over the country in various forms. It was known as HU-TU-TU in Western India, HA-DO-DO in Eastern India and Bangladesh, Chedugudu in Southern India, Kaunbada and various other names in Northern India. Kabaddi may have been derived from the term 'Kaunbada' which means a challenge to the opponent. Some of the major forms of the game are Amar, Gemini, Sanjeevini and the game was played as per the situation with flexible rules.

All these forms were synthesized to the present form of Kabaddi.

Maharashtra is the pioneer state to popularize this game and bring it to the national platform. It was only in 1918 that certain rules and regulations were laid down and efforts were made to give the game a National status. The rules and regulations were brought out in print for the first time in 1923 and an All India competition was conducted the same year at Baroda on the basis of these rules. The game received international exposure during the 1936 Olympic Games at Berlin when it was demonstrated by the Hanuman Vyayam Prasarak Mandal, Amravathi, and it received good appreciation.

Kabaddi was introduced in the Indian Olympic Games at Calcutta in 1938. An All India Kabaddi Federation came into existence during 1950. Regular National Championships commenced from the year 1952. The first men's Nationals were held in Madras and the first women's Nationals were held in Calcutta in 1955. New rules were framed in 1954 at the National Championship held in New Delhi. Efforts were made to demonstrate the game in the World Youth Festival held at Moscow in 1957 but unfortunately due to various reasons this could not be accomplished.

The Indian University Sports Control Board included Kabaddi as one of the main sports disciplines in their curriculum during 1961. The School Games Federation of India included the discipline in the school games during 1962.

The Amateur Kabaddi Federation of India, a new body, came into existence in the year 1972 with the prime motive of organizing competitions at the National level and popularizing the game in the neighbouring countries. Junior and Sub-Junior sections were also included in the national competitions.
The National Institute of Sports, Patiala, the premier institute to develop sports in the country included the game in the coaching curriculum with effect from 1971. Since then, qualified coaches are being produced every year, to train players at different levels in a systematic and scientific manner.

The Indian men's team toured Bangladesh in 1974 as a part of the Cultural Exchange Programme and played test matches in different parts of the country. The Bangladesh team visited India in 1979 and played 5 test matches in our country.

The Asian Amateur Kabaddi Federation was formed in the year 1978, at Bilai, on the occasion of the silver jubilee of National Championships in Kabaddi. The first Asian Championship was conducted in the year 1980 at Calcutta. In 1981, Indian men & women teams went on a goodwill tour of the Asian countries and played exhibition matches in Thailand, Japan, Malaysia etc. in order to popularize the game abroad. Federation cup competitions for men and women commenced in the same year. In the IXth Asian Games held at New Delhi, Kabaddi was included as a demonstration game. An open International tournament was conducted in Bombay in 1984. The game was included in the South Asian Federation Games held at Dacca for the first time in 1985. On the occasion of the tri-centenary celebrations of the city of Calcutta, an International Invitation Kabaddi Tournament was organised at Calcutta.

Kabaddi was included as one of the main disciplines in the XIth Asian Games, held at Beijing. This a major landmark in the history of Kabaddi. It was a proud moment for India when it won the GOLD MEDAL and an unforgettable event for Kabaddi lovers all over the country who had strived to get the game into the international arena.
Kabaddi is one of the few games which does not require any equipment whatsoever. All that is required is a good play-field, ideally situated. Most of the players, even today prefer to play the game bare-foot although rules now permit the wearing of soft canvas shoes. Since the game is played bare-foot it is very important to ensure that the play field is soft, pebble free and levelled properly, so as to avoid chances of injuries. The game is such that it involves a good deal of rolling and falling during struggles. This is another reason for having and maintaining the right kind of play field.

The players’ performance also depends to a considerable extent on the type of the play field. The ground should neither be too hard nor too loose. A hard ground will lead to more injuries and this will bring down the players’ performance. If the surface of the play-field is too loose, it will check the speed of the raiders attack and the game will become slow. As per the rules of the game, a play field must be soft and properly levelled. The methods of preparing the kabaddi play field differs from place to place depending upon weather conditions, type of soil, location etc.

The criteria for preparing a good kabaddi ground are:

(1) Selection of site:
The first thing to do is to select a suitable site for locating the play field. The area should not have any obstacles such as boulders, lamp-posts, culverts etc. It should also be ensured that it does not form a part of a thoroughfare for pedestrians. Place should be hygienic with no drain or garbage dumps nearby causing unhealthy atmosphere. The location should be in such a place where spectators are able to watch the game which will act as a motivating factor for the players. Since all these factors influence the player physiologically and psychologically, due consideration should be given in selecting a proper site.
(2) **Soil:**
Soil is the main factor to be taken into consideration for preparing the play field. In India, the type of soil differs from place to place. For example, in North India we have softer soil compared to South India. In South India the soil is sticky whereas in Western India the soil is more sandy in texture. On the other hand in Eastern India, especially in West Bengal, the soil is black and soft and rain makes this soil very muddy. The amount of digging of the surface to prepare the ground depends solely upon the texture of the soil.

(3) **Weather conditions**
Weather conditions prevailing in the place where the ground is under preparation also plays a major deciding factor. Where the weather is mainly dry such as in Gujarat & Rajasthan, the preparation differs from a place where there are frequent rains such as Kerala. In places where moisture is required to be retained, a layer of salt is also put under the top surface. Whereas in places where there are frequent rains and excess moisture, we have to put a thick bottom layer of pieces of bricks and coal to absorb the excess moisture quickly.

(4) **Direction**
In order to avoid direct glare of the sun, the court should be laid in the North-South direction.

(5) **Method**
**I Layer (Bottom Layer)**
Dig up the required rectangular area approximately 12 inches deep, or according to the nature of the soil of the place. Take out the dug up material, remove stones and other impurities like glass pieces etc. by sieving and if usable, keep it aside for further use. Spread a layer of broken bricks or stone chips of four inches depth. Spread two inches of soil over this layer. Use a medium size roller to make this layer settle well. Watering and rolling should be done continuously for three days. Rolling should not be done immediately after watering since the soil and other material will stick to the roller and will damage the ground.

**II Layer (Middle)**
A thin layer of one or two inches salt/charcoal pieces are to be spread according to need considering weather conditions and moisture required. In some places, a layer of cowdung in a liquid form is also used instead of salt/charcoal. In Bangalore NIS South Centre, a layer of cinder was used with effective results.
III Layer (Top Layer)
Preparation of the top layer of the surface is more important. This top surface should be neither too hard nor too loose. The surface should be soft but firm and well levelled. The soil of the top layer should be a mixture of the finest quality of smooth sand, sieved earth, and sawdust. The entire mixture should be like a smooth powder. If silt form of clay is available, like in the western part of India, it will be more useful. In Southern India, the upper layer should be preferably of silt since the soil is relatively hard. The top layer should be spread approximately 2 to 4 inches thick. The top surface should be an inch over the normal ground level and slightly higher of mid-field sloping towards either side so that rain water does not get accumulated in the play field. After spreading the upper layer, thorough watering and rolling is required to be done regularly. It is not advisable to use heavy rollers on the top surface.

Maintenance of the Play Field
Kabaddi courts require continuous maintenance. Watering should be done one hour before practice. A watering can or a hose pipe attached with a garden sprinkler should be used to water the play field. Water should not be poured with buckets since the play field will become muddy. After a 15 minute gap, scraper should be used to lightly scrap the surface. Once the practise session/game is over, a wooden plank should be used to level the surface, because the level of the surface many become uneven during the game. After levelling with the wooden block, a light roller should be used and watering done. Netting should be done once in a week to remove stones or pebbles, if any, on the surface. In hot weather conditions watering can be done even during half-time of play to maintain moisture. Once in 2 days, the upper layer should be renewed.

Measurements Chart

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Field Measurements (in Meters)</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Jr. Boys</td>
<td>Sub. Jr Boys &amp; Girls</td>
</tr>
<tr>
<td>1.</td>
<td>Side-Lines (AB, CD, EF, GH)</td>
<td>12.50</td>
<td>11 (Length)</td>
</tr>
<tr>
<td>2.</td>
<td>End-Line (EH, FG)</td>
<td>10</td>
<td>8 (Width)</td>
</tr>
<tr>
<td>3.</td>
<td>Lobby (AE, BF, CG, DH)</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>4.</td>
<td>Bauk-Line (from Mid-Line)</td>
<td>3.25</td>
<td>2.5</td>
</tr>
<tr>
<td>5.</td>
<td>Mid-Line (MN)</td>
<td>10</td>
<td>8</td>
</tr>
<tr>
<td>6.</td>
<td>Sitting Block (2 mtrs away from the end line)</td>
<td>8 x 1</td>
<td>6 x 1</td>
</tr>
<tr>
<td>7.</td>
<td>Court</td>
<td>Each half of the play field divided by the Mid-Line</td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td>Clear Space Surrounding the play field</td>
<td>4 Mtrs</td>
<td>4 Mtrs</td>
</tr>
<tr>
<td></td>
<td>Duration of the match (in Minutes)</td>
<td>20 : 5 : 20</td>
<td>15 : 5 : 15</td>
</tr>
</tbody>
</table>
Select a suitable location for the kabaddi court. Draw a base line starting at point 'A' and extending horizontally to 12.5 mtrs, upto point 'D'. Make an arc 'AD' on the horizontal base line at a distance of 3 mtrs from point 'A'. With point 'AD' as pivot, make an arc intersecting the arc made over point 'A'. The distance between point 'AD' and the point of intersection, point 'AB' has to be 5 mtrs. Join point 'A' with point 'AB' where the two arcs meet to form a right angle to base-line A-D. Extend the vertical line upto a distance of 10 [upto point B]. A-D measuring 12.5 mtrs is the length of the court while A-B measuring 10 mtrs in the width of the court.

Now take A-B as the base line to prepare line B-C and line B-C as base line to prepare line C-D following the same principle. This is known as the 3, 4, 5 method and is considered to be the simplest method to mark the rectangular kabaddi court.

Marking can also be done with the arc method. [Coaching in Kabaddi by Sri Prabhaker K. Walanj]. For this method, draw a base line starting at point 'A', extending upto 12.5 mtrs at point 'B'. [length of the court]. Make a semi-circle with point 'A' as pivot. With the same radius with which the semi-circle was made, mark an arc over point A with point 2 as pivot. Similarly, take point 3 as pivot and intersect the arc. Join point 'A' with the point where the two arcs meet and extend the line upto 10 mtrs upto point 'D'. This forms the width of the court. Similarly, take line A-D as base-line and mark line D-C and so on till the rectangular court measuring 12.5 x 10 mtrs is prepared. This is for the men's court. The women's court measuring 11 metrs x8 metrs can be prepared following the same procedure.

Lighting Arrangement

Major tournaments in Kabaddi are now being conducted in the evenings with the aid of flood lighting arrangements. There is, however, no standard procedure being followed for lighting the Kabaddi court so as to ensure good visibility while avoiding the glare of the light on players and the audience.

We have come across a row of lights being hung over the Baulk and mid-lines with domes at a height of about 10 ft from the ground. Another method is to fix tube lights to boards near the baulk lines & centre line on either side, i.e. six boards in all. But there is no fixed prescribed load for effective lighting.

Lighting arrangements can also be made with 2 halogen lamps of 100 wts each facing either side on poles fixed at a distance of 6 mtrs from each lobby at a height of 5 mtrs. (i.e. 3 mtrs. on either side of the midline). To light up the entire Kabaddi court four such halogen posts with 2 bulbs of 1000 wts each will be required. The total load per court would be 8 KW. We have tried out this method in the Sports Authority of India, Gandhinagar with good results.
Like any other combative sport, Kabaddi is a game of offence and defence. Raid is the offence part of the game. The main feature of the game is raiding on the opponent's court, alternatively by both the team players. The singularity of this game is that, the defence is done with team work, whereas attack is made by only one player against a team. This attack is known as a raid and is completely an individual effort. Offence is a sum total of raiding techniques and tactics, where footwork plays a major role. Since raid is a means to score more points, the offence part of the game is given prime importance in Kabaddi.

**What is a Raid?**

Raid is the nucleus around which the entire game of kabaddi revolves. Raid is an attack on the opponents and the main tool of the offensive system. Anties or defensive players on whom the raid is made, may number at any given situation from one to seven, since defence is a team effort in kabaddi. Raid, however, is carried out by a single player, also called the raider. The raider shows his individual enterprise and skill in entering the opponents court, one against a team to score points by outwitting the anties.

Raid is a continuous process since players from each court raid on the opposite court alternatively. If we have two teams, Team "A" and team "B", when a player of team "A" raids on team "B", team "B" becomes the defending team and vice-versa.
As per rules, raider is a player who enters the opposite court with CANT withholding his breath. Chanting of the approved word KABADDI-KABADDI-KABADDI continuously without break while withholding breath is what is known as "CANT". The objective of the raider, while in the opponent's court is to touch as many anties as possible, without getting himself captured. The number of anties he touches either with hands or feet by employing various skills, will earn his team a point each. Simply entering the opposite court with cant and returning to home court does not make the raid successful. To make a successful raid, the raider must enter the anties court with cant and either cross the baulk-line or touch an anti before returning to home-court without breaching any rules of play.

Raiding is the backbone of kabaddi and raider is the principal player who plays the key role in winning a match. Though defence is an inseparable and equally important part of the game, the role of a raider holds more glamour with the spotlight on him. He is the one who attracts mass appeal or brick bats, the adulation or the scorn of the audience. His achievements get more limelight and are duly awarded unlike those of the defensive players. Most of the recognised state and National Awards such as the Arjuna Award has through the years, been given to top class raiders. The reason for this is that the raider has the opportunity to display individual effort in scoring more points in a single raid. Whereas, the defender, who captures the raider, gets only one point. This explains why every coach endeavours to have the best raiders in his team.

A microscopic study of raid is required to analyse a good raider because of its complex nature and the various factors involved. A good raider should have good footwork, skill, tactics and counter action ability to extricate himself from difficult situations. The combination of all these factors make the player a top class raider. We shall now study the structure of a raid and the different steps associated with it for an easy understanding of the complexities to prepare a good raider. The constituents of a raid are illustrated in the figure given below.

(a) **Preconsiderations of a Raid**

Preconsideration means planning the technique and strategy to be adopted by the raider before he enters into the opponent's court. This is nothing but a mental preparedness, keeping in view the positions of the defence players, number of players etc. To make his raid effective, the raider has to keep the following points in mind before starting the raid.

(i) Where to enter?
(ii) Number of players in the opponent's court and players put out.
(iii) Strong positions and abilities thereof.
(iv) System of play adopted by defence.
(v) Make a mental plan of the attack
(vi) Choose the target
(vii) Situation of the game
(viii) Number of unproductive raids
(i) Entry into the opponent's court will effect the path of raid, distance to be covered and retreat to home court. As such the raider must choose the right place to make an entry.

(ii) Kabaddi is a game in which, the defensive players keep on varying in number during course of play. At any given moment, there may be any number of anties from seven to one. The raider's attack should also vary depending upon the number of players in the opponent's court. While keeping in view the number of anties the raider must also take note of the anties out of court. For, an ineffective raid is likely to bring a strong anti and revive the defence system.

(iii) The raider should know the abilities of the defensive players and the positions taken by them in order to either avoid them or counter act against their main skills.

(iv) The raider must observe the system of play adopted by the defence. In the chain system, there are various types of play depending upon the number of anties in the court. For example, with four anties in the court, the team may adopt 2-2 system or 1-2-1 system or 1-1-2- system. The raider must try to discern the chain system and the motives of the defenders before planning his raid. This is a vital pre-consideration before a raid.

(v) Before starting any venture, one has to pre-plan and condition one's mind to adopt a certain strategy. So also, the raider must make a mental plan of the raid before embarking on it. A raid without prior planning may prove dangerous and cost the offensive system a point.

(vi) The raider, while making a mental plan of his strategy, must also choose his target and direct his attack towards this target.

(vii) The situation of the game relates to whether the offensive team is leading or otherwise. The raider, keeping in view the situation, must decide whether he has to play safe or score points and the time to be spent. Sometimes a successful raid will suffice, whereas, if the situation is critical, the raider may have to go in for an attack in order to try and score points. We shall study this aspect of the preconsiderations in depth in the next few chapters.

(viii) As per the reproductive point rule recently introduced in the game, if a raider does not score any point in three successive raids, the opponent team scores a point. The raider must keep in mind the number of unproductive raids given away by his team before planning his raid.

CANT

One of the unique features of kabaddi is the holding of breath by the raider during his attack. "CANT" is the term used for chanting the word KABADD-
KABADDI, respectively, in one single expiration. The definition of cant, as per the Amateur Kabaddi Federation of India rules is "The repeated, without break and at a stretch and clear utterance of the approved word "Kabaddi" within the course of one respiration shall be called a "CANT". In other words, cant can also be defined as the measurement of raid since the length of raid can be determined upon the duration of cant. Raid begins with cant and ends with stopping of cant, immaterial whether the raider reaches home court or not. If the raider stops his cant in the opponent's court, he will be declared out, even when he is not caught. As such, cant is the inseparable part of the raider and he must continue the utterance of the word KABADDI in one breath until he returns to home court, for a successful raid. Together with physical prowess, technical supremacy, a raider is handicapped if he does not maintain proper cant. Any break in cant, lack of clarity or change of the approved word may prove to be a detriment to the raider.

In no other game is the physical prowess measured along with vital capacity, i.e. respiration. The CANT in Kabaddi has a close relationship with pranayama of yoga. Pranayama associates mental processes with respiration. It is a proven fact that pranayama or taking deep breath and retaining it, helps in longevity, in keeping calm and in being good for the heart. Dr. Sundar Ram who has studied the cant and its implications, has brought out a paper which states that fast and shallow breathers are easily excitable whereas slow and deep breathers are calm and cool with a longer life span. He has made comparison of the life of the monkey a faster breather than the tortoise. Dr. Sundar Ram relates a sound mind to a sound CANT in kabaddi. He concludes that, in kabaddi, the internal organ, i.e. respiration, is exercised along with external organs resulting in a sound mind in a strong body which is the ultimate aim of sports.

The CANT has a long history and was in use in various forms all over the country. While the cant was gudu-gudu in southern India, it was Hu-Tu-Tu in Maharashtra and Ha-du-du and Kith-Kith in parts of Eastern India. During the freedom movement, the names of our freedom fighters were also used as CANT. All these forms were synthesized and the word KABADDI came into being which has been accepted by the entire country and abroad. The name of the game and that of the cant were synonymous, in its various forms, which in itself explains the importance of CANT.

Many physical educationists and experts have conducted several experiments on the relation of cant and its impact on a player. Tests conducted on kabaddi and non-kabaddi players have established the fact that kabaddi players have more vital capacity than the non-kabaddi players.

To improve cant and for holding breath for a longer period, every kabaddi player is advised to perform pranayama and other yogic exercises regularly. Aerobic exercises and endurance training will help the player improve his lung capacity. Exercises to develop footwork can be carried out with cant so that footwork improves simultaneously.

It is unfortunate that the importance of cant has, nowadays, receded. Though cant is in existence as per rules, the pranayama part of it is not being strictly
followed. Players, coaches and officials are equally to blame for this. We now find players breaking cant tactically during raid following the single respiration rule. At the same time officials are not being strict in this regard. Owing to this, taking breath between cant has become a common practice. This has also become one of the skills taught to a raider.

During various National Championships, a study was made to measure the duration of the cant (used nowadays). The study revealed that in the men's section, the maximum number of raids taken in a match of 40 mts. duration were 80 to 82 (with an average of 2.1 raids per minute). The average cant of the raider thus worked out to 30 seconds. In the women's section, the maximum number of raids taken in a match of 30 mts. duration were 103 to 105 (the average of 3.5 raids per minute). The average cant of a women raider lasted for 18 sec. This illustrates that the average duration of cant in men players is more than in women players.

This analysis will help a coach in deciding the number of raids which can be made and how each raid is to be utilised by his team. In the unproductive-raid system of play, the duration of raid has become very important in crucial situations.

**Entry**

Entry into the opponent's court always depends upon:

(a) The position of the raider when he plays in his team's defensive system.
(b) The side from which he starts his attack.
(c) The direction in which he moves.

To take entry, the three zones are the right, left and the centre zone. Normally, the raider playing right corner position starts from right zone, the left corner player from the left zone and the centre chain players starts from the centre zone because they are the nearest starting points. But it need not be necessarily so. Some players prefer to start from any of the zones depending upon the situation. However, starting from a zone other than the one nearest, is not advocated since it takes up valuable time and may breach the rule which dictates that the raid must commence within 5 seconds of the opponent's raid. A raid which starts after 5 seconds will be treated as an unproductive raid. The raider must take care to start his cant before entering the opposite court. If he touches the opponent's court without cant, a late cant will be declared and the raid cancelled. Sometimes, raid is also used as a pursuit to touch the retreating raider of the opponent team. Here the entry has to be made very quickly without breaking any rules of play.

**Settling and Path of Attack**

Settling means getting set before an attack. After entering the opponent's court, the raider has to study the situation and decide upon the path of main attack. He chooses the target and accordingly plans a situation while getting set. If he does not settle, but charges blindly in the opponent's court, without analysing
the situation, chances of his getting caught are more. For example, in pursuit, the raider does not get set but goes after the retreating raider of the opponent's team, and is more often than not, caught by the defenders.

The raider has to play his path of attack to reach the target. While setting his path, he must take care not to go deep into the opponent's court and also ensure that the anties do not surround him. Simultaneously, he must also plan his path of retreat to home court. He must invariably select a path to the centre line for retreat after attack for which he may choose to turn, go outside, or take a sideward movement.

**Footwork**

The movements made by the raider with his feet during course of raid is known as footwork. There are several factors influencing footwork, such as, the stance of the raider, body position, movement, speed, agility etc. Raiding footwork are of different types like shuffling footwork, reverse step footwork, natural running footwork, leading leg footwork etc. Since footwork is the main feature of a raid, we have to study it thoroughly. A detailed study is made in the chapter on “offence”.

**Skills**

The ability to co-ordinate different muscles in order to perform a combination of specific movement smoothly and effectively, is called skill.

Skill is that in which technique is applied automatically without conscious thought. The most important characteristic of skill is the execution of an exercise related to the concerned sport which results in good performance. Technique should be applied with dexterity, economy of movement and easily without any tension. Mastery over such techniques of the game is what is known as skill. Complete control over the techniques of the game is the basis for achieving top class performance.

In Kabaddi, the skills used by the raider are called offensive skills. The raider has to use his limbs in order to come in contact or touch the opponent, so as to score points. This is accomplished by leg touches such as toe-touch, foot touch, squat leg thrust, kicks etc, with lower extremities and various hand touches with upper extremities. Apart from these basic skills, the raider must also learn advanced skills like counter-action for escape from different holds. Mastery over these offence techniques will make the player a skilful raider. We shall study each technique in detail with the associated training methods in the next few chapters.

**Tactics**

Without tactical approach, a raider will be unable to put into practice the various skills learnt by him. Tactics means exploiting a given situation or creating a situation to take advantage of it. Since raid is an individual effort, we shall
study tactics of a raider, separately. The raider, depending upon the game situation, may have to increase or decrease the tempo of the game. For this, he has to adopt either a passive raid or create a situation for struggle and aggressive raid. This involves tactical approach. Sometimes the raider may have to pass time without taking any risk, especially when his team is leading and the opponents are aggressive. To face this challenge, the raider cannot depend upon skills alone. Similarly, on other occasions, the raider may be put under pressure and may have to raid on the baulk line. To cross the baulk line and make the raid successful, the raider again requires tactical ability.

Retreat

As per the rules of play, the final phase of a successful raid ends in the return of a raider to home court. This is called retreat. However good the raider is in his tactical approach, footwork etc.; unless he returns to home court with cant and without breaching the rules of play, his raid will not be successful. While retreating, he should keep the following points in view.

1. He does not give room for pursuit.
2. He regains his defensive position quickly, before the opponent team's raider begins his raid. Unless he does this, he may disrupt his team's defensive system. For example, when the raider assumes left corner position in his team's defensive system, but enters from the right, the opponent's raid may begin before he reaches his position, putting the defence in jeopardy.
3. To return to home court, the raider must pass through the mid-line only.

Keeping all these aspects in view, the raider has to plan his path of retreat, in advance before embarking on a raid.
Footwork of A Raider

Before learning any offence technique, it is important to understand various fundamental movements involved in a raid. These are basic moves essential for the effective execution of any technique and are known as FOOTWORK in Kabaddi. Raider is an individual player who attacks the opponent's team with an aim to score points by putting out as many of the defence players as possible. Defence is a team effort which covers the raider from different positions by forming chains. Naturally, raider cannot stay put and attack in one position. To dislocate and confuse the defence players, the raider has to move quickly from one spot to the other during attack, while executing techniques and also to reach home court safely.

Footwork makes or mars a raider. With good footwork, a raider will be able to assess the situation quickly, plan his next move, escape injuries and will have the confidence to carry out the attack successfully. Footwork is involved in the manner in which the raider approaches his target and executes his skill. With footwork, the raider can create a struggle situation which will put the defenders in confusion. Footwork differs depending upon the technique to be utilized. It also differs from player to player depending upon body structure, weight, height, etc.

(a) Stance

Proper stance is a must for every raider through which he will be able to maintain balance during movement. Broadly speaking, there are two types of stance, i.e. parallel and diagonal.

Parallel stance means keeping the feet apart in a parallel position and evenly distributing body weight on both the feet, so that centre of gravity falls between the legs. This is a defensive stance of the raider, used mostly in the centre zone.
before an attack is made on the corners. The parallel stance helps the raider decide on the target, while keeping himself in readiness to start the attack. This stance is used to make sideward movements while keeping himself in a safe position. With this stance, a raider should not go deep into the anti’s court because it will be difficult for him to change direction and move towards centre line.

Diagonol stance is also known as a boxer’s stance. This is an aggressive stance where the raider keeps one leg (nearest to the anti) in front of the other. The body weight falls more on the front leg. This stance helps the raider move more quickly and react quickly. As such most touches are executed with this stance which is recommended because a raider will be able to change his direction without delay.

No raider should keep his feet close together in what is known as a “feet close stance” which will render him liable for a double knee hold or thigh fold.

(b) Body Position

The typical body position advocated for good footwork is knees flexed and apart, head held high to keep all anties in the peripheral view, lean forward slightly with hands relaxed and elbows flexed slightly aside the chest, for easy reach. A stiff position will be a disadvantage for quick movements. As such, a raider should always be relaxed, alert and keep his upper body slightly bent towards the centre line.

(c) Movement Velocity

Movement velocity means, the ability to execute a motion with a high rate of speed. Velocity is measured by the time taken to complete the movement. Velocity is an essential part of a good raid, since only this will enable the raider change direction, attack on different defensive players, or escape from the clutches of the anties. Velocity in movement is not an isolated part of good footwork, but is to be taken in combination with agility, anticipation, orientation ability, experience, skill and tactical efficiency.

A raider's momentum should always be slightly inclined towards the midline to enable him retreat to safety quickly.

(e) Pivot

Pivot is a sharp movement taken by the raider on his toes to change direction which is an integral part of footwork during the course of raid. To improve the ability to feign, a raider has to improve his pivoting ability.

(f) Sudden Checks in Speed

While velocity in movement is very important, it is also required for the raider to suddenly check his speed either to change technique, so as to prevent himself
from entering the lobbies which will make him out of bounds, or to suddenly turn back and escape to home court. His co-ordination and reaction ability will be put to test for checking his speed suddenly. To stop quickly, the raider has to change his centre of gravity by making a wide base.

(g) General and Specific Fitness

All the above factors are to be taken in conjunction with general and specific fitness. A raider is an individual who is required to have a high quality of fitness, both general and specific so as to have good footwork, and at the same time, sustain the quality since he is called upon to carry out intermittent attacks. Since raid is an individual effort, it demands a great deal of physical exertion by the raider. All his other qualities such as body co-ordination, stance, velocity of movement etc. will be of no avail, if his general fitness is not upto the mark. We will be dealing with general and specific fitness and training methods to achieve the same in the forthcoming chapters.

Types of Raiding Foot-Work

(a) Leading Leg Raid

In this type of raid, the raider keeps his nearest leg towards the anties as leading leg with the other leg in the rear. The entire moves are made in the same boxer stance without changing the leading leg, during attack. For example, if the raider is attacking from the left zone, on the right corner or cover, he will keep his right leg as leading leg and his left leg in the rear. The stance should be diagonal but not wide because a wide stance will reduce speed. While changing direction, natural or out-turn methods are advantageous. An occasional skip sideward while attacking on the centre zone to avoid the corner's reach, is advocated.

(b) Shuffling Raid

The moves of the raider, his direction and reach are quite clear to the anties in the leading leg raid. Whereas in a shuffling leg raid, it is not easy for them to anticipate the raider’s next move. Here the raider shuffles both his feet and suddenly attacks in any direction. This shuffling movement could be with alternate feet or on the spot, to mislead the defensive players. The shuffling raid is also used in combination with other types of raids. The raider must beware of double knee or double thigh holds during such a raid. On the spot shuffling of feet without any aim, which many players indulge in is not advisable because it causes unnecessary exertion and will bring down the quality of raid.

(c) Natural Method

This raid is carried out in a natural running movement. It involves a fast and aggressive style of footwork and enables the raider move from one zone to the
other very quickly. Raiders with less body weight, can use this method to advantage. However, care should be taken not to go out of bounds. For this, the raider should be able to change direction with sudden checks in speed, while chances to touch the opponents are more in such a raid, the raider must look out for possible chain holds. This method is generally used for 2nd to 2nd attack.

Changing Direction During Raid

A raider has to play in a very limited area without going out of bounds (6.25 x 8 mts. for men / 5.5x6 m for women, excluding lobbies). It is impossible to complete a successful raid without changing direction. Once the raider reaches boundaries of the court, he has to check his speed and change direction to either restart his attack in a different direction or retreat. If he goes out of bounds without struggle, he will be declared out as per the rules of the game. Even in situations when he is able to touch an anti or when he is caught by the antis, he has to change direction towards mid-line and reach out to his home court. There are different methods which a raider could use for changing direction, depending on the footwork he is employing and other game situations.

Methods of changing direction

(a) Out turn method
(b) In-turn method
(c) Natural run method
(d) Side-ward skip method
(e) Reverse step method

(a) Out turn method

Raider should check his speed on the leading leg and pivot on his toes without taking his rear leg forward. His shoulders should point towards the centre line and a reverse turn taken. This is known as out turn method and is applicable by raiders who raid from 2nd to 2nd or corner to corner.

(b) In-turn method

When the raider checks his speed on the wrong step or rear leg by putting it ahead of the leading leg to change direction, he has to use the In-turn method to avoid going into the lobbies. Here a raider takes a turn towards the end line and reverses his position. This method is useful for raiders who employ shuffling foot-work and attack on corner zones. This method could be used in the centre zone also, but attack is to be made on the corner only.

(c) Natural Run method

During raid, the raider checks his speed on leading leg and keeps the rear leg towards mid-line without taking a pivot on toes, in the natural walking/running
style to come out of the corner, or central zones. This method is useful for raiders who use the leading leg raid.

(d) **Side-ward skip method**

Sometimes, the raider has to make a sideward movement to come out of central zone if corner-chains are closing in, so as to change his direction towards the centre line. A skip is taken on parallel stance to restart the attack. This method is used by raiders whose attack is mainly on the centre zone.

(e) **Reverse step method**

This method is used to withdraw or retreat from attack. The attacking leg/leading leg is withdrawn after attack and a reverse direction taken to face the anties behind the raider. The raider uses this method when he wants to take safe raid or when he wants to avoid covers. This is used in the reverse step raiding footwork.
Basic Offence Skills

Hand-Touch
Hand Touch is a fundamental and the most easiest skill which every raider applies in one or the other forms. To score or to put out the opponents, a raider has to use either hands or legs to touch the antsies. Statistics of any championship show that most of the points scored by raiders are by Hand Touch only. Since hand touch is nothing but the raider extending his hand towards the nearest anti (target), and creating a struggle situation, it looks quite simple. However even this skill requires proper practice and good reflexes. We find some raiders are good at footwork, but failed to give top class performance because they are poor in this skill.

The situations which requires the application of the skill are:

(a) When the players in the opponent's court are reduced to 3, 4 or 5 the defence will be on the end line. In such a situation, using lower limbs is a risk whereas hand-touch is the best method to score while ensuring the safety of the raider.

(b) When the chains are close, and covering area is less, it is advisable for the raider to use hand-touch instead of foot or toe-touch which may lead to thigh hold by the defence.

(c) Hand-touch is a major weapon when the defence is playing on the baulk line.

(d) While taking a sudden turn, the raider can apply hand-touch to advantage.
(e) Hand-touch could be applied at anytime, creating a fake situation.
(f) This skill could be combined with other techniques like leg thrusts, for better results.

Types of Hand-Touch
1. Running Hand-Touch
2. Stooping Hand-Touch
3. Turning Hand-Touch
4. Hopping Hand-Touch
5. Fake and Touch

1. Running Hand Touch
Hand touch is applied in a natural running movement and a raider who is good at cross step or natural style raid can take advantage of this technique. Care must be taken that the raider does not enter the lobbies without struggle. A raider may be trapped with chain if he runs blindly. In the execution of this skill, the raider should attack the outer shoulder of the anti by keeping angular raid towards the mid-line. Once the attack is over, the raider has to check his speed on leading leg and change direction towards the mid line. Corners and seconds are the best targets and this attack is advisable for raiders who play from second to second.

2. Stooping Hand Touch
Stooping Hand touch is made on corners or covers by bending the body in that direction. When the raider plays at corner and charges at the nearest cover, it is advisable to lunge forward/sideward to cover the distance. By stooping forward, the raider can charge effectively, leaving the anti no chance to escape. This skill could be used towards the sides also, when the raider plays at deep corner. To execute this skill, the raider has to keep his shoulder line towards the other anties and bend his upper body sideward, Chances of thigh hold are more in this type of attack. Hence the raider has to observe the movements of the defence carefully before executing this skill.

3. Turning and Attack
Attack is one direction may not be effective always. A new situation is created, when the raider moving forward in one direction, suddenly takes a turn and attacks the second or corner in the reverse direction. This has to be a surprise attack and requires speed and agility in the raider. However, raider should not enter deep into the opponents side since chances of waist hold, chain holds and thigh holds are possible. These surprise attacks could well prove to be a turning point for the team’s success. But the raider should not use this tactic in each attack which will enable the anties anticipate the move and trap him easily.
4. **Hopping Hand Touch**

This type of attack is best when the raider’s target is the corner zone. A hopping movement is taken to reduce the distance between raider and the anti and also to avoid unnecessary stepping during the raid. Sometimes the raider may go close to the lobby and attack. To avoid getting into the lobbies, and for change of direction, hopping hand touch can be used. After touching the anti, during the hopping movement, it is advisable for the raider to use the lobby to reach home court safely.

5. **Fake and Hand Touch**

Hand Touch can be applied in any zone by creating a fake situation and in combination with other tactics. A successful fake can be created with the use of upper extremities (trunk, shoulders and hands). The raider should be agile and have good footwork to succeed in the execution of this skill.

**Various Hand Movements During Attack**

2. Side-ward swing - On the wings and supporters.
3. Side-ward to forward - On the chains in front.
4. Side-ward to reverse - On the anties who cover from the

**Toe Touch**

Toe-Touch is a widely accepted and recommended skill by experts because of its easy application. This offense skill is used by almost every raider. A raider can execute this skill even when he is at a considerable distance from the anties. When the bonus-line was in vogue, this skill was extremely popular and brought in the desired results.

During the course of a raid, the raider will have to move in different angles, according to the positions and moves of the anties. At the same time, in order to apply this skill, the raider requires to extend his leg suddenly towards the anti. The techniques for execution of this skill are as follows:

1. Body weight should be on the rear leg for easy extension.
2. Do not face the anties. Ensure that the shoulder line is towards the side-
    lines or mid-line.
3. Keep the movement towards the mid-line.
4. To maintain balance, keep the body in a crouch position and lean towards
    the mid-line.
5. Extend all the joints (knee and ankle) in order to cover more distance and
    touch with the inner portion of the toe.
6. Keep hands free with flexed elbows aside the chest to maintain balance
    and to defend self from the covers.

After executing this skill, the raider should immediately withdraw his leg as
there are chances for an ankle hold by the anties. While withdrawing his leg, he
should not take a wide step, which will check his speed.

A simple toe-touch may not be effective always since it is very easy to anticipate
by the defence.

Foot-Touch

Foot-Touch is a basic offense skill by the raider. Today's Toe touch is a moderate
form of foot-touch. Both these skills are inter-related; application, method and
principles are the same in the execution of Toe-touch and Foot-touch. The
major difference between these two skills is that in foot-touch, the raider tries
to touch the anties with his complete foot whereas in Toe-touch, he uses only
his toe to touch the opponents.

Raiders generally use foot-touch in the position between second and third to
touch the corners or second man. During the execution of this skill, the Raider
drags his thrusting leg towards the anties which is known as a “SLIP” in kabaddi.
This slip helps the raider to cover more area in the opponent's court and has an
advantage over toe-touch.

This skill is recommended for women players instead of Toe-touch, since
women have a bigger pelvic girdle and it is more difficult for them to maintain
their balance, which is essential for executing toe-touch whereas foot-touch is
easy to apply and there is no fear of the raider losing her balance.

Kicking

"Kicking" is an important offence skill in the game of kabaddi. This skill, despite
certain disadvantages, is very useful in critical situations, and its study should
not be ignored. While every raider (especially those with excess weight) may
not be good at this skill, a coach should ensure that he has at least a couple of
raiders good at it.

A kick is nothing but a thrust or blow in the air by the raider with his leg with
the objective of touching an anti. The advantages of the application of the skill
are as under:
1. To maintain distance from the anties.
2. Anties or chains behind the raider can be kept away.
3. Confuse the defence and enable the raider make a sudden attack on the second man or covers.
4. Can be used as a weapon when the defence is fielding on the baulk line.
5. To feign and create confusion in the defence.
6. It is a sure method to score when defence players are less.

**Type of Kicks**

1. Back kick
2. Side kick
3. Curve kick/Roll kick

(1) **Back Kick**

Kicking the anti who comes behind the raider during the course of raid is known as back-kick. To execute this skill the leg is to be extended fully to cover more distance and make it more effective. The different forms of back-kick are:

(a) Running back-kick
(b) Standing back-kick
(c) Fake & kick
(d) Taking a turn and back-kick

**Coaching Tips**

(i) Shoulder line should be towards the centre line.
(ii) Upper-body to be in crouch position
(iii) Nearest hand goes up slightly to maintain balance
(iv) Rear leg flexed and toe towards mid-line
(v) Do not be rigid, relax
(vi) Do not look back but concentrate on other anties
(vii) Take support of the ground with the opposite hand if necessary, to maintain balance.
(viii) Take a little hop to cover more area instead of pivot while executing running back-kick.
(ix) Maintain stability on rear leg.
(x) Kick without flexing the knee joint.
(xi) Keep in mind that kicking high is not important. Distance and target are more important.
(xii) Take a sharp pivot with the rear leg while kicking.
(xiii) After executing the kick bring the leg forward to avoid individual catches.
(xiv) Move towards centre-line to escape from covers.

2. **Side-Kick**

Raiders who raid from second to second and attack the centre zone will find this skill the most suitable. The method of execution and principle are the same as in the case of back kick, the only difference is that the area to be covered is sideward. To execute this skill, the raider has to face the side lines and kick at the anti who is at his side. Side kick is a little difficult compared to back kick, but with proper stretching exercises and continuous practice, the strain/stress on the pelvic joint can be reduced considerably. While applying running side kick, it is advisable to flex the knee and thereafter thrust is to the fullest extent to get better reach. This is a modified form of side kick to get better results in different game situations.

3. **Curve-Kick/Roll-Kick**

Curve-kick is also called a roll kick since the leg lifted to kick at the anties takes a curve from back to side. This type of kick will enable the raider cover more area with his attacking leg. At the same time it enables him to change his direction. This kick is mostly used in a running form. Raiders who raid on the centre zone, use this skill to attack on corner zones with an intention to touch the anties as well as change their direction. Though this kick may not bring many points, it serves to develop fear among the opponents due to its powerful style. This skill was very effective on the bonus line compared to endline game.
We have described the importance of thigh hold/knee hold as one of the main weapons of the defensive system. From the point of view of the raider, we have now to study how to react against this defensive mechanism. The knowledge of a counter skill for thigh hold/knee hold is a must for every raider. Though there are different methods to escape from thigh hold and this counter skill can be interpreted in various ways, broadly speaking it can be classified into two parts, i.e.

(1) Escape Before Hold
(2) Escape After Hold

(1) Escape Before Hold

When the raider anticipates the intention of the anti well in advance, he can escape before the anti reaches and make a firm grip. Raider should use his reflexes so that the anti does not reach or cover him completely. To check the anti and to prevent him from making a firm grip, the raider must place both his palms on the outer region of the shoulder of the anti. With the same force, he must lift his leading leg and swing it to the reverse direction to take it out of range of the anti’s hold. At the same time he must hop on his rear leg and turn towards mid-line. The entire action should be simultaneous. The raider can pivot on his rear leg and take one more turn to reach home court or escape from other supports. Since there is a struggle situation, the raider does not need to worry about pursuit by the opponents even when he falls in his home court.

(2) Escape after hold

At times it will be difficult for the raider to anticipate the defence strategy and may end up being caught by an anti. In such a situation, first of all he must not...
lose confidence and stop his raid. What he should do is to hop towards the centre line on his rear leg, pulling the anti along with him. At the same time he must flex the knee joint of this leading leg caught by the anti so as to loosen the grip. This will enable the raider to cover same area towards his home court while extricating himself from the clutches of the anti. Before the supporting anties cover him, he should fall towards mid-line and reach out towards home-court. While falling the raider must take care not to injure himself. He must bring his body slowly to the ground by flexing his rear leg. The best way to fall is to roll by taking the support of his hand. When the raider falls, his entire body weight will be on the anti, who will as a result, lose balance and loosen his grip. Even after falling, if the raider is not able to reach out to his home court, he must take a sideward roll to cover the distance during the fall. The raider must fall on his rear leg by extending the other leg to avoid injuries. He must never in any case fall flat on his back lifting both his legs which leads to injuries.

**Escape from Waist Hold**

This is a counter skill for the raider to escape from waist hold. Whenever a raider is caught at the waist, he should not allow the anti to take firm grip or to change his direction towards the endline. To spoil the grip of the anti, Raider should keep the following points in mind.

**I. Type**

1. Flex the knees and take sharp turn towards the mid-line.
2. Do not keep the upper body straight; keep it in crouch position.
3. Pivot on toes for sharp turn.
4. Keep the hands normal aside the chest.
5. Apply force towards the centre line.
6. Change the body weight from leading to rear leg.
7. Make the anti move towards the mid-line by pulling.
8. Once the anti yields, then do not stop movement.
9. Rush towards the home court with anti Raider.
10. If the centre line is nearer, falling is also advisable but towards home court only.

Even after making an effort to escape from the hold it may be difficult to escape due to reasons such as:

(a) Body weight of the anti is more.
(b) Distance to be covered is more to reach the centre line.
(c) Grip is firm.
(d) Supports are closer.

With the above situations it may be difficult for the raider to escape from the
hold even after executing the 1st type of escape. Then the raider without breaking the rhythm, should add the IIInd type of execution to it as under:

II. Type
(1) Raider should bend his upper body to reach the nearest leg of the anti, who is holding him.
(2) Should lift the leg of the anti holding the knee joint by using elbow grip to disturb his balance.
(3) With this action raider can move forward further even after the hold.
(4) Even heavy players also can be lifted so that they lose their balance.
(5) Once the grip is loosened raider should rush towards home court in crouch position to escape from the other supporters.
Basic Defence
Positions And Functions

The defensive court is divided into three zones, i.e., the right zone, centre zone and left zone. The defensive players occupying each of these three zones have specific functions to perform. The right and left zones are also known as wings or corners.

We will now study each zone, players of the zone their duties and functions in the co-ordinated defensive system. The player is always identified by the position he occupies irrespective of the varying number of defensive players.

Right Zone

Right zone in defence consists of two players, called Right Corner [RC] and Right In [RI]. Whenever corner chain is to be formed, the Right Corner must hold the wrist of the Right-In to form a link. Right zone players always have to move towards the left side to cover the position. Whenever the raider plays in the Right zone, the RC & RI will not form a chain and remain separate in order to initiate individual holds. A chain is to be formed when the raider moves away from the zone to attack on other zones or to face him when he approaches the right zone.
Right Corner

Right corner [RC] holds the wrist of the Right-In [RI] to form a chain. He must keep his right leg forward, as leading leg, to initiate any move to cover the raider. He should move in a curve to cover the raider and retreat diagonally to his original position in order to save time and cut short the distance. His upper body should be relaxed, leaning forward slightly with knees flexed and the body weight on the leading leg. His stance should be diagonal with the base a little wide to maintain balance. This stance should be dynamic either in the forward or reverse direction.

Right-In

The Right-In (RI) is the link or supporting player for the Right corner who follows the RC’s moves keeping his left leg (opposite to the RC’s leg) as leading leg. The opposite leg is used to avoid disturbance in the movement of the RC or any clashes. RI has to keep himself one step behind the RC by keeping his leading leg in line with the RC’s rear leg. While covering the raider, R.C. initiates the move and RI follows him, whereas, while retreating, it is the RI who initiates the move and the RC follows. A proper co-ordination is therefore a must for the smooth functioning of the zone.

To maintain the curvature of the chain, the RC & RI should keep their shoulders parallel to each other with the head turned towards the raider, in order to observe his movements. While covering, the path should be curved, but the retreating path should be diagonal to cut short the distance and return quickly to basic position, since the second man is close to the raider and a touch is possible.

The Right zone players must keep themselves one step behind the centre chain, covering the outer shoulder of the raider through the outer shoulder of the centre zone players, in order to give immediate support when required and also to initiate the catch when the raider attacks on them.

Centre Zone

Centre zone comprises three players i.e., the Right Cover [R/COV], Centre Man (CM) and the Left cover [L/COV]. Centre zone players are the front line defensive players and form the backbone of defence. These players can move either to the left zone or to the right zone unlike the right and left zone players who can move only in the opposite direction. It is always the centre zone which creates the situation to bring the raider deeper onto the court so as to initiate a struggle. The success of most defensive strategies is usually dependent upon the calibre of the centre zone players.

Formation of the centre chain is the duty of the centre zone players. When the raider attacks the left zone, the Centre Man and R/COV form a chain to move towards the raider. When the raider attacks on the right zone, the chain is formed by the L/COV and centre man.
Right Cover
The upper body of the R/COV should be in a crouch position with knees flexed, adopting a diagonal or boxer's stance. He must form a chain with the C.M. and move towards the left wing to cover the raider. He should cover the raider's outer shoulder keeping a safe distance to avoid a touch. A wide chain will bring the mid-line closer and will involve more risk. The R/COV's shoulder line should either be facing the raider or the side lines. All other functions for covering and retreating are similar to those of the R/C. The only difference is in the approach and the path.

Centre Man
Many people consider the position of the centre man [CM] to be a passive one and his task appears very simple. However, though the CM does not get the lime-light, his position is of vital importance to the defensive system. His task is to form a chain with the L/COV to cover the right zone as well as to form a chain with the R/COV to cover the left zone. He is the only defensive player who covers both zones, since his support is essential to both the L/COV and R/COV, he has to retreat very quickly and should be able to change footwork so as to move in the opposite direction. Most of the CM position players are the best raiders. In addition to raiding, they play a key role in the defensive system. As such, a good deal of strength, agility and endurance is demanded of them.

His stance for smooth functioning should be diagonal. His leading leg should always be the opposite to the leading leg of the cover with whom he forms a chain.

Left Cover
Just like the R/COV, the body position of the L/COV should also be in a crouch position with diagonal stance. The only difference is that the leading leg of the L/COV will be the left leg and movement will be towards the Right zone along with the centre-man.

Left Zone
The left zone also comprises two players, the L/C [left corner] and L/IN [left-in]. These two players form the left corner chain, and move towards the right side, to cover the raider. Except for the leading leg, all other functions and qualifications required are similar to the R/C & R/IN.

Left Corner
L.C. will keep his left leg as leading leg. He will hold the wrist of the L/IN when the raider attacks on the other zones but when the raider is in the left zone, the L/C & L/IN will play individually without chain so as to initiate the catch. Most of the raiders start their attack from left to right, and...
most of the ankle holds are initiated by L/C. As such, the position of L/C is very valuable for good defence. That is why he is known as the wicket keeper of kabaddi.

**Left-In**

Left-IN follows the L.C. in forming a chain. He is to keep his right leg as leading leg and be one step behind the L.C. when the chain is formed. All other aspects of the L/IN are similar to the R/IN except the path of coverage.
Basic Defensive Skills

Ankle Hold
Ankle hold is an individual defensive skill in kabaddi. This is a counter skill used by defensive players against leg thrusts and foot touches by raiders during an attack or raid. When the Bonus line game was in vogue, this skill was a must for the corner players because every raider would try to cross the Bonus line in the corner zones. Now-a-days even the second position player uses this skill for initiating a catch. Every team uses ankle hold as a supporting skill or in combination with other skills as a tactic. When a raider is caught by the chain holds, the other anties are advised to use ankle hold as a support. As such, it is clear that defence is incomplete without having the technique of Ankle-hold. A team which has mastery over Ankle-hold can plan different strategies and tactics in various situations. We shall study ankle-hold in depth as a combination hold in tactical play in the forthcoming chapters.

Mechanism of Ankle Hold

I. Observation and Anticipation
Before going in for Ankle hold, defender should observe the raider's foot work and main attacking zones. After analysing the path of the raider, anti should anticipate the next move in the raiding footwork.

II. Body Position
Keep the body position slightly inclined towards the raider by keeping more
body weight on the leading leg and flex the knees for better reach. Stance should be little wide for maintaining more stability. Hands should be free without any formation of chain. Neck should be held up to watch the moves of the raider.

III. **Approach**
Once the raider's attacking leg is within the reach of the anti, anti should bend his upper body towards the raider's leg completely by flexing his leading leg about 120° and by changing the centre of gravity towards leading leg, at the same time bringing both hands towards the Raider's ankle.

IV. **Hold/Grip**
Inner hand should be placed on the joint of the ankle to get a grip on the foot and the other hand should support forming a firm grip on the ankle of the raider. Once grip is taken anti should not try to change the grip.

V. **Follow-through action**
There are different types of follow through actions suggested according to the need and situations:

(a) **Lifting up: Situations**
(1) When the raider is not heavy compared to defender's body weight.
(2) When the raider is short in height.
(3) When the catch is taken away from the centre line.
(4) When the defence is playing with less players.
Once the raider is caught, it is difficult to maintain the same position by the defender because the raider’s force is towards the mid line. To maintain stability and grip anti should lift the raider’s leg up towards inner shoulder. By lifting the raider’s leg, anti causes the raider to lose balance and easily stops his movement.

(b) **Pulling back : Situations**
(1) When the raider is tall.
(2) Hold is taken nearer the centre line.
(3) Supports are late
(4) Less players in defence
After taking firm grip, anti should pull the raider towards the end line. Pulling is easier if the other supports are helping the initiator. Pull should be towards inner shoulder and one or two steps towards end line can also be taken.

(c) **Changing direction of the raider : Situations**
(1) When the raider is heavy and tall
(2) When the hold is nearer the centre line
(3) When the supports are close and ready

This is the latest method used by the defender to stop the raider by changing his
direction towards the side lines. Once the raider is caught at his ankle, anti will
bring his leading leg back to the rear and take small steps towards the end line.
Raider should not be allowed to flex his leg and before the raider starts moving
towards the centre line anti should prevent him by putting his body weight on
the raider. This will make the raider move with the anti.

**Thigh Hold**

Thigh hold is an individual skill which can be applied by
any defence player. This skill is a major advantage for
defence players, since the playing system or the position of
the anti is immaterial for applying it. Every team uses the
thigh hold technique as a planned and surprise tactic. With
this skill, most raiders are caught not only by corners and
covers, but also by supporting players. This is the reason
why this skill has become very popular in the Bonus line
and end line games.

**Advantages**

(a) Chances of counter action are less
(b) Even a heavy raider can be caught
(c) It is easy to apply even when the players are less
(d) It can be used in various forms
(e) No chance to escape by creating gap
(f) Grip is form and less risk is involved
(g) Requires less support

Situations when to Apply Thigh Hold

1. When the raider attacks from one zone to the other.
2. When the raider plays only on leading leg.
3. When the raider turns back and uses hand touch.
4. When raider plays from 2nd to 2nd.
5. When raider runs blindly towards corner zones.
6. Raider who is good at footwork.

To hold the thigh, anti should observe the moves and attacks of the raider. When
the raider's leg is in the reach of an anti during attack, the anti should bend his
upper body to be in line with the raider's hip joint in order to check the raider's
speed. To maintain balance, the anti should try to keep his leading leg in between
the raider's stance.
Reaching the lower limbs of the raider, he should encircle the thigh with his free hand. To have a better grip, it is suggested that the grip is made with the elbow, since this is more firm when compared to a grip made with palms or wrist. Inner hand should be placed below the knee joint to give a better support to the hold. It is advisable to put a supporting hand on the ankle from behind, to turn the raider's direction easily. For better follow through action, the raider's direction should be changed towards the endline with the help of the elbow joint while twisting the ankle towards the end line.

**Thigh Hold on Same Stance**

This hold is taken without changing the position of the anti. This type of hold is applied when the attack is fast. If the raider checks his movements while attacking, anti should not go for this type of hold. This skill should also be avoided on heavy raiders because it is difficult to check the speed of the raider in the same position. Chances of losing balance are more. As such, the anti should take a wider stance while holding the raider. This type of thigh hold is used mostly by corners and covers.

**Thigh Hold by Taking a Skip**

A skipping movement is advocated in this type of hold to cover the distance and for better reach, when the raider is slow or checks his speed. Optimum skip even helps the anti in checking the speed of the raider. This technique is more useful for corners/covers.

**Taking one Step Forward and Hold**

Taking one step forward means holding the raider's thigh on wrong step/rear leg. This is usually used by second players or centre players. Sometimes corners also use this skill as a surprise attack on the raider. Even good raiders are trapped with this skill due to the unexpected charge made on them by seemingly passive players. Anti raider should be careful in taking one step forward because the movement is towards the centre line. If the hold is not proper or the stance is not maintained, chances for escape are more and the defence is likely to loose more points due to the supports. As such the raider does not expect an attack by these players. Since this skill is executed by the seconds/In players, it gives the required results due to the surprise element.

**Thigh Hold from Behind**

Execution of thigh hold from behind is entirely different from other holds. This skill cannot be applied by all players. Only corners are advised to go in for this skill.

The skill is applicable only when:

(a) The raider drags his feet back for executing any skill.
(b) When the raider comes back to his position to restart his attack during the course of raid.

(c) When raider skips back or changes his direction towards corners to attack.

(d) When the raider takes a sideward running movement from centre zone to corner zone.

To execute this skill, anti should cover the raider's outer shoulder from behind, with a wider chain. This will tempt the raider to return to corner zone to attack again. To hold, anti should apply the skill from behind only. It is a reverse grip from other grips and the raider's direction will also be changed in the opposite direction.

**Waist Hold/Trunk Hold**

Waist hold is a skill used by a defender to catch the raider from behind. This skill is one of the best in defence since the raider has less chance to escape. In comparison with other skills, waist hold is more powerful due to the strong grip, close reach and more covering area, which puts the defender in an advantageous position. The following are the appropriate situations for execution of the skill.

(a) When the raider shows his back.

(b) When the Raider attacks on 2nd/In.

(c) When the raider drags back or moves back in the corner zone.

(d) When a Raider attacks from corner to corner blindly.

(e) Whenever raider comes back to his position to restart his attack during the course of raid.

(f) When the raider uses turning attack.

(g) Whenever rider comes back to his position to restart his attack during the course of raid.

(h) When the raider uses turning attack.

Waist hold needs proper anticipation and observation of the raider's path and attack. If an anti does not study the footwork of the raider, it will be difficult to anticipate the raider’s next move, which is a prime requirement in this skill. Anti should cover the Raider’s outer shoulder from behind completely, so that the raider’s direction can be changed easily towards the end line after the hold. To cover the raider, proper footwork is required. Skipping forward or taking one step forward are the most useful methods to reach the raider from behind. To maintain the balance anti should take a little wider stance. There should not be any gap between the raider and anti's position which may give a chance for the raider to counter-act.

After covering the raider from behind, anti should use his free hand to encircle the raider's waist from the outer side. Along with this, the inner hand should be used to make a firm grip. There are three types of grips used:
(1) with inter-linked fingers.
(2) by holding the wrist of the outer hand.
(3) holding the waist with palms.

After a firm hold there are different methods to stop the raider's speed in movement which is towards the centre line. It is common that once a raider gets into struggle he will always try to escape and reach his home court. To check such raiders, various follow through actions are used after taking waist hold.

(1) **Lifting up**
In the raider is fully covered and is not heavy, then it is advisable to lift such raiders. This is more easier if the anti is heavy in comparison to the raider.

(2) **Changing the direction of the raider**
This is another method of checking the speed of the raider. If the raider is heavy or tall it is better to change his direction towards the end line with the help of other anties. Care must be taken that the grip is not loosened during changing the direction of the raider.

**Wrist Hold**
Wrist hold is a defensive skill and used occasionally only when a situation presents itself. This hold which was in use as a major defensive skill, is a rarity nowadays. This is because, earlier, the raiders were less mobile and their attack used to concentrate in one direction with hands extended. Nowadays, however, footwork and raiding style has undergone drastic changes. The element of speed in a raid has increased tremendously. This makes it very difficult for the anti to capture the wrist of a mobile raider.

Despite this, there are some occasions where a raider, forgetting the pre-requisites of raiding, stops at one place to attack the anti with arms extended, which gives a golden opportunity for the defensive players to use this skill. Wrist hold is more effective when there are less number of anties. For, this makes the raider more confident and he is tempted to attack deep into the opponent's court. This skill originates from wrestling and is prevalent in the circle style game, which resembles an individual combative form of kabaddi.

**Situation when to use the skill**
(a) When the raider extends his hands to touch at one position.
(b) When the raider attacks on deep corners to touch with hand.
(c) When the raider comes back to his first position to restart his attack.

**Mechanism of Wrist-hold**
In order to make use of this skill, the defence player must have good reaction ability (reflexes) and accuracy in order to make use of this skill.

The two types of holds which can be used are:
(i) Holding the wrist from above.
(ii) Holding the wrist from below.

To execute the skill the defender should

(a) Keep his body position free and relaxed without holding the chain.
(b) Keep his palms in a cup shape with the thumb finger apart and the rest of the fingers close together for having a firm grip.
(c) He should lean forward and take a firm grip of the raider's wrist as soon as he is in reach.
(d) He should not change the grip once it is made.
(e) Take the support of the other hand immediately, and pull the raider towards endline for better follow-through action.
(f) He should not go forward with the raider's movement.
(g) He should make use of his body weight and cling to the raider's wrist so that the raider's movement is checked.

It is sometimes difficult to maintain hold on the wrist of the raider without proper support. This hold can be used as a combination hold also, along with ankle-hold. Without proper practice, it is not advisable to apply this skill in a game situation since chances of loosing points are more. As such it is better to use this hold as a combination hold.

Blocking

Blocking is a defensive skill used by covers and corners. Blocking is an act of creating a wall of obstruction in the path of the raider, so as to prevent his movement. The aim of blocking is not just to obstruct the path, but also to catch the raider. Though this skill is used by all defensive players, in one or the other forms, it is indispensable for covers since they act as the watch-dogs of the defensive system. While executing blocking, the defender can use two different stances.

(a) Parallel stance
(b) Diagonol stance

In both these stances, the feet are placed apart so as to maintain balance. Situation for blocking by cover/corner

(a) When the raider is fully covered
(b) When the raider goes into deep corners
(c) When the raider attacks on the centre zone
(d) When the raider takes reverse turn and attacks
Types of Blocking

(i) Blocking the raider on the spot/or with a small skipping movement.

(ii) Running Block

(iii) Following Block

(i) **Blocking the raider on the spot/or with a small skip**

In the above situations, blockers should cover the raider's outer shoulder while moving close to the raider. He must trace the path of the raider for proper execution of the skill, for otherwise, the raider may escape through gaps. Anti should keep himself in a bending position having wide base and more body weight on the leading leg. To move close to the attacking raider, and to withstand the force of the raider, anti should take a small skip towards the raider’s path. While holding the raider, a wide stance is required to maintain balance.

Once the raider's path is completely obstructed, he must put both the palms below the arm pits of the raider to hold him at the sides. While holding the raider, the anti should flex his elbows to keep the raider close to his body. He should not keep the elbows open which will make the gap between the raider and blocker more, and create gaps, to hold properly. Fingers should be together and upper body should be kept erect to maintain balance, after the hold. To avoid injuries, head should be kept away from the raider. Care should be taken not to allow the raider to bend or turn to escape from the block. It is also advisable to take one or two steps inside after the blocking to change the direction or the raider or to lift the raider with the help of supports.

(ii) **Running Block**

**Situations**

(a) When the raider does not attack the blocker but goes deep into the opposite side.

(b) When the raider is attacking at one place only.

(c) When there are less anties.

(d) Before the raider settles for his attack.

The main aim of this type of blocking is to cover the distance and put the raider in an unexpected situation. This is a sudden or surprise attack on the raider. But anti should be able to maintain his position, path and balance, to become successful in this type of hold. This skill is more like an offensive skill than a defensive one. It is used when the opponent’s team is leading and the raider is not playing an aggressive game.

**Advantages**

(a) To cover the distance and reach the raider quickly.

(b) Raider who is at a distance can also be trapped.
(c) Can be used as a tactic before the raider starts his attack.
(d) To make a surprise attack on the raider.
(e) Supporting players can also use this skill as a tactic.
(f) Can be used as supporting skill for individual holds.

Disadvantages
(a) Chances for creating gaps are more for the raider.
(b) Difficult to use on heavy raiders.
(c) Raider may get a chance to turn and escape.
(d) Chances of going out of boundaries are more.
(e) Following Block.

In this type of block, anti moves behind the raider to block his path. The technique of following block has gained popularity in the modern game because of the raider's sudden attacks and reverse charging.

Situations
(a) When the raider plays in the centre zone and attacks on the corners.
(b) When the raider does not observe the anties who are behind him while attacking the front chains.
(c) When the raider is making a running attack on any zone.

The only difference between the following block and other types of blocks is that the obstruction is made by the blockers who follow the raider or come behind him. Whereas in other types of blocks, the raider is able to see the anties who come in front of him. The mechanism of blocking, however, remains the same.

Advantages
(a) When a single player can use this skill when the chain is not good at holds.
(b) Because of this skill, raiders will be wary of going deep into the opponent's court to attack.
(c) The tempo of the game can be changed suddenly by blocking one or two good raiders.
(d) The skill can be used as a tactic.

Disadvantages
(a) Chances for the raider to escape are more.
(b) Sliding through counter skill by the raider is likely to create problems for the defence.
(c) Anti may resort to pushing and commit a foul due to less covering.
Score Sheet

TOURNAMENT

Date .................................. Time .................................. 
Toss won by .......... Choice: Court/Raid First Leading Point Scored by .......... 
Team .................................. Vs. Team ...............................................................

Time out ............. No. of Substitute .......... No. of Substitute .......... Time out ....

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RUNNING SCORE

1 2 3 4 5 6 7 8 9 10 11 .......
1st Innings _____ 2nd Innings _____ 1st Innings _____ 2nd Innings _____
Total Score ___________________ Total Score ___________________
Result ___________________ Team won by ___________________

Scorer Umpire 1. Referee 2.

* Running score should be more

ASST SCORER SCORE SHEET

.....Championship/Tournament Record Sheet of ASST Scorer Team v/s Team........
Date............. First seven No. ________________________ Record of........Team.
Time............. Substitution No. ________________________
Section: MEN/WOMEN/Jr. BOYS/Jr. GIRLS/Sub Jr. BOYS/Sub Jr. GIRLS

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Signature..........................

First Half Score Lost ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Name of the Referee ............
Signature..........................

Second Half Score Lost ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Signature..........................

Extra Period Score Lost ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Grand Total

[43]
Rules and Regulations

The game of Kabaddi shall be governed and played under the following rules of AKFI.

1) Ground:
Ground shall be level and soft/Mat surface

2) Play Field Measurements:
   a). Men and Junior Boys: 13 X 10 Meters
      - MEN: Below 80 Kg Weight
      - Junior Boys: Age 20 years & below (last day of the year) and below 65Kg Weight
   b). Women and Junior Girls: 12 X 8 Meters
      - Women: Below 70 Kg Weight
      - Junior Girls: Age 20 years & below (last day of the year) and below 60 Kg Weight.
   c). Sub- Junior Boys and Girls: 11 X 8 Meters
      - Sub- Junior Boys: Age 16 years & below (last day of the year) and below 50 Kg Weight.
      - Sub- Junior Girls: Age 16 years & below (last day of the year) and below 50 Kg Weight.

Note: The State Association should furnish original date of birth certificate from the institution. The date of birth and the photograph of participating player should be attested and verified by the Head Master/principal. The Original Date of Birth Certificate shall only be accepted in the Championship.
Random test on players from the participating teams will be conducted by the AKFI from the concerned Institutions. If any Association is found guilty, the concerned State Association Team shall be debarred for a period of 3 years from the same year. Achieved position will also be effected and Association has to return the Medals and Certificates to the Federation.

3) **Play Field:** The play field means that portion of the ground which measures 13 meters by 8 meters (ABCD) for Men & Junior boys and 12 meters by 6 meters for Women, Junior Girls and 11 meters by 6 meters in case of Sub-Junior Boys & Sub-Junior Girls before struggle.

4) **Sitting Block:** The sitting block shall be at a distance of 2 meters from the end lines. It shall be a rectangle of 1 meter by 8 meters in case of Men & Junior Boys and 1 meter by 6 meters in case of Women, Junior Girls, Sub-Junior Boys and Sub-Junior Girls.

5) **Boundary:** The lines on the four sides of the play field are known as the boundaries (AB, BC, CD and DA). All lines shall be of 3 to 5 cms width and form the part of the play field.

**Note:** It is necessary to have 4 meters clear space outside the boundaries.

6) **Lobbies:** The strips on both the sides of the play field measuring one meter in width are known as the Lobbies. When the lobbies, as per rule 4 under 'Rules of Play' are included in the play field, the boundaries of the play field are extended upto the four lines which enclose the play field including the lobbies.

7) **Mid Line:** The line that divides the play field into two halves is known as the mid-line.

8) **Court:** Each half of the play field divided by the mid line is known as the Court.

9) **Baulk Line:** Each of the lines in court parallel to the midline is known as baulk line. The distance of the baulk line from the mid line shall be 3.75 meters in case of Men and Junior Boys and 3 meters in case of Women, Junior Girls, Sub-Junior Boys and Girls.

10) **Bonus Line:** The line parallel to Baulk line towards end line is known as Bonus line. The distance between Bonus line and Baulk line shall be 1 meter.

11) **Cant:** The repeated, without break, at a stretch and clear aloud sounding of the approved word "KABADDI" within the course of one respiration shall be called 'Cant'.

12) **Raider:** One who enters into the court of the opponent with the cant is known as a 'RAIDER'. The raider must begin his cant before he touches the opponent's court.

13) **Anti or Anti-Raider:** Every player in whose court the raid is being made shall be called Anti or Anti Raider.

14) **Loosing the cant:** To stop the repeated and clear aloud sounding of the
word 'KABADDI' or to take in breath during cant by the raider is known as loosing the cant. A cant must be continued within one and the same respiration.

15) **To put an anti:** If a raider touches an anti without the breach of rules of play or if any part of the body of an anti touches any part of the body of the raider and then the raider touches his court with the cant, the anti is said to be put out.

16) **To hold a Raider:** If the anti or antis hold the raider without breach of rules of play and keep the raider in their court and do not allow him to reach his court until he looses his cant or the Referee/Umpire blows the whistle, is known as holding the raider.

17) **To reach court safely:** If the raider touches his court with any part of the body through the midline without breach of rules with cant, he is said to have reached his court safely and turn of raid is over.

18) **Touch:** If the raider touches the anti or antis by any part of the body or even the clothing, shoes or any other outfit, it is called a touch.

19) **Struggle:** When the anti or antis come into contact with the raider, it is called struggle. After touch or struggle the play field includes the lobbies.

20) **Raid:** When the raider enters the court of opponent with cant, it is called as Raid.

21) **Successful Raid:** When the raider crosses the Baulk line of the defending team at least once during the course of a raid and reaches his court with cant, it is known as Successful Raid.

**Note:**

1. In case the Raider touches an anti or an anti touches the raider during the raid, the raider need not cross the Baulk but must reach his court with the cant.

2. Baulk line is said to be crossed when any part of the body of the raider is in contact with the ground between the Baulk line and the End line of the opponent’s court. At the same time any part of the raider's body should not have contact with the ground between the Mid line and the Baulk line.

3. **Pursuit:** When an anti rushes into the opponent's court with cant and without breach of rules chasing the returning raider with a view to touch, it is called pursuit.

**RULES OF PLAY**

1) The team that wins the toss shall have the choice of the court or the raid and the team that looses the toss shall have the remaining choice. In the second half, the court shall be changed and the team which had not opted for raid shall send their raider first. The game in the second half shall continue with the same number of players as it was at the end of the first half.
2) A player shall be out if any part of his body touches the ground outside the boundary but during the struggle a player shall not be out if any part of his body touches the ground outside the boundary by keeping contact of the playfield. The portion of contact must be inside the boundary.

3) If any player goes out of the boundary during the course of play, he shall be out. The Umpire or Referee shall try to take out such players at once. The Umpire or referee shall declare such players out by calling out the numbers. No whistle shall be blown as the raid may continue.

b) If an anti or antis who have gone out of bounds (as per rule 03 a), hold a raider, the raider shall be declared NOT OUT. The anti or antis who have gone out of bounds only will be declared out.

4) When the struggle begins, the play field includes the lobbies. During the struggle and after the struggle in the same raid, the players involved in the struggle can use the lobbies to enter their respective courts. This rule will only be applicable in the anti’s court.

5) A raider shall continue to chant "KABADDI" as the approved cant. If he is not keeping the proper approved cant in the opponent's court, he shall be ordered back and the opponent will be given one technical point and chance to raid. Under such circumstances, he shall not be pursued.

6) A raider must start his cant before he touches the opponent's court. If he starts the cant late, he shall be ordered back by the Umpire or Referee and the opponent will be given one technical point and chance to raid.

7) If a raider goes out of turn, the Umpire or referee shall order him to go back and a technical point will be given to opponent team.

8) Not more than one raider shall enter the opponent's court at a time, if more than one raider enters the opponent's court at a time, the Umpire or Referee shall order all to go back to their court and a technical point will be awarded to the opponent and chance to raid.

9) After a raider has reached his court or is put out in the opponent's court, the opponents shall send their raider within 5 Seconds. Thus alternately each side shall send their raider until the end of the game. In case the raider fails to start his raid within 5 Seconds the team loses its chance to raid and the opponent team gets a technical point.

10) If a raider, who is caught by the anti or antis, escapes from their attempt to hold and reaches his court safely he shall not be pursued.

    Note: But if a raider touches the anti or antis and reaches back to his court safely he may be pursued.

11) If a raider, while in the opponent's court, loses his cant, he shall be out.

12) When a raider is held, the antis shall try deliberately to stifle his cant by shutting his mouth, using violent tackling leading to injuries, any type of scissoring or use of any unfair means. If such incident happens, the Umpire or Referee shall declare the raider NOT OUT. (For punishment see no. 3 & 4 of the rules under heading "Officials").
13) No anti shall willfully push the raider out of the boundary by any part of his (Anti’s) body, nor shall any raider willfully push or pull an anti or antis out of the boundary. If the raider is pushed outside the boundary or the anti is pushed or pulled outside the boundary, the Umpire or Referee shall declare the raider or the anti, as the case may be, as NOT OUT, and the anti or the raider who pushes or pulls the opponents outside the boundary shall be declared out.

14) During the course of raid none of the antis shall touch the raider’s court until completion of the raid. In case any anti or antis touches the raider’s court before the completion of the raid they will be declare out and the opponent team will be given that many points.

15) If an anti or antis who are out, having violated Rule No.14, holds a raider or have violated the said rule while holding or helping to hold the raider, the raider shall de declared NOT OUT and the anti or antis who touches the raider’s court shall de declared OUT.

16) When a team manages to put out the entire opponent team and none of the opponents are entitled to be revived, then that team scores a LONA and two extra points for LONA shall be awarded in addition to the points scored by the team putting out all the players of the opponent. The play continues and all the players who are out shall enter in their court within 10 Seconds. Other wise the referee or umpire shall award one technical point to the opponent. If the team fails to enter within one minute, the team shall be scratched from the match and the match shall be awarded to the opponent.

17) If a raider is warned or in any way instructed by one of his own side, the Umpire or Referee shall award one technical point to the opponent.

18) A raider or an anti is not to be held by any part of his body deliberately other than his limb or trunk. The one who violates the rule shall be declared OUT. If the raider is held deliberately other than his limb or trunk, the Umpire or Referee shall declare such raider NOT OUT.

NOTE: If a raider is caught by his clothes or hair the raider shall be declared NOT OUT and the anti or antis who have violated the Rule No.18 shall be declared OUT.

19) When one or two players of a team are left during the game and the Captain of the team declares them out in order to bring in the full team, the opponent shall score as many points as the players that existed in the court at the time of declaration as well as Two Extra Points for LONA.

20) A player or players who are out shall be revived in the same order as they were out when one or more opponents are out.
RULES OF MATCHES

1) **Team:**
   Each team shall consist of minimum 10 and maximum 12 Players. 7 Players shall take the ground at a time and the remaining players are substitutes.

2) **Duration of the match:**
   The duration of the match shall be two halves of 20 minutes in case of Men & Junior Boys with 5 Minutes interval. In the case of Women, Junior Girls, Sub- Junior Boys & Girls two halves of 15 Minutes with 5 Minutes interval. The team will change court after interval.
   The number of players for each team at the start of second half shall remain the same as it was at the end of first half.
   **Note:** 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.

3) **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 points extra. The out and revival rule will be applicable.

4) **Time Out:**
   a) 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 referee. The time out time shall be added to match time.
   b) During the time out the team shall not leave the ground, any violation in this; a technical point shall be awarded to the opponent team.
   c) Official Time out shall be called for by the Referee/Umpire in the event of any injury to the 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.

5) **Substitution:**
   a) 5 reserve Players can be substituted with the permission of Referee during time out or interval.
   b) Substituted Players can be re-substituted.
   c) If any player is suspended or disqualified from the match, no substitution is allowed for that particular player. The team will play with less number of players.
d) No substitution is allowed during the official time out.
e) Substitution is not allowed for out players.

6) **Bonus Point:**

a) One point shall be allowed 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.

b) The Bonus line will be applicable when there are minimum 6 players in the court; the bonus point shall be awarded by the referee/Umpire after completion of such raid by showing thumb upward towards the side which scores.

c) 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.

d) The raider after crossing the bonus line if he puts out one or more antis, he will get the number of points scored in addition to the bonus point for crossing the bonus line.

e) 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 bonus point if he crosses the bonus line after a touch/struggle.

f) There shall be no revival for bonus point.

g) If player/players are suspended temporarily or disqualified from the match, then the team will play with less number of players. Such players shall counted to award Bonus point.

7) **Result:**
The team which scores the highest number of points at the end of the match shall be declared the winner.

8) **Tie in Knock Out:**
If there is a tie in the Knock out matches the match will be decided on the following basis:

1. Both the teams should field 7 Players in the Court.
2. Both teams should play the game on the baulk line.
3. The baulk line shall be treated as Baulk Line Cum Bonus Line and all the Bonus point rules shall be followed.
4. If the raider succeeds in crossing the baulk line cum bonus line he will get one point.
5. After crossing the Baulk 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 baulk line cum bonus line.
6. The out or revival rule shall not be applicable, only points scored will be counted.

7. Both the teams should give the names of the 5 different Raiders with their Chest Numbers as per their order of raid to the referee. Substitution of players shall not be allowed from the fielded 7 Players.

8. Each team shall be given 5 Raids by different raiders to raid alternately.

9. 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 in the fielded 7 can do the raid.

10. The side which raids first at the beginning of the match shall be allowed to raid first.

11. Even after 5 raids, if there is a tie, the game will be decided as per the Golden Raid Rule.

N.B: If player/players are suspended temporarily or disqualified during the Tie breaker, the team will play with less number of players. Such players shall not be counted to award Bonus point.

Golden Raid:
- Even after 5-5 raids, if there is a tie, a fresh toss will be taken and the team that wins the toss shall have the chance to raid i.e. "GOLDEN RAID".
- If there is tie even after the Golden Raid then a chance will be given to the opponent team for the Golden Raid.
- In the Golden Raid the team which scores the leading point shall be declared as Winner.

9) **League System:**

In the League System the team that wins the match will score two league points and the looser will score zero point. In case of Tie both the sides will score one league point each.

**Tie in league points:**

If there is a tie in the league points scored in the league system, the winner and the runner of the pool will be declared on the basis of "For and Against Points" scored by using the following formula:

a) The team which scores less than 25% of the league points will not be considered for the "For and Against Points" formula.

b) To decide the tie, the "For and Against Points" of the concerned teams against the teams which scored 25% or more of the league points will be considered and the difference calculated.

c) The team which is scoring highest score difference of "For and Against" will be declared pool winner.
d) Even after considering "For and Against" points, if there is a tie, the total points "SCORED FOR" only will be counted.

e) Even after this there is a tie, the result of the match played between the teams is to be considered.

f) Even after this there is a tie, the highest number of points scored without applying 25% rule shall be considered.

g) Even after this if there is a tie, the Winner and Runner will be decided on toss.

Note: Walkover is given to the opponent team by the referee due to late reporting, non- reporting or due to any other technical issues of the defaulting team. Such team will be scratched from the competition and the score of such teams shall not be considered to decide the tie. The same rule shall be applicable to teams which concede the match also.

10) If owing to failure of light, heavy rains or any other unforeseen circumstances, a match could not be completed in the same session; such a match shall be replayed in the next session. In case of replay, the players need not be the same for the fielding a team.

11) In case of temporary suspension of the match, change of court/ground/playfield match shall be continued with the same score and remaining time in the same session. During the temporary suspension the players shall not leave their respective courts without the permission of the referee. If a team violates this rule a technical point will be awarded to the opponent team.

12) Nails of the players must be closely clipped and no ornaments of any sort shall be allowed.

13) All players must have distinct numbers on their T-shirts of at least 4 inches thickness in front and 6 inches thickness at the back. The team should follow the dress code compulsorily.

14) Application of oils or any other soft substances to the body shall not be allowed.

15) Shoes are compulsory in case the match is played on the mat surface.
Technical Officials

The maximum age limit fixed is 58 years for the AKFI officials to officiate the matches. After attaining age of 50 years the official has to go a fitness & performance test conducted by AKFI once in two years. It is mandatory for all the Technical officials of AKFI to possess and carry the following items whenever assigned with technical duties:

- Electronic Stop Watch
- Official Uniform comprising Black Trousers, Sky Blue Sleeves T-Shirt with collar, White Warm Up shoes with white socks.
- Whistle
- Warning cards
- Pen
- Latest AKFI Kabaddi Rules Book

1) The officials shall be One Referee, Two Umpires, One Scorer and Two Assistant Scores.

2) The decision of the umpires on the field shall be final generally but in special circumstances, the referee may give the decision in the best interest of the game and also if there is a disagreement between two umpires.

3) **Gross violations & Foul:** The referee and the umpires shall have the power to warn, declare point against, temporarily suspend or to disqualify any player or team from the match who is committing any of the following violations or Foul.
   
a) Persistently addressing the officials in regard to the decision.

b) Make derogatory remarks about the officials and action leading to influencing their decision.
c) Point out finger by the raider or anti for demanding decision of the umpire.

d) Stifle a raider by shutting his mouth or throat by any way.

e) Violent tackling leading to injuries to the body.

f) Takes more than 5 Seconds to start the raid.

g) Hold the raider with the help of scissors operated by legs.

h) Coaching from outside by the coaches and the players.

i) Preventing the raider to take his turn of raid.

4) The referee and the umpire can use the following cards to warn, temporarily suspend, suspend from the match or debar from the tournament a player/coach/manager/team.

   a) **Green Card: Warning**
      
      If green card is shown to a player/coach/manager/team twice, then the next card shall be directly Yellow Card.

   b) **Yellow Card: Temporary Suspension for 2 Minutes.**
      
      If Yellow Card is shown to player/coach/manager/team twice, then next card shall be directly Red Card.

   **Note:**
   * The two minutes suspension of players shall commence from the time the player is on court only
   * If the player is suspended for two minutes than the suspension will begin after revival
   * Teams will not be allowed to revive the next out player in place of the suspended player revival.

   c) **Red Card: Suspension from the match or debarred from the Tournament.**

5) **Duties of the Referee:**

   The referee shall:
   a) Take the toss
   b) Announce the score of each side before the last 5 minutes is declared
   c) Supervise in general, the conduct of the whole match.
   d) Record the time, start and end the game
   e) Announce the substitution & replacement of players.
   f) Announce the time of each minute of the last 5 minutes of the Second half.

6) **Duties of the Umpire:**

   The Umpires shall conduct the match and give decisions according to the rules of play and matches till the game is ended.
7) Duties of the Scorer:
   a) Fill in the score sheet and announce the score with the permission of the referee at the end of each half and the result at the end of the match.
   b) Make a note of the team winning the toss at the start of the game.
   c) All the points scored by all the players of the team will be recorded in running score on their respective side on the score sheet diagonally (/).
   d) Points scored for LONA should be scratched horizontally (-).
   e) Bonus point shall be shown in the score sheet by triangle.
   f) The team scoring the first leading point shall be shown in the running score by square.
   g) Technical point awarded by the referee or umpire should be encircled ( O ) in the running score.
   h) Time out by the teams be indicated by "T" against the team concerned.
   i) Keep a note of the timing in the score sheet at the beginning & at the end of each half, time out taken by the teams & officials and record the substitutions made.
   j) Complete the score sheet in all respects and get it duly signed by the umpires and referee.

8) Duties of the Assistant Scorers:
   (i) The Assistant Scorer will maintain the record of the players who are out, in the order of their being put out & revived, of the team to which he is assigned.
   (ii) He will also ensure that the players who are put out are seated in the order of their being put out in the sitting block.
   (iii) The assistant scorer will point out to the Referee or the Umpires, if any player goes out of bounds.
   (iv) The Assistant scorer will record the bonus points and technical points scored by the opposite team in order to get the total number of points lost by the team to which he is assigned and also to tally with the main score sheet.

ALL INDIA REFEREE EXAMINATION
   a. There will be a separate Examination Board for conduct of All India Referees Examination. A.K.F.I shall constitute an Examination Board.
   b. The All India Referee Examination will be conducted twice in a year i.e. in the month of June & December at the following centres:
      Delhi, Chandigarh, Lucknow, Mumbai, Hyderabad, Bangalore, Chennai, Kolkata, Patna, Guwahati.