

#### **(4) Blood pumping capacity of the heart and heart beats :**

By long period training, the blood pumping capacity of heart increases i.e. heart pumps more blood in less time. Because of long period training, there is less increase in the heart beats.

#### **(5) Strength of Heart :**

By means of long period training, the strength of heart increases, as a result the volume of the pumped blood also increases. Heart also being a muscle, becomes strong. Its contraction strength also increases.

#### **(6) Aerobic and Anaerobic capacity :**

By means of long period training the aerobic capacity increases upto 18% and the anaerobic capacity increases upto 38%. Aerobic capacity is the maximum measurement of the oxygen taken in use by the active muscles in one minute, where as anaerobic capacity is the working capacity of an individual in the absence of oxygen.

#### **(7) Fat and cholesterol :**

During the long period training and after the training programme, the proportion of fat and cholesterol in body seems to be reduced.

Before, during and after doing the light and heavy exercises, certain matters are necessary to keep in mind. For achieving the health of the body and for its protection, it is necessary to keep in mind these matters. Now, we shall get information regarding these matters as follows :

#### **A. Matters to keep in mind before doing exercises :**

(1) It shall be proper for an individual to complete the morning physical cleanliness action before starting any type of exercise.

(2) To do an exercise with empty stomach is not considered beneficial.

(3) Even in walking or doing light exercises we should put on clothes according to the seasons, like half-pant, T-shirt, pant, shirt, track-suit etc.

(4) The shoes on should be of special quality, so that both the legs can be protected properly. See the figure.

Qualities :

- The portion above the heel should be supporting type and comfort giving.
- The portion giving the support to an arch of a leg should be firm.
- The sole toward the toes and fingers should be massive and flexible.
- If one has to walk on solid surface, then the bottom soles should be solid.
- The portion of the heel should not be light. As a matter of fact the whole sole should be in level.



(5) Since, walking and light exercises are like the warm up exercises, there is no necessity of doing warm-up exercises separately.

(6) If the exercises are of heavy type or if any of the game is to be played, the following matters should be added in warm-up exercises :

- Jogging should be done on the spot for 5 minutes.
- The stretching exercises, for the back and the trunk, should be done.
- Do exercises for hands.
- Do sit-ups.
- Stretching exercises for the thighs and the buttocks should be done.
- Stretching exercises for hamstring muscles (on the back side of the thigh) and quadriceps muscles (on the front side of the thigh) should be done.
- Stretching exercises for calf muscles should be done.

(7) After doing the above warm-up exercises, the specific exercises for the skills of the game should be done.

#### **B. Matters to keep in mind during the performance of exercises:**

(1) Mostly, before doing heavy types of exercises, it shall be beneficial to have physical check-up by a doctor.

(2) If a player is having hereditary disease or disease like tuberculosis, inactiveness of pancreas, defects in kidneys or liver, he should take the advice of a doctor and then do the exercise.

(3) Before doing the heavy exercises, keep in mind that the stomach is not full of food and water. Generally the exercises should be done after three hours of taking the food.

(4) If the surface, on which the exercises are to be done or the games are to be played, should be levelled. Surface should neither be more smooth nor rough (especially the surfaces of cemented play grounds).

(5) It should be checked whether the equipment of the game to be played are according to the rules.

(6) It is dangerous to use the broken equipment.

(7) Avoid doing heavy exercises or playing the games in the atmospheres having more wind, more heat, cold or rain.

#### **C. Matters to keep in mind after doing the exercises :**

(1) Immediately after doing heavy exercises do the cool down actions.

(2) In cooling down activities one should do walking or slow jogging. The cooling down actions should be done till the beats of the heart and veins become normal.

(3) In cooling down action, slow stretching exercises can also be done.

(4) In the actions of cooling down the mind becomes peaceful and the tension over the muscles of the neck and the back becomes less.

(5) After doing heavy exercises there shall be shortage of water in the body, but one should not drink the water till the beats of the heart and the veins do not be normal.

(6) After heavy exercises do not keep the body exposed. For this, one should put on the track suit so that he may not have to suffer from the cold.

(7) When the condition of the body becomes normal, one can take tea, coffee or cold drink and also light break fast can be done.

## **EXCERCISE**

**1. Answer the following questions in detail :**

- (1) Show the effects of light exercises on the respiratory system.
- (2) Show the effects of heavy type of exercises on the respiratory system.
- (3) Explain the temporary effects of excercises on the circulatory system.
- (4) Show the permanent effects of exercises on the circulatory system.
- (5) Show the matters to keep in mind before doing the exercises.

**2. Answer the following questions in brief :**

- (1) "In simple language exercise means physical movements or physical activities". Explain this statement.
- (2) Explain the condition of "second wing" created in heavy type of exercises.
- (3) Show the matters to keep in mind while doing the exercises.
- (4) Show the matters to keep in mind after doing the exercises.

**3. Write answer to the following questions by selecting correct option from the options given below :**

- (1) While doing heavy type of exercises, the "oxygen debt" is created. When it is cleared ?
  - (a) Immediately after completing the exercise
  - (b) Within 30 minutes after completing the exercises
  - (c) Within few minutes after completing the exercises
  - (d) When the heart beats and the veins become normal
- (2) In which position of the body, the heart beats are comparatively less ?
  - (a) Sitting position
  - (b) Standing position
  - (c) Sleeping position
  - (d) Walking position



### Introductory

Walking Running, jumping, throwing, climbing, descending, sliding etc. are the natural activities of human beings. All these activities are woven around human beings in one or another form. In different spans of time, among these activities, Running, jumping, throwing, etc, activities were given the forms of competitions. In sports science it is known as Athletics.

Regarding athletics activities, we shall get detailed information of running.

100 metres, 200 metres and 400 metres running are included in short distance and sprints, running.

### Skills of sprints or short Distance Running :

There are four main stages of short distance running. These are also known as skills.

They are :

(1) Start (2) Running strides (3) Coasting or Relaxed Running (4) Finish

#### (1) The Start :

Start means the beginning of the running race. To get victory in the running race start plays a very important role. In the beginning of sprints, the standing start was commonly used by the runners. But due to development of the scientific theories in sports, a crouch start is started.

**The crouch start :** The name crouch start has been used, since two hands and two legs remain in touch with the ground. Using a crouch start, a competitor gets the speed from the very beginning of the start. Depending on the physical stature, constitution of the bodies, and the length of the legs of runner the crouch start is divided into three types.

(A) Bunch or Bullet Start (B) Medium Start (C) Elongated Start

Let us take the information about the above three types of starts.

**(A) Bunch or Bullet Start :** In short distance runs or sprints competitors generally prefer the crouch start in the world.



**In Bunch start on your marks', Set, Go - Positions**

In crouch start 'on your marks', 'set' and 'Go' positions are as in the above figure. Yet, some runners like to take medium start. The runner has to take three positions of (i) on your marks (ii) Set and (iii) Go in all the crouch starts, and follow the instruction of a starter.

**(i) On your marks :** In the Bullet or Bunch start, as soon as the command 'on your marks' is heard, each runner places the toes of his strong leg on the starting block at a distance of 30 to 45 cm behind the starting line in his own lane. Then he places the toes of his 'free' leg in such a way that the toes touch the ground, keeping a distance of 5 to 10 cm between the heel and the front part of the toes of his leg. In this position the knee of the free leg is placed on the ground near the stronger leg in such a way that it is slightly ahead of the toes of the stronger leg. The soles of both the feet



should touch firmly on the starting blocks as shown in the figures.

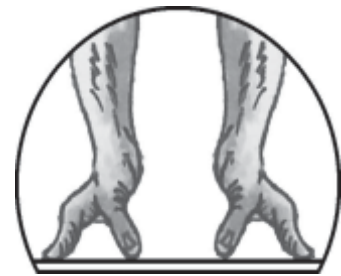
#### A position of the fingers in crouch start



**Front view position**



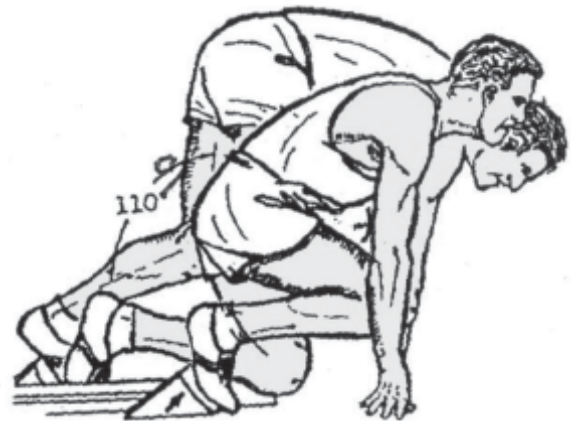
**Side view position**



**A position of hand's fingers on the starting line in crouch start**

After taking the sitting position as shown in the above figures, the runner places the fingers of both his hands 1 to 2 cm behind the starting line. He will place his fingers at a distance equal to the width of his shoulders. The weight of his body will be on his fingers. The fingers should not touch each other. The neck and the eyes sight should be in the direction of his lane in natural looking position.

(ii) **Set** : When the starter gives the command 'set' the runner leans a little forward and raises his buttocks. He keeps both his arms straight and leans forward. In short, he performs the forward and upward leaning action as shown in the figure. At this time his bottom part will be raised higher than his shoulders. The weight of the major part of his body, will be on the front foot toe and on the both the hands. The eyes should be in the direction of his lane in natural looking position.



(iii) **Go (A sound of clapper, gun or Pistol)** : For this action, instead of giving oral command starter gives the order by using one of the above mentioned equipments.



**The various movements of the body during the change from 'Set' to 'Go' Position in the bullet start**

As soon as a runner hears the sound, he pushes his rear leg and brings it forward. He places it 45 to 60 cm away in front of the starting line. Along with the forward movement of his leg, he naturally, brings his opposite arm forward and the other arm backward. Both his arms are bent at the elbow and his fists loosely closed. The figure shows the various motions of the runner's body when he moves from the 'set' position to the 'Go' position.

**(B) Medium Start :**

Some runners prefer to take the medium start in short distance running, while most of them prefer to take it in middle distance running races. Some times, if after the completion of the action in the 'set' position, the sound of the clapper, gun or pistol is delayed, the runners find it difficult to maintain the balance of their body. Competitors having a medium height and legs with medium length generally find the medium start more suitable. This (medium) start is also suitable for maintaining the balance of the body after taking the 'set' position. Let us take the information of on your marks, set and go position in medium start.

**(i) On your Marks :** In the medium start as soon as the command 'on your marks' is heard, each runner places the toes of his strong leg on the starting block at a distance of 30 to 45 cm behind the starting line in his own lane. Then they arrange the other (free) leg in such a way that the knee of the free leg is placed 10 cm away from the arch made by the toes of the stronger leg. The knee of the free leg should touch the ground. After taking this sitting position, they place both their hands behind the starting line as in the bullet start at a shoulder wide distance forming an inverted 'V' with his thumbs and the fingers.

**(ii) Set :** As soon as the starter gives the command 'set' the runner performs the forward, upward and leaning actions as described in the bullet start.

**(iii) Go :** In the 'Go' action also, as in the bullet start, after hearing the sound of the clapper, gun or pistol, the runner quickly moves his rear foot forward and begins the running action. His first step is smaller compared to the steps which he takes later.

**(C) Elongated Start :**

This start is particularly used by runners with long legs. But because the runner gets lesser mechanical advantage from the elongated start than the 'bullet start' or the 'medium start', most runners prefer to start their run with one of the two (Bullet or medium) starts. The three positions of the 'elongated start' have been described below.

**(i) On your Marks :** When the starter gives the command 'on your marks' each runner places his stronger foot at a distance of 30 to 45 cm from the starting line of his own lane. Then he places his free leg in such a way that the knee of that leg is placed on the ground 10 cm away from the heel of his stronger foot and the thigh of the free leg makes a right angle with the ground. The position of the hand is the same as in the bullet start or the medium start.

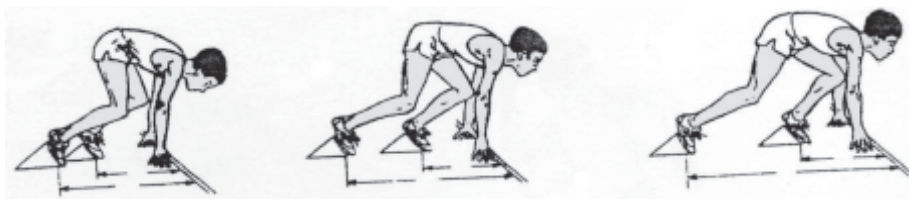
**(ii) Set :** The set position of the elongated start is also to a large extent similar to that in the medium start. As soon as the starter gives the command 'set', the runner performs the forward, upward and leaning action as described in the bullet and the medium starts. In the 'set' position, the hips and the shoulders are placed almost at the same height. The figures on the next page show the position of the body in the 'set' position in all the three types of start.

**(iii) Go :** Immediately after hearing the sound of the clapper or the gun or the Pistol, the runner will speedily bring forward his free leg and place it 45 to 60 cm away in front of the starting line. The first step is relatively smaller than the rest of the steps or strides. The movements of the rest of the parts of the body will be similar to those in the Bullet and the medium starts.

## (2) Running strides :

The running strides are divided into three parts :

(i) Starting strides (ii) Transitional strides (iii) Top Speed strides



**Bullet start**

**Medium start**

**Elongated start**

**The set position in all the three types of 'starts'**

(i) **Starting strides** : The first two strides after taking the start are called the starting strides. These strides are shorter than the other strides. The first step is needed to be short so that the runner can get the maximum advantage of the push back force from the starting block, which is with his rear leg. It also helps him to keep the balance of his body.

(ii) **Transitional strides** : Three to nine strides after the first two strides are called the transitional strides. Each of these strides are successively longer. The distance between each stride and the previous ones goes on increasing. Similarly by stages, the body which is leaning forward goes on becoming erect.

(iii) **Top Speed strides** : The strides after the transitional strides until the end of the run are known as the Top-speed strides. The distance between the two strides is almost the same and the body is inclined forward at an angle of about  $25^\circ$ .

## (3) Coasting or Relaxed Running :

It is necessary to give rest to the muscles during the middle part of running competitions of 200 m or more than 200 m running. This action is called 'coasting' or 'Relaxed Running'. During the action of coasting there should be no change in the style of running, nor should be change in the speed. As the runner takes deep breaths, he gets benefit from the change. A learner finds it difficult in the beginning to bring about this change in his running speed, but training and long practice makes it possible for him to give rest to his muscles without actually losing speed. In a 200 m running race, the relaxed running is at 9/10 of the normal speed and it is only for about a distance of 10 metres, as shown in the figure.

← 95 m →	10 m	← 95 m →
← Full speed →	9/10 speed	← Full speed →

## 4. Crossing the Finish Line :

The athlete should cross the 'finish line' with full speed in order to derive the maximum advantage of his speed. In order to cross the finish line at full speed it is necessary for the athlete to keep running at full speed for 5 to 10 metres even after crossing the finish line. While crossing the finish line, the part of the athlete's body between the shoulder and the waist, known in the sports language as 'torso' should cross the finish line first. If he take a jump or takes a long strike or tries to lunge forward, there is the risk of his losing the balance of his body.

A runner may cross the finish line by whichever of the three methods described below, he finds suitable for gaining the maximum advantage



(i) Crossing the finishing line at the maximum speed



(ii) Crossing the finishing line with the Trunk leaning forward



(iii) Turn Finish

**(i) Crossing the Finishing Line at the Maximum Speed :** In this method, a competitor has to cross the finishing line with top speed. This is known as the Run Through Technique.

**(ii) Crossing the Finishing line With the Trunk Leaning Forward :** In this method, the runner arrives near the finish line at the top speed. He leans his trunk in the forward direction shown in the darkened position of the figure. In this 'position, he cross the finish line at full speed. This method is known as the Lunge Finish Technique.

**(iii) Turn Finish :** In this method, a competitor turns his trunk either on the right side or on the left side, when he comes near the finishing line. Thus, he crosses the finishing line with top speed.

**The short Distance Runner has to keep in mind the following points :**

(1) At the time of start, the attention should be concentrated to the sound of clapper or the gun or the Pistol.

(2) In the start, the speed of the starting strides should be increased and maximum speed should be gained in ten strides.

(3) In the start, the runner keeps leaning position. His trides are rhythmic and of equal length. The speed is also uniform. The body is leaning forward at an angle of 25 degrees.

(4) The movement of hands and feet should be rhythmic.

(5) The respiration movement should be done with open mouth.

(6) Keeps both his arms bent at the elbow at 90° and keeps them forward.

(7) Strides should be in a straight line and knees should be lifted ahead forward.

(8) Strides should be speedy, push the leg on track for acquiring more speed, increase the speed.

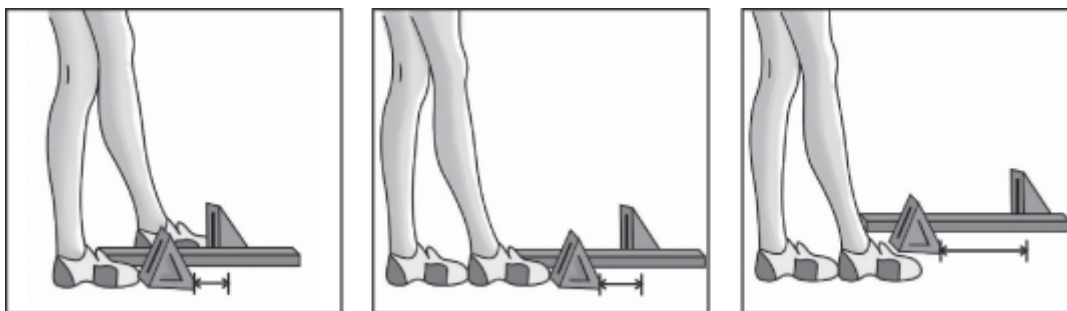
(9) Running should be in a straight direction while in curve, running should be nearer to the lift side marking line.

(10) During running, attention should be concentratied in running.

(11) Do not look at the runner who is running in his side lane or behind runner. One has to run in his own lane of the track with straight eye sight.

### Starting Block

The use of starting blocks is compulsory for all the runnings upto 400 m. In sprints, the crouch start is compulsory.



**Starting Blocks**

Charles Sherin had used the crouch start first time in 1887. At that time the starting blocks were not available. Competitors made a pit on the track, fixed their feet and benefit of pushing was acquired. Due to this the track was damaged. After that time competitors started the use of starting blocks.

**Using starting Block, Runner gets the following benefits :**

- Structure of the starting block should be strong. A competitor should not get any mechanical benefit or help for using the starting block.
- Starting block should be fixed on the track in such a way that there is no damage to the track. After using it, it should be removed from the track.
- In structuring the starting block, there are two foot plates. A runner puts his feet pushing in the opposite direction. Plates are strong and fixed in such a way that there will not be any obstacle to the runner.
- Foot plates will be inclining, flat or concave. There will be a soft surface on the plates or holes so that the runner puts his heels of his boot on it easily.
- Foot plates should move to and fro as necessary. Starting block is tightly fixed in such a way that it will not move.

**Fixing the starting block :**

A starting block should be fixed behind the starting line. The starting block should not touch the starting line or interior part of track or any competitor's lane.

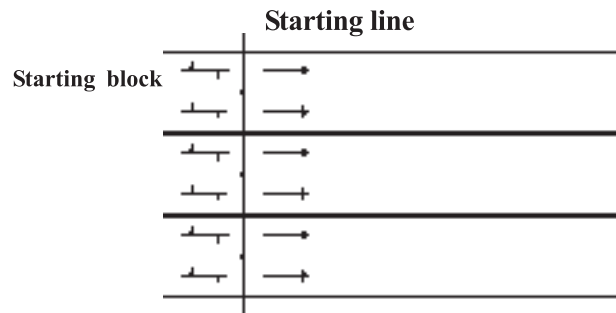
In a crouch start, the starting blocks are fixed according to the type of the start, a competitor chooses.

A starting block is used in short distance running (up to 400 m runnings). In this running the crouch start is compulsory. By means of the use of a starting block, a competitor gets the speed from the very beginning. After arranging the starting blocks at a necessary distance behind one's starting line, it should be checked, whether the blocks are arranged in a straight line in one's lane. Then the pegs should be fixed. The blocks' fixing screws also should be checked and after that, one should practice to take one or two start trials from the blocks so that any difficulty that may be faced can be found out.

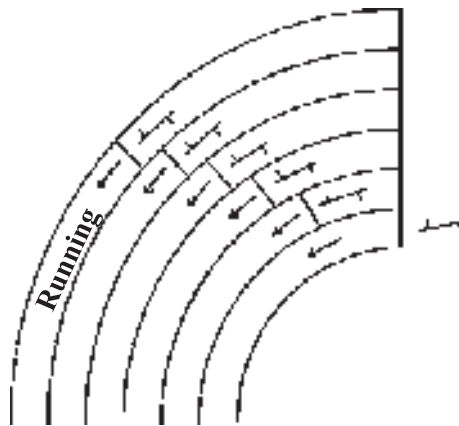


**Fixing the starting block :**

**For 100 m start :**



**Arrangement of starting blocks for the staggered starts for 200 m and 400 m runs**



### **EXERCISE**

**1. Answer the following questions in detail :**

- (1) State the types of the crouch start ? Which start is the best. Give reason.
- (2) State the different positions in Bunch or Bullet start.
- (3) What is coasting or Relax Running ?
- (4) State the "on your marks" position in the medium start.
- (5) State the techniques or methods of crossing the finish line. Give the details of any one.

**2. Write short notes on :**

- (1) Starting block
- (2) The transitional strides
- (3) The crouch start
- (4) The Turn Finish
- (5) The Lunge Finish

**3. Answer the following questions in one or two sentences :**

- (1) Which Running are included in short distance running or sprint running ?
- (2) Which parts of the body are touching with the ground in the crouch start ?



- (3) What is the position of fingers and thumb of both the hands in "on your mark" position of the medium start ?
- (4) Which actions does the competitor take in the crouch start ?
- (5) When there are Top-Speed strides in sprint running ?

**4. Fill in the blanks with suitable words (your answer should be based on the Text-book):**

- (1) 100 m running is including in \_\_\_\_\_ running.
- (2) \_\_\_\_\_ are the main skills of the sprint running.
- (3) When runner receives the command 'set' he performs the forward, upward and \_\_\_\_\_ actions.
- (4) In the sprint running, there are \_\_\_\_\_ strides after starting (initial) strides.
- (5) A Runner has to cross the finishing line at the \_\_\_\_\_ speed.

**5. Write answers to the following questions by selecting correct option from the options given below :**

- (1) Which running is not included in the sprint running ?  
 (a) 100 m running (b) 200 m running  
 (c) 1500 m running (d) 400 m running
- (2) How many types of crossing the Finish Line are there ?  
 (a) One (b) Two (c) Three (d) Four
- (3) Which type of start is wrong in the crouch start ?  
 (a) A bullet or Bunch start (b) The Medium start  
 (c) The Elongated start (d) The standing start
- (4) Where is the starting block fixed ?  
 (a) On the starting line (b) Behind starting line  
 (c) Touching the starting line (d) Beyond the starting line in his lane
- (5) What is the name of part of the athlete's body between the shoulder and the waist, except hands ?  
 (a) Trunk (b) Torso (c) Stomach (d) Abdomen
- (6) How many running strides are divided in the sprint running ?  
 (a) Two (b) Three (c) Four (d) Five
- (7) Which type of sprint running stride is wrong ?  
 (a) The starting strides (b) The Medium strides  
 (c) The transitional strides (d) The Top speed strides
- (8) Which one method is wrong in crossing the Finish Line  
 (a) Run through (b) Lunge Finish  
 (c) Turn Finish (d) Jump Finish
- (9) Where does the runner keep his eye-sight ?  
 (a) On spectators (b) On his competitor  
 (c) Behind (d) Straight eye sight in his lane

- (10) In which shape does the competitor fix his fingers and thumb behind his starting line in medium start ?  
(a) U                      (b)  $\Lambda$                       (c) V                      (d)  $\Omega$
- (11) Which position is not true in the crouch position ?  
(a) on the mark    (b) set                      (c) vertical                      (d) Go
- (12) What is the name of action which gives rest to the muscles during the middle part of running competitions of 200 m or more than 200 m running ?  
(a) The Coasting Running                      (b) The speedy Running  
(c) The Slow Running                      (d) The Resting Running

#### Activity

- Fixing the starting block and removing

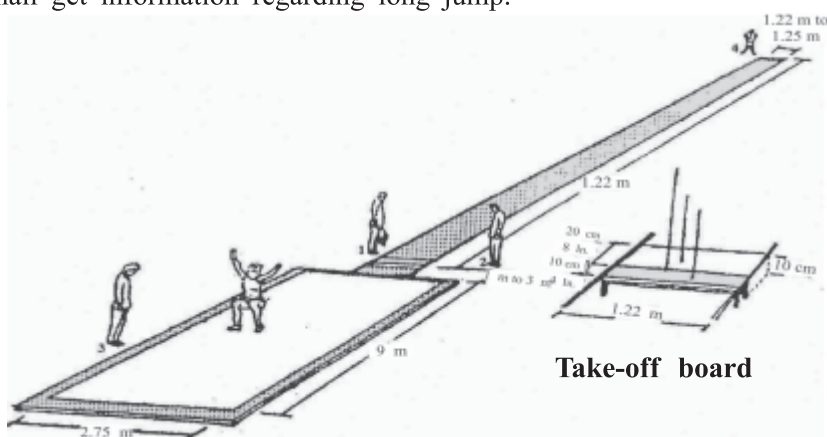


Since the ancient period, the activities like running, jumping, throwing and walking are being done from the youngest to the oldest person. They will continue doing these activities, because they are natural and are done by birth. Our ancestors i.e. ancient human beings used to do these activities in search of food, for their protection and also for pleasure. They were doing these activities for the maintenance of their lives. With the passing of years and with the modernisation in the lives of human beings, the natural activities also got affected. Modern people thought that the natural activities are not meant only for the maintenance of the life. They thought of making some change. After thoughtful exchange of the views or opinions it was decided that in order to measure, evaluate and develop the capabilities of the people in such activities, it was decided to organise the competitions for these activities. It was also decided that organisation of such activities will give great pleasure and also will develop the quality of the sportsman spirit. Thus, we know how the competitions of these activities were started.

Now, we shall get information regarding long jump.

**Long Jump :**

**Play ground :**



**Play ground of Long Jump**

**Figure 1**

The measurements of the approach run way and the pit along with the preparation of the pit are as follows

**Approach Runway :**

Approach runway should be minimum 45 metres long from the take-off board and 1.22 metres in width. It should be levelled.

**Jumping pit :**

The jumping pit should be minimum 2.75 metres wide and 9 metres in length. The distance between the edge of the take off board nearer to the pit and the edge of the pit far away should be 10 metres. The distance between the edge of the take-off board nearer to the pit and the edge of the pit nearer to the take-off board can be kept 1 to 3 metres.

A jumping pit prepared for the competition should be dug at least 50 cm. deep and it should be filled with the river's clean sand passed through the holes of the sieve. The sand should be filled up to the level of the ground outside the pit. The sand filled in also should be kept leveled.

**Equipment :**

**Take-off Board :** It should be prepared from the wood. Its length and the width should be 1.22 mts and 20 cm respectively. Its thickness should be 10 cm. According to the rule it should be painted with white colour.

### **Skills of Long Jump :**

Taking into consideration the whole action of long jump, it is divided into four parts

(A) Fore running or an approach run (B) Take-off (C) Floating in the air (D) Landing

#### **(A) Fore running or Approach run :**

All the running steps should be rhythmic. A runner, when he takes the take-off from the take-off board, he should have full speed. Generally, the step-plans of a runner are as follows :

(i)  $2 + 4 + 6 = 12$  steps

(ii)  $2 + 4 + 8 = 14$  steps

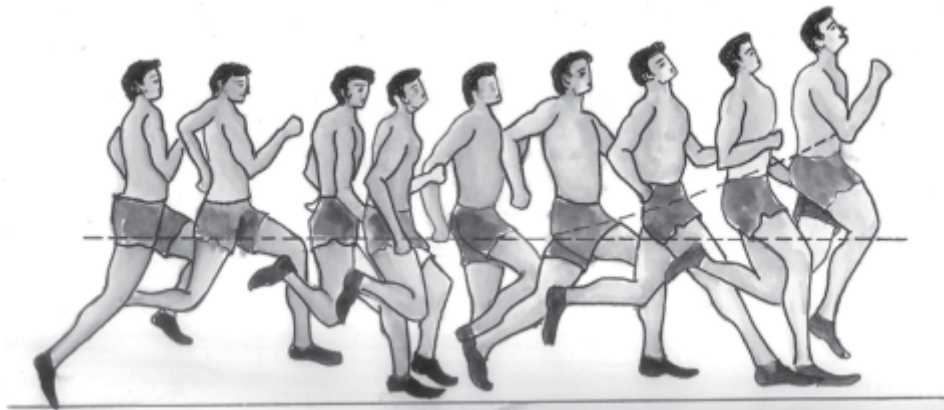
(iii)  $2 + 4 + 10 = 16$  steps

In all the three step-plans, the initial two steps remain shorter. The next 4 steps are seen having increased speed. The last steps i.e. 6, 8 and 10 steps should be with full speed.

#### **(B) Take-off :**

For fore running a runner selects one of the suitable step-plans. A runner has to take the take-off from the take-off board with his strong leg. After take-off a runner has to toss his body upward and forward at the angle of  $45^\circ$ , with speed. While taking the take-off, Newton's third law of motion i.e. "Action and Reaction are equal and opposite" is being applied. Here, take-off is action and tossing of the body upward and forward is reaction. Here, according to the law of projectile the speed power is converted into the tossing power.

The approach run and the take-off actions are generally seen as per the following figure no.2



**Approach run and take off Fig. 2**

For effective take-off, the last step should be little shorter, so that the centre of gravity of the body lifted upward and forward remains in motion.

After the take-off, the action of lifting the body at an angle of  $45^\circ$  upward and forward is called floating in the air. At the completion of floating action in the air, generally, the heels of both the legs shall touch the sand in the pit and immediately with the forward swing of the hands, the body shall be pushed forward and shall land in the pit. From the take-off to landing actions, it shall be necessary to keep the balance of the body, which will help the body being pushed in the forward direction with longer distance jump. The continuous actions of take-off, floating in the air and landing are seen in the figure no.3

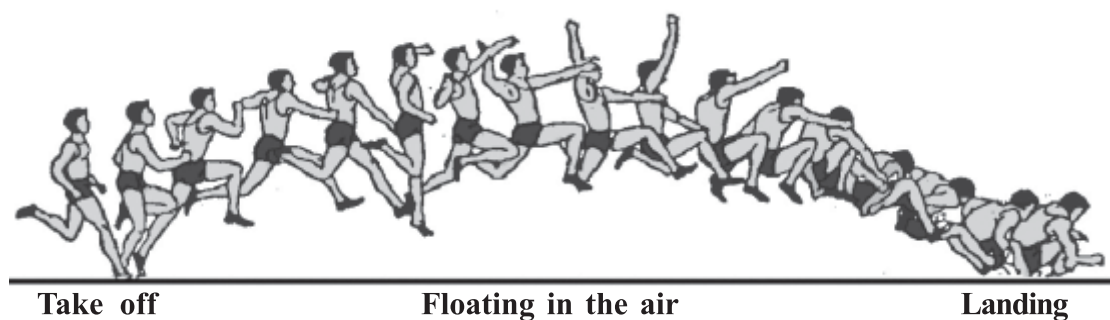


Fig. No. 3

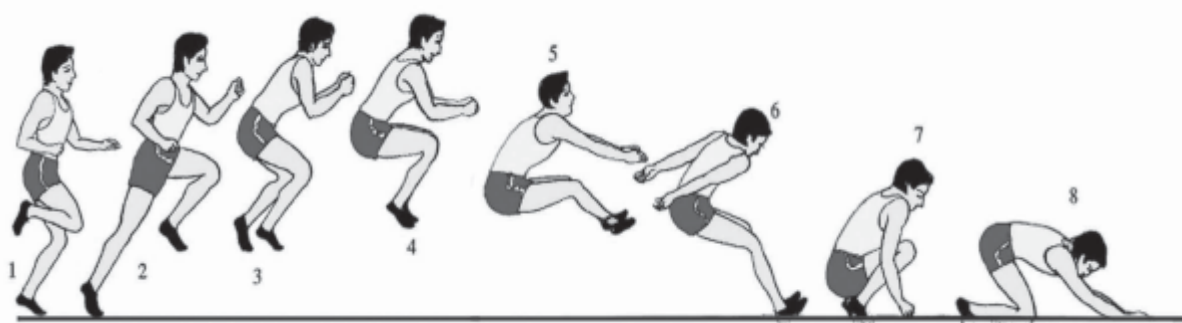
**(C) Methods of floating in the air :**

Immediately after the take-off, the body is being pushed forward because of different actions of the body in the air. The methods of pushing the body forward effectively are as follows :

- (1) Sailing in the air method    (2) Walking in the air method    (3) Hanging in the air method
- (4) Mixed method

**(1) Sailing in the air method :**

In sailing in the air method, while taking the take-off with a strong leg, the free leg is swung on the front side, which helps the body to lift upward. In the action of the free leg, it makes an angle of  $70^\circ$  with the trunk. After that, when the body is in the air in the upward direction, the strong leg comes in forward direction from the back side. Thus, when the free leg come nearer to the strong leg, the knees of both the legs are pulled in the sitting position. From the maximum upward height when the body starts coming down, both the hands are made straight in front of the shoulders and the acting of landing is being done. This action of sailing in the air shall be understood clearly from the following figure no.4.



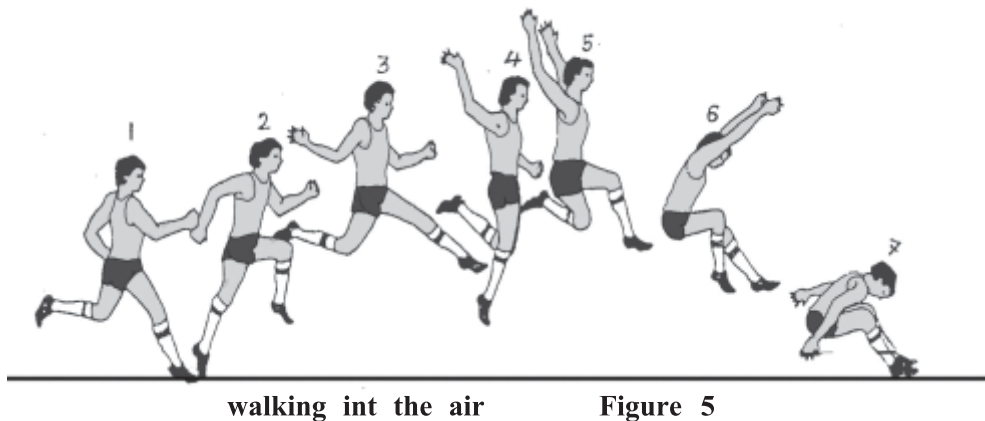
Sailing in the air

Figure no. 4

**(2) Walking in the air method :**

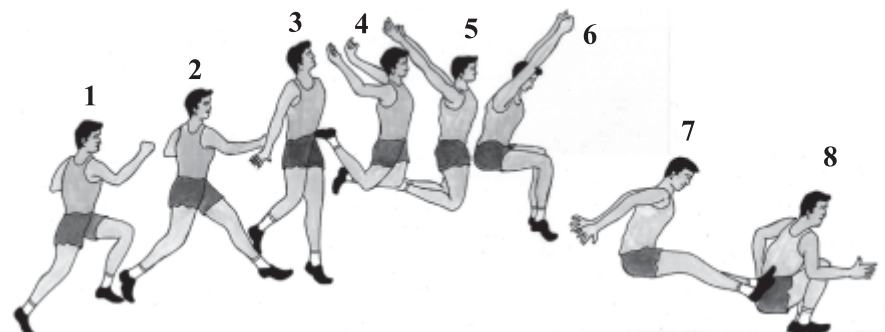
In this method the free leg is moved forward and backward twice. The take-off leg is moved forward from the back side and to the back side from the front and again forward from the back side. The movement of both the legs, one by one forward and backward gives an impression as if the runner

is walking in the air. When the body comes downward, both the legs get together and thus, the action of landing starts. This movement of walking in the air shall be understood clearly from the following figure no. 5.



### **(3) Hanging in the air method :**

In this method, the free leg comes forward with a swing after the take-off. After the take-off, when the take-off leg meets with the free leg, both the hands are to be raised upward and the head is leaned a little on the back side. While taking the hands on the back side the chest is pulled upward. Side by side the legs are also pulled on the back side. This position brings the body in the bow position in hanging condition. After the hanging position, a jumper brings both the hands and the legs forward with a push. When both the hands and the legs come forward, the body comes downward. Thus, the action of landing starts there after. This action of hanging in the air shall be understood clearly from the following figure no.6



**Figure 6**

### **(4) Mixed method :**

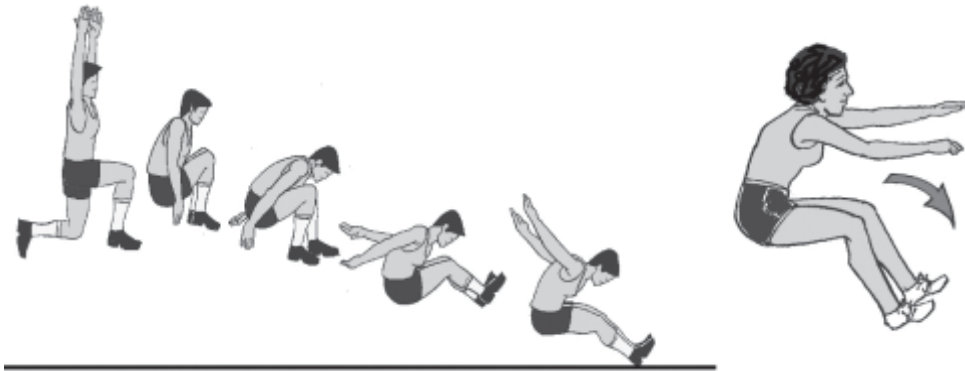
When any two or three methods of floating in the air are mixed and floating is done, it is called mixed method. Mostly this method is used to achieve the best record in the competition.

### **(D) Landing :**

With the completion of floating in the air, when the body comes nearer to the jumping pit, the action of landing starts. In this action, when the heels of the legs come nearer to the surface of the sand in the pit, both the hands are swung forward. As soon as the heels touch the sand, the body is pushed forward with the swing of the hands. See this action in the figure no. 7.



A jumper has to take care that no part of the body touches the sand, behind the touch of the heels, toward the take-off board. In being done so, the measurement of the jump is done from the nearest



**Figure 7**

point of the touch to the take-off board as per the rule.

### **EXERCISE**

#### **1. Answer the following questions in detail :**

- (1) Draw the figure of the play ground of long jump and give information regarding the approach run way and jumping pit.
- (2) Explain the sailing in the air method of floating, in long jump.
- (3) Explain the walking in the air method of floating, in long jump.
- (4) Explain the hanging in the air method of floating, in long jump.

#### **2. Answer the following questions in short :**

- (1) Explain approach run or fore running in long jump.
- (2) Give information regarding landing in long jump.
- (3) Explain the landing angle, centre of gravity of the body and balance in the action of landing in long jump.
- (4) Explain the law of "action and reaction" being applied in the take-off action in long jump.

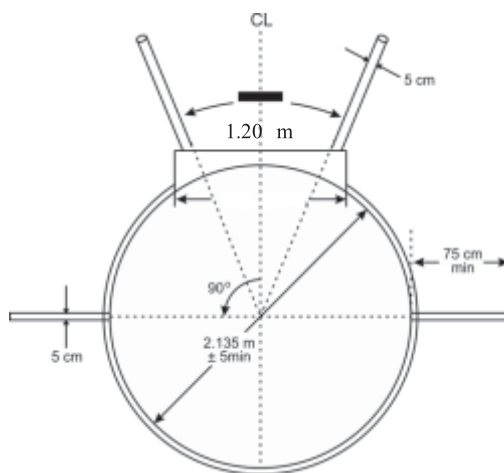
#### **3. Write answers to the following questions by selecting correct option from the options given below :**

- (1) What our ancients or our fore fathers were doing for the search of food, pleasure and self protection ?
  - (a) Eating, staying and sleeping activities
  - (b) Running, jumping and throwing activities
  - (c) Dancing, jumping and enjoying activities
  - (d) Climbing on the tree, coming down from the tree and eating the fruits
- (2) How many metres long the approach run way is kept in long jump ?
  - (a) 30 mtr.
  - (b) 40 mtr.
  - (c) 45 mtr.
  - (d) 55 mtr.

- (3) What is the width of the approach run way ?  
 (a) 2.22 mtr. (b) 1.22 mtr. (c) 2.00 mtr. (d) 3.00 mtr.
- (4) What is the width of the long jump pit ?  
 (a) 2.25 mtr. (b) 2.50 mtr. (c) 2.75 mtr. (d) 3.00 mtr.
- (5) What is the length of the take-off board ?  
 (a) 1.12 mtr. (b) 1.22 mtr. (c) 1.32 mtr. (d) 1.42 mtr.
- (6) What is the width of a take-off board ?  
 (a) 15 cm (b) 20 cm (c) 25 cm (d) 30 cm
- (7) What is the thickness of a take-off board ?  
 (a) 5 cm (b) 7.5 cm (c) 10 cm (d) 12.5 cm
- (8) What distance is to be kept between the edge of the take-off board toward the pit and the edge of the pit toward the take-off board ?  
 (a) 1.25 mtr. (b) 1.00 mtr. (c) 1.20 mtr. (d) 1.10 mtr.
- (9) How is the take-off board buried in the ground ?  
 (a) Below the surface of the ground (b) Above the surface of the ground  
 (c) Parallel to the surface of the ground (d) At right angle to the surface of ground
- (10) In how many parts the whole action of long jump is divided ?  
 (a) one (b) two (c) three (d) four
- (11) How a jumper has to run on the approach run way ?  
 (a) While jumping or leaping (b) In zigzag motion  
 (c) In straight line with speed (d) In straight line with slow motion
- (12) At what angle is the body is to be lifted after the take-off in long jump ?  
 (a) 40° (b) 45° (c) 50° (d) 35°
- (13) What type of last step should be taken in an approach run ?  
 (a) Little longer (b) Little shorter (c) Long (d) Short
- (14) After take-off in long jump, which one of the action (method) of floating in the air is wrong, out of the following  
 (a) Walking in the air method (b) Straddle method  
 (c) Sailing in the air method (d) Hanging in the air method
- (15) What should be the colour of the take-off board according to the rule ?  
 (a) Red (b) Yellow (c) White (d) Blue
- (16) Which method is used in long jump to get the best record ?  
 (a) Good method (b) Top method (c) Mixed method (d) Medium method
- (17) How is the jumping distance measured in long jump ?  
 (a) In between the middle part of the take-off board and the touch of the body in the pit  
 (b) In between the middle part of the take-off board and the touch of the body in the pit nearer to the take-off board  
 (c) In between the edge of the take-off board toward the pit and the touch of the heels in the pit toward the take-off board.  
 (d) From take-off board to the touch in the pit

**Play field**

Play field of shot put is a circle with diameter of 2.135 mts. The rim of the circle shall be made of band iron, steel or other suitable material. The ground surrounding the circle may be concrete, synthetic or any suitable material. Angle of throwing sector is  $34.92^\circ$ . To draw an angle there is a specific method. Which is as follows :

**Shot Put Ground****Figure 1**

First mark a straight line from the centre of the circle towards throwing area. This line will make a  $90^\circ$  angle with diameter line of the circle. From both side of this line towards throwing area draw two straight lines of 20 mts from the center of the circle. If distance between end point of this two lines is 12 mts, then angle would be  $34.92^\circ$ . To verify this angle draw an arc with radius of 1 mt from the centre of the circle, which touches both the throwing lines at a distance of 60 cm. If with radius of two metres arc is drawn then distance will be 1.20 mts. Lastly with the radius of 20 mts if arc is drawn the distance should be 12 mts.

To draw an angle of  $34.92^\circ$  there is another method. According to this method, from the center of the circle mark 20 mts long straight line towards throwing area. From the end of this line draw an arc of 12 mts and then from the centre of the circle draw a arc of 20 mts. Where this arc crosses the arc of 12 mts line, draw 20 mts line towards centre point. This angle will be of  $34.92^\circ$ .

**Equipments****(1) Iron Rim :**

Inside diameter of the rim should be 2.135 mts. Rim should be at least 6 mm thick & 7.6 cm high & shall be white. Inside part of rim should be concrete, synthetic or other suitable material, the top of which shall be flush with the ground outside. The surface of this interior part shall be leveled 1.4 cm to 2.6 cm. lower than the upper edge of the rim of the circle.

**(2) Stop Board :**

It shall be placed so that its centre coincides with the centre line of the landing sector (see figure - 1). The stop board shall be 11.2 cm wide and 1.20 mts long & 10 cm high in relation to the level of the inside of the circle.

## Techniques (Skills) of Shot Put

(1) Grip, (2) Stance, (3) Action before throw : (i) 'T' Position of Crouch (ii) Glide., (4) Throw & release (5) Reverse (Balance).

### (1) Grip (Hand Held) :

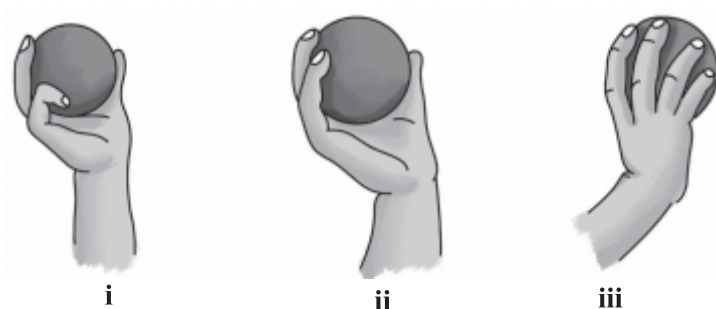
The shot should be placed on the roots of the fingers of strong hand. The grip largely depends on the width of palm and the length and the spread of the fingers. The thumb and little finger provide lateral support while remaining fingers spread slightly to support the weight of the shot from behind.

**(i) First type :** In this type first, second and third fingers are spread across the shot and the little finger remaining slightly bent. The thumb provides support to the shot.

**(ii) Second type :** In this type all fingers of strong hand remain spread across the shot. The thumb provides support to the shot from opposite side.

**(iii) Third type :** In this type all fingers of strong hand are spread. The shot is kept on the base of fingers. If fingers are short, this method is more advantageous.

After taking any one of above grips the shot is rested on the collar bone.



**Grips**

**Figure 2**

All the three types are shown in the figure no. 2.

### (2) Stance :

Athlete grips the shot with his strong hand and stands in that position in the throwing circle for putting the shot is called the 'Stance'.

While taking the stance the athlete stands in the rear half circle with the right leg just behind the circle at 180° and keeps that leg slightly bent from the knee. Left leg should be approximately 25 to 30 cm away from the right leg. Plants the toe at shoulders length distance. Keeps the left hand loose and slightly bent from the elbow and keeps it raised from the shoulder.



**Figure 3**

### (3) Action before throw :

Action before throw is divided into two parts - (i) 'T' position and Crouch (ii) Glide.

**(i) 'T' Position and Crouch :** The athlete swings the left leg and make a 'T' position and then comes to the crouch position to gain the momentum. The athlete takes the left leg backward and forward to make a 'T' position. From there he brings the body into the crouch position.

**(ii) Glide :** Bring the left leg backward to forward. Contact of the right leg is with the ground, Glide is performed in the direction of throwing area. While taking glide there should not be any change in body position. With the glide right leg will reach to the centre of the circle then action of throw begins.

### (4) Throw and Release :

At the end of gliding the right leg is straightened from the knee through the push of the right toe in the

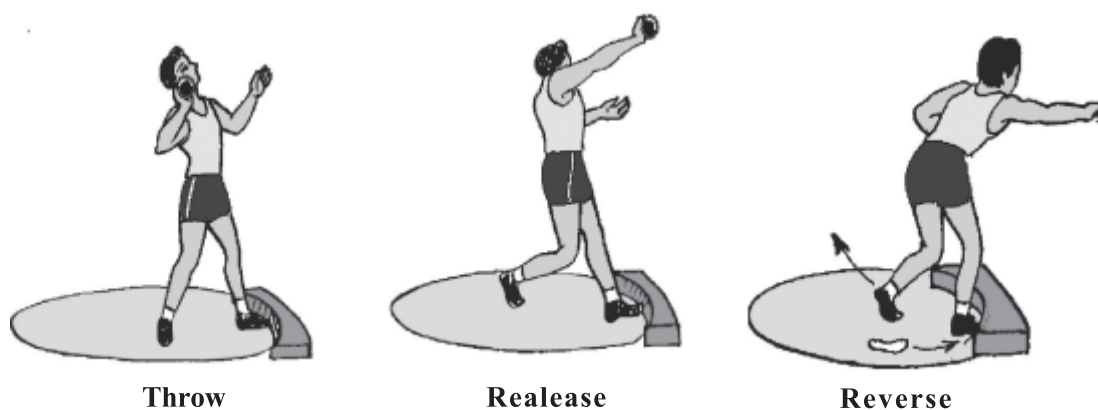


Figure 4

same momentum which brings the torso into motion. The torso is brought forward the left hand is bent from the elbow and then brought behind with a swing. This gives extra momentum to the right shoulder and using this momentum the shot is thrown with the right hand at an angle of  $40^{\circ}$  to  $45^{\circ}$ . While throwing the shot, the ultimate push is provided by the fingers and the wrist.

Throw and Release in shown in figure no. 4.

### (5) Reverse (Balance) :

At the time of throw and release the body gains so much momentum that it becomes necessary to change the leg in order to keep the balance of the moving body. While changing the leg, the right leg is placed within the circle and near the stop-board and the left leg is brought behind on the right side with a swing. At this stage the entire body weight remains on the right leg and therefore the body slightly bends from the right knee.

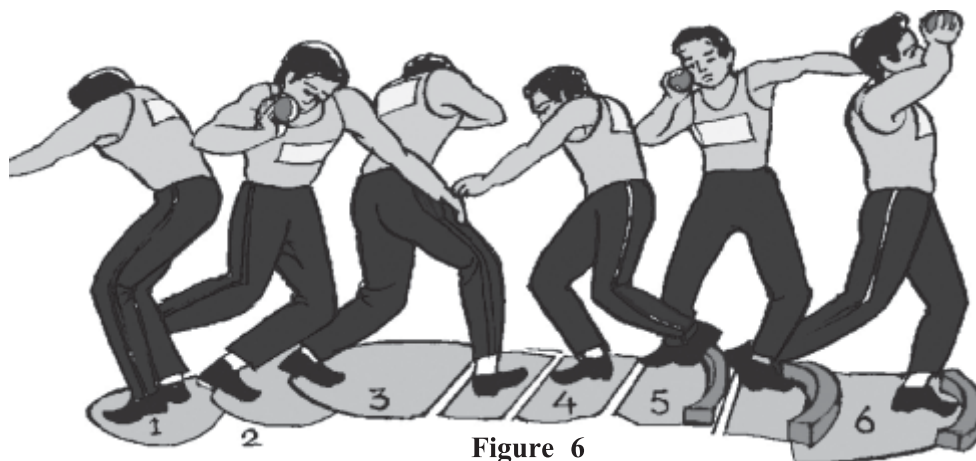


Figure 5

### **Disco Put Method :**

It is a combination of discuss throw and shot put that is why it is called Disco Put method. Instead of T Position and glide the turning (rotation) is made. After the turning action in shot put athlete gains more momentum. So this method is called Disco Put Method.

In this method right leg should be kept in the centre of the circle and left leg is kept in the right direction, of right leg at the suitable distance.



**Figure 6**

The shot will be caught slightly under the chin and elbow should in upward direction. This is the stance of Disco Put technique.

For the turning bend both the legs from the knees. Take body weight on the right leg to take a rotation. The right foot will come into the centre of the circle and left foot will be towards the stop board.

In this rotational action body performs a rotational motion. Best players will take turning two times in this technique.

In two time rotations, athlete gets the double rotational motion.

For transferring rotation a motion to throw and release, all actions of turning, throw & release should be done continuously.

### **EXERCISE**

#### **1. Answer the following questions in details :**

- (1) Explain the significance of three types of grips in shot put.
- (2) Discuss 'T' Position and Stance in shot put.
- (3) Explain Disco Put method in shot put.
- (4) Describe the method of marking 34.92° angle.

#### **2. Answer the following questions in short :**

- (1) Explain Throw and Release in shot put.
- (2) Explain Reverse or Balance in shot put.



(3) Explain how Disco Put technique in shot put came into existant.

(4) How rotation is taken in Disco Put ?

**3. Answer the following questions by selecting correct choice from the options given below :**

(1) What is the diameter of the circle in shot put ?

- (a) 2.145 mts                      (b) 2.135 mts                      (c) 2.145 mts                      (d) 2.155 mts

(2) What is the measurement of 'Throwing angle' in shot put ?

- (a) 33.92°                      (b) 34.92°                      (c) 35.92°                      (d) 36.92°

(3) What is the length of stop board in shot put ?

- (a) 1.15 mts                      (b) 2.22 mts                      (c) 2.00 mts                      (d) 3.00 mts

(4) Where the shot is kept cleaning the stance in shot put ?

- (a) Away from the shoulder in palm  
(b) Away from the shoulder on fingers & thumb  
(c) With the help of fingers & thumb near the neck on collar bone  
(d) In palm & under the shoulder

(5) Why 'T' Position and Crouch action is taken in shot put ?

- (a) Producting energy in legs                      (b) For Balance of the body  
(c) To gain motion in throwing action                      (d) Producting energy in hands & legs

(6) In which hand is the shot held ?

- (a) Right hand                      (b) Left hand                      (c) Stronger hand                      (d) Free hand

(7) At what angle is a shot being put ?

- (a) 30° to 44°                      (b) 40° to 45°                      (c) 45° to 50°                      (d) 50° to 55°

(8) What is the height of rim in shot put ?

- (a) 56 mm                      (b) 66 mm                      (c) 76 mm                      (d) 86 mm

(9) What is the thickness of rim in shot put ?

- (a) 4 mm                      (b) 5 mm                      (c) 6 mm                      (d) 7 mm

(10) Which colour is used to paint a iron rim in shot put ?

- (a) Orange colour                      (b) Green colour                      (c) Purple colour                      (d) White colour

(11) What is the height of stop board in shot put ?

- (a) 8 cm                      (b) 90 cm                      (c) 10 cm                      (d) 11 cm



Kabaddi is an Indian game. It is being played in a small and open ground without any equipment. This game is simple and competitive. It being the game of bravery it has become popular in remote villages of India. It has also become prevalent in the Asian countries like Pakistan, Bangladesh, Nepal, Bhutan, China, Japan, Malesiya, Shrilanka etc.

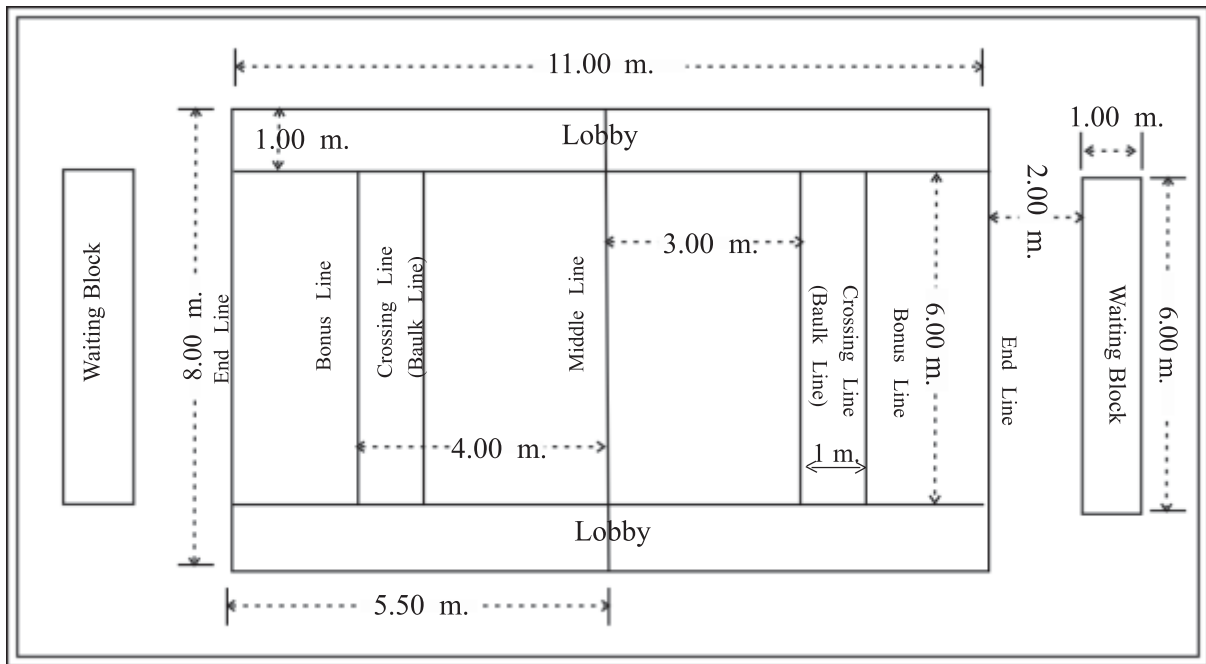
Before so many years the game of Kabaddi was played in India under various names and forms. In Western India as "Hu-tu, tu", in Eastern India as "Hu-du-du", in South India as "Chedu-gudu" and in North India as "Kaun Bada:". Presently it is played as "Kabaddi" in India and other Asian countries. In the initial stage Kabaddi game was played in three forms; (i) Dead method, (ii) Immortal method and (iii) Live method. In the dead method a player who becomes out was not revived. In immortal method a player becoming out was remaining in the game, but the raiding side was given the point against the player becoming out. Where as in live method a player becoming out has to go out of the game and has to sit in the waiting block. Such a player has to wait till the opponent side's player becomes out. In this method being out and reviving continues till the end of the game.

Maharashtra State has played important role to make this game popular at the national level. In 1923 the "Hind Vijay Gymkhana" of Baroda and in 1934 "Maharashtra Sharirik Shikshan Mandal - Pune" had formalated the rules of competition and had organised the compititions. In 1936 "Hanuman Vyayam Pracharak Mandal - Amaravati (Maharashtra) had given the demonstration of Kabaddi game, in the World Olympic Organised in Berlin of Japan and propagated the game. In 1938 the Indian Olympic games were organised in Kolkata in which the game of Kabaddi was introduced. In 1950 "All India Kabaddi Federation" was established. From 1952 National Kabaddi Competitions were started. From 1955-56 the organisation of National Kabaddi competitions for women were started. In 1972 "Amateur Kabaddi Federation of India" came into exhistance, which is now known as "Kabaddi Federation of India". This federation controls the complete game. In 1978. "Asian Amateur Kabaddi Federation" was established and in 1980 the first Asian Kabaddi Championship was organised in Kolkata. In 1990 the 11<sup>th</sup> Asian game were organised in Beiging in China in which the game of Kabaddi was included with formality. In these games India had achieved the only gold medal. Since the beginning of Asian games, India has won the gold medals every year till now.

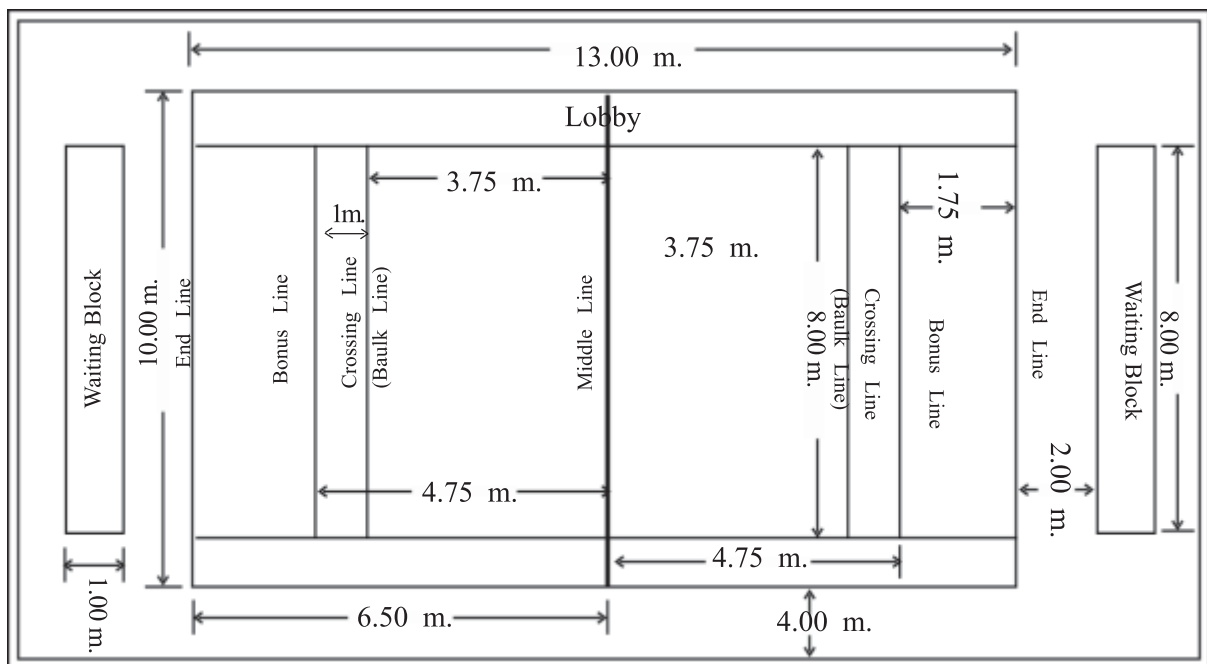
### Ground of Kabaddi

The ground of Kabaddi should be levelled and should be made from soft clay. For school boys and girls the ground of Kabaddi is 11.00 mts × 8.00 mts. It's shape is rectangular. For senior boys (above 19 years) the measurement of the ground is 13.00 mts × 10.00 mts. The space of 4.00 mts on all the sides of the playground should be levelled without any obstruction.

**Kabaddi playground for junior boys and girls below 19 years :**



**Kabaddi playground for senior boys and girls above 19 years :**



**(1) Middle line :**

Middle line divides the playground into two halves. For school boys and girls the middle line is of 8 mts length. This line also is named as attack line. The width of all the lines of the ground is 5 cm.

**(2) Court :**

The parts of the playground equally divided by the middle line are called courts.

**(3) Baulk line (or cross line) :**

The lines drawn paralalled to the middle line in both the courts are called baulk lines. The distances from the middle line to the baulk lines are 3.00 mts and 3.75 mts respectively for junior and senior players.

**(4) Bonus line :**

The lines drawn parallel to the middle lines toward the end lines, at the distance of 1 mt are called bonus lines.

**(5) Lobby :**

The part, made by drawing the lines inside the side lines at the distances of 1 mt are called Lobbies. The measurement of the Lobby, thus becomes  $11 \times 1$  mts and  $13 \times 1$  mts respectively for junior and senior players.

**(6) Waiting Block :**

The blocks drawn paralalled to the end lines at the distance of 2 mts, having the width of 1 mt are called waiting blocks. Their measurements are  $6.00 \text{ mts} \times 1 \text{ mt}$  and  $8 \text{ mts} \times 1 \text{ mt}$  respectively for junior and senior players.

**Equipment :**

For the game of Kabaddi there is no specific equipment, but the equipment required for marking of the playground are measure-tape, thread, nails, white lime powder, line drawing machine etc. For competition whistle, stop watch, score-sheets, weighing machine; green, yellow and red cards, running score board, first-aid box, tables, chairs etc. are required.

**Skills of the game :**

The skills are divided into two parts as follows :

**(A) Skills for Raiders :**

- (1) Crossing the baulk line
- (2) Touching with the foot
- (3) Kicking
- (4) To break the cover
- (5) To chase or attack behind the raider

**(B) Skills for Anti-Raiders :**

- (1) Catching the leg
- (2) Catching the hand
- (3) Individual cover
- (4) Chain cover
- (5) Half moon cover

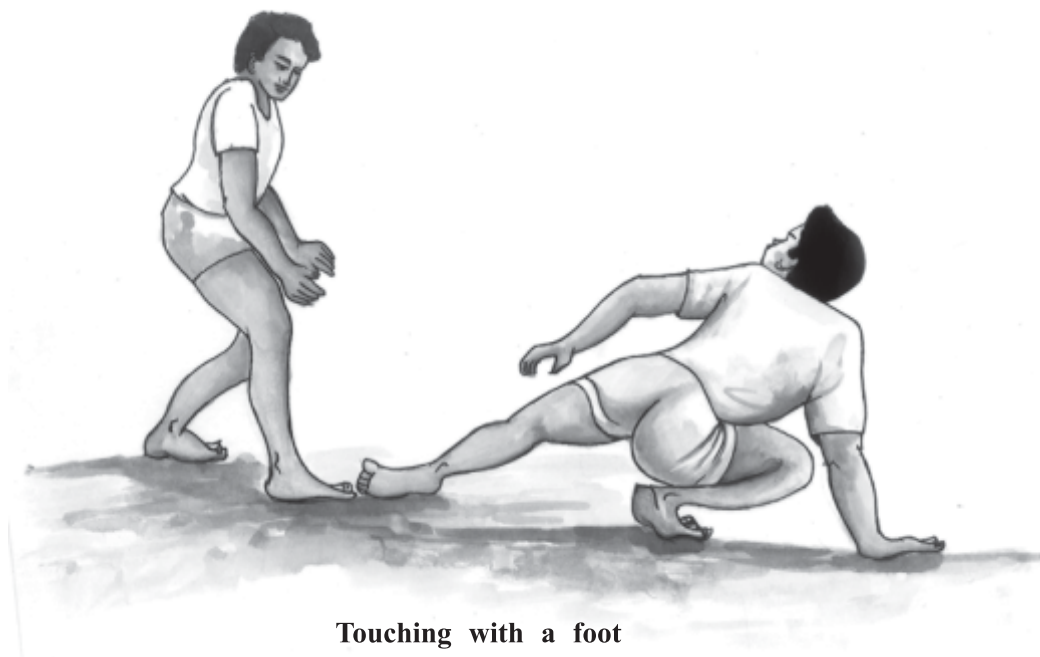
## 1. Skills for Raiders :

### (1) Crossing the baulk line :

When a raider raids and comes back in his court without making any of the anti-raiders out, it is compulsory for him to cross the baulk line. To cross the baulk line, a raider has to put his one of the legs inbetween the baulk line and the end line having no touch of any part of this body, with the ground in between the baulk line and the middle line, keeping the cant continuous.

### (2) Touching with a foot :

During the raiding, when an anti-raider player happens to be nearer to the raider, he (raider) shall try to dodge to anti-raider and straighten his leg from the knee speedily and try to touch the foot of an anti-raider to make him out. While extending his leg, he shall bend his rear leg from the knee and keep the balance. This time his eye-right should be at the anti-raider. This action can be performed with the support of on leg and two hands.



**Touching with a foot**

### (3) Kicking :

During the raiding, a raider shall bend his one leg from the knee and extend in the air and try to touch the anti-raider inbetween the portion of the anti-raider's body form above this knees. This action is called kicking. According to different positions of the body, a player can be made out by three types of kicks. (a) Front Kick (b) Back Kick (c) Side or Oblique Kick.

**(a) Front Kick :** In front kick, a raider shall bend his leg from the knee and speedily extend it in the front to make an anti-raider out, by the touch of the kick. While performing this kick, a raider shall raise his body a little from the palm of the other leg and shall lean a little on his back side to keep the balance. His both the hands shall remain extended toward the sides.

**(b) Back Kick :** A raider shall turn toward the side of the leg, with which he shall have to kick and shall turn his back toward the anti-raider and then with a speed he shall extend his leg toward the anti-raider and shall try to touch him. This time, a raider shall lean downward and shall extend his both the hands sideward, to keep the balance of the body. This whole action he shall do speedily and shall keep his eye-right toward the anti-raiders, so that he may not be caught.



**Back Kick**

**(c) Side or Oblique Kick :** To kick on the side or obliquely, a raider shall bend his leg a little from the knee, and shall raise it speedily on the side or obliquely and shall try to make the anti-raider out. To keep the balance, he shall lean in the opposite direction of the raised leg and shall keep the hands extended toward the sides.



**Side or Oblique Kick**

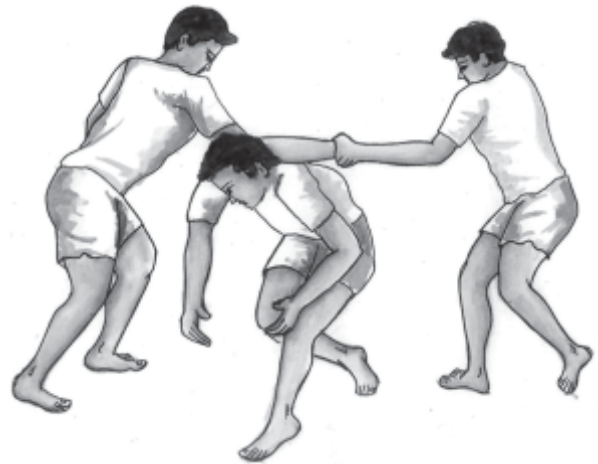


#### **(4) To Break the cover :**

To make the raider out, the anti-raiders get together and form the cover joining their hands in different formations. A raider, according to the situations, shall speedily move one or two steps or shall run extending his hands or legs and shall make the anti-raiders helpless to go on back side. But the anti-raiders shall try to cover the raider to trap him. The raider shall try to escape from the trap of the anti-raiders either from the sides or slipping through the legs or from below or above the hands' chain or breaking the chain. Below the figures are given. One figure is of breaking the cover from above and the other one is slipping through the legs.



**To break the cover from above the cover**



**To break the cover slipping through the legs**

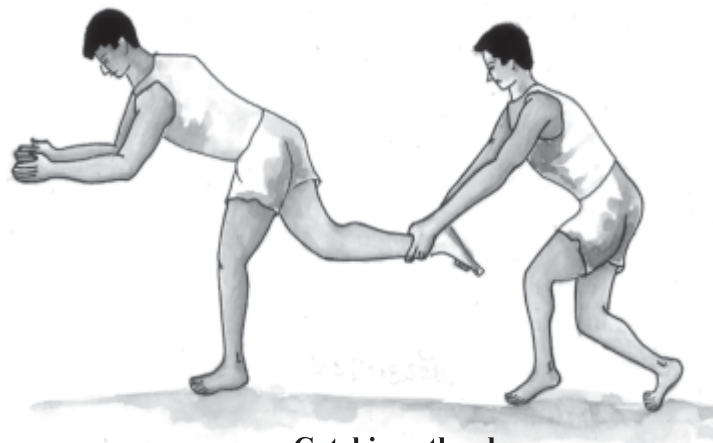
#### **(5) To chaise or attack behind the Raider :**

A raider, when returns back to his court carelessly without getting any point, an anti-raider speedily chaises him in his (raider's) court and extends his hand or leg to touch him and comes back to his court. This action is called chaising or attacking behind the raider. Here, the chaser requires speed, ability to stop the speed suddenly, tossing ability etc. which requires much importance.

#### **2. Skills for Anti-Raiders :**

##### **(1) Catching the leg :**

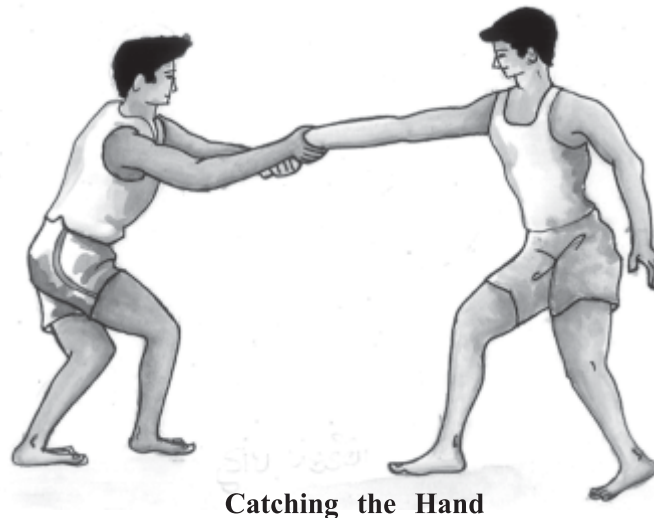
Generally, a raider tries to cross the baulk line first, and for that mostly he goes of the corner and



**Catching the leg**

does the action of crossing the baulk line. When he crosses the baulk line at the corner, the anti-raider at the corner shall try to catch the leg at his ankle with both his hands and shall lift it upwards and draw the leg toward himself. So that, the raider does not drag the anti-raider he (anti-raider) shall take his rear leg little more on the back side and shall try to move the weight of the body on the rear leg and keeping the front leg straight from the knee, shall take the support of the ground with the palm of that leg.

## **(2) Catching the Hand :**



Generally a raider keeps his one hand in the front. In this position, when of a raider makes his movement less or if he becomes static or keeps his concentration on the other players; at the same time the anti-raider with both his hands, shall catch, the hand extended in the front from the wrist and shall pull it toward himself. If a raider has extended both his hands in the front, the anti-raider shall catch them with his hands at the wrists separately at the same time.

## **(3) Individual Cover :**

To stop the raider from crossing the baulk line or when he (raider) rushes deep in the court of anti-raiders, one of the anti-raiders shall try to cover (catch) him from the front or going on the back side shall try to catch him. At this time, other anti-raiders shall help him to catch the raider.

## **(4) Chain Cover :**

To catch a raider, two or more anti-raiders shall catch each others' hands and cover the raider. There are three types of covers.

**(a) One Chain Cover :** The anti-raiders standing at the third and fourth number position shall catch their hands and make the cover at the corner at which the raider raids. When an anti-raider at the corner catches the raider, the anti-raiders making the chain shall help him by means of using chain cover.

**(b) Two Chains' Cover :** In this cover, the anti-raiders shall make two chains of two-two plays in each chain and shall cover the raider. The players standing at third and fourth positions shall make one chain cover and the players at the fifth and sixth positions shall make the second chain cover. Both the chains' players shall help in catching the raider.

**(c) Three Chains' Cover :** In three Chains' Cover, the players standing at second and third positions shall make one chain cover, the fourth and fifth position players shall make second chain cover and the sixth and seventh position players shall make the third chain cover, at the corner at which the raider shall raid. All the three chains' players shall stand in the chain forms on behind the other, and shall cover the raider to catch him. When a raider comes to the other corner, the anti-raiders shall move toward the second cover with backward stepping and shall go on the back side of the baulk line leaving their hands. At this corner again they shall form three chain-covers in the method they hand formed the chains at the first corner, in the reverse sequence positions, and shall cover the raider. In three chains' cover, a raider hardly escapes, either from over the covers or slipping from below the covers.

**(5) Half Moon Cover :**

When a raider tries to cross the baulk line from the middle side of it, instead of from any corner, the anti-raiders shall cover the raider from both the sides in half moon formation and when the player standing at the central position, tries to catch the raider's hand or a leg, both the cover side players shall help in catching the raider.

In the game of Kabaddi these officials as follows shall perform their duties :

- (1) One Referee
- (2) Two Assistant Umpires
- (3) One Scorer
- (4) Two Assistant Scorers
- (5) One Score Board Operator.

**Rules of the game of Kabaddi and it's competition :**

**(1) Number of Players, Weight and Uniform :**

**Number of Players :** There shall be 12 players in each team, out of which 7 players shall enter the court to play the game. Rest of the players (five) shall sit out side the ground at a fixed place. To start the competition of the game there should be at least 7 players in every team.

Sr. No.	Age-Group	Maximum Weight	
		Boys	Girls
1.	Below 14 years	51 kg	48 kg
2.	Below 17 years	53 kg	53 kg
3.	Below 19 years	65 kg	59 kg

**Uniform :**

(1) Players shall have to put on banyan or T-shirt and shorts. On banyan or T-shirts clearly readable numbers of the competitor should be written. Soft shoes without heels can be put on. They should be non-injurious. The nails of the fingers should be properly cut. The ornaments which may be injurious, like buttons, wrist watch, a thick circular rod, ring etc. shall not have to be put on. No oily substance can be applied on the body. Girl-players should properly tie-up their hairs.

(2) **Duration of the game :** Duration of the games for boys and girls shall be 15+5+15=35 minutes i.e. There shall be two halves of 15 minutes each having 5 minutes rest inbetween two halves.

(3) Game shall be started with the tossing of the coin. The Winner in tossing of the coin shall have the choice to choose either a court or the raiding.

(4) The teams shall change the courts after the completion of first half, during the rest period. The team which might not have raided first in the first half, shall raid first in the second half, i.e. the opposit team shall raid first in the second half.

(5) At the end of the first half, which of the players shall be in the play; the same players shall start the game in the second half.

(6) A player who has gone out side the limit of the ground, if helps in catching the raider, the raider shall not be declared out and he shall be allowed to go in his court safely, even though he might have been caught.

(7) During the game if any of the players goes outside the limits of the ground, shall be declared out. An umpire shall send such player immediately outside.

(8) The lobby can be made use of only after the raider touches the anti-raider player. Before the touch or the collision, if any of the player of both the teams, touches the lobby, he shall be made out.

(9) If any part of the body of the player touches the ground beyond the limit of the play-ground, shall be declared out.

(10) When there is a collision, the lobby is included in the play ground. After the collision, the players included in it, can make use of the lobby to go in their courts.

(11) During the collision, if the body of a player is on the outside but any part of his body is in touch with the play ground, the player shall be considered as if he is in the play ground, he shall not be considered out. Before the collision the limits of the play ground or the side lines can not be crossed. If he crosses, he is out. A player making the mistake of crossing, helps in catching the raider, he and other players helping in catching the raider, shall be considered out and the raider shall be not out.

(12) A raider has to start uttering Kabaddi.....Kabaddi from his court and has to continue it in one breathe only till he comes in his own court. If he makes mistake in doing this action, the shall be considered out.

(13) The players of both the teams shall raid one by one. When a raider returns in his own court or is made out in the anti-raiders' court, the anti-raiders shall have to send their raider to raid within five seconds. If their raider takes more than five seconds time their turn to raid shall be considered being completed.

(14) In the turn of raiding the raider side shall send only one raider. If more than one raider raid at a time, an umpire shall call them back and shall tell the other side team to raid. The called back raiders, when entering in their court, the opposite team can not chase. When a player touches the opposite side player and returns back, he can not be chased. But when a raider is caught by the anti-raiders and if the raider releases himself from the catch, he can be chased.