

Kabaddi has a prominent place in all the popular and prevalent games. It is especially played in Gujarat, Rajasthan, Andhra Pradesh, Bengal and Madhya Pradesh.

This game's origin or source is Gujarat and Maharashtra. The basic skills are to swiftly hold or catch the opponent and to get away from the hold and holding the breath. This game was regulated and organized by rules and systematic competitive tournaments were started by the players of Satara & Pune in year 1912. Then in year 1923, Hind Vijay Gymkhana of Baroda and in 1934 Maharashtra Physical Education Board, Pune arranged the competition, tournaments with revised and improvised rules. As a result in 1938 Kabaddi was included in 'Indian Olympic Games' and got the status of National Games. In year 1952 National Kabaddi Federation of India was established. In 1956 women Kabaddi competition started and in 1961 it was given the place in inter-university games.

In year 1936, in Berlin Olympics Hanuman Vyayam Pracharak Mandal, Amravati gave the demonstration of Kabaddi for popularizing this game at the world level. But till today this game has not got the competitive status in Olympic (has not got the status of sport event). National Kabaddi Championship started in 1952. Today kabaddi game has become an indoor or outdoor game in small ground. Kabaddi is a very interesting and thrilling, exciting game. The ground is made soft to avoid the injury to the players. Now it is played on mattresses. This game is very energetic, healthy and inexpensive. Since its inclusion in Asian games, till today India has maintained the championship title.

As it requires very less equipments, less space or ground and as requires quickness, alertness and energy as it develops presence of mind, body, soul and team spirit, attracts everyone-old and young.

● The Equipment:

- (1) Mattresses (2) Whistle (3) Stop Watch (4) Marking thread and chalk (5) Score board
- (6) Red, Green, yellow cards

● Game time:

For Senior-Junior Boys: 20-5-20=45 minutes, i.e. a game time of 20 minutes (two halves of the full-time) with a 5 minute break.

For girls and Sub Junior boys: 15-5-15=35 minutes, i.e. a game time of 15 minutes (two halves of the full-time) with a 5 minute break.

● Ground for men (Senior and Junior boys):

Length-13 metres and width-10 metres

Distance between end line to central line-6.50 metres

Central line to cross line (balk line) – 3.75 metres

Cross line to bonus line – 1.0 metre

Bonus line to end line – 1.75 metres

Lobby should be 1 metre broad and 10 metres long from ground line on both sides

Waiting Block - It should be 2.0 metres away from both end lines. Its measurement is 8.0 metres in length and 1.0 metre width.

- **Ground for women and subjunior boys:**

Length-11 metres and width-8 metres

Distance between end line to central line-5.50 metres

Central line to cross line (baulk line) – 3.00 metres

Cross line to bonus line – 1.0 metre

Bonus line to end line – 1.50 metre

Lobby should be 1 metre broad and 11 metres long from ground line on both sides (11 x 1.0) metres

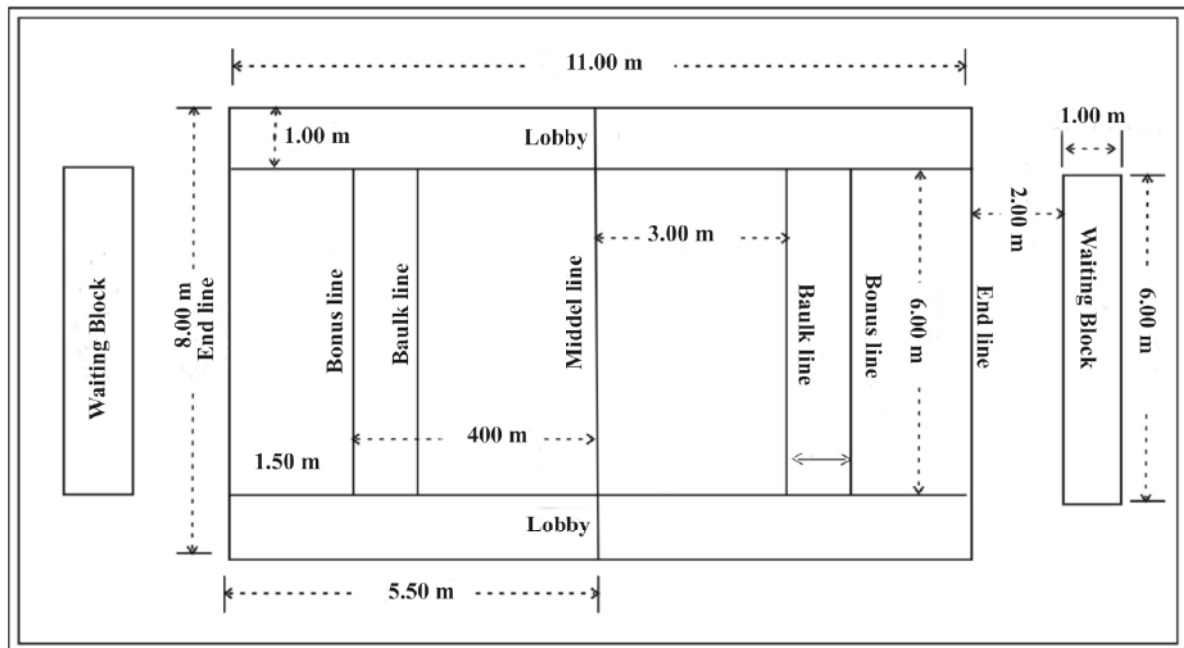


Diagram ground for women

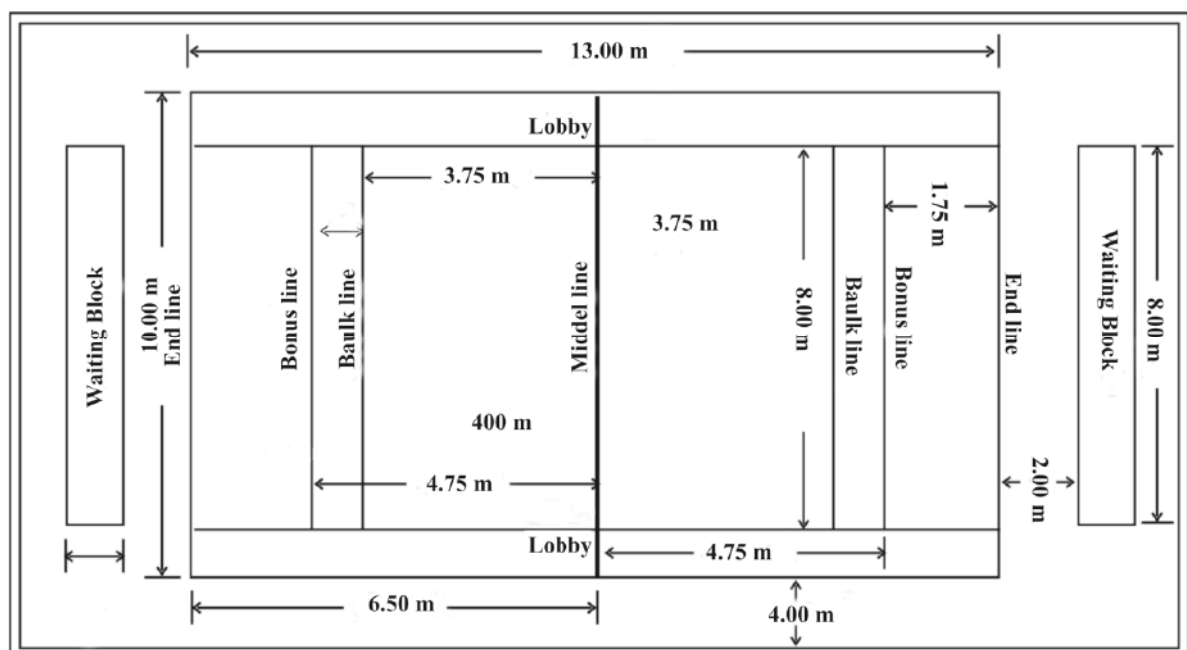


Diagram ground for men

Waiting Block - It should be 2.0 metres away from both end lines. Its measurement is 6.0 metres in length and 1.0 metre width.

- **Skills of Kabaddi :**

There are mainly two skills in Kabaddi :

- (a) Raider's (Offender) skill.
- (b) Anti - Raider's (Defender) skill.

- **Skills of Raider :**

- (a) To touch with leg.
- (b) Breaking cover.
- (c) To chase (pursuit).

- **To touch with leg :**

The raider goes in the opponent's court chanting (cant) a word Kabaddi; he steadily, swiftly tries to touch the opponent by stretching his leg.

- **To break the cover :**

The defenders are ready in many ways to cover the raider then the raider quickly tries to touch opponent by stretching his hand or leg, while the defenders try to catch him, the raider jumps over and gets out of the cover or breaks the chain and tries to get away from sides or from below. This skill is called as to break the cover.

- **To chase (Pursuit) :**

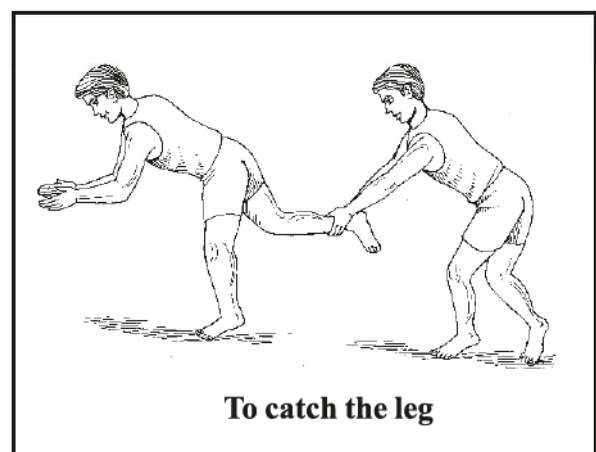
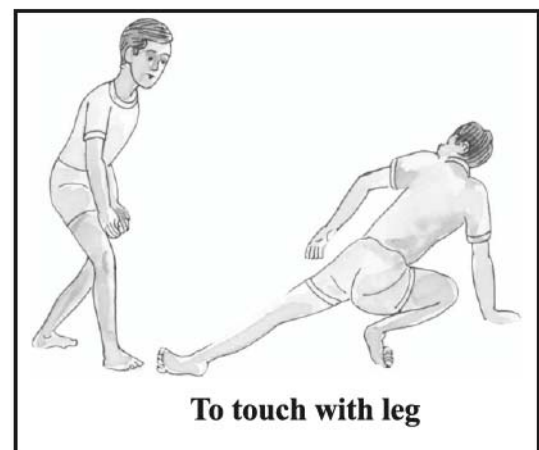
When the raider has completed his legal raid and while returning to his court and his back towards the opponents' court then an opponent raider suddenly chases and quickly touches him with leg or hand and safely reaches his court. This skill requires speed, jump, increase the speedy motion or to stop it.

- **Skills of Defenders :**

- To catch the leg.
- To catch the hand
- To catch the hand - leg.
- Chain cover:
 - One chain cover.
 - Two chain cover.
 - Three chain cover.
- Half moon cover.

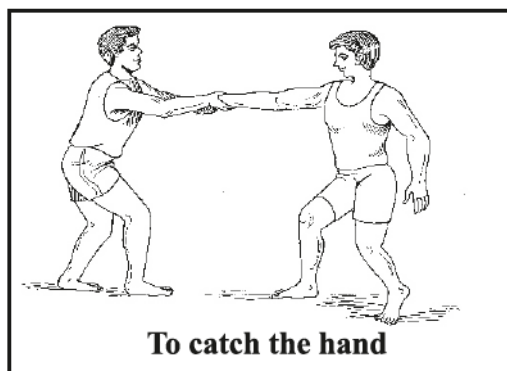
- **To catch the leg :**

When the raider crosses the baulk line or tries to cross it, the defender's corner player holds the stretched leg quickly from the ankle and raises it above the ground towards himself. So the raider gets imbalanced and his breath breaks.



To catch the hand :

In this skill when the raider tries to cross the baulk line, he stretches his hand in order to touch the opponent. The defender as soon as gets a chance, holds the opponent's wrist and pulls him towards himself.



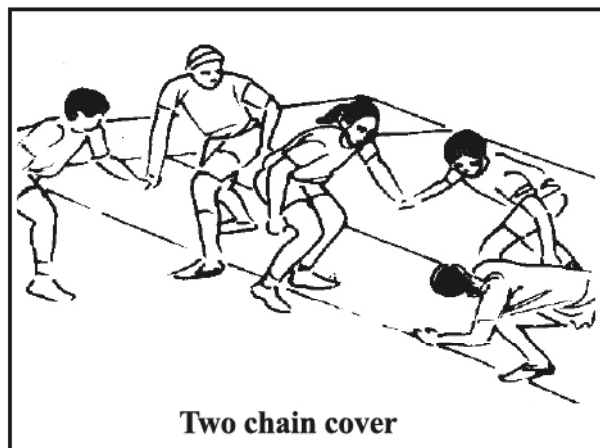
To catch the hand - leg :

During the raid the raider stretches his hand and leg to cross the baulk line, he tries to cross the baulk line with his leg and tries to touch the opponent with either of his moving hands. At this time a player of the defender team holds his leg with one hand and with another hand holds or catches his hand and pulls him toward himself. So the raider gets imbalanced.

Chain cover :

The defender team's players hold each other's hand and thus by making chain try to cover or catch the raider. In this skill the defender team's players make different types of chains. These chains can be as follows :

- a) One chain cover.
- b) Two chain cover.
- c) Three chain cover.



Half moon cover :

When the raider instead of trying raid on corner to cross the baulk line raids or tries to cross the baulk line from middle, then immediately the defender team's player form a semi - circle and try to cover or attack him from both sides and prevent him from going back to his court safely.

Rules of the Game :

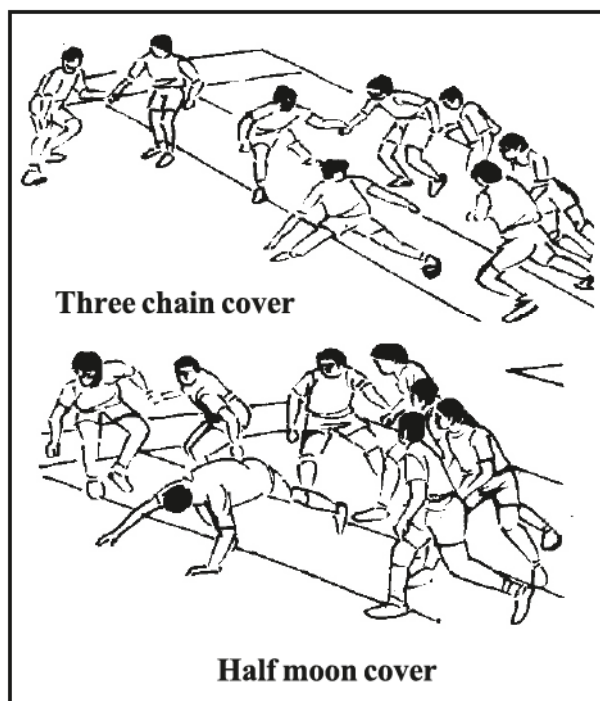
(1) Each team has 12 players, in which 7 in play and 5 are substitutes.

(2) This game is played on smooth, plain, even ground and on mattresses also.

(3) The game is started by tossing a coin, the toss winner chooses his court or attack (Raid). During the half time both the team exchange the court. The number of the players in the beginning of second half will be same as left in the first half.

(4) The raider has to start chanting the word, "Kabaddi - Kabaddi" from his court.

(5) One point is awarded for one player's out of opponent team.



- (6) Both the teams get to the raid one after another, turn by turn.
- (7) No player can apply any oily substance during the game (while the play is on).
- (8) Before collision struggle if any part of a player's body is out of the court he will be considered out. But during struggle if the player's body part is out of the court or if his body is in touch with any player's body or if some body parts inside, then he will not be considered out.
- (9) During struggle with the body of opponent lobby is included in the court.
- (10) The players who are out will sit in the waiting block in order of getting out and respectively will enter in the game in the order they got out, by getting a point.
- (11) If the word Kabaddi is started lately or slowly then referee can warn him. But if he repeats and does intentionally, then the opposition is given the technical point.
- (12) If the breath of the raider breaks while canting "Kabaddi - Kabaddi" in the opponent's court then he is declared out.
- (13) While defending, the opponent can not be pushed. The pusher will be considered out.
- (14) If all the players of a team are out, then the points of out players and two extra points have to be rewarded, to the opponent. It can be called as lona.
- (15) If during raid more than one raider starts the raid then referee sends the players back and the turn is considered over. If this error or mistake is repeated then raider team is given warning and opposition is given a point.
- (16) When the raider is in the opponent court, the defender team's player cannot cross the centre line and if he does so, then he is considered out.
- (17) No player can take drugs or alcoholic substances.
- (18) The player who is out, dismissed or banned can not be substituted or make alive.
- (19) For discussion or game plan, each team gets two time -outs of "30 seconds" each in each half time, for which the captain or the coach has to get permission from the referee.
- (20) For proper management of game there is one main referee as well as assistant umpires also, who decide for all fouls as well as points. He can inform the player by showing him different cards according to the need.
Green card - Warning / Alert.
Yellow card - Temporary dismissal.
Red Card - Dismissal for the game or whole tournament.
- (21) When the game starts, there should be 7 players, of each team in their court.

Exercise

1. Answer the following questions.

- (1) Explain the half-moon cover skill.
- (2) Explain to touch with leg skill.
- (3) Explain the skill to break the cover.

2. Answer the following questions in one or two sentences :

- (a) Which are the skills of defender team ?
- (b) What is meant by crossing baulk line ?
- (c) State the length of women's court.
- (d) In one half-time, how many time-outs can be taken ?

3. Answer the following questions by selecting correct option from the options given below.

- (1) How many players should be there in start of play ?
(A) 5 (B) 7 (C) 6 (D) 8
- (2) How Many points are awarded for getting one opponent player out ?
(A) Two (b) Five (c) One (D) Three
- (3) How many extra points are awarded for Lona ?
(A) Three (B) Four (C) One (D) Two
- (4) What is the length for men's Kabaddi court ?
(A) 7 meters (B) 13 meters (C) 10 meters (D) 12 meters
- (5) When can an out player be revived ?
(A) When second half begins (B) When opponent's any player is out
(C) When opponent's raider returns back safely after a raid.
(D) When a bonus point is awarded
- (6) When is lobby included in court ?
(A) When raider returns back. (B) After the half time.
(C) When the game begins. (D) During the struggle with opponent player.
- (7) Which point is awarded to opponent, when the Kabaddi word is intentionally lately started even after warning ?
(A) Minus point (B) Bonus Point (C) Technical point (D) Tackle point
- (8) What is the break the chain skill of raider called to break cover of opponent ?
(A) To raid (B) To touch with leg (C) To break the cover (D) To kick.
- (9) How many halves are to be played in Kabaddi ?
(A) Two (B) Three (C) One (D) Four
- (10) How far is the baulk line from centre line in men's kabaddi court ?
(A) 3.5 meters (B) 4.0 meters (C) 3.75 meters (D) 4.50 meters

