



# Kabaddi (कबड्डी)

## History-

❑ **Origin – भारत(India)** Tamil Nadu

- इस खेल के नियम 20वीं शताब्दी के प्रारम्भ में दक्कन जिमखाना द्वारा बनाये गये।
- 1923 में 'हिन्द विजय जिमखाना बड़ौदा' ने इस खेल के नियमों को छपवाया और उसी वर्ष एक अखिल भारतीय प्रतियोगिता का आयोजन बड़ौदा में कराया गया।
- इस खेल के नियमों को 1934 में 'अखिल महाराष्ट्र शारीरिक परिषद' द्वारा संशोधित किया गया।



❑ भारतीय कबड्डी संघ (**Kabaddi Federation of India**) की  
स्थापना - **1950**

- Headquarter – कलकत्ता(Calcutta)

❑ **Amateur Kabaddi Federation of India (AKFI)** -1973

❑ Asian Amateur Kabaddi Federation (AAKF)-**1978**

❑ विश्व की प्रथम प्रतियोगिता - **1987 Calcutta** (SAF Games)

❑ विश्व कबड्डी संघ (**International Kabaddi Federation (I.K.E)**) की  
स्थापना - **2004** में मुम्बई में

- Head Quarter - Jaipur (Rajasthan) - India



- ❑ ओलम्पिक खेलों में शामिल किया गया - अभी तक नहीं
- ❑ एशियाई खेलों में शामिल किया गया - 1990 बीजिंग (चीन) केवल पुरुष कबड्डी शामिल की गई।
- ❑ महिलाओं के लिये कबड्डी खेल एशियाई खेलों में 2010 Guangzhou (China) में शामिल किया गया।
- ❑ प्रथम द्रोणाचार्य पुरस्कार - 2002 - ई. प्रसाद राव
- ❑ प्रथम अर्जुन पुरस्कार - 1972 - सदानन्द शेटी



# Name of Kabaddi

- हू-तू-तू(Hu-Tu-Tu)- महाराष्ट्र, मध्यप्रदेश, गुजरात
- चुडडू-चुडडू(Chu-do-do)- तमिलनाडू और मैसूर
- हे-डु-डु(He-du-du)- केरल, बांग्ला
- उत्तर भारत में कबड्डी(Kabaddi)
- चेडुगुडु (Chedugudu) -Andhra Pradesh and Telangana, Tamilnadu and Karnataka
- पाकिस्तान- कबड्डी(Kabaddi)
- नेपाल- डो-डो (Do-Do)
- श्रीलंका - गु-डु (Gu-Du)
- बांग्लादेश - हू-टू-डू (Hu-Du-Du)
- इंडोनेशिया - (CHUB) चब,
- Bhavatik in Maldives,





## ❑ Sanjeevani kabaddi-

**संजीवनी** स्टाइल कबड्डी में विरोधी टीम के एक प्लेयर के आउट होने पर दूसरी टीम का एक प्लेयर वापस आ जाता है। ये खेल 40 मिनट का होता है जिसमें दोनों हाफ के बीच 5 मिनट का ब्रेक होता है। हरेक टीम में 7 खिलाड़ी होते हैं।

## ❑ Gaminee Kabaddi-

**गामिनी** स्टाइल कबड्डी में भी एक टीम में 7 खिलाड़ी होते हैं और अगर खिलाड़ी आउट होता है तो वो तब तक वापस नहीं आ सकता जब तक उसकी पूरी टीम आउट न हो जाए। इस खेल में कोई समय सीमा नहीं होती और खेल तब तक चलता है जब तक कि ऐसे 5 या 7 पॉइंट कोई टीम अर्जित न कर ले।

## ❑ Amar Kabaddi-

**अमर** स्टाइल कबड्डी में भी गामिनी की तरह ही समय सीमा नहीं होती लेकिन इसमें आउट होने वाला खिलाड़ी खेल में रहता है और एक टैग होने पर एक पॉइंट मिलते हैं।

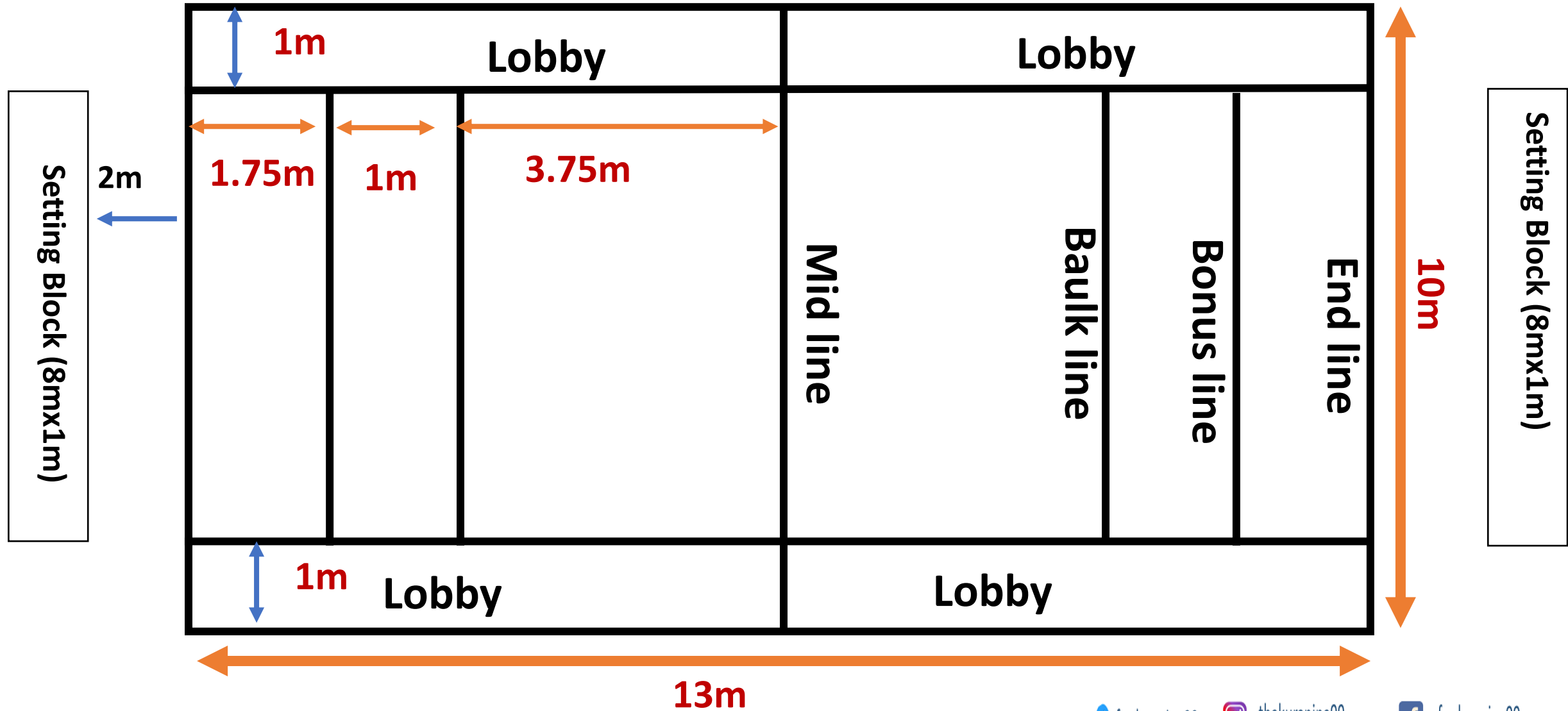


## □ Circle Kabaddi(पंजाबी कबड्डी)

इसे एक वृत्तिय परिसीमा के अन्दर खेला जाता है. इस वृत्त का व्यास 72 फिट(22meter) का होता है. इस कबड्डी की भी तीन शाखाएं हैं, जिनके नाम लम्बी कबड्डी, सौंची कबड्डी और गूंगी कबड्डी है।

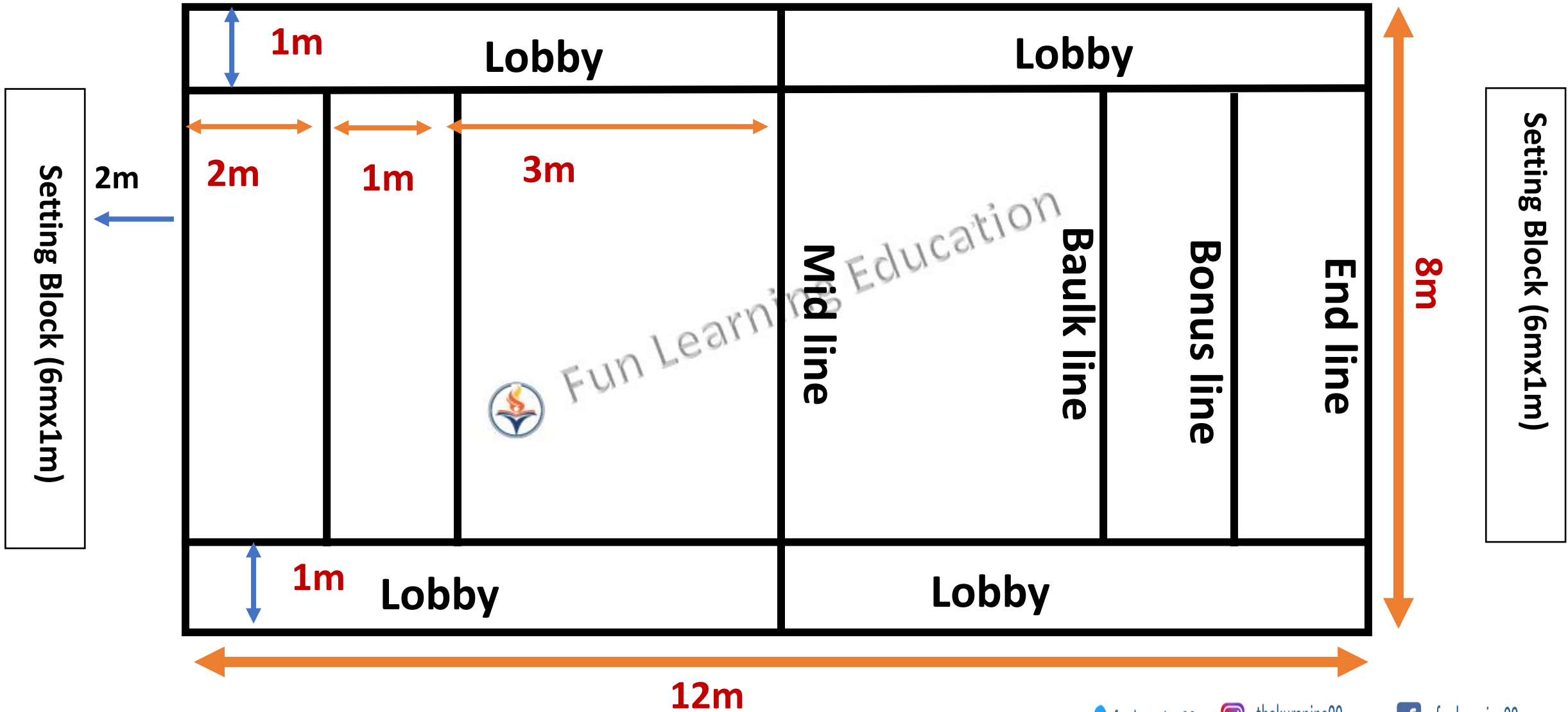


# Measurement of Kabaddi Court for Men & Junior Boys





# Measurement of Kabaddi Court for Women & Junior Girls

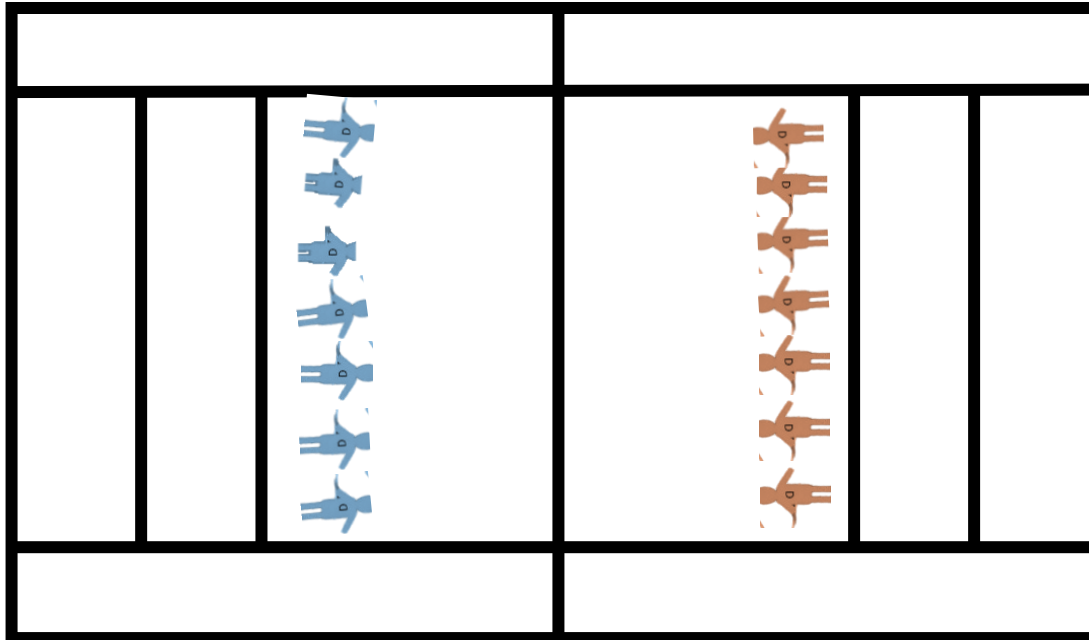






# Rules of Kabaddi

**Players-**  $7+5=12$



## Duration of the match

**Men**

20-5-20

**Women**

15-5-15

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

- ☐ Nails of the players must be closely clipped and no ornaments of any sort shall be allowed.
- ☐ Application of oils or any other soft substances to the body shall not be allowed.
- ☐ Shoes are compulsory in case the match is played on the mat surface.



# Substitution

- ☐ 5 Reserved players can be substituted.
- ☐ If any player is suspended, no substitutions are allowed for that particular player. Team plays with less number of players.
- ☐ Substitution is not allowed for out players.
- ☐ It is done during time outs or interval.



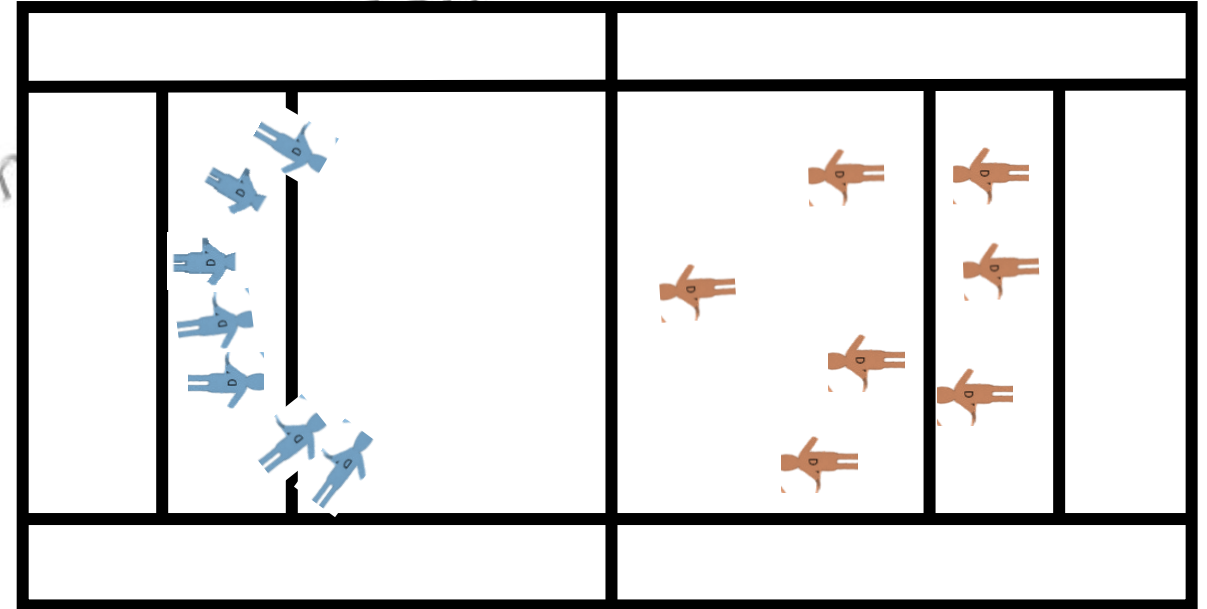
# Time Out

- ☐ **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.
- ☐ During the time out the teams shall not leave the ground, any violation in this a technical point shall be awarded to the opponent team.
- ☐ Official Time out- can be called for by the Referee Umpire in the event of any injury to a 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.

# मैच की शुरुआत (Start of Match)

## ❖Toss-

- ❑ The winner having the choice as to whether to have the first raid or not.
- ❑ In the second half of the match, the team that did not raid first shall begin the second half with a raid.
- ❑ 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.
- ❑ 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.

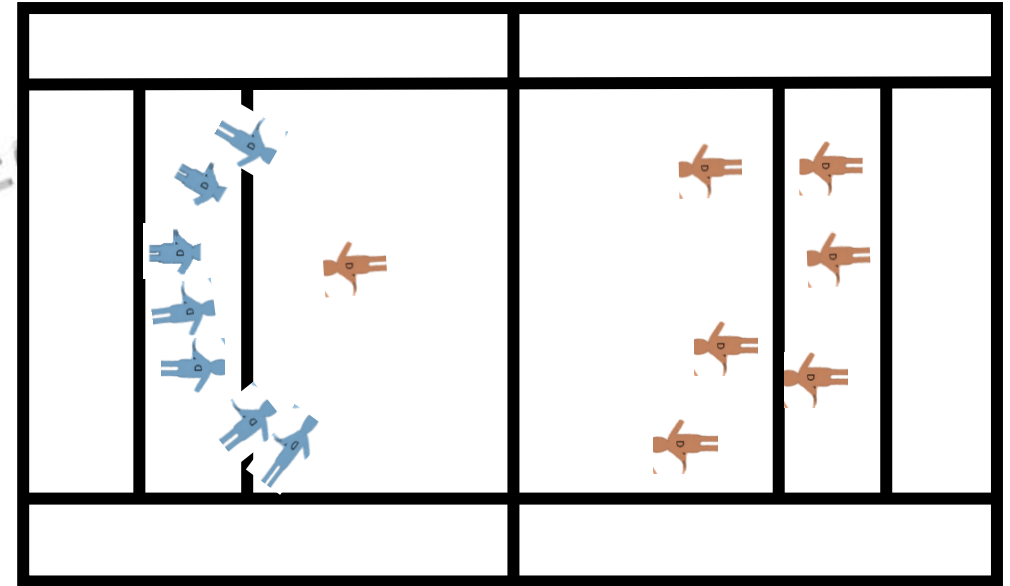


Each raid has a 30-second time limit.



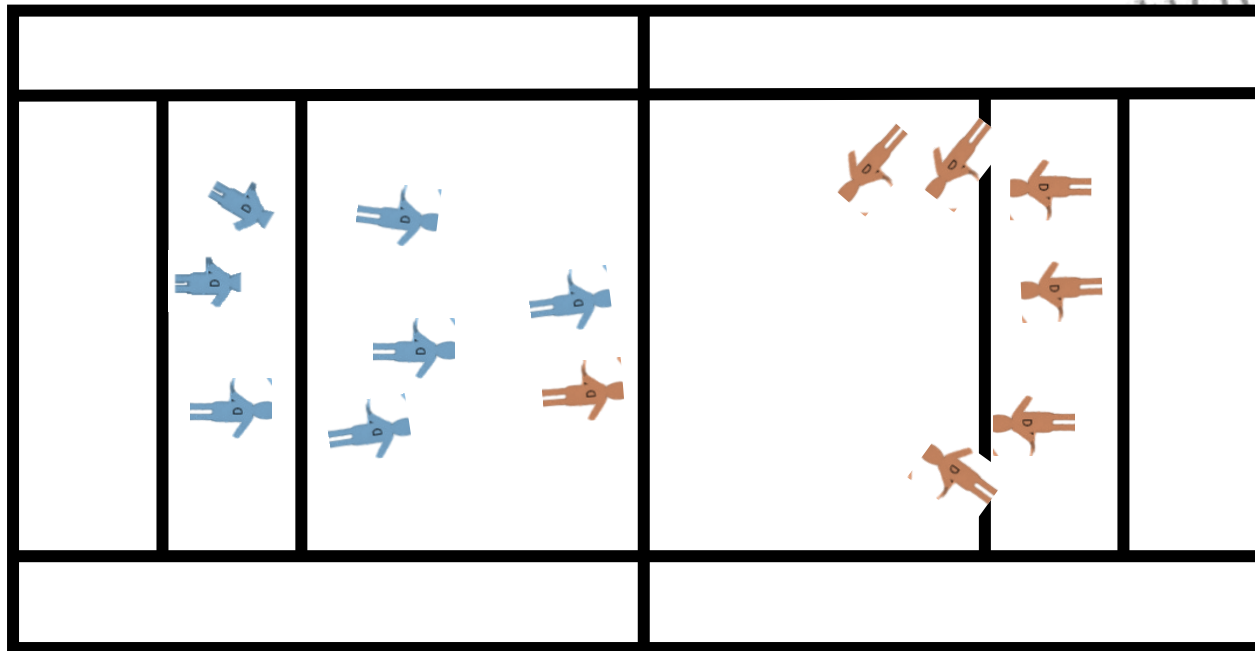
# Rules of Kabaddi

- ❑ 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.
- ❑ 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 & a chance to raid.
- ❑ 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.
- ❑ **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.





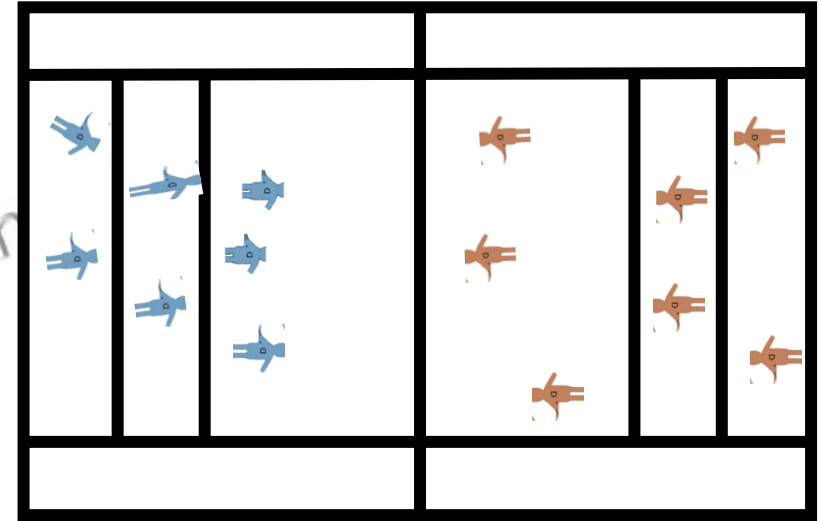
- ❑ After a raider has reached his court or is put out in the opponent's court, the **opponents shall send their raider within 5 Seconds.**
- ❑ In case the raider fails to start his raid within 5 seconds the team loses its chance to raid and the opponent team gets a technical point.



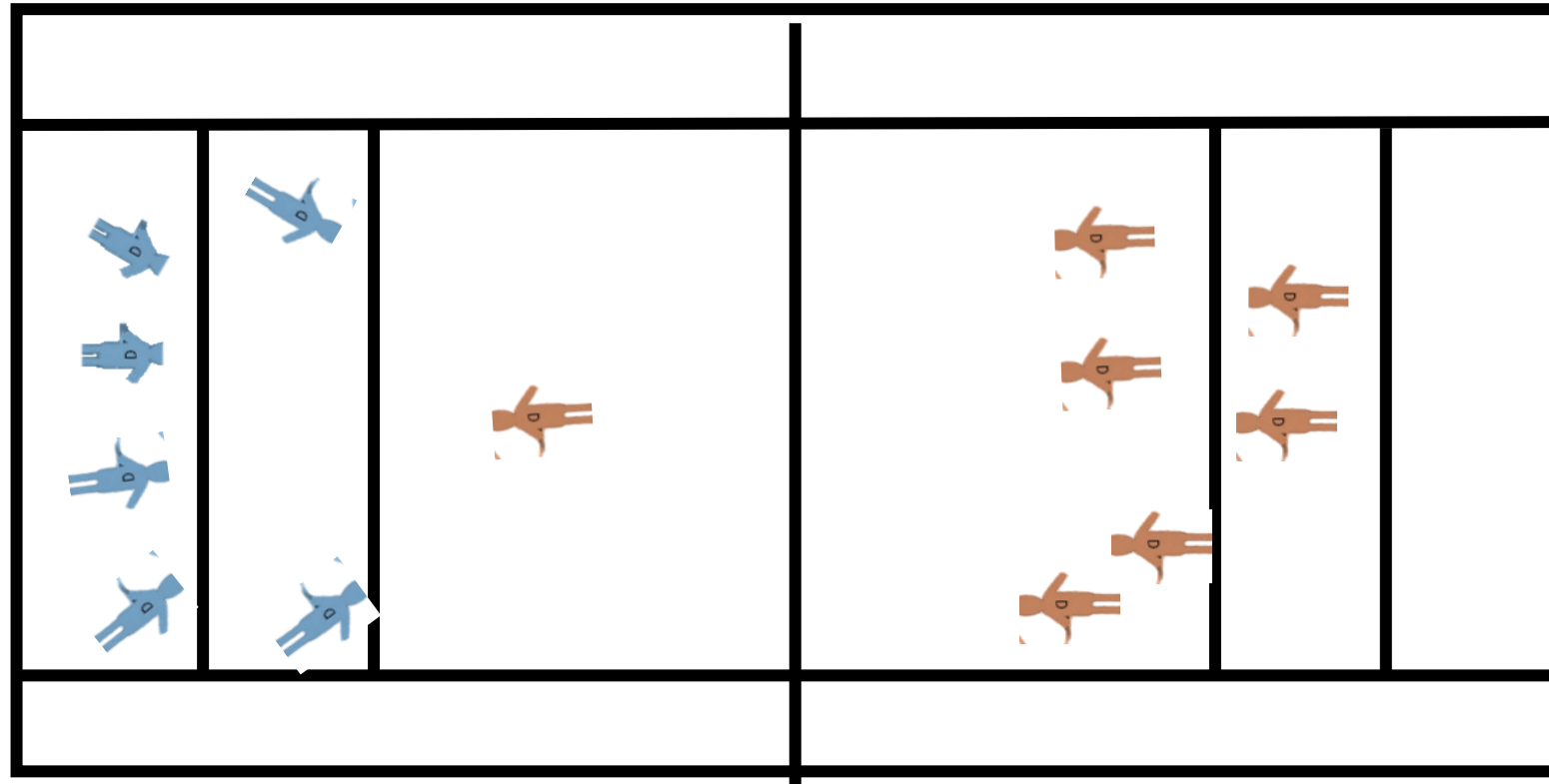
# Lona



- ❑ 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 Ten Seconds**. Otherwise 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.



# Bonus Point







# Bonus Point

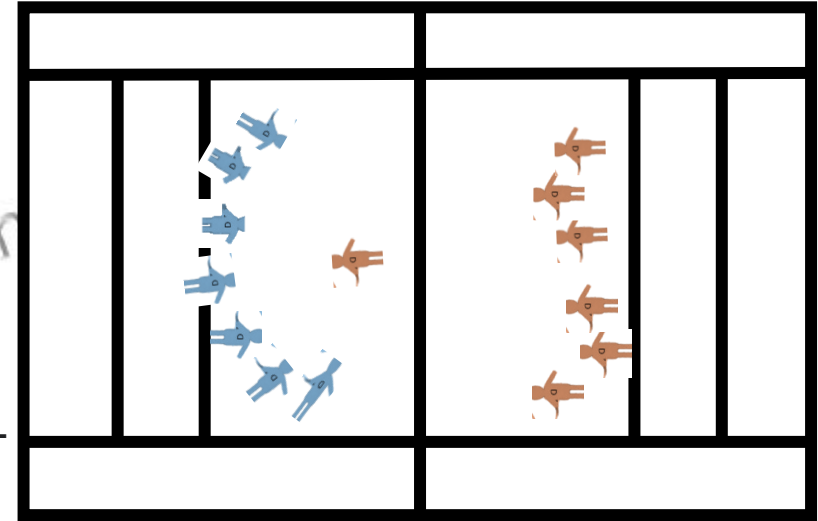
- ☐ The Bonus line will be applicable when there are minimum 6 players in the court
- ☐ One point shall be awarded to the raider when he crosses the bonus line. If, the raider after crossing the bonus line is caught, the opponent team will also be awarded one point.
- ☐ If the raider while crossing the bonus line is caught then a point will be awarded to the defending team & No Bonus point shall be given.
- ☐ 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.
- ☐ 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.
- ☐ There shall be no revival for bonus point.

# Result

- The team, which scores the highest number of points at the end of the match, shall be declared the winner.

## Tie-

- अगर मैच टाई हो जाए तो दोनों टीमों को 5-5 रेड डालने का मौका मिलता है।
- जिसमें बक लाइन को बोनस लाइन मान लिया जाता है।
- इसमें पहली रेड वह टीम डालती है जिसने मैच की पहली रेड डाली थी।
- अगर इसके बाद भी मैच टाई हो जाता है तो पहले टॉस होता है उसके बाद गोल्डन रेड डाली जाती है। गोल्डन रेड में अगर रेडर एन्टी टीम से अंक लेकर आता है तो रेडर टीम जीत जाती है, यदि एन्टी टीम ने रेडर को पकड़ लिया तो एन्टी टीम जीत जाती है।



(Both teams should play the game on the baulk line.

The baulk line shall be treated, as Baulk Line Cum Bonus Line and all the Bonus point rules shall be followed.

If the raider succeeds in crossing the baulk line cum bonus line he will get one point.

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

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)



# Officials

✓ 1 Referee

✓ 2 Umpire

✓ 1 Scorer

✓ 2 Assistant Scorer

## Card

☐ **Green Card-** Warning (यह कार्ड चेतावनी के रूप में दिखाया जाता है।)

☐ **Yellow Card-**  Temporary Suspension for 2 Minutes (खिलाड़ी को मैच से 2 मिनट के लिए बाहर कर दिया जाता है और इसके स्थान पर कोई दूसरा खिलाड़ी मैदान में नहीं आयेगा।)

☐ **Red Card-** Suspension from the match or debarred from the Tournament. इस कार्ड को दिखाये जाने पर खिलाड़ी को मैच से या टूर्नामेंट से बाहर कर दिया जाता है।