



## ASIAN AMATEUR KABADDI FEDERATION (AAKF) RULES & REGULATIONS



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

### 01) Ground

Ground shall be level and soft/Mat surface

### 02) Play Field Measurements

- |                                     |  |
|-------------------------------------|--|
| a) <b>Men and Junior Boys</b>       | 13 X 10 Meters (as shown in the diagram).                                |
| MEN                                 | Below 80 Kg Weight   |
| JUNIOR                              | Boys: Age 20 years & below (last day of the year) and below 65 Kg weight |
| b) <b>Women and Junior Girls</b>    | 12 X 8 Meters (as shown in the diagram).                                 |
| WOMEN                               | Below 70 Kg Weight   |
| JUNIOR GIRLS                        | Age 20 years & below (last day of the year) and below 60 Kg Weight.      |
| c) <b>Sub-Junior Boys and Girls</b> | 11 X 8 Meters (as shown in the diagram).                                 |
| SUB-JUNIOR BOYS                     | Age 16 years & below (last day of the year) and below 50 Kg weight.      |
| SUB-JUNIOR GIRLS                    | Age 16 years & below (last day of the year) and below 50 Kg weight.      |

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

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

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

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

Note: It is necessary to have 4-meter clear space outside the boundaries.

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

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

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

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

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

Note: Raider is said to have crossed the Bonus line when he comes into contact with the ground between the End line and Bonus line. At the same time any part of his body should not have contact with the ground between the mid line and Bonus line.

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

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

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

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

**15) To put out an anti** If a raider touches an anti with out the breach of rules of play or if any part of the body of an anti touches any part of the body of the raider and then the raider touches his court with the cant, the anti is said to be put out.

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

**17) To reach court safely** If the raider touches his court with any part of the body through the midline with out breach of rules with cant, he is said to have reached his court safely and turn of raid is over.

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

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

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

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

NOTE:

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

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

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

### **RULES OF PLAY**

**01)** The team that wins the toss shall have the choice of the court or the raid and the team that loses the toss shall have the remaining choice. In the second half, the court shall be changed and the team, which did not, opt for raid shall send their raider first. The game in the second half shall continue with the same number of players, as it was at the end of the first half.

**02)** 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.

**03)**

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

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

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

**05)** 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.

**06)** 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.

**07)** 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.

**08)** 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.

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

**10)** If a raider, who is caught by the anti or antis, escapes from their attempt to hold and reaches his court safely he shall not be pursued. Note: But if a raider touches the anti or antis and reaches back to his court safely he may be pursued.

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

**12)** When a raider is held, the anti shall not try deliberately to stifle his cant by shutting his mouth, using violent tackling leading to injuries, any type of scissoring or use of any unfair means. If such incident happens, the Umpire or Referee shall declare the raider NOT OUT. (For punishment see no. 3 & 4 of the rules under heading "Officials").

**13)** No anti shall willfully push the raider out of the boundary by any part of his (Anti's) body, nor shall any raider willfully push or pull an anti or antis out of the boundary. If the raider is pushed outside the boundary or the anti is pushed or pulled outside the boundary, the Umpire or Referee shall declare the raider or the anti, as the case may be, as NOT OUT, and the anti or the raider who pushes or pulls the opponents outside the boundary shall be declared out.

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

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

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

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

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

Note

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

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

**20)** A Player or players who are out shall be revived in the same order as they were out when one or more opponents are out.

## **RULES OF MATCHES**

### **01) Team**

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

### **02) Duration of the match**

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

NOTE: The last raid of each half of the match shall be allowed to be completed even after completion of the scheduled time as mentioned above.

### **03) System of scoring**

Each team shall score one point for every opponent out or put out. The side, which scores a LONA, shall score two extra points. The out and revival rule will be applicable.

### **04) Time Out**

**a)** Each Team shall be allowed to take Two "Time Outs" of 30 Seconds each in each half; such time out shall be called for by the Captain, Coach or any playing member of the team with the permission of referee. The time out time shall be added to match time.

**b)** During the time out the teams shall not leave the ground, any violation in this; a technical point shall be awarded to the opponent team.

- c) 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.

#### **05) Substitution**

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

#### **06) Bonus Point**

- a) 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.
- b) The Bonus line will be applicable when there are minimum 6 players in the court; the Referee/Umpire shall award the bonus point after completion of such raid by showing thumb upwards towards the side which scores.
- c) If the raider while crossing the bonus line is caught then a point will be awarded to the defending team & No Bonus point shall be given.
- d) The raider after crossing the bonus line if he puts out one or more antis, he will get the number of points scored in addition to the bonus point for crossing the bonus line.
- e) The raider has to cross the bonus line to score the bonus point before touching the anti / antis or before he is caught by the anti/antis. The raider will not be awarded bonus point if he crosses the bonus line after a touch/struggle.
- f) There shall be no revival for bonus point.
- g) If player/players are suspended temporarily or disqualified from the match, then the team will play with less number of players. Such players shall be counted to award Bonus point.

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

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

1. Both the teams should field 7 Players in the Court.
2. Both teams should play the game on the baulk line.
3. The baulk line shall be treated, as Baulk Line Cum Bonus Line and all the Bonus point rules shall be followed.
4. If the raider succeeds in crossing the baulk line cum bonus line he will get one point.

5. After crossing the Baulk line cum Bonus line, if the raider puts out one or more antis, he will get the number of points scored in addition to the one point scored by crossing the baulk line cum bonus line.
  6. The out or revival rule shall not be applicable, only points scored will be counted.
  7. Both the teams should give the names of the five different Raiders with their Chest Numbers as per their order of raid to the referee. Substitution of players shall not be allowed from the fielded seven Players.
  8. Each team shall be given 5 Raids by different raiders to raid alternately.
  9. In case any raider in the given list of 5 raiders is injured before his chance of raid, in such cases, one of the remaining 2 players out of the seven in the field can do the raid.
  10. The side, which raids first at the beginning of the match, shall be allowed to raid first
  11. Even after 5 Raids, if there is a tie, the game will be decided as per the Golden Raid Rule.
- N.B: If player/players are suspended temporarily or disqualified during the Tiebreaker, the team will play with less number of players. Such players shall be counted to award Bonus point.

#### **Golden Raid**

Even after 5-5 raids, if there is a tie, a fresh toss will be taken and the team that wins the toss shall have the chance to raid i.e. "GOLDEN RAID"

If there is tie even after the Golden Raid then a chance will be given to the opponent team for the Golden Raid.

In the Golden Raid the team which scores the leading point shall be declared as Winner.

#### **09) League System**

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

##### **Tie in league points:**

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

- a) The team which scores less than 25% of the league points will not be considered for the "For and Against Points" formula.
- b) To decide the tie, the "For and Against points" of the concerned teams against the teams which scored 25% or more of the league points will be considered and the difference calculated.
- c) The team which is scoring highest score difference of "For and Against" will be declared pool winner.
- d) Even after considering "For and against" points, if there is a tie, the total points "SCORED FOR" only will be counted.
- e) Even after this if there is a tie, the result of the match played between the teams is to be considered.
- f) Even after this if there is a tie, the highest number of points scored without applying 25% rule shall be considered.

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

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

- 10)** If owing to failure of light, heavy rains or any other unforeseen circumstances, a match could not be completed in the same session; such a match shall be replayed in the next session. In case of replay, the players need not be the same for fielding a team.
- 11)** In case of temporary suspension of the match, change of court/ground / play field such match shall be continued with the same score and remaining time in the same session. During the temporary suspension the players shall not leave their respective courts without the permission of the referee. If a team violates this rule a technical point will be awarded to the opponent team.
- 12)** Nails of the players must be closely clipped and no ornaments of any sort shall be allowed.
- 13)** All players must have distinct numbers on their T-shirt of at least 4 Inches thickness in front and 6 inches thickness at the back. The team should follow the dress code compulsorily.
- 14)** Application of oils or any other soft substances to the body shall not be allowed.
- 15)** Shoes are compulsory in case the match is played on the mat surface.

### **TECHNICAL OFFICIALS**

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

Electronic Stop Watch

Official uniform comprising

Black Trousers,

Sky Blue Half Sleeves T- Shirt with collar,

White Warm Up shoes with white socks

Whistle

Warning cards

Pen

Latest AAKF Kabaddi Rules Book

- 01)** The officials shall be One Referee, Two Umpires, One Scorer and Two Assistant Scorers.

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

**03) Gross violations & Foul**

The referee and the umpires shall have the power to warn, declare point against, temporarily suspend or to disqualify any player or team from the match who is committing any of the following violations or Foul.

- a) Persistently addressing the officials in regard to the decision.
- b) Make derogatory remarks about the officials & action leading to influencing their decision.
- c) Point out finger by the raider or anti for demanding decision of the umpire.
- d) Stifle a raider by shutting his mouth or throat by any way.
- e) Violent tackling leading to injuries to the body.
- f) Takes more than 5 Seconds to start the raid.
- g) Hold the raider with the help of scissors operated by legs.
- h) Coaching from out side by the coaches and the players.
- i) Preventing the raider to take his turn of raid

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

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

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

**Note:**

The two minutes suspension of players shall commence from the time the player is on court only

If the out player is suspended for two minutes than the suspension will begin after revival

Teams will not be allowed to revive the next out player in place of the suspended player revival

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

**05) Duties of the Referee:**

The Referee shall:

- 1) Take the toss
- 2) Announce the score of each side before the last 5 minutes is declared
- 3) Supervise in general, the conduct of the whole match.
- 4) Record the time, start and end the game
- 5) Announce the substitution & replacement of players.
- 6) Announce the time of each minute of the last 5 minutes of the Second half.

**06) Duties of the Umpire:**

The umpires shall conduct the match and give decisions according to the rules of play and matches till the game is ended.

**07) Duties of the Scorer:**

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

**08) Duties of the Assistant Scorers**

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

## **ALL ASIA REFEREE EXAMINATION**

There will be a separate Examination Board to conduct All ASIA Referees Examination. AAKF Shall Constitute an Examination Board.

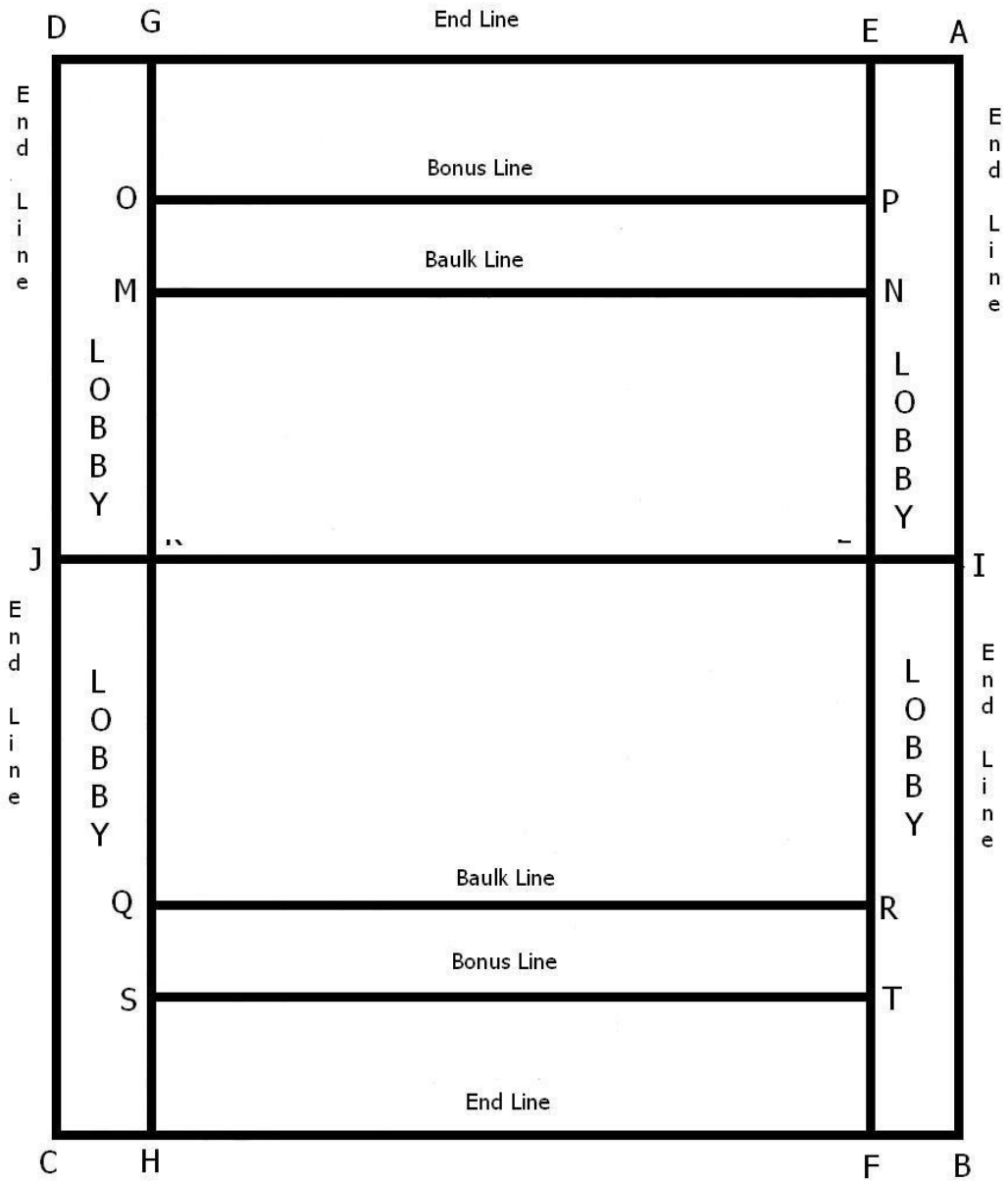
The All ASIA Referee Examination will be conducted in the countries who request for the same on dates Convenient to AAKF and Examination Organising Country. Efforts will be made to include the examinees of neighbouring countries in the same.

## FIELD MEASUREMENTS CHART

S. No	FIELD MEASUREMENTS	MEN & JUNIOR BOYS	WOMEN & JUNIOR GIRLS	SUB-JUNIOR BOYS & GIRLS
		<b>ALL MEASUREMENTS IN METERS</b>		
1	Side lines (AB, CD, EF & GH)	13	12	11
2	End Line (AD, BC)	10	8	8
3	Lobby (AE, BF, DG, CH)	1	1	1
4	Baulk Line (from Mid line) (LN, KM, LR, KQ)	3.75	3	3
5	Baulk Line (RQ, MN)	8	6	6
6	Mid-line (IJ)	10	8	8
7	Bonus Line (TS, PO) from Baulk Line (RT, QS, MO, NP)	1	1	1
8	Bonus Line (MN, ST)	8	6	6
9	Sitting Block (2 meters away from End lines)	8x1	6x1	6x1
10	Court (Each half of the playfield divided by the mid line)	6.5x8	6x6	5.5x6
11	Space surrounding the play field from side lines from side lines from side lines playfield divided & end lines & end lines & end lines by the mid line)	4 meter	4 meter	4 meter
12	DURATION OF THE MATCH	20-5-20 Minutes	15-5-15 Minutes	15-5-15 Minutes



Sitting Block



Sitting Block