



## ASIAN AMATEUR KABADDI FEDERATION RULES OF INDOOR KABADDI



The game of Indoor Kabaddi will be governed and played under the following rules of Asian Amateur Kabaddi Federation(AAKF).

**01) Ground: Ground will be mat surface approved by the AAKF.**

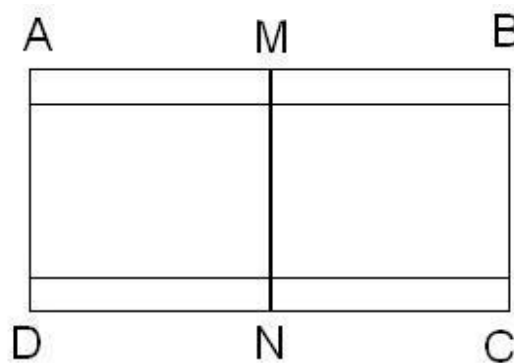
**02) Play Field Measurements**

**Men & Junior Boys**

**11 X 9 Meters** divided into two equal halves by a mid line (as shown in the diagram).

**Women & Junior Girls**

**10 X 8 Meters**



**03) Boundary**

The lines on the four sides of the Play field are known as the boundaries (AB, BC, CD, and DA). All lines will be 3 to 5 Cm in width and form the part of the play field.

Width of all the lines will be minimum 3 Cm to maximum 5 Cm

It is necessary to have 3 Meters clear space outside the boundaries

There will be **no Baulk line and Bonus** line in Indoor Kabaddi

**04) Play field**

The play field means that portion of the ground which measures 11 metres by 7 metres (ABCD) for Men & Junior Boys and 10 metres by 6 metres for Women, Junior Girls before struggle.

**05) Lobbies**

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

**06) Mid Line**

The line that divides the play field into two halves is known as the mid-line (MN)

**07) Court**

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

- 08) Cant** The repeated, without break at a stretch and clear aloud sounding of the approved word 'KABADDI' within the course of one respiration will be called 'Cant'. The duration of the duration of the cant is maximum 30 seconds.
- 09) Raid** When the raider enters the court of opponent with cant, it is known as Raid.
- 10) 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.
- 11) Anti or Anti Raider** Every player in whose court the raid is being made will be called Anti or Anti raider.
- 12) 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 for maximum period of 30 seconds only. If a raider takes more than 30 seconds to reach his home court a technical point will be awarded to the opponent's team.
- 13) To put out an anti** If a raider touches an anti without the breach of rules of play or if any part of the body of an anti touches any part of the body of the raider and then the raider touches his court with cant and within 30 seconds, the anti is said to be put out.
- 14) To Hold a Raider** If an anti holds the raider without breach of rules of play and keeps the raider in his court for more than 30 seconds and does 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.
- 15) To reach court safely** If the raider touches his court with any part of his body through the Pala with cant, without breach of rules, within 30 seconds, he is said to have reached his court safely and turn of raid is over.
- 16) 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.
- 17) 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.
- 18) Pursuit** When an anti rushes into the opponent 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 will have the choice of the court or the raid. In the second half, the court will be changed and the team, which had not opted for raid, will send their raider first.
- 02) A player will be out if any part of his body touches the ground outside the boundary but during the struggle a player will 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) If an anti who has gone out of bounds holds a raider, the raider will be declared safe and a point will be declared against the anti.
- 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 will continue to chant '**KABADDI**' as the approved cant. If he is not keeping the approved cant or he loses the cant in the opponent court or takes more than 30 seconds duration, he will be ordered back and the opponent will be given one point and chance to raid. Under such circumstances, he will not be pursued.
- 06) A raider must start his cant before he touches the opponent's court. If he starts the cant late, he will 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 will order him to go back and one Technical point will be given to opponent team.
- 08) Not more than one raider will 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 will 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 will send their raider within 5 Seconds. Thus alternately each side will 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 will 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) When a raider is held, the anti will not try deliberately to stifle his cant by shutting his mouth, using violent tackling leading to injuries or use of any unfair means. If such incident happens, the Umpire or Referee will declare the raider safe. (For punishment see No. 3 & 4 of the rules under heading 'Technical Officials').
- 12) No anti will willfully push the raider out of the boundary by any part of his (Anti's) body, nor will 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 will 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 will be declared out.
- 13) During the course of raid none of the antis will 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.
- 14) If an anti or antis who are out, having violated Rule **No.13**, holds a raider or have violated the said rule while holding or helping to hold the raider, the raider will be declared NOT OUT and the anti or antis who touches the raider's court will be declared OUT.
- 15) If a raider is warned or in any way instructed by one of his own side, the Umpire or Referee will award one technical point to the opponent
- 16) 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 will be declared OUT. If the raider is held deliberately other than his limb or trunk, the Umpire or Referee will declare such raider NOT OUT.

**Note** If a raider is caught by his clothes or hair the raider will be declared NOT OUT and the anti or antis who have violated the Rule **No.16** will be declared OUT.

## **RULES OF MATCHES**

### **01) Team**

Each team will consist of 7 Players. 5 Players will take the ground at a time and the remaining 2 players will be substitutes.

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

The duration of the time of the match will be two halves of 15 minutes in case of Men, Women, Junior Boys and Junior Girls with a 5 Minutes interval.

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

**03) System of Play**

The out and revival rule will not be applicable. Only points scored will be counted.

**04) Productive Raid**

Every Raid will be productive either by scoring point/points/ technical point/self out/raider being caught. Even in case an anti or antis becomes self-out, the Raid will be considered to be over and the raider's side will be awarded a point. If the raider returns safely without scoring or productive raid to his court, the opponent team will be awarded a point. If a raid is more than **30 seconds**, the opponent team will be awarded a point.

**04) Time Out**

- a) Each Team will be allowed to take Two 'Time Outs' of 30 Seconds each in each half; such time out will be called for by the Captain or Coach of the team with the permission of referee. The time out time will be added to match time.
- b) During the time out the teams will not leave the ground, any violation in this; a technical point will 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.

**06) Substitution**

- a) 2 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.

**07) Result**

The team, which scores the highest number of points at the end of the match, will 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.

- i) Both the teams should field 5 Players in the Court
- ii) Both the teams should give the names of the 3 Different Raiders with their Chest Numbers as per their order of raid to the referee. Substitution of players will not be allowed from the fielded 5 Players.
- iii) Each team will be given 3 Raids by different raiders to raid alternately.
- iv) In case any raider in the given list of 3 raiders is injured before his chance of raid, in such case one of the remaining 2 players in the fielded 5 can do the raid.

- v) The side which raids first at the beginning of the match will be allowed to raid first
- vi) Even after 3 Raids if there is a tie, the game will be decided as per the 'Golden raid' Rule

**Note:** If player/players are suspended temporarily or disqualified during the Tiebreaker, the team will play with less number of players.

**Golden Raid Rule** Even after 3-3 raids, if there is a tie, a fresh toss will be taken and the team that wins the toss will 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 will be declared as Winner.

### **09) League System**

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

**Tie in league points** If there is a tie in the league points scored in the league system, the winner and 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 will 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 will not be considered to decide the tie. The same rule will be applicable to teams, which concede the match also.

**10)** If owing to failure of light or any other unforeseen circumstances, a match could not be completed in the same session; such a match will be replayed in the next session.

**11)** In case of temporary suspension of the match, such match will be continued with the same score and remaining time in the same session.

During the temporary suspension the players will 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 will 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 will not be allowed.

**15)** Shoes are compulsory to all the players 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 of AAKF once in two years. It is mandatory for all the Technical officials of AAKF to possess and carry the following items whenever assigned 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 will be One Referee, Two Umpires, One Scorer and One Table official only.

**02)** The decision of the umpires on the field will 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 will have the power to warn, declare point against 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 10 Seconds to start the raid.
- g) Coaching from out side by the coaches and the players,
- h) 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 will 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 will be directly Red Card.

**Note:** The two minutes suspension of players will 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 will**

- a) Take the toss
- b) Start the match
- c) Record the time of each Raid
- d) Announce the substitution & replacement of players.
- e) Supervise in general, the conduct of the whole match.
- f) Declare half time, time out and restart of the match after each time out and the end of the match with the assistance of the Table Official.
- g) Announce the score of each side before the last 5 minutes declared
- h) Announce the time of each minute of the last 5 minutes of the Second half.

**06) Duties of the Umpire:**

The umpires will 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) The team scoring the first leading point will be shown in the running score by square

- e) Technical point awarded by the referee or umpire should be encircled (0) in the running score
- f) Time out by the teams be indicated by 'T' against the team concerned
- g) Keep a note of the timing in the score sheet at the beginning & at the end of each half, time out taken by the teams & officials and record the substitutions made.
- h) Complete the score sheet in all respects and get it duly signed by the umpires and referee.

**08) Duties of the Table Official**

- a) Will assist the Referee to Record the time of the start and end the match
- b) Will assist the Referee to declare half time, time out, restart of the match after each time out
- c) Will assist the Referee to announce the time of each minute of the last 5 minutes
- d) Will assist the referee in the substitution & replacement of players