INTERNATIONAL KABADDI FEDERATION (IKF)
RULES & REGULATIONS OF KABADDI
Version 2.1.0

The game of Kabaddi will be governed and played under the following rules of IKF.

PLAY FIELD

1. **The Game of Kabaddi will be played on a Synthetic Ground (Hereinafter called as KABADDI MAT) or on soft soil surface.**

   (a) The specifications of the KABADDI MAT are as follows:

   Japanese Synthetic Rubber + Ethylene Vinyal Acetate
   25 to 30 Shore A
   Thickness 25 mm to 40 mm

   (b) Proper carpeting should be done beneath the MAT before laying the MAT.

2. **The desirable ground Size should be 20x20 Meter but not less than 17x18 meter (where 17 is vertical)**

3. **Field of Play Measurements**

Men and Junior Boys	13 X 10 Meters	(as shown in the diagram)
Women and Junior Girls	12 X 8 Meters	(as shown in the diagram)
Sub-Junior Boys and Girls	11 X 8 Meters	(as shown in the diagram)

4. **Terminologies of Field of Play (FOP)**

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

   (b) **Lobbies** The area on both the vertical sides of the playfield measuring one meter in width x length of the FOP [as per 1(iv)] are known as the Lobbies. Lobbies will become part of Play field once struggle starts

   (c) **Sitting Block** The sitting block for out players and extra players will be at a Minimum distance of 2 meter from the end lines. The sitting block of out players and extra players should be separated from each other. Position of the sitting Block will be predefined by the Competition / Tournament Director and / or Technical Delegate.

   (d) **Mid Line** Horizontal line that divides the play field into two halves is known as the mid-line as shown in diagram as IJ.

   (e) **Half** Each half of the play field divided by the mid line will be is known as half.

   (f) **Baulk Line** The first parallel line from midline towards end line in each half is called as Baulk line and will measure 3.75 m from Mid line for MEN & Junior Boys and 3 m in case of Women, Junior Girls, Sub-Junior Boys and Girls.

(g) **Crossing of Baulk Line** 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 half, 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.

(h) **Bonus Line** The line parallel to Baulk line towards end line in each half is known as Bonus line. The distance between Bonus line and Baulk line will be 1 meter.

(i) **Crossing of Bonus Line** 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.

AGE & WEIGHT CRITERIA

5. Age Criteria

Senior Men & Women	OPEN
Junior Boys & Girls	20 Years or below on the Last date of the event
Sub Junior Boys & Girls	16 Years or below on the Last date of the event

Note: The affiliated unit should furnish any one of the following Documents in order to provide proof of Date of Birth and identity of a player:

a) Copy of the Passport
b) DOB certificate from city council/municipality/any local self government body
c) DOB as in Nationality Certificate
d) Driving license
e) Voter Identity card
f) Any other document from which shows photo, name and DOB of a person

The affiliated units as per the law of their land can modify these criteria's.

If any member unit is found guilty, the concerned unit's team will be debarred for a period of 3 years from the same year. Position obtained, if any will also be forfeited and the unit will have to return the Medals and Certificates to the Federation.

6. Weight Criteria

MEN	Should not be greater than 85 Kg
WOMEN	Should not be greater than 75 Kg
JUNIOR Boys	Should not be greater than 70 Kg
JUNIOR Girls	Should not be greater than 65 Kg
Sub-JUNIUR Boys & Girls	Should not be greater than 55 Kg

TERMINOLOGIES OF GAME

7. **Cant** The repeated and clear chanting of approved word "KABADDI" while raiding will be called as 'Cant'.

8. **RAID** When the Raider enter the opponents courts or half with cant to attack, it is known as Raid.

9. **Raider** The player who enters into opponent's half with cant is known as **'RAIDER'.** The raider must begin his cant before he touches the opponent's half.

10. **Defender** Every player in whose half the raid is being made will be called as Defender.

11. **To put out a Defender** If a raider touches a defender without the breach of rules of play or if any part of the body of a defender touches any part of the body of the raider and then the raider touches his own half with cant, the defender is said to be out.

12. **CATCH** If the defender or defenders hold the raider without breach of rules of play and keep the raider in their half and do not allow him to reach his own half until he loses his cant or the Referee/Umpire blows the whistle or 30 seconds of the raid are over, is known as holding the raider or CATCH.

13. **To reach safely** If the raider touches his own half while returning from raid with any part of the body through the midline without breach of rules with cant and within 30 seconds, he is said to have reached his own half safely and the raid is over.

14. **TAG (Touch)** When the raider touches the defender or defenders by any part of his body or even the clothing, shoes or any other outfit, is called a touch (TAG).

15. **Struggle Raid** When the defender or defenders come into contact with the raider, it is called struggle. After touch or struggle the lobbies become part of the FOP.

16. **Empty Raid** When the raider crosses the Baulk line of the defending team at least once during the course of a raid and reaches his half with cant without scoring or losing a point, is known as Empty Raid.

17. **Productive** A raid in which a point is scored (by any team) will be called as productive raid.

18. **Pursuit** When a Defender rushes into the opponent's half with cant and without breach of rules chasing the returning raider with a view to touch (TAG), is called as pursuit. Pursuit is not allowed if defender(s) attempt to hold the raider.

19. **Super Catch** If a raider is caught / self out / declared out, when there are 3 or fewer defenders are defending is called as Super Catch.

20. **DO or DIE Raid** The third raid after 2 empty raids by a side is called the 'DO or DIE RAID'. The Raid count after the break will restart from 1.

21. All suspended players will be deemed present on ground (FOP)

22. **All Out** When a team manages to put the entire opponent team out and none of the opponents are entitled to be revived than that team scores ALL OUT .Two extra points for ALL OUT will be awarded in addition to the points scored in the raid.

RULES OF PLAY

23. The team that wins the toss will have the choice to elect either to raid or the side of the half. The team which looses the toss will have the remaining choice.

24. In the second half of the game, the sides of the play field will be changed.

25. The team, which did not, start the game with raid in the first half, will start the game with raid in the second half of the game.

26. The game in the second half will resume with the same number of players, as they were at the end of the first half.

27. A player will be out if any part of his body touches the ground outside the boundary. The Assistant Scorer will take out such players at once. The Umpire or Referee will declare such players out by calling out the numbers. No whistle will be blown as the raid may continue.

    If such player resists going out of the ground or challenges the decision of the assistant scorer or misbehaves or forcefully involves himself In the game will not only be shown an appropriate warning card as deemed fit by the referee, but a technical point in addition to all other points of the raid will be awarded to the team whose raider is raiding.

28. If a defender or defenders who has / have touched the ground outside the boundary (as per rule 5), hold a raider, the raider will be declared NOT OUT. The defender or defenders who have gone out of bounds only will be declared out.

29. During the struggle a player will not be out if any part of his body touches the ground outside the boundary but keeps contact with the playfield.

30. It is mandatory for a raider to cross the baulk line once during his raid failing which he will be declared out, but in case the Raider touches a defender or a defender touches the raider during the raid, the raider need not cross the Baulk line but must reach his half with the cant.

31. Lobbies can be used to reach own halves by the players after the raid / struggle is over.

32. A raider must start his cant before he touches the opponent's half. 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. Raider will have to restart the raid.

33. If a raider raids out of turn, the Umpire or Referee will order him to return to his half and a technical point will be given to opponent team.

34. Not more than one raider will enter the opponent's half at a time, if More than one raider enters the opponent's half at a time, the Umpire or Referee will order all such raiders to return to their half and a technical point will be awarded to the opponent team. Re-raid will take place by the same side.

35. After a raider has reached his half the opponents will start their raid within 5 Seconds. In case the raider fails to start his raid within 5 seconds, a technical point is awarded to the opponent team. Chance of raid remains intact.

36. If a raider, who is caught by the defender(s), escapes from their attempt and reaches his half safely he will not be pursued, but if a raider touches the defender(s) and reaches back to his half safely may be pursued.

37. If a raider, while in the opponent's half loses his cant, will be declared out.

38. When a raider is held, the defender(s) should not deliberately:

    Stifle his cant by shutting his mouth,
    Tackle violently which may lead to injury(ies),
    Do any type of scissoring
    Use any unfair means to keep the hold
    If done
    will attract a warning card as deemed fit by the referee & / or Umpire, and the raider will be NOT OUT.

39. If a raider does not score or lose any point or takes more than 30 seconds during the DO or DIE RAID, the raider of the third empty raid i.e DO or DIE RAID will be declared out and the opponent team will be awarded a point along with one of their player being revived.

40. During the course of raid none of the defender(s) will touch the raider's half. In case any defender(s) touches the raider's half before completion of the raid they will be declared out and the opponent team will be given that many points.

41. If a defender(s) who is/are out, having violated Rule No.18, holds a raider or helping to hold the raider, the raider will be declared NOT OUT and the defender(s) who touched the raider's half will be declared OUT.

42. When a team manages to put the entire opponent team out and none of the opponents are entitled to be revived, then that team scores ALL OUT. Two extra points for ALL OUT will be awarded in addition to the points scored in the raid. The play continues and all the players who were out will enter in their half within fifteen seconds, failing which the referee or umpire

will award one technical point every fifteen seconds of absence from the ground to the opponent team. If the team fails to enter within one minute, the team will be scratched from the match and the match will be awarded to the opponent.

43. If a raider is coached, guided or in any way instructed by one of his own side during the raid, the Umpire or Referee may award one technical point to the opponent.

44. A raider or defender is not to be held by any part of his body above shoulders deliberately. The one who violates the rule will be declared OUT. If the raider is held by any part of his body above shoulders deliberately, the Umpire or Referee will declare such raider NOT OUT.

45. When one or two players of a team are left during the game and the Captain of that team declares them out in order to bring in the full team, the opponent will score as many points as the players that existed from their half at the time of declaration as well as Two Extra Points for ALL OUT.

46. A Player or players who are out will be revived in the same order as they were put out.

RULES OF MATCHES

47. **Squad Team:** The squad can consist of 10 to 12 players in national level and below. For international level squad will consist of 10 to 14 players.

48. **Playing** Each team will consist of minimum 10 and maximum 12 Players. 7 players will take the ground at a time and the remaining players are substitutes. The name of first 10 to 12 players will have to be submitted to the OC at least 90 minutes before the scheduled time of the Match.

49. Duration of the match

The duration of the match will be:

For Men & Junior Boys

40 minutes divided in two halves of 20 minutes each with a break of 5 minutes in between two halves.

For Women, Junior Girls, Sub-Junior Boys & Girls

30 minutes divided in two halves of 15 minutes each with a break of 5 minutes in between two halves.

The teams will change their halves after the break. The number of players for each team at the start of second half will remain the same as they were at the end of first half.

(A) 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.

(B)

50. System of scoring

Each team will score one point for every opponent out. The side, which scores an ALL OUT, will score two extra points. The out and revival rule will be applicable.

51. Time Out

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

b) During the time out the players on ground will not leave their halves of the play field, any violation will attract a technical point awarded to the opponent team.

c) Official Time out can be taken 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.

d) The time out rule can be redefined by the organizing committee of a particular event after obtaining prior approval of IKF.

52. Substitution

a) Maximum Five substitutions from five reserve Players are allowed with the permission of the referee at any time. [Exception: If a team has exhausted their maximum number of substitutions and a player or players of the team is/are injured than it will be the discretion of the referee to allow substitute player(s) in place of the injured player(s)]. Such injured players will not be allowed to play in the same match. In one substitution any number of eligible players can be substituted.

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) Substitution is not allowed for out players and suspended players.

e) The player to be substituted should stand in the designated area with the permission of the Assistant Scorer in advance.

f) The referee / Umpire will permit the substitution after the completion of the raid at an appropriate time at his sole discretion.

53. Bonus Point

a) The Bonus line will be applicable when there are minimum 6 defending players in the half.

b) One point will 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. The Referee/Umpire will 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 will be given.

d) The raider after crossing the bonus line if he puts out one or more defenders, 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 defender(s) or before he is caught by the defender(s). The raider will not be awarded bonus point if he crosses the bonus line after a touch/struggle.

f) There will 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 will be counted as if on the field to award Bonus point.

54. **Result** The team, which scores more points at the end of the match, will be declared as winner.

55. Tie in Knock Out Match:

If there is a tie in the Knock out matches the match will be decided on the following basis:

a) Both the teams should field 7 Players in the Half.
b) The baulk line will be treated, as Baulk Line Cum Bonus Line and all the Bonus point rules will be followed.
c) If the raider succeeds in crossing the baulk line cum bonus line he will get one point.
d) After crossing the Baulk line cum Bonus line, if the raider puts out one or more defenders, he will get the number of points scored in addition to the one point scored by crossing the baulk line cum bonus line.No Bonus will be awarded if raider crosses the Bonus cum Baulk line after touch or struggle.
e) The out or revival rule will not be applicable, only points scored will be counted.
f) 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 will not be allowed from the fielded seven Players.
g) Each team will be given 5 Raids by different raiders to raid alternately.
h) 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.
i) The side, which raids first at the beginning of the match, will be allowed to raid first
j) Even after 5 Raids, if there is a tie, the game will be decided as per the Golden Raid Rule.
k) If player/players are suspended temporarily or disqualified during the Tiebreaker, the team will play with less number of players. Such players will be counted to award Bonus point.

56. Golden Raid

1. Even after 5-5 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”
2. If there is tie even after the Golden Raid then a chance will be given to the opponent team for the Golden Raid.
3. In the Golden Raid the team which scores the leading point will be declared as Winner.
4. Even if there is no result after having given a chance of Golden Raid to both the teams the winner will be decided by TOSS.

57. 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. In case of an abandoned match also both the teams will be awarded one point each.

58. 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 Winner and Runner will be decided on toss.
f) The league system can be redefined by the OC of a particular event after obtaining prior approval of IKF.

Note: The same rule will be applicable to teams which concede the match.

59. 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 will be replayed as a fresh match in the next session. In this case, the players need not be the same as were in the abandoned match. If there is no possibility of replay the tournament director / TD / OC will have the right to declare the match as abandoned and one league point will be awarded to each team. If this situation happens in a final match, both teams will be declared as joint winners.

60. In case of temporary suspension of the match or change of half/ground /

play field such match will be continued with the same score (and players as were at the time of suspension) for the remaining time in the same session.

61. Nails of the players must be closely clipped and no ornaments of any sort will be allowed.

62. 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. It is mandatory for each team to follow the dress code failing which referee may disallow the team from playing the match.

63. Application of oil or any other soft, sticky or slippery substances to the body will not be allowed. If found

    (i) For the first instance in a team, referee will ask the errant player to clean all such substances and will award a technical point to the opponent team.

    (ii) For any subsequent instance referee will not only declare a technical point to the opponent team abut will suspend the errant player for two minutes by showing yellow card.

64. Shoes are compulsory in case the match is played on the synthetic surface.

65. Warning Cards

a) Green Card It is a warning card and if green card is shown then the next card will be a Yellow Card.

b) Yellow Card Temporary Suspension for 2 Minutes. Along with one technical point to the opposite team**.**
If yellow card is shown second time in a match to same player, it will be deemed as Red Card and the player will be suspended for rest of the period of the match.

(i) The two minutes suspension of players will commence from the time the player is off from his half.

(ii) If the out player is suspended for two minutes then the suspension will begin after revival, Teams will not be allowed to revive the next out player in place of the suspended player revival.

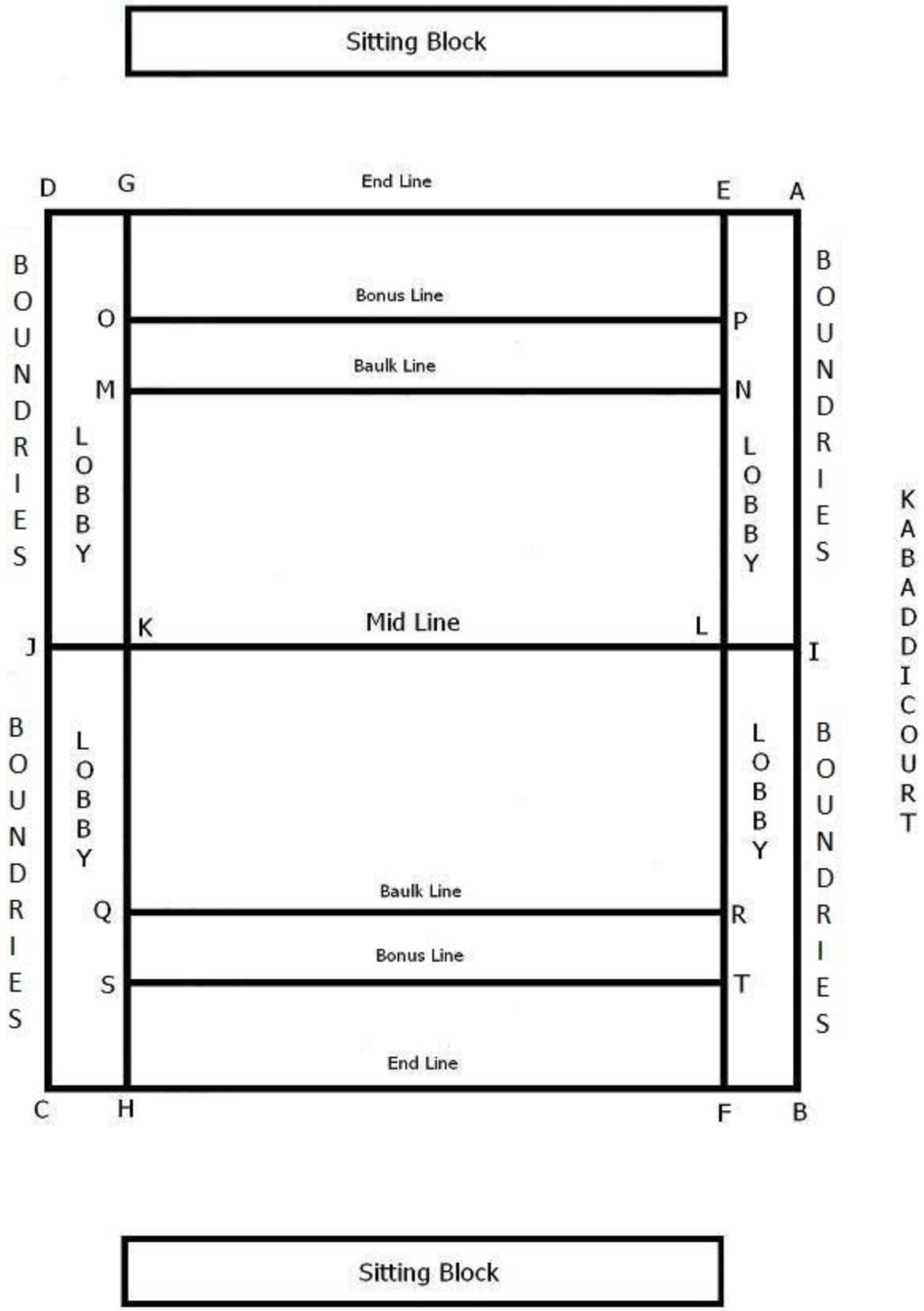
c) Red Card: Suspension from the match & if Red card is shown second time in a tournament to the same player that player will be debarred from the tournament for rest of the matches. Players(s) who is/are shown the red card will not be allowed to sit in the well/FOP.

INFRINGEMENT OF RULES – PENALTY & ACTION

S. No.	INFRINGEMENT	PENALTY	ACTION
1.	Improper Cant / late Cant	One Technical point to opponents	Re- raid
2.	Raid out of turn	One Technical point to opponents	----------
3.	Entry of more than one raider in opponent's court to raid	One Technical point to opponents	Re- raid
4.	If raider fails to start within 5 seconds	One Technical point to opponents	Re- raid
5.	Violent Tackling / Injurious play /Scissoring / unfair play/ deliberately holding any part of the raider's body other than his limbs or trunk or by his clothes or hair by defenders to stop the raider	Defender/s will be declared out & raider safe	1. Green card will be shown in the first instance 2. Repetition of the infringement will attract yellow card.
6.	When the raider is prompted or instructed by his team during raid	One Technical point to opponents	----------
7	Preventing the raider to take his turn of raid	One Technical Point to opponents	Re-raid
8	Violation of any rule by the player/team/coach during Time-outs or Substitutions	One Technical Point to opponents	----------
9.	Application of oil or any soft substances to the body	One Technical Point to opponents	The player is sent out to wipe out the oil
10.	If coach enters the FOP during the match	One Technical Point to opponents	1. Green card will be shown in the first instance 2. Repetition of the infringement will attract yellow card.
11.	If the player/s leaves the court during temporary suspension of the Match / Official timeout	One Technical Point to opponents	----------
12.	If team takes more than 15 seconds for re- entry after 'All Out' is declared.	One Technical Point to opponents	1. Green card will be shown in the first instance. 2.Repition of the infringement will attract yellow card.
13.	If the team fails to enter the court within one minute of All Out	Match shall be awarded to the opponent team.	----------

FIELD MEASUREMENTS CHART

S. No	FIELD MEASUREMENTS	MEN & JUNIOR BOYS	WOMEN & JUNIOR GIRLS	SUB-JUNIOR BOYS& GIRLS
		ALL MEASUREMENTS IN METERS		
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	Half (Each half of the playfield divided by the mid line)	6.5	6	5.5
11	Space surrounding the play field from side lines	4 meter	4 meter	4 meter
12	Duration of a Match	20-5-20 Minutes	15-5-15 Minutes	15-5-15 Minutes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Bonus Line
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