

# KABADDI



# 1. HISTORY

Kabaddi originated in the south India around 4,000 years ago. It was developed for young men to develop their physical strength, self-defence skills, and speed.

But it was to the west in the state of Maharashtra that a standardised version of kabaddi was developed during the early decades of the 20th century.

Kabaddi made it to the 1938 Indian Olympic Games held in Calcutta and the sport began to achieve international recognition. It would be in independent India, once British rule had ended in 1947, that the game became an organised sport.



# 2. RULES

- Each team shall consist of no more than 12 players with only 7 taking to the field at any one time.
- The duration of the match is two halves of 20 minutes with a half time break of 5 minutes.
- At the start of a Kabaddi match, there is a coin toss with 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.
- To win a point when raiding, the raider must take a breath and run into the opposition's half and tag one or more members of the opposing team and then return to their own half of the pitch before inhaling again.

- To prove that another breath hasn't been taken, the rider must continue to repeatedly yell the word 'Kabaddi'. Failure to do this, even for just a moment means that the rider must return to their own side of the court without points and the opposite team is awarded a point for a successful defense play.
- The team being raided is defending, and the players must prevent the raiders from tagging them and returning back over the halfway line. Whilst in defence, a team may score a point by successfully preventing the raider returning to their own half after tagging them. Raiders may only be grabbed by their limbs or torso, not by their hair, clothes or anywhere else, and defenders are not permitted to cross the centre line.
- Each team will take turns in raiding and defending. Following halftime, the two teams switch sides of the court and the team who defended first in the first half begin the second half by raiding.
- The game continues in this way until the time is up, the team with the most points at the end of the match is declared the winner.

# 3. EQUIPMENT

## Equipment

Kneepads

Shorts

T-shirt

Trainers



# 4. COMPETITION IN INDIA

The **PRO KABADDI LEAGUE (PKL)** is a men's professional Kabaddi league of India. It was launched in 2014. It features 12 teams from 12 different Indian cities.

The League has revolutionised the sport of kabaddi in India with stunning innovations, making it an aspirational sport for players and fans alike.



# 5. THE FUTURE

The future of kabaddi lies beyond the shores of India and South Asia.

World Kabaddi now has numerous new kabaddi playing countries outside Asia, each with the potential of being a future world beater. Each capable of emulating what the Brazilians, the Dutch and the Spaniards did with football in kabaddi.

India has always dominated kabaddi and the Jakarta Asian Games in 2016 was the first time that a dozen countries participated in kabaddi.

But, the dominance was shattered when the Iranians defeated the Indians and won both the men's and women's gold medals in Jakarta. Also with defeats to the Koreans in the men's preliminary stages, the once feared Indians were made to look ordinary.

The ten year strategic plan adopted by the World Kabaddi at its Congress two years ago, is to empower new countries to promote and develop the game in a more cohesive and professional manner.