

Manual of Kabaddi

Dr. Biswajit Sardar, Dr. Kavita Verma

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Dedicated

To

My

Loving Daughter

Acknowledgements

First and foremost I offer my sincerest gratitude to my teachers of Lakshmibai National University of Physical Education, Gwalior (M.P.) India, Who all are make me competent and capable to pursue this highly responsible task. I would have been standing on the crossroads, had it not been the constant encouragement and mature understanding of my teacher. Since their guidance was always persuasive rather than dictative, whatever faults that remain in the work are due to my discretion in choosing among numerous of theirs suggestion. Throughout the course of writing this book, numerous individuals from the physical education and sports community have taken time out to help us out. My love and gratitude for them can hardly be expressed in words. I dedicate this thesis to my parents and my daughter Gargi Sardar. Last but above all, I thank with heart and soul to the almighty who graced me with right thoughts and power to convert those thoughts into action.

Preface

To have quality physical education at all levels it is essential to have a qualitative scientific literature / information on aspects of physical education. This book is a step in this direction to design as both a text and resource in physical education. This book gives a brief outline and provides a context informations to sports association's, players and officials towards the Handball game trainning and cocahing. Whether you get your Handball in with someone or alone, the single most significant way you can help yourself improve is to have a plan. Schedule your workouts into your day rather than let the day determine when you go to play. Without the premeditated effort of adding your workouts to your calendar every week, fitting them in will be a long shot on most days and a reality on very few.

The pages of this book are filled with information on how to reap the most benefits of your time in the game by getting prepared and having a plan.

This book has been recognized into seven chapters. Each chapter has been systematically organized and which will provide precise information of Kabaddi game.

In chapter I enhance the knowledge of kabaddi game came to existence and how it developed and origin in india wide.

Chapter II described The Rules and Regulation of Kabaddi, which makes the game most popular and attractive.

Chapter III has been systematically organised in Technics Of Kabaddi Game to understand Raid-Its Mechanism Structure of Raid in kabaddi.

Chapter IV is the most important section of the book, Fundamental skill in kabaddi. This can be the well-built manual for Coaches, trainer Physical Education Teacher, Physical Educations Institute and Colleges.

Chapter V provides how to Guide to Role of Officials For Best Performance of Kabaddi Players and Teams

Chapter VI to described all Asian Federations of Kabaddi , who presides over the World.

Chapter VII to describe the Signals to Be Used By The Technical Officals, Awarded and List of Sports man.

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Chapter-I

Introduction

1.1.Origin of Kabaddi

The sport has a long history dating back to pre-historic times. It was probably invented to ward off croup attacks by individuals and vice-versa. The game was very popular in the southern part of Asia played in its different forms under different names. A dramatized version of the great Indian epic, the “Mahabharata” has made an analogy of the game to a tight situation faced by Abhimaneu, the heir of ' the Pandava kings when he is surrounded on all sides by the enemy. Buddhist literature speaks of the Gautam Buddha playing Kabaddi for recreation. History also reveals that princes of yore played Kabaddi to display their strength and win their brides

The game, known as Hu-Tu-Tu in Western India, Ha-Do-Do in Eastern India & Bangladesh, Chedugudu in Southern India and Kaunbada in Northern India, has undergone a sea change through the ages. Modern Kabaddi is a synthesis of the game played in its various forms under different names.

Kabaddi is aptly known as the "GAME OF THE MASSES "due to its popularity, simplicity, easy to comprehend rules, and public appeal. The game calls for no sophisticated equipment what so ever, which makes it a very popular sport in the developing countries. It is basically an out door sport played on clay court, of late the game is being played on synthetic surface indoors with great success. The duration of the game is 45 minutes for men & Junior boys with a 5 minutes break in between for the teams to change sides. The duration of the game is 35 minutes with a 5 minutes break in between for women, girls, Sub-Junior boys and sub-junior girls.

Kabaddi is a combative team game, played on a rectangular court, either out-doors or indoors with seven players on the ground for each side. Each side takes alternate chances of offence and defense. The basic idea of the game is to score points by raiding into the opponents court and touching as many defense players as possible without getting caught on a single breath. During play, the players on the defensive side are called "Antis" while the player of the offense is called the "Raider". Kabaddi is perhaps the only combative sport in which attack is an individual attempt while defense is a group effort. The attack in Kabaddi is known as a 'Raid'. The antis touched by the raider during the attack are declared 'out' if they do not succeed in catching, the raider before he returns to home court. These players can resume play only when their side scores points against the opposite side during their raiding turn or if the remaining players succeed in catching the opponent's raider. Yoga, the Indian science to control body and mind through meditation and self-control plays an integral part of Kabaddi. The raider has to enter the opponent's court chanting the word "Kabaddi" while holding his breath and has to continue to do so until he returns to his home court. This is known as 'Cant', which is closely related to "Pranayama" of yoga. While Pranayama is about with holding breath in order to exercise internal organs, cant is the means to with hold breath with vigorous physical activity. This is perhaps one of the few sports to combine yoga with hectic physical activity.

The game calls for agility, good lung capacity, muscular co-ordination, presence of mind and quick responses. For a single player to take on seven opponents is no mean task, requires dare as well as an ability to concentrate and anticipate the opponent's move.

1.2. History of Kabaddi In India

Kabaddi is a wrestling sport originating from very early Indian civilization. The word Kabaddi is derived from a Tamil word Kai-pidi (கை-பிடி), literally meaning "(let's) Hold Hands", which is indeed the crucial aspect of play. It is the national game of Bangladesh, and the state game of Tamil Nadu, Punjab and Andhra Pradesh in India. The national kabaddi champion in India is the famous Peter Singh Virk.

Modern Kabaddi is a synthesis of the game which is played in various forms under different names. Kabaddi received international exposure during the 1936 Berlin Olympics, demonstrated by Hanuman Vyayam Prasarak Mandal, Amaravati, Maharashtra. The game was introduced in the Indian Olympic Games at Calcutta in 1938. In 1950 the All India Kabaddi Federation came into existence and compiled standard rules. The Amateur Kabaddi Federation of India (AKFI) was founded in 1973. After formation of the Amateur Kabaddi Federation of India, the first men's nationals were held in Madras (re-named Chennai), while the women's were in Calcutta (renamed Kolkata) in 1955. The AKFI has given new shape to the rules and has the right to modify them. The Asian Kabaddi Federation was founded under the chairmanship of Mr. Janardan Singh Gehlot.

The first men's kabaddi nationals championship on Mat and indoor Stadium were held in Pune and this championship Organized by Badami Haud Sangh in Pune. Kabaddi was introduced and popularized in Japan in 1979. The Asian Amateur Kabaddi Federation sent Prof. Sundar Ram of India to tour Japan for two months to introduce the game.

In 1979, a return test between Bangladesh and India was held at different places of India including Mumbai, Hyderabad, and Punjab. The Asian Kabaddi Championship was arranged in 1980 and India emerged as champion and Bangladesh runner-up. Bangladesh became runner-up again in 1985 in the Asian Kabaddi Championship held in Jaipur, India. The other teams in the tournament were Nepal, Malaysia and Japan. The game was included for the first time in the Asian Games in Beijing in 1990. India, China, Japan, Malaysia, Sri Lanka, Pakistan and Bangladesh took part. India won the gold medal and has also won gold at the following six Asian Games in Hiroshima in 1994, Bangkok in 1998, Busan in 2002, Doha in 2006 and Guangzhou in 2010. In the 1998 Asian games the Indian Kabaddi team defeated Pakistan in a thrilling final match at Bangkok (Thailand). The chief coach of the team was former kabaddi player and coach Flt. Lt. S P Singh.

Kabaddi is one of the most popular games which are played in villages. In this game two teams occupy opposite halves of a field and take turns sending a raider into the other half, in order to win points by tackling members of the opposing team, the raider then tries to return to his own half, holding his breath and chanting the word Kabaddi during the whole raid. The raider must not cross the lobby unless he touches any of his opponents. If he does so then he will be declared as out. In the international team version of kabaddi, two teams of seven members each occupy opposite halves of a field of 10 m × 13 m in case of men and 8 m × 12 m in case of women. Each has three

supplementary players held in reserve. The game is of two halves 20-minutes each and a five-minute halftime break during which the teams exchange sides.

Teams take turns sending a raider to the opposite team's half, where the goal of the raider is to touch the members of the opposite team before returning to the home half. The members which are touched by the raider are out and temporarily sent off the field.

The goal of the defenders is to stop the raider from returning to the home side before taking a breath. If any of the seven players cross the lobby without touching the raider he will be declared as out.

The raider is sent off the field if:

- the raider takes a breath before returning
- the raider crosses boundary line
- a part of the raider's body touches the ground outside the boundary (except during a struggle with an opposing team member).

Each time when a player is out, the opposing team earns a point. A team scores a bonus of two points, called a lona, if the entire opposing team is declared out. At the end of the game, the team with the most points wins.



Matches are categorized based on age and weight. Six officials supervise a match: one referee, two umpires, a scorer and two assistant.

1.3. Asian Amateur Kabaddi Federation

The **Asian Amateur Kabaddi Federation (AAKF)** was formed in the year 1978, during the silver jubilee celebrations of National Kabaddi Championships in India, organized at Bhilai, Madhya Pradesh. The 1st Asian Kabaddi Championship was organized in Calcutta in the year 1980 and was included as a demonstration game in the 9th Asian Games, New Delhi in the year 1982. The game was included in the South Asian Federation (SAF) games from the year 1984 at Dacca, Bangladesh. Kabaddi was included as a regular sports discipline in the 11th Beijing Asian Games 1990 and India won the lone Gold Medal in the Asian Games in Kabaddi. India is the reigning champion in the succeeding Asian Games held in Hiroshima 1994, Bangkok 1998, and Busan 2002 & recently at Doha 2006 and created history in Indian sports by winning five consecutive Gold medals in the Asian Games so far. A goodwill tour was organized in the year

1981 in which, the Indian men & women teams visited Thailand, Japan and Malaysia to play exhibition Kabaddi matches. Federation Cup Kabaddi matches also commenced in the year 1981.

For the first time in the history of Asian Games a separate indoor stadium was built for Kabaddi competition and training in the 15th Asian Games held at Doha (Qatar) 2006. The training/ warming up courts and main field of play was made up of puzzle mats of Korean make. The main field of play was equipped with a giant public screen, which displayed replays and the running score. Two Tissot plasma scoreboards, info terminals for the presentation crew, the ceremony crew and the media were provided.

The second Asian Championship was hosted by India and was organized at Jaipur, Rajasthan. Malaysia and Japan participated for the first time in this Championship. In the XI Asian Games held in the year 1990 at Beijing, China, Kabaddi was included in the main disciplines. This was a major landmark in the history of Kabaddi. India won the Gold Medal, which was a proud and unforgettable moment for Kabaddi lovers who had strived to bring Kabaddi to the Asian platform. India has been the reigning champion in the succeeding Asian Games held in 1994 at Hiroshima, Japan and in the Asian Games held in 1998 at Bangkok in Thailand.

An International Women Kabaddi tournament commenced in the year 1995, called the Nike Gold Cup, sponsored by NIKE, Japan. The III Asian Championship was hosted by Sri-Lanka in the year 2000. For the first time, Sri-Lanka secured a silver medal, defeating Kabaddi stalwarts Pakistan, in this Championship.

Kabaddi will be introduced to the African countries as a demonstration sport in the Afro-Asian Games, which is to be hosted by India in the year 2002. This is a feather in the cap for Kabaddi lovers and has been made possible thanks to the efforts of Mr. J.S.Gehlot, President, Amateur Kabaddi Federation of India and the Indian Olympic Association.

The 15th Asian Games Doha provided an excellent opportunity to showcase Kabaddi to the Europeans and Australians who were in great numbers in organizing the Asian Games. A good many spectators belonging to European countries, USA, Australia, Western Asia, and the Mediterranean countries, who saw the Game for the first time, were very impressed with the simple rules and the thrill of the sport and desired to introduce the sport in their countries. This has given Kabaddi very good and positive exposure for its future development in the continents of Europe, USA, Australia and Africa.

Kabaddi has been included as a major discipline in the 2nd Asian Indoor games to be held at Macau from 25th October to 3rd November 2007 and in the Asian Beach Games being hosted by Indonesia in 2008, which are major landmarks in the history of the game.

There has been a gradual but significant change in the trends of the game since the past 50 years. What was once considered a game of brawn is not so now. The introduction of mats, shoes, new techniques & changes in rules has made the sport more interesting and advantageous to skilled players who are now able to defeat heavier players with better skills & techniques.

1.4. Development of kabaddi in India

Kabaddi attained National status in the year 1918. Maharashtra was the pioneer state to bring the game to the National platform and give it further popularity. Standard rules and regulations were formulated in 1918 but were brought out in print in the year 1923 and in this very year, an All India Tournament was organized at Baroda with these rules. Kabaddi has not looked back since then and numerous tournaments are organized all over the country throughout the year.

The game got further recognition when the School Games Federation of India included it in the school games in the year 1962. This body has taken up the responsibility of organizing state and national level competitions for school going children all over the country in various sports on a regular basis, every year.

Kabaddi was included in the curriculum of Regular Diploma courses in coaching conducted by the National Institute of Sports, the premier institute to develop sports in the country with effect from the year 1971. There after, qualified coaches in Kabaddi are being produced every year. The neighboring countries, Nepal & Bangladesh also send their coaches for the diploma course in various disciplines including Kabaddi, regularly. These qualified coaches are equipped to train players at different levels in a systematic manner with sports science back up.

The Amateur Kabaddi Federation of India, the new body, came into existence in the year 1972. This body was formed with a view to popularize the game in the neighboring countries and organize regular National level Men and Women tournaments. After the formation of this body, sub-junior and junior sections were included in Kabaddi national level tournaments, as a regular feature.

In the year 1974, the Indian men's team toured Bangladesh as part of the cultural exchange program to play five test matches in different parts of the country. The Bangladesh returned the visit in the year 1979 and played five test matches in India.

Kabaddi is a synthesis of the game played in various forms under different names. Kabaddi received international exposure during the 1936 Berlin Olympics, demonstrated by Hanuman Vyayam Prasarak Mandal, Amaravati, Maharashtra. The game was introduced in the Indian Olympic Games at Calcutta in 1938. In 1950 the All India Kabaddi Federation came into existence and compiled standard rules. After formation of the Amateur Kabaddi Federation of India, the first men's nationals were held in Madras (renamed Chennai), while the women's were in Calcutta (renamed Kolkata) in 1955. The AKFI has given new shape to the rules and has the right to modify them. The Asian Kabaddi Federation (AKF) was founded under the chairmanship of Mr. Janardan Singh Gehlot.

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In 1979, a return test between Bangladesh and India was held at different places of India including Mumbai, Hyderabad, and Punjab. The Asian Kabaddi Championship was arranged in 1980 and India emerged as champion and Bangladesh runner-up. Bangladesh became runner-up again in 1985 in the Asian Kabaddi Championship held in Jaipur, India. The other teams in the tournament were Nepal, Malaysia and Japan. The game was included for the first time in the Asian Games in Beijing in 1990. India, China, Japan, Malaysia, Sri Lanka, Pakistan and Bangladesh took part. India won the gold medal and has also won gold at the following six Asian Games in Hiroshima in 1994, Bangkok in 1998, Busan in 2002, Doha in 2006 and Guangzhou in 2010.

An attempt to popularise kabaddi in Great Britain was carried out by Channel 4, who commissioned a programme dedicated to the sport. The programme, Kabaddi in the early 1990s, however, failed to capture viewer attention despite fixtures such as West Bengal Police versus the Punjab. Kabaddi was axed in 1992, but not before its presenter Krishnan Guru-Murthy suffered a collapsed lung while participating in the sport. Alt-rock band The Cooper Temple Clause formed a kabaddi team in 2001 and were, at one stage, ranked seventh in the British domestic standings.

In the 1998 Asian games held at Bangkok (Thailand), the Indian Kabaddi team clinched the gold medal. The chief coach of the team was former kabaddi player and coach Flt. Lt. S P Singh.

1.5. FORMS OF KABADDI

1.5.1. FAMAR

Amar literally means invincible. This is a form of Kabaddi, which is played based -on points scored by both sides. The play field has no specific measurements and nine to eleven players constitute each of the teams. In this form of Kabaddi, there is no 'out' and 'revival' system or 'Iona' but time is the deciding factor. The main advantage of this form of the game is that tile players remain in the court throughout the match and are able to give their best performance.

1.5.2. GEMINI

This form of Kabaddi is played with nine players on either side, in a play-field of no specific measurements. The principle characteristic of this form of Kabaddi is that a player who is put out has to remain out until all his team members are put out. The team that is successful in putting out all the players of the opponent's side secures a point. This is akin to the present system of 'Iona'. After all the players are put out, the team is revived and the game continues. The game continues until five or seven 'Iona' are secured. The game has no fixed time. The main disadvantage of this form of Kabaddi is that the player is not in position to give his best performance since he is likely to remain out for the better part of the match until a Iona is scored.

1.5.3. SANJEEVANI

This form of Kabaddi is the closest to the present game. In this form of Kabaddi, players are put out and revived and the game lasts for 40 minutes with a 5-minute break in between. The team consists of nine players on each side. The team that puts out all the players on the opponent's side scores four extra points for a 'Iona'. The winning team is the one that scores the maximum number of points at the end of 40 minutes. The play field is bigger in this form of Kabaddi and the 'cant' was different in various regions. Modern Kabaddi resembles this form of Kabaddi a great deal especially with regard to 'out & revival system' and 'Iona'. The present form of Kabaddi is a synthesis of all these forms of Kabaddi with a good number of changes in the rules and regulations.

1.6. Inter-national Kabaddi Federation (IKF)

The **Inter-national Kabaddi Federation (IKF)** was formed during the 1st World Cup in Kabaddi 2004 at Mumbai in India. The International Kabaddi Federation is the international governing body of Kabaddi. Its membership comprises 31 national associations. The founder president is being Janardan Singh Gehlot from India. The other office bearers were: Mohammed Ali Pour (Iran), Khana Jawa (Japan), Veerawat (Thailand), Yoon Yeong Hak (South Korea), Ashok Das (United Kingdom); (Vice-president), Nisar Ahmed (Germany); (Secretary), R.M. Sunderashan (Malaysia); (Treasurer), Jaya Shetty (India); (CEO), Shankarrao Salvi (India); (Adviser). India won the First World Cup by beating Iran in the finals. The First Asian Women Championship was held at Hyderabad in 2005 and India won the Gold Medal. Women Kabaddi was included for the first time in the South Asian Games held in Colombo, Sri Lanka in 2006. The second World Cup was held in India at Panvel in 2007 and India once again reigned supreme.

Chapter-II

2.1. Rules of Kabaddi

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

1) Ground

Ground shall be level and soft/Mat surface

2) Play Field Measurements

- a) *Men and Junior Boys* 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) *Women and Junior Girls* 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.

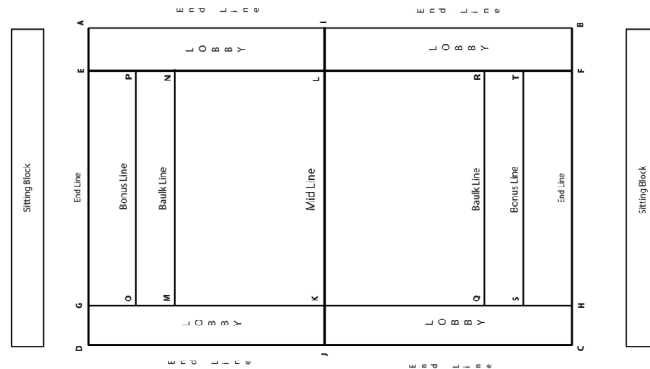
- c) *Sub-Junior Boys and Girls* 11 X 8 Meters (as shown in the diagram).

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



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 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 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 without 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.

2.2. RULES OF MATCHES

1) 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.

2) 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.

3) 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.

4) Time Out

The time out system has recently been introduced in the Asian and Amateur Kabaddi Federation of India rules. Hitherto, "Time Out" was allowed when called by the captain of the team, with the permission of the referee, only in the event of injury of a player, not exceeding two minutes. Even in such an instance, no player on either side was allowed to leave the court without the permission of the referee

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.

5) 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 our players.

6) Bonus Point

The bonus line rule came into existence in the year 1978 as an out-come of some experiments conducted during a workshop organized by the Amateur Kabaddi Federation of India in the year 1976, to make the game more interesting. The Bonus Line is a line drawn parallel to the baulk line at a distance of one meter from the baulk line towards the end line.

The rule reads:

- Bon-us Line should be drawn at a distance of one meter from the baulk line towards the end lines.
- One point shall be awarded to the raider when he completely crosses the Bonus Line. If the raider is caught, he shall be declared out and the opponent shall be awarded one point. One point shall also be awarded to the raider for having crossed the bonus line first. In this situation, the raider shall be awarded first point.
- The bonus line will be applicable when there are minimum six players in the court. The bonus point shall be awarded by the Referee/Umpire after the completion of the raid, by showing thumb upwards towards the side which scores.
- There shall be no revival for bonus point.
- The bonus point shall be marked in the shape of a triangle in the running score.
- If the raider after crossing the bonus line reaches home court safely touching one or more antis he will be awarded one bonus point in addition to the numbers.
- 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 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.

7) Result

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

8) 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.

9. 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.

10) 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 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.

11) 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.

12) 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.

13) Nails of the players must be closely clipped and no ornaments of any sort shall be allowed.

14) 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.

15) Application of oils or any other soft substances to the body shall not be allowed

.

16) Shoes are compulsory in case the match is played on the mat surface.



2.4. Unproductive Raid Rule

The Asian Amateur Kabaddi Federation at the behest of certain member countries introduced the Unproductive Raid Rule. The 'rule reads as follows. If in three consecutive raids by a side no point is scored by either side, the opponent's will get a point. The referee shall immediately declare such point which is to be recorded in the running score sheet by cutting the number with a cross mark "X". The counts of such unproductive raids shall not be carried over to the game after 'Lona', recess at half time and to extra time."(Rules of Kabaddi Asian Amateur) Kabaddi Federation 1980.

As per the rule, in case no point is scored in three consecutive raids, the opponent's side automatically gains a point. The referee is to immediately declare the point which shall be recorded in the running score sheet with the mark 'X'. Though the score sheets records the scoring of a point, there is to be no revival of teammates as in the normal points scored. The idea behind the introduction of this rule was to make sure that the raider went all out to struggle and gain points in order to avoid the risk of giving away points to the opponent's side through three consecutive unproductive raids. However, it did not work out the way in which it was visualized, since the game lost some of its thrill and the scores did not reflect the true picture of the team's performance,

2.5. TECHNICAL OFFICIALS

1) The officials shall be One Referee, Two Umpires, One Scorer and Two Assistant Scorers.

2) 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.

3) 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 outside by the coaches and the players.
- i) Preventing the raider to take his turn of raid

4) 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.

5) 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.

6) 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.

7) 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 (Δ)
- 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.

8) 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.

Chapter-III

3. TECHNICS OF KABADDI GAME

3.1. The Raid-Its Mechanism

Kabaddi is the game of attack and defense. Attack is also known as 'raid' and the attacker is called the 'raider' in Kabaddi. The singularity of the game is that attack is an individual effort while defense is a combined effort. Offense in Kabaddi, is a sum total of raiding techniques and tactics in which footwork of the raider plays a crucial role. Since more points are scored through raids, the raider is in the limelight and the recipient of the public adulation or brickbats.

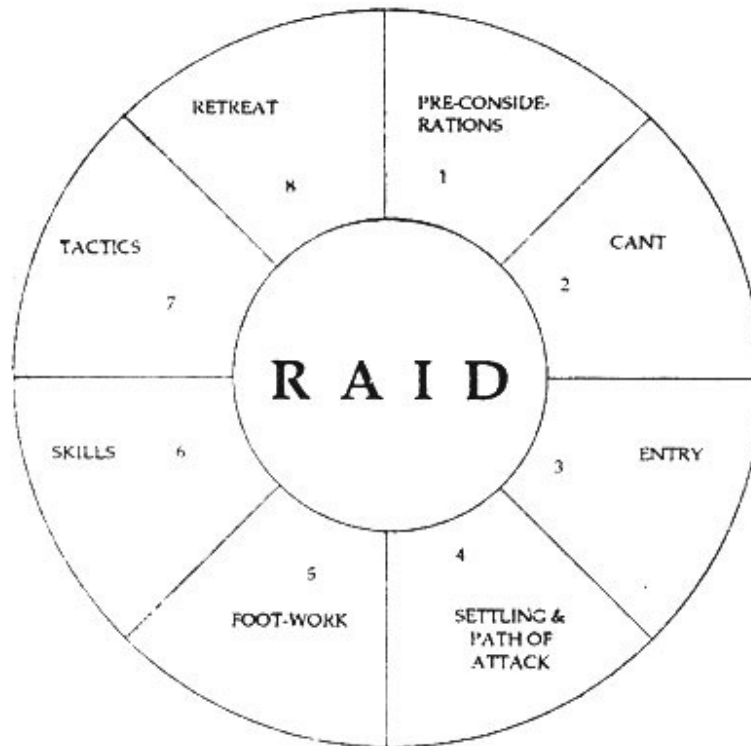
What Does Raid Mean?

Raid is the focal point of Kabaddi. A couple of good raiders in the team can change the whole tempo of the game in minutes, with their techniques and tactics. For an individual raider to face up to seven opponents or antis, and come back successfully with points for the antis touched by him in the course of the raid, is no mean achievement. This is what the raid is all about. Raid is the main tool of the offense for scoring points against the opponent team. It is a continuous process since players from both teams raid on the opponent court alternatively. If, for example, when there are two teams, team 'A' and team 'B', when a player from team 'A' raids on team 'B', the player from team 'A' becomes the attacker or raider and team 'B' becomes the defending team with the players taking on the role of antis. Similarly, when the player from team 'B' raids on team 'A', it is the turn of team 'A' to take to defense.

As per the rules of Kabaddi, the player who enters the opposite court with 'cant', all the while with-holding his breath, is known as the raider. 'Cant' is the continuous chanting of the approved word 'Kabaddi' by the raider without taking a breath. The role of the raider, while in the opposite court, is to touch as many antis as possible, without being caught. Simply entering into the opponent's court with cant and returning to home court unscathed will not make the raid successful. To make the raid successful, the raider must enter the opponent's court with cant and either cross the baulk line or touch one or more antis and return safely with cant to his home court, without breach of rules.

Raid is the backbone of Kabaddi, and the raider plays a very important role in scoring points for the team. He is capable of scoring a number of points in a single raid with his individual skill and enterprise, while the defense get only one point in the event of his being caught.

3.2. Structure of Raid



The main constituents of a raid comprise pre-considerations, cant, entry, settling and path of attack, footwork, skills, tactics, and retreat.,

Pre-Considerations of a Rain

'Pre-considerations' means planning the technique and strategy to be adopted by the raider before he enters into the opponent's court. This is to mentally prepare the raider to make his move depending on the number of defense players, their positions etc. The raider has to consider the following points before starting his raid.

- ❖ Where to enter?
- ❖ Number of players in the opponent's court and players put out .
- ❖ Strong defense positions and abilities there of .
- ❖ System of play adopted by the defense .
- ❖ Making a mental plan of the attack .
- ❖ Choosing the target.
- ❖ Situation of the game.
- ❖ Bonus line game.

Entry into the opponent's court will affect the path of the raid, distance to be covered, and retreat to home court. As such, the raider must choose the right place to make an entry into the opponent's court.

Kabaddi is a game in which, the defense players keep on varying in number during course of play. At any given moment, there may be any number of antis ranging from one to seven. The raider's attack should also vary depending upon the number of players in the opponent's court. While keeping in view the number of antis, the raider must also make a note of the antis out of court, since an ineffective, raid may bring in a strong anti and revive the defense. The raider must be aware of the abilities of the defense players as well as their positions, in order to either avoid their holds or counter act against their main skills.

The raider must observe the system of play adopted by the defense. In the chain system, there are various types of play depending upon the number of antis in the court. For exam le, with four antis in the court, the team may adopt 2-2, 1-2-1, or 1-1-2 system of play. The raider must try to discern the chain system and the strategy of the defenders before embarking on his raid. This is a vital pre- consideration before a raid.

Before starting on any venture, one has to preplan and condition one's mind to adopt a certain strategy. So also, the raider must make a mental plan of the raid before embarking on it. A raid without prior mental planning may prove dangerous and cost the offense side a point. The raider, while making a mental plan of his strategy, must also choose his target and direct his attack towards this target. The situation of the game relates to whether the offense side is leading or otherwise.

The raider, keeping in view the situation, must decide whether he has to play safe or score pointed and the time to be spent. Sometimes a successful raid, i.e. crossing the baulk line will suffice, whereas, if the situation is critical, the raider may have to go in for an attack in order to score points

In the bonus line game, which is now in vogue, the raider must plan his raid keeping in view the number of antis in court on the opposite side. He can score a bonus point by crossing the bonus line, without a struggle if there are minimum six antis. If there are less than six antis, he has to go deeper into the defense stronghold and be prepared for a struggle to score points.

3.2.1. Cant

One of the unique features of Kabaddi is the cant. The raider has to withhold his breath during the entire course of the raid and keep up a continuous and audible chant of the word Kabaddi until he returns to home court. This is known as cant in Kabaddi and if he happens to loose his cant during the raid or struggle before he reaches home court, he will be declared out and the offense side will loose a point. The definition of cant as coined by the Amateur Kabaddi Federation of India rules reads "The repeated without break and at a stretch and clear utterance of

the approved word "Kabaddi" with in the course of one respiration shall be called a cant'. In other words, cant can also be defined as the i-measurement of raid since the length of the raid can be determined on the duration of cant.

Raid begins with cant and ends with cant, immaterial as to whether the raider reaches home court. If raider stops cant in the opponent's court, he will be declared out, even if the antis do not catch him. As such, cant is the inseparable part of the raid and the raider must continue the audible utterance of the word Kabaddi in one breath until he returns to home court, for a successful raid. Together with physical prowess, & technical supremacy a raider has to maintain proper cant. Any break in cant, lack of clarity or chance of the approved word may prove detrimental to the raider.

The cant in Kabaddi has a close relation to Pranayama of yoga. This is a game, probably the only one, in which physical prowess and vital capacity, i.e. respiration go hand in hand. Pranayama associates mental processes with respiration. It is a proven fact that Pranayama or taking a deep breath and withholding it, is good for the heart, helps to calm down oneself and assists longevity. Dr Sunder Ram, who studied the cant and its implications in great depth, brought out a paper, which states that fast, and shallow breathers are easily excitable where as slow and deep breathers are ' calm and cool and enjoy a longer life span. He compares the life span of a monkey, a fast breather to that of a tortoise, a slow -breather. Dr Ram relates a sound cant to a sound mind, and concludes that Kabaddi exercises the internal organs through respiration control along with external organs and thus realizes the ultimate aim of sports viz "A sound mind in a strong body".

Cant has a long history and went by different names in different parts of the country. While it went by the name Chedugudu or gudu-gudu in southern India, it was known as Ha-du-du in Eastern India and Hu-tu-tu in Maharashtra in western India. All these forms were synthesized to form the present word 'Kabaddi', which has universal approval.

Many physical educationists and experts have conducted innumerable experiments on cant and its impact on players and have established the fact that Kabaddi players have more vital capacity as compared to non-Kabaddi players.

3.2.2. Entry

The entry of the raider in the opponent's court depends on three considerations, i.e.

- ❖ The position of the raider when he is part of his team's defense system.
- ❖ The side from which he starts his attack.
- ❖ The direction in which he moves.

The raider can take an entry from either the right zone, left zone or the center zone. Normally the raider playing fight corner position starts from the right zone, the left corner players start from the left zone and the center zone players start from the center zone, whichever is nearest to avoid delay. However, this is not compulsory. The raider can take an entry from any of the three zones but care should be taken to start the raid within 5 seconds after the opponent's raid, for any delay

will render the raid unproductive. The raider must also take care to start cant before entering into the opposite court. If he touches the opposite court without cant, a late cant will be declared and the raid will be cancelled. At times raid takes the form of a pursuit to take the retreating raider of the opponents by surprise. Here the entry has to be very quick without breaking any rules of play.

3.2.3. Setting and Path of Attack

Settling means getting set before an attack. Normally, after entry into the opponent's court, the raider takes a few seconds to study the situation and decide upon the path of attack. In these few seconds, he chooses a target and makes his moves accordingly. If he does not get set but charges blindly into the opponent's court, there is more likelihood of his being caught. For example, in pursuit, when the raider charges without getting set, he exposes himself to the risk of being caught, since he does not take time to plan the path of attack or think of the consequence of his moves. The raider must take care not to go too deep into the opponent's court or be surrounded by the antis. He must also plan his path of retreat to home court. He must invariably select a path to the centerline for retreat after attack, for which he may choose to turn, go outside, or take a side ward movement.

3.2.4. Footwork

Footwork in Kabaddi means the movements made by the raider with his feet, during the course of the raid. The factors influencing footwork include the stance of the raider, body position, movement, speed, agility, etc. A raider has to move quickly from one spot to the other during raid, complete his task and reach home safe. For this he depends largely on footwork. Footwork can broadly be classified into four types, i.e. Leading Leg Raid, Shuffling Raid, Natural Method and Reverse Step Raid, which will be gone into in detail in the chapter on basic offense skills.

3.2.5. Skills

Skill is the automatic application of technique without conscious thought. Skill can also be defined as the ability to co-ordinate different muscles in order to perform a combination of specific movements smoothly and effectively. Technique should be applied with dexterity, economy of movement and easily, without tension. Mastery over the techniques of the game is called skill. The skills used by the raider in Kabaddi are called- offensive skills, while the skills used by the antis are called defensive skills. During raid, the raider has to make maximum use of his limbs to come in contact or touch the opponents in order to score points. This is accomplished through leg touches such as toe touch, foot touch, squat leg, thrust, kicks etc, with lower limbs and through hand touches with upper limbs. Apart from these basic skills, the raider must also learn advanced skills, such as counter action for escape from different holds. A skillful raider is one who has gained mastery over all these techniques.

3.2.6. Tactics

Tactics means exploiting a given situation to one's advantage or creating a situation to suit one's purpose. In Kabaddi, the raider is the principal performer who can change the tempo of the game. Depending on the game situation, the raider may increase or decrease the tempo of the game. In order to do this he may adopt a passive raid or an aggressive raid by creating a situation for a struggle. Some times the raider may pass time in the last few minutes of the game, especially when his team is leading and the opponents are playing an aggressive game. All these are the tactics adopted by the raider keeping in view the game situation. Tactics and techniques go hand in hand for any successful raid.

3.2.7. Retreat

Unless the raider returns to home court, safely after the raid, the raid cannot be treated as successful. This is called retreat. The raider has to pre-plan his path of retreat before starting his raid. While retreating to home court, the raider should keep the following points in view.

- ❖ He does not give room for pursuit.
- ❖ He regains his defensive position quickly before the opponent team's raider begins his raid. Unless he does this, he may disrupt his team's defense system. For example, when the raider assumes left corner positioning his team's defense, but enters from the right, the opponent's raid may begin before he reaches his defense position, putting the defense in jeopardy.
- ❖ To return to home court, the raider must pass through the midline only.

Chapter-IV

4. Fundamental skill in kabaddi

The main objective of the defence players or '*antis*,' is to catch the raider and prevent him from escaping to his home court with '*cant*'. To achieve this objective, the antis can use any of the six fundamental defence skills i.e., *Ankle hold*, *Thigh hold*, *Knee hold*, *Waist hold* and *Blocking*.

4.1.1. Ankle Hold

Ankle hold is an individual defence skill in Kabaddi and is used by the defence players as a counter skill against leg thrusts and foot touches by the raider during an attack. Corner zone players can capitalize on this skill especially in the bonus line game, since every raider does make an attempt to cross the bonus line in the corner zones. The second position defence players can also use this skill to advantage in the baulk line game for initiating a catch. The application of this skill involves observation, body posture inclined towards the raider, the right approach to the raider, a firm grip on the raider's ankle, and follow through action which includes lifting up, pulling back, and changing the direction of the raider towards the side lines in order to make his escape to home court more difficult.



4.1.2 Thigh Hold

Thigh hold is also an individual defence skill which can be applied by any defence player irrespective of his position. This skill has an element of surprise for the raider and can be used to advantage by the defence as a planned surprise tactic. The advantages of this hold are that chances of counteraction by the raider are minimum, even heavy raiders can be overpowered, even reduced number of players in the defence can attempt this skill since less support is required, the raider has no scope to escape by creating a gap, the grip is firm and less risk is involved. Thigh hold can be attempted by the antis in situations when the raider moves from one zone to the other during his attack, when the raider uses the leading leg raid, when the raider turns back to apply hand touch, when the raider moves from second to second position or when the raider runs blindly towards the corner zones. Keen observation, right approach, firm grip and proper follow through action as in the case of ankle holds also apply in the case of thigh holds.



4.1.3 Knee Hold

Knee hold is very much like thigh hold, and is applied in similar situations but whereas thigh holds is an individual initiating defence skill; knee hold is more of a combination defence skill and requires immediate support from the remaining defence players for its success. The grip in knee hold is comparatively less firm and it is difficult to change the direction of the raider. The antis in second / supporting positions can apply this skill.



4.1.4 Waist or Trunk Hold

Waist or Trunk hold is a skill used by the anti to capture the raider from behind. This is considered one of the best defence skills since the raider has negligible chances of escape. This defence skill in comparison to other skills is more powerful due to the strong grip, close reach, and more covering area which is advantageous to the defenders.



4.1.5 Waist Hold

Waist hold can be applied in situations when the raider shows his back, when the raider attacks on 2nd / In, when the raider drags back or moves back to the corner zone, when the raider moves blindly from corner to corner, when the raider comes back to position during the course of his raider to restart the attack or when the raider uses turning attack. The mechanism of waist hold involves careful observation and anticipation of the raider's path & attack. After applying the waist hold technique, the follow through action involves lifting up, changing the direction of the raider and falling / rolling back to check the movement of the raider.



4.1.6 Wrist Hold

Wrist hold is a rare defence skill which can be applied only when the occasion presents itself on raiders who have a typical style of raiding with both arms extended and concentration in one direction with slow measured movements. This skill which was once in use as a major defence skill is a rarity nowadays. The reason for this is that the players were heavier, their movements were much slower and the style of the game was also different from the present day game. The players are now more agile, flexible and employ quick movements. The footwork / raiding style has also undergone a radical change and since the arm of the raider is extended only to execute a quick touch, the antis rarely get an opportunity to apply wrist hold. It is advisable to apply this skill as a combination hold along with ankle hold in situations when the raider extends his hand to touch at one position, when the raider attacks on deep corners to apply hand touch or when the raider returns to first position to restart his attack.



4.1.7 Blocking

Blocking is a wall of obstruction created by the defence after catching the raider to prevent his escape to home court. Although the cover and corner antis generally apply this skill as a combined defence technique, it is considered indispensable for the covers who are considered the watch dogs of the defence system. Blocking is generally applied in situations when the raider is fully covered, when the raider goes into deep corners, when the raider attacks on the centre zone, or when the raider takes reverse turn to attack. The types of blocking are *on the spot blocking*, *running block* & *following block*.



4.2 Advance skill in kabaddi

The chain system in Kabaddi is an advanced defence skill used as a strategy to capture tall & heavy players who appear invincible. This skill can be used to advantage by even light weight antis to overpower comparatively heavier raiders with minimum chances of injuries. This advanced defence skill is classified into three types i.e., *chain holds by corner/centre zone players*, *running chain holds* & *following chain holds*. Each of these types of chain holds can be applied depending on the situation and have different hand grips for the best results. The mechanism of the chain hold includes formation of the chain, covering the path of the raider, maintaining the hold after the capture.

4.3 Skill Drills

Skill Drills are the repetition of the technique used in the sports with an aim to attain perfection. With perfection through repeated practise of the drills comes mastery over the sports. Drill is the best means to get acquainted with new skill. Repeated practise will equip the player to apply the skill automatically as per the demands of the game situation, without any hesitation. In a team sports such as kabaddi, each players has to use his individual skill for the benefit of the entire team. This is possible with direct instruction with the players of the team. It is not practical for the coach to give direct instructions to the entire team since this will be too time consuming and cause a situation in which most of the players stand around while a few receive instruction. To avoid a situation it would be more practical to break up the team into smaller drill groups so that each player's is able to participate in the training programme and understand the purpose of the manoeuvres as well as visualize the technique being demonstrate. It is essential to set aside a specific time in each practise session for training drills in order to improve the player's potential in various individual skills. Training or skill drills are not restricted to beginners only. Even advance players are to be given drills to polish and intensity the existing potential. While designing skill drills, every conceivable game like situation is kept in view and such situation are created for specific skill training. The steps involve in teaching a drill are introduction, demonstration, explanation, organization, practice and rectification of wrong moves and mistakes. Specific drills have been designed to develop the fundamental and advance skill in kabaddi.

4.4 Techniques in Kabaddi

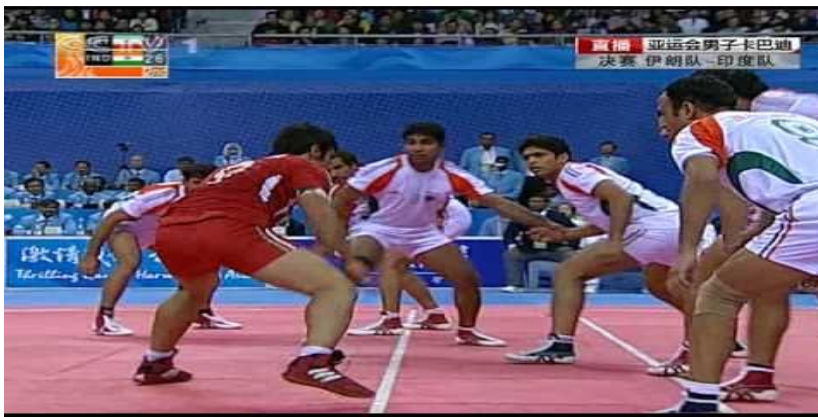
4.4.1 Raid

Raid is the focal point of Kabaddi. A couple of good raiders can change the whole tempo of the match within minutes with their superior techniques and tactics. Since more points can be scored through raids, the raider is always in the lime light and can be the recipient of public adulation or their brickbats depending on the quality of his raids. During the raid or attack in the opponents' court, the raider has to maintain the '*cant*' while withholding his breath. '*cant*' is the continuous audible chanting of the term '*Kabaddi*' while withholding his breath by the raider during his attack in the opponents' court. The aim of the raider, while in the opponents' court, is to touch as many '*antis*' as possible without being caught.

To make the raid successful, the raider must enter the opponents' court with cant and either cross the baulk line or touch one or more antis before returning with cant to his home court without any breach of rules. The raid is fairly complex and several factors are to be considered to make it successful. A good raider should be equipped with skill, tactics, counteraction, ability to judge the situation, extricate him-self from difficult situations and above all good footwork to score points. The preconditions of a raid relate to the technique and strategy adopted by the raider just before he embarks on the raid. The points to be considered include where to enter, the existing number of antis in the opponents' court, the defence positions adopted by the opponent, system of play adopted by the opponent, choosing the target, take stock of the game situation, whether to cross the bonus line and generally making a quick mental plan of the attack. All these factors are to be considered by the raider in split seconds before he starts his attack.

During the raid, the raider makes maximum use of his limbs to come into contact or touch the opponents to score points. This is accomplished through the techniques used by the raider with leg touches such as *toe touch*, *foot touch*, *squat leg thrust*, *kicks* and *hand touches* with his arms. Skill is the automatic application of technique without conscious thought. Skill is also defined as the ability to coordinate different muscles in order to perform a combination of specific movements smoothly and effectively. The factors that influence footwork, which is the hallmark of a good raider include general & specific fitness as well as *stance*, *body position*, *movement velocity*, *feinting ability*, *pivots*, & *sudden checks* in the raiding movement.

There are different types of raiding footwork such as the *leading leg raid*, *shuffling raid*, *natural raid*, and *reverse step raid* and *cross step raid*. Changing direction during the raid is also a significant technique adopted by the raiders to take the antis by surprise.



4.4.2 Fundamental raiding skills

Fundamental raiding skills can be broadly classified into *hand touches*, *toe touches*, *foot touches*, *leg touches* and *kicks*. Even if the raider is capable of good footwork, he will not be effective without these basic raiding skills. Hand touch is the easiest and perhaps the first raiding skill learnt by the raiders. This apparently easy skill does require proper practise and good reflexes on the part of the raider. Hand touch has been classified into five types i.e., *running hand touch*, *stooping hand touch*, *turning hand touch*, *hopping hand touch* and *Feint & touch*. Various skill drills have been designed for hand touches.

Toe touch is very effective in the bonus line game since it can be used by the raider even when he is at a considerable distance from the antis. Toe touch involves quick movements which can take the antis by surprise. To make the skill more effective it can be used in its different forms such as *double attack in toe touch*, *feinting toe touch*, *dragging back & toe touch*, *running toe touch & taking a step & toe touch*.

4.4.3 Foot touch

Foot touch is another fundamental raiding skill akin to toe touch with similar application method and principles. However, the salient difference between both the skills is that in toe touch the raider tries to touch the antis with his toe while in foot touch, the raider uses his complete foot. During the execution of this skill, the raider drags his thrusting leg towards the antis, which is known as a 'slip' in Kabaddi. This 'slip' helps the raider cover more area in the opponents' court which has an advantage over toe touch.



4.4.4 Sudden leg thrust

Sudden leg thrust is another type of leg touch which is a combination of toe touch and foot touch. Raiders with quick reaction ability can use this skill to advantage. Sudden leg thrust is applied by sliding the attacking leg from side wards to reverse or forward to sideward making a second attack during the same execution of the technique, which can take the antis by surprise and is very effective in the bonus line game.



4.4.5 Squat leg thrust

Squat leg thrust as the name suggests, is applied by the raider in a squatting position by thrusting his nearest leg towards the antis. This skill can be applied after feint by the raider to push the defence chains away to create a distance between the chains and results in delay in application of cover by the antis. This skill calls for high reaction ability and good agility. Sort

and slim raiders can make good use of this skill since the squatting position inclined towards the midline will make their escape to home court easier.



4.4.6 Kicking in Kabaddi

Kicking in Kabaddi is a significant attacking skill which can be resorted to in critical situations with good results. *Back kick, Side kick & Curve / roll kick* are the various types of kicks used by raiders in Kabaddi which can be executed while maintaining distance from the antis, to confuse the defence and enable the raider to make a surprise attack on the second man or cover, a good weapon to use against the defence when the antis are fielding on the baulk line. This is a good skill to be used effectively when the defence players are less in number.



4.5 Fundamental Defence skills

The chain system in Kabaddi is an advanced defence skill used as a strategy to capture tall & heavy players who appear invincible. This skill can be used to advantage by even light weight antis to overpower comparatively heavier raiders with minimum chances of injuries. This advanced defence skill is classified into three types i.e., *chain holds by corner/centre zone players, running chain holds & following chain holds*. Each of these types of chain holds can be applied depending on the situation and have different hand grips for the best results. The mechanism of the chain hold includes formation of the chain, covering the path of the raider, maintaining the hold after the capture



Chapter-V

ROLE OF OFFICIALS FOR BEST PERFORMANCE OF KABADDI PLAYERS AND TEAMS

The official represents the integrity of the game Kabaddi it is a must for all connected with the game Kabaddi to accept and respect the decisions of the official. At the same time the responsibilities and obligations of the official to the game are even greater. By the actions on and off the field of play, through unquestioned honesty, demonstration ability obvious devotion and full understanding of the game. The Official must be able to win the confidence and respect of the players and coaches. Officiating is an integral part for the game. When an official having been motivated by the primary responsibilities to see that all players receive proper justice through his best efforts from very beginning to the very end, refuses to be intimidated by the players and coaches and gives the play full flexibility of his judgment, applying with courage. Then only one may consider him self an official worthy of the name.

In Kabaddi officiating it is not “who is right” but “what is right” is important. Fundamentally true life and particularly true of officiating Kabaddi game with courage and with rationality in judgment are the two important factors that contribute to success. But this officiating has been very much neglected. Because of poor officiating, it reduces so much for the enjoyment of players and spectators. It results dissatisfaction and bitterness in the game. Efforts to improve the standards have increased in recent years.

For perfect officiating the basic requisites of an official

Physical and Mental fitness.

Knowledge of the rules.

Flexibility to interpret the rule and courage to support the interpretation.

Knowledge of the mechanics of officiating.

Temperament and personality adopted to environments of the game

5.2 Physical fitness

Before accepting an appointment for officiating Kabaddi game, one should make self assessment, considering the heavy responsibility that official required to shoulder. Physical and mental fitness to do the job. Physical fitness and mental alertness requires prime consideration. The official should keep himself fit throughout the season. As one has to hustle and keep pace with play. The official has to be mentally alert to give clear and perfect decisions even on highly complicated situations. The official should possess the physical fitness of a stallion, watch fullness of a dog, eye sight of an eagle, intelligence of Eastern and good judgment like Salomon. Official should wear proper uniform to suit his physique.

5.2.1 Knowledge of the rules

Kabaddi rules are the guide lines for fair play. As the game progress through ages. The rules under go many changes. Yet the basic rules remain the same. A close examination of the history of the rules will reveal that the changes in the rules cannot be merely accidental. They evolve as a result of the continuous process of changing trends in the playing the game. The

changes in the rules the tactics of the game and the method of officiating are closely related and one is mutually influential on the other two.

Reaction time is the prime quality of official by little practice one reaches the maximum of one's potentiality in this quality additional practice does not change the results. As the decisions must be made in split second in Kabaddi. A person who does not possess above average reaction time has a little chance of becoming a top-official. Unless official react quickly to make his decision at the movement the action occurs. He will create complication in the match. Ex.: Cant break, entering the lobby before the struggle, crossing the limits, Mere touch etc. In such situations if the official is poor in reaction time creates confused situation in the game. Slow reacting official will create doubts in the minds of the players. The best method of gaining the confidence of the players is to make decisions at the time of the players going through his mistake. Even after considerable experience in officiating, official finds that he is always late in decisions. The official is not likely to become a successful official in kabaddi.

Confidence and courage to support the interpretation. There are many factors reflects the confidence of the officials to gain confidence of players, coaches, and spectators. By a decisive action that lasts but has no element of hesitation is highly desirable. Ex:- Official showing two fingers and then slipping the third at the time of giving points (2). It is not that saying raider out than changing to 2 antis out. It should be raider out or 2 antis out. Same times this hesitant convey uncertainty it even leave the suspicion. A strong voice is a grate assert to an official in Kabbadi in which the Vocal announcement of decisions is necessary by means of a clear, strong voice the official is able to convey to all, with the support of signals are desirable. When a whistle is used the whistle should be blown to produce a sharp sound not a slow feeble, extended wheezed sound. Sharp whistle has the effect of saying "Attention Please" as important decision is to be announced.

The excitable official in Kabaddi contributes more than the players to raggedly play game. As a matter of fact a highly nervous official usually up sets equilibrium of a team and even induces jumpiness among the players. On the other hand the official with chip on his shoulder disliked and quite often distrusted. He should be aware of his weakness and he should to correct it.

Consistency is the great virtue one official can posses. He i-nay have warped interpretation of a rule, he may practices techniques contrary to those to which a team is accustomed. For a movement that the team is surprised and confused momentarily. The official is bothered by the crowds who is nervously affected when he moves from the regular season play to the National Championship. Intelligent efforts coupled with experience will develop consistency. The official who does not have high degree of consistency, such official should be eliminated, just as incapable players are gradually weeded out of the squad. Consistence and judgment go hand in hand. The young official is likely at first shows incapable of discriminating the situations. In the beginning he sees blur of movement from which he is unable to distinguish any pattern. Such a state of confusion the official need not detour. With continued practice the picture will gradually clear, good Judgment will develop with experiences. During this process the official should not be discouraged by temporary difficulties. Practice officiating in Kabbadi under intelligent supervision and guidance. It is the best method for attaining consistency and sound judgment.

For Kabaddi officiating 6 officials are required. Each must have faith in other and harmony must exist. Any tendency for one official to attempt to dominate the game may cause poor officiating. Ex:- One umpire over powers all other officials in calling decisions. There should be harmony between the officials. When other official gives decision of different official on the other side. Ex:- During a struggle when a player crosses the boundary the official on the other side gives decision because the umpire on the same side is caught out of sight. If the officials cannot adjust to the situation, even though an individual is good in officiating, they should not work in the same group. The official may have good knowledge of the rules. Perfect knowledge of the rules does not guarantee good officiating. The rational application of the rule will guarantee for good officiating.

It is also essential that the official know the relation ship of the rules to the other. In Kabaddi the official do not stick up to the literal interpretation of the rules. Rather the official must know his decision largely on the effect of violation of the rules. Ex:- While giving decisions for fouls and gross violation.

Official should not expect to be chosen to officiate the National Championship immediately after passing the officiating test. It is only winning the right to wear the official uniform. An official can reach this goal if he has a burning desire to officiate and persists in his efforts. If the officials are perfect in their officiating the players will show their optimum performance. Other wise due to poor officiating many a time good teams may loose to a weak team. So for showing good performance in the game the officiating plays Vital Role

5.2.2 Warm Up

Warming up is an essential prerequisite for any sportsperson to face the physical load of the training session or competition. Proper warming up is indispensable to the player to prepare him for the physical exertion and to prevent injuries. Warming up is the physiological as well as the psychological preparation of the player before the main event. For performance in any sporting activity, a great deal of physical exertion is called for. In order to face the stress of a rigorous training session or a competition, the player needs a gradual transition from rest to intensive activity. If the player does not warm up properly, the required amount of blood will not be supplied to the arteries in time, leaving him fatigued after the first burst of activity and his stiff muscles may make him injury prone. Warm up exercises activate the muscles of the body by toning them up, increases flexibility by loosening the muscles and increases the heart rate. Arteries and capillaries open up to increase blood flow to the muscles, which in-turn activates the nervous system, reduce time for motor reaction and improve body coordination.

Warming up can be achieved either through active or passive means. Massage, hot water bath or steam bath are the passive means of warming up while physical activity such as walking, jogging, bending and stretching exercises constitute active warming up. For sports persons, passive warming up by itself will not be sufficient to bring the body heat to the required level. Active warming up is an essential pre-requisite for the sports person before undertaking any strenuous physical activity, be it a training session or the actual competition

Studies have revealed that warming up has the psychological effect of motivating the player to give his best performance provided he enjoys the warming up experience and believes in the benefits of the warming up session. It is important that warming up methods are employed keeping in view the physical and nervous condition of the player and should be devised individually as far as possible especially for the elite sport persons. The player must guard against the warming up session becoming too much of a ritual but should adjust to changing conditions. Warming up exercises must be kept as simple as possible so that the player does not have any particular nervous or physical exertion while performing them.

The player should have some relaxation between the warming up and the actual competition. Passive warming up such as a massage or a chemical rub down is considered beneficial between the active warming up and start of the main event. Care should be taken that the passive warm up / rest period is not for too long as this will have the adverse effect of warm down or cool down of the player before the main event. The factors that have a bearing on warming up are age, sex, weather conditions, experience and aptitude of the player. Warm up before a practise session tends to be longer as compared to a warming up session before the competition which is of shorter duration but more intense.

Warming up can be classified into two types, i.e., General Warming up and Specific Warming up. General warming up is for the total organism involving all parts of the body to loosen the muscles. The methods used for general warming up include jogging, callisthenic exercises for the neck, arms, shoulders, abdomen, legs and back followed by stretching exercise to limber up the muscles of the body. Stretching not only loosens the muscles of the body but strengthens the connecting tissues as well. The increased temperature through stretching exercises protects the body from muscle injuries during exercise. Gymnastic exercises are considered most suitable for general warming up since the player makes maximum use of his limbs to perform the exercises.

Specific warming up prepares the player for the main task ahead. It is important that specific warming up exercises are chosen with care and should resemble the activity to be performed during the main event as far as possible. The number of repetitions of each specific warming up drill depends upon the complexity of the skill or technique that is to be used during the main activity. Drills for attack and defence, i.e., moves, footwork, various holds and techniques in attack should form the bulk of the specific warming up exercises. Each player should be aware of how to warm up in any given situation keeping in view the task ahead, time available and intensity of the exercises required to bring out his best competitive effort.

5.2.3 Cooling down

Cooling down is the reverse of warming up and should immediately follow the main activity. Immediately after any vigorous activity, it is not advisable for the individual to suddenly stop all activity, lie down or take a shower. The purpose of warming down is to bring the body temperature to normal gradually. This can be achieved through light exercises such as walking, easy jogging and stretching.

A proper warm down session is a must after any vigorous activity since this will reduce the fatigue caused by the heavy load during the main task. The duration of the warm down session could be 05 to 10 minutes immediately after the main event whether it is a competition or a training session. Stretching exercises and deep breathing exercises are especially beneficial for Kabaddi players immediately after the main event. Lack of a proper warm down will reduce the recovery process and hamper the progress made during the training session. For warm down/ cool down, the player should avoid rapid movements such as hops, skips, jumps or difficult exercises involving strength but undertake light / easy exercises for optimum effect.

5.2.4 Conditioning

5.2.5 Warm up activities & stretching exercises

Brad Walker explains how to warm-up properly so as to reduce the risk of a sports injury

The warm up activities are a crucial part of any exercise regime or sports training. The importance of a structured warm up routine should not be under estimated when it comes to the prevention of sports injury.

5.2.5.1 The Warm Up

An effective warm up has a number of very important key elements. These elements, or parts, should all be working together to minimize the likelihood of sports injury from physical activity. Warming up prior to any physical activity does a number of beneficial things, but primarily its main purpose is to prepare the body and mind for more strenuous activity. One of the ways it achieves this is by helping to increase the body's core temperature, while also increasing the body's muscle temperature. By increasing muscle temperature you are helping to make the muscles loose, supple and pliable.

An effective warm up also has the effect of increasing both your heart rate and your respiratory rate. This increases blood flow, which in turn increases the delivery of oxygen and nutrients to the working muscles. All this helps to prepare the muscles, tendons and joints for more strenuous activity. Keeping in mind the aims or goals of an effective warm up, we can then go on to look at how the warm up should be structured.

Obviously, it is important to start with the easiest and most gentle activity first, building upon each part with more energetic activities, until the body is at a physical and mental peak. This is the state in which the body is most prepared for the physical activity to come, and where the likelihood of sports injury has been minimized as much as possible. So, how should you structure your warm up to achieve these goals?

There are four key elements, or parts, which should be included to ensure an effective and complete warm up. They are:

1. The general warm up
2. Static stretching

All four parts are equally important and any one part should not be neglected or thought of as not necessary. All four elements work together to bring the body and mind to a physical peak, ensuring the athlete is prepared for the activity to come. This process will help ensure the athlete has a minimal risk of sports injury. Let us have a look at each element individually.

5.2.5.2. General warm up

The general warm up should consist of a light physical activity. Both the intensity and duration of the general warm up (or how hard and how long), should be governed by the fitness level of the participating athlete. Although a correct general warm up for the average person should take about five to ten minutes and result in a light sweat. The aim of the general warm up is simply to elevate the heart rate and respiratory rate. This in turn increases the blood flow and helps with the transportation of oxygen and nutrients to the working muscles. This also helps to increase the muscle temperature, allowing for a more effective static stretch.

5.2.5.2.3 . Static stretching

Static stretching is a very safe and effective form of basic stretching. There is a limited threat of injury and it is extremely beneficial for overall flexibility. During this part of the warm up, static stretching should include all the major muscle groups, and this entire part should last for about five to ten minutes. Static stretching is performed by placing the body into a position whereby the muscle or group of muscles to be stretched is under tension. Both the opposing muscle group (the muscles behind or in front of the stretched muscle), and the muscles to be stretched are relaxed. Then slowly and cautiously the body is moved to increase the tension of the muscle, or group of muscles to be stretched. At this point the position is held or maintained to allow the muscles and tendons to lengthen.

This second part of an effective warm up is extremely important, as it helps to lengthen both the muscles and tendons which in turn allow your limbs a greater range of movement. This is very important in the prevention of muscle and tendon injuries. The above two elements form the basis, or foundation for a complete and effective warm up. It is extremely important that these two elements be completed properly before moving onto the next two elements. The proper completion of elements one and two, will now allow for the more specific and vigorous activities necessary for elements three and four.

5.3 Roles of Coaching

The roles that you will find you undertake as a coach will be many and varied and you will find at some stage in your coaching career that you will be, but not limited to:

- Advisor - Advising athletes on the training to be conducted and suitable kit and equipment.
- Assessor - Assessing athletes performance in training and in competition
- Counsellor - Resolving emotional problems on the basis that sharing anxieties can be both relieving and reassuring.
- Demonstrator - Demonstrate to the athletes the skill you require them to perform.

- Friend - Over the years of working with an athlete a personal relationship is built up where as well as providing coaching advice you also become someone, a friend, who they can discuss their problems or share their success with. It is important to keep personal information confidential because if you do not then all respect the athlete had for you as a friend and coach will be lost.
- Facilitator - Identify suitable competitions for them to compete in to help them achieve their overall objectives for the year.
- Fact finder - Gathering data of national and international results and to keep abreast of current training techniques.
- Fountain of knowledge - This may be part of the advisor role in that you will often be asked questions on any sporting event, events that were on the television, diet, sports injuries and topics unrelated to their sport.
- Instructor - Instructing athletes in the skills of their sport.
- Mentor - When athletes attend training sessions you are responsible, to their parents and family, for ensuring that they are safe and secure. You have to monitor their health and safety whilst training and support them should they have any problems or sustain any injuries.
- Motivator - Maintain the motivation of all the athletes the whole year round.
- Organiser and planner - Preparation of training plans for each athlete and organise attendance at meetings and coaching clinics.
- Role Model - A person who serves as a model in a particular behavioural or social role for another person to emulate. The way you conduct yourself whilst in the presence of your athletes provides an example of how they should behave - what sort of example should we be providing to someone else's children? Perhaps one of the most important roles of a coach.

Supporter - Competition can be a very nerve racking experience for some athletes and often they like you to be around to help support them through the pressures. Role of a 'Friend' and perhaps 'Counsel or' come in here to.

Coach/Athlete Training Roles

The roles of the coach and athlete in determining training requirements will change over the time an athlete is with a coach.

- When an athlete first starts in a sport/event (cognitive stage) the coach's role is to direct the athlete in all aspects of training (telling or showing coaching style).
- As the athlete develops and demonstrates a sound technical understanding (associative stage) of the sport/event then gradually the coach's role changes to one where the coach and athlete discuss and agree appropriate training requirements (involving coaching style).
- As the athlete matures and demonstrates a sound understanding of training principals (autonomous stage) then the athlete will determine the training requirements. The coach's role becomes one of a mentor providing advice and support as and when required.

5.5 Coaching skills

As a coach you will initially need to develop the skills of: organising, safety, building rapport, providing instruction and explanation, demonstrating, observing, analysing, questioning and providing feedback.

Organising

In organising the training session you need to plan in advance how you will manage the athletes, equipment and area - group athletes accordingly to numbers, ability and the activity - continually check the plan is safe during the session.

Safety

In providing a safe environment for the athletes you must assess the risk of: the area, equipment and athletes - continue to assess risk throughout the session - keep athletes on the set task and follow correct practice and progressions.

Building Rapport

In building rapport with the athletes learn and use their names, smile and make eye contact, coach the athlete rather than the sport, show interest in and respect for the athletes.

Instruction and explanation

In providing Instruction and Explanation you should think about and plan what you are going to say, gain the athlete's attention, ensure they can all hear you, keep it simple and to the point and check they understand by asking open questions.

Demonstration

In providing demonstration make sure you are in a position where the athletes can clearly see and hear you, identify 1 or 2 key points for the athletes to focus on, repeat the demonstration in silence 2 or 3 times (side, back and front view), ask if they have any questions and check they understand by asking open questions. There are times when it might be more appropriate to use someone else to provide the demonstration.

Observation and Analysis

In observing and analysing break the action down into phases, focus on one phase at a time, observe the action several times from various angles & distances, compare the action with your technical model and if appropriate determine what corrective action is required. Remember your ears can also be used to observe - e.g. listen to the rhythm of the feet of the hurdler.

Feedback

In providing feedback encourage the athlete to self analyse by asking appropriate open questions, provide specific and simple advice, limit the advice to 1 or 2 points, check they understand what they will do next and make the whole process a positive experience for the athlete.

Chapter-VI

Federations of Kabaddi

6.1 India

The Kabaddi Federation of India (KFI) was founded in 1950, and it compiled a standard set of rules. The Amateur Kabaddi Federation of India (AKFI) was founded in 1973. The AKFI has given new shape to the rules and it has also the rights of modification in the rules. The Asian Kabaddi Federation was founded under the chairmanship of Sharad Pawar.

The Governing body of Kabaddi in Asia is Asian Kabaddi Federation (AKF) headed by Mr. Janardan Singh Gehlot. AKF is affiliated to Olympic Council of Asia. Parent body to regulate the game at international level is International Kabaddi Federation (IKF). India won the world cup in December 2014 by defeating Pakistan in finals at Punjab

In 1979, a return test between Bangladesh and India was held at different places of India including Mumbai, Hyderabad, and Punjab. The Asian Kabaddi Championship was successfully arranged in 1980 and India emerged as the champion and Bangladesh as the runners-up. Bangladesh became runners-up again in 1985 in Asian Kabaddi Championship held in Jaipur, India. The other teams included in the tournament were Nepal, Malaysia and Japan. Kabaddi was played as a demonstration sport at the 1936 Summer Olympics in Berlin. The game was included for the first time in Asian Games held in Beijing in 1990. Eight countries took part including India, China, Japan, Malaysia, Sri Lanka, Pakistan and Bangladesh. India won the gold medal and has since won gold at the following three Asian Games in Hiroshima in 1994, Bangkok in 1998, Busan in 2002, and in Doha 2006.

Kabaddi is popular throughout South Asia, and has also spread to Southeast Asia, Japan and Iran. It is the national game of Bangladesh where it is known as Hadudu. It is the state game of Punjab, Tamil Nadu, Andhra Pradesh, and Maharashtra in India. It is played by the British Army for fun, to keep fit and as an enticement to recruit soldiers from the British Asian community. The game is also played extensively in the small town of Peebles in the Scottish Borders, mainly in the local primary school playground, where it is favoured to more traditional childhood past-times such as 'British bulldogs' and 'Kiss, Cuddle and Torture'.

6.2 Pakistan

Kabaddi is played in all parts of Pakistan, especially rural areas, in one form or the other. It is also popular sport of the sub-continent and in many parts of India and Bangladesh, Kabaddi is played with equal zeal and enthusiasm. Its forms and styles vary from region to region. Malik Mushtaq was the best player of kabaddi in Pakistan. He was declared man of the tournament in Canada at the World Kabbadi Cup 1981. In Pakistan, Faisalabad is known as the nursery of Kabaddi. It has produced many world class players. Lahore, Gujranwala, Qasoor, Nankana Sahib, Sahiwal, Okara, Bahawalpur, Multan, Bahawalnagar are the other centres of kabaddi where circle style kabaddi is very famous. It is also called the Village game of Punjab, Pakistan.

6.3 Bangladesh

Kabaddi (Bengali: কাবাডি) is a very popular game in Bangladesh, especially in the villages. Often called the 'game of rural Bengal', it is now the National Game of Bangladesh. In some areas Kabaddi is still known as (Ha-Du-Du), but Ha-Du-Du had no definite rules and was played with different rules in different areas. [Ha-Du-Du] was renamed Kabaddi and given the status of the National Game in 1972.

The Bangladesh Amateur Kabaddi Federation was formed in 1973. It framed rules and regulations for the national game. In 1974 Bangladesh played a Kabaddi test match with a visiting Indian team, which played test matches with the district teams of Dhaka, Tangail, Dinajpur, Jessore, Faridpur and Comilla. In 1978, the Asian Amateur Kabaddi Federation was formed at a conference of delegates from Bangladesh, India, Nepal and Pakistan in the Indian town of Villai. Kabaddi is one of the most popular games in schools of Bangladesh.

6.4 Iran

Kabaddi-like games are common in certain rural regions of Iran and in these areas it is a popular game for children and adults. In Iran there are different names that they call this game according to the area. In some areas – especially in the center of Iranian plateau, Khorasan and Mazandaran Kabaddi is known as Zu/Zou (Persian: زو), in Gilan as Do-Do (Persian: دودو), in Khuzestan as Ti-Ti (Persian: تی تی) and in Sistan and Baluchestan as Kabaddi/Kabedi/Kavedi/Kaveddi/Kavaddi (Persian: کبدی، کودی).

In Iran, the Community of Kabaddi was formed in 1996, in same year they joined the Asian Kabaddi Federation and in 2001 they joined the International Kabaddi Federation. The Iran Amateur Kabaddi Federation was formed in 2004.^[6]

6.5 United Kingdom

Kabaddi was brought to the United Kingdom by Indian immigrants and Pakistani immigrants. The governing body for kabaddi in the United Kingdom is the England Kabaddi Federation UK. The UK also played host to the 2013 UK Kabaddi Cup.

Chapter-VII

SIGNALS TO BE USED BY THE TECHNICAL OFFICIALS

1. Start of the Match

- ❖ Raise one hand horizontally upwards and the other hand parallel to the mid line.
- ❖ Simultaneously bring the other hand down and start the Stop & go watch.
- ❖ Long and short whistle.

2. Out of Bounds

- ❖ Raise both hands, palms facing towards the body and show the action of away.
- ❖ Long Whistle Place the palm in front of the throat Sharp Short Whistle.

3. Breaking of Cant

4. Calling The

- ❖ Pointing the thumb finger at shoulder level towards the directions, in which the raider should move.
- ❖ Two Short Whistles Raider Back.

5. Both Out

- ❖ Raise both the hand side wards at shoulder level by pointing thumb upward Long whistle.

6. To Declare Points & Outs

- ❖ Long whistle.
- ❖ Raise one hand to indicate number of outs or points with fingers and indicate the team which scored with the other hand pointing horizontally.

7. Push or Pull

- ❖ Show the action of Push or pull with both hands towards the player on whom the foul is given.
- ❖ Sharp short continues whistle.

8. Operating Scissors or Dangerous Play

- ❖ Short continues whistle till struggle is stopped.
- ❖ Indicate interlocking of fingers with both hands.

9. Warning

- ❖ Short continues whistle till the player reports
- ❖ Show the index finger towards the player / team/ coach who is to be warned.
- ❖ Show the card & record.

10. Time Out / Temporary Suspension

- ❖ A Long and Short Whistle Form T shape with both palms.

11. Stop or Wait

- ❖ Blow Sharp Short Continuous Whistle till the Struggle or Foul is stopped.
- ❖ At the time of struggle or fouls wobbling action with the palm to stop.

12. Bonus Point

- ❖ No whistling is required unless there is a struggle.
- ❖ Indicate the thumb upwards towards the side which scored the Bonus.

13. Halh Time and Side Change

- ❖ Long whistle Cross the hands in front of chest to indicate change the sides.

14. Match Is Over

- ❖ Raise both hands from side wards and bring them closer simultaneously with the whistling Long Whistle.

Arjuna Award

The Arjuna Awards are given by the Ministry of Youth Affairs and Sports, government of India to recognize outstanding achievement in National sports. Instituted in 1961, the award carries a cash prize of ₹500,000, a bronze statuette of Arjuna and a scroll.

Over the years the scope of the award has been expanded and a large number of sports persons who belonged to the pre-Arjun Award era were also included in the list. Further, the number of disciplines for which the award is given was increased to include indigenous games and the physically handicapped category.

The Government has recently revised the scheme for the Arjun Award. As per the revised guidelines, to be eligible for the Award, a sportsperson should not only have had good performance consistently for the previous three years at the international level with excellence for the year for which the Award is recommended, but should also have shown qualities of leadership, sportsmanship and a sense of discipline.

From the year 2001, the award is given only in disciplines falling under the following categories:

- Olympic Games / Asian Games / Commonwealth Games / World Cup / World Championship Disciplines and Cricket
- Indigenous Games
- Sports for the Physically Challenged

In mid-August 2011, 19 athletes were announced as Arjuna recipients; the high number due to the inclusion of both the 2010 Commonwealth Games and 2010 Asian Games in the Arjuna qualifying year.



Arjuna Awarded in Kabaddi

List Of Players

Sl.No	Name of Sports Person	Year
1	Ashan Kumar	1998
2	Biswajit Palit	1998
3	Balwinder Singh	2000
4	Tirath Raj	2000
5	C. Honnappa	2002
6	Ram Mehar Singh	2002
7	Sanjjev Kumar	2003
8	Sunder Singh	2004
9	B.C.Ramesh	2005
10	Pankaj Navanth Shrivastav	2008
11	Dinesh	2010
12	Tajaswani Bai	2011
13	Rakesh Kumar	2011
14	Anup Kumar	2012

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Championships. She has presented numerous research paper/ articles at national & international seminars/ conferences.

