



राष्ट्रीय प्रौद्योगिकी संस्थान दिल्ली  
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## RULES AND REGULATIONS

Kabaddi is a team game. Two teams, each having 7 in court players, compete with each other to get higher scores.

### **RAIDING:**

From your team you have to send, one player to the other teams court to raid. The raider starts from the centerline uttering aloud, “Kabaddi, Kabaddi, Kabaddi...” without any break. This process is called ‘CANT’.

The raider is judged out if his CANT breaks in the middle of the raid.

The raider is declared out if he doesn't make it to the BAULK line.

Each raid is confined only to 30 seconds.

If the raider doesn't make it to his court in the 30 second time limit, the raider is judged out.

If he touches an opponent, he will, without breaking the “Kabaddi, Kabaddi...” rhythm come back to his court through the centerline. The people he had touched are his teams point scored. If he had touched one player, it is 1 point and if he had touched 3 players, it is 3 points to your team.

## **DEFENDING:**

The objective of your opponent, when your player is raiding them is different. They, as a team, would like to thwart the raider's effort to score by touching any member of the opponent's team and devise ways to trap and catch him without allowing him to get back to the center line and thence to his court.

## **LONA**

If your team, because of its excellent efforts, makes all the players of your opponent out, your team is entitled to get 2 points as a bonus. This is known as "Lona".

## **SUPER TACKLE:**

If there are 3 or less than 3 defenders in the defending team and they somehow catch or tackle the raider, then that tackle is called a SUPER-TACKLE. The defending team is awarded 2 points for a super-tackle.

## **BONUS POINT:**

A raider is said to get a bonus point if he crosses the bonus line of the defending team, with his other leg in the air. (A bonus point is awarded only when there are 6,7 people in the defending team)

## **BOUNDARIES:**

Any player in the game who touches the boundary of any court is judged out during the game. Defenders or raiders can get into the lobby only while attempting to catch the raider, otherwise they are judged out if they enter the lobby.

## **OTHERS:**

All other rules regarding substitutions, timing, line touches, order of entry, discipline etc. will be informed during the game or prior to the game