



KABADDI

1. Matches shall be played according to the International Kabaddi Federation rules as adopted from time to time by the Kabaddi Federation of India unless otherwise modified.
 2. Each team shall consist of 12 players (7 players on-court + 5 substitutes). Maximum 5 substitutes are allowed in a game.
 3. In the League stages, the team that wins the match will score two league points and the loser will score zero points. In case of a tie, both sides will score one league point each.
 4. In the event of a draw in the knockout stage, the following methods to decide the winner will be used (5-5 raid/ Golden raid/ toss).
 5. Each Team will be allowed to take Two "Time Outs" of 30 Seconds in each half.
 6. If there is a failure of light, heavy rain, or other unforeseen circumstances, further decisions (Replay / One point to each team) will be made.
 7. Nails of the players must be closely clipped, and no ornaments of any sort will be allowed.
 8. Application of oil or any other soft, sticky or slippery substances to the body will not be allowed.
 9. A raider or defender is not to be held by any part of his body above the shoulders deliberately. The one who violates the rule will be declared OUT.
 10. Any new rule or a change in rules will be informed to the teams by the event coordinators prior to the beginning of the match.
 11. If the match duration is reduced, event coordinators will inform prior to the beginning of the match.
- **Weight:** Should not be greater than 85 Kg
 - **Duration of the match:** 40 minutes divided into two halves of 20 minutes each with a break of 5 minutes between the two halves.