

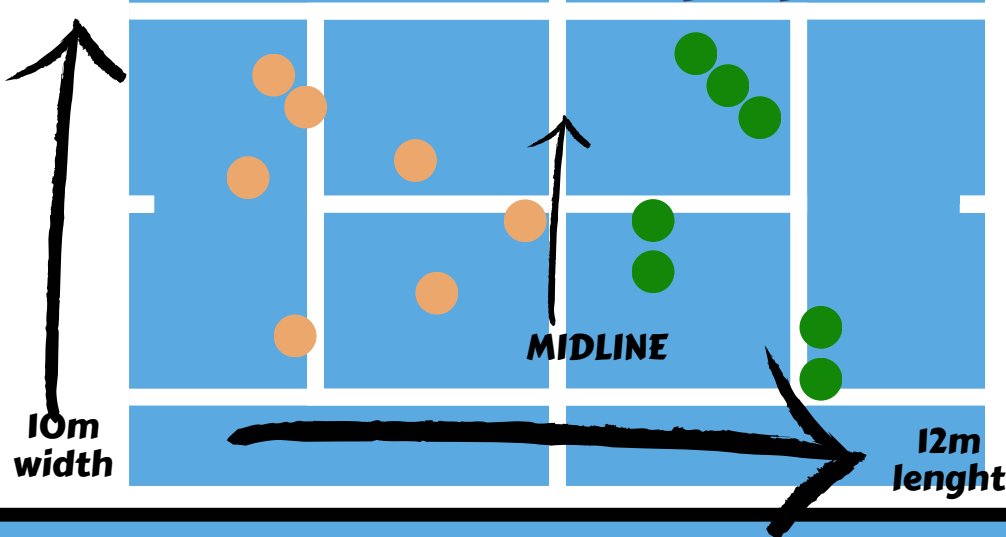
# KABADDAI



## AIM

Kabaddi originated in India. It is a game where one player tries to tag the other team and get back to their side without being caught. The other team tries to stop them by tagging or tackling. It is a game of two 20 minutes halves.

## GAME SET-UP 7V7



## RULES

**Teams: 7 players per team.**

### RAIDING

Teams take turns sending one player (raider) to the other team's side.

The raider must hold their breath (say "Kabaddi, Kabaddi") while on the opponent's side.

If the raider's breath runs out, they must return to their side immediately.

The raider tries to tag opponents and return without getting caught.

### DEFENDING

The other team tries to stop the raider by tagging or tackling them.

### SCORING

The raider scores by tagging opponents and getting back safely.

The defending team scores by catching the raider.

### TURN ROTATION

Teams alternate turns raiding and defending by sending one player at a time into their opponents half

### WINNING

The team with the most points at the end wins!

## **GETTING PLAYERS OUT**

**Players are out if they are tagged, tackled, run out of breath, or step out of bounds. To get back in, the team needs to score points through successful raids or after an All-Out, when all out players return.**

## **GETTING PLAYERS OUT**

**A player is out if they are tagged or tackled and can't return to their side.**

**If the raider's breath runs out (they stop saying "Kabaddi, Kabaddi"), they must return to their side immediately or be out.**

**A player is out if the raider crosses the center line or steps out of bounds.**

## **Getting Players Back In:**

**When a raider successfully tags opponents and returns safely, the team earns a point, which can be used to bring a player back into the game.**

**If one team gets all the players from the opposing team out, they earn extra points. After an All-Out, all the out players return to the game.**

## **Scoring System**

**1 point per successful raid or tackle.**

**Bonus points for touching multiple defenders or escaping tricky situations.**

**Revival: If a raider scores, a player from the bench returns!**

## **TACTICS FOR RAIDERS:**

**Toe Touch:** Lightly tap a defender's foot and retreat quickly!

**Hand Touch:** Reach out and tag opponents at arm's length.

**Bonus Line Strategy:** Gain extra points by crossing the bonus line!

**Escape Moves:** Use ducking, dodging, and spinning to escape defenders.

## **TACTICS FOR DEFENDERS**

**Chain Formation:** Hold hands to form a strong defense line.

**Back Hold Tackle:** Grab the raider's waist from behind to stop them!

**Ankle Hold:** Target the raider's legs to bring them down.

**Corner Defense:** Use corners to trap raiders.

## **OFFENSIVE STRATEGY**

**Start with your strongest raiders. Use fake moves & sudden direction changes to confuse defenders.**

**Aim for multiple touches in one raid to maximize points.**

**Target weaker defenders first to gain an advantage.**

## **DEFENSIVE STRATEGY**

**Study the raider's patterns & block their favorite moves.**

**Keep corners & centre players alert for quick reactions.**

**Work as a team—don't tackle alone unless necessary.**

**Save your best defenders for critical moments.**