

# Indian Game: Women's Kabaddi



Asian Kabaddi Championship – 2017. (Place- Gorgan)

By Prof. Vinod Chaudhari

# History



kabaddi is primarily an Indian game, not much is known about the origin of this game. There is, however, concrete evidence, that the game is 4,000 year old. It is a team sport, which requires both skill and power, and combines the characteristics of wrestling and rugby. It was originally meant to develop self defense, in addition to responses to attack, and reflexes of counter attack by individuals, and by groups or teams.

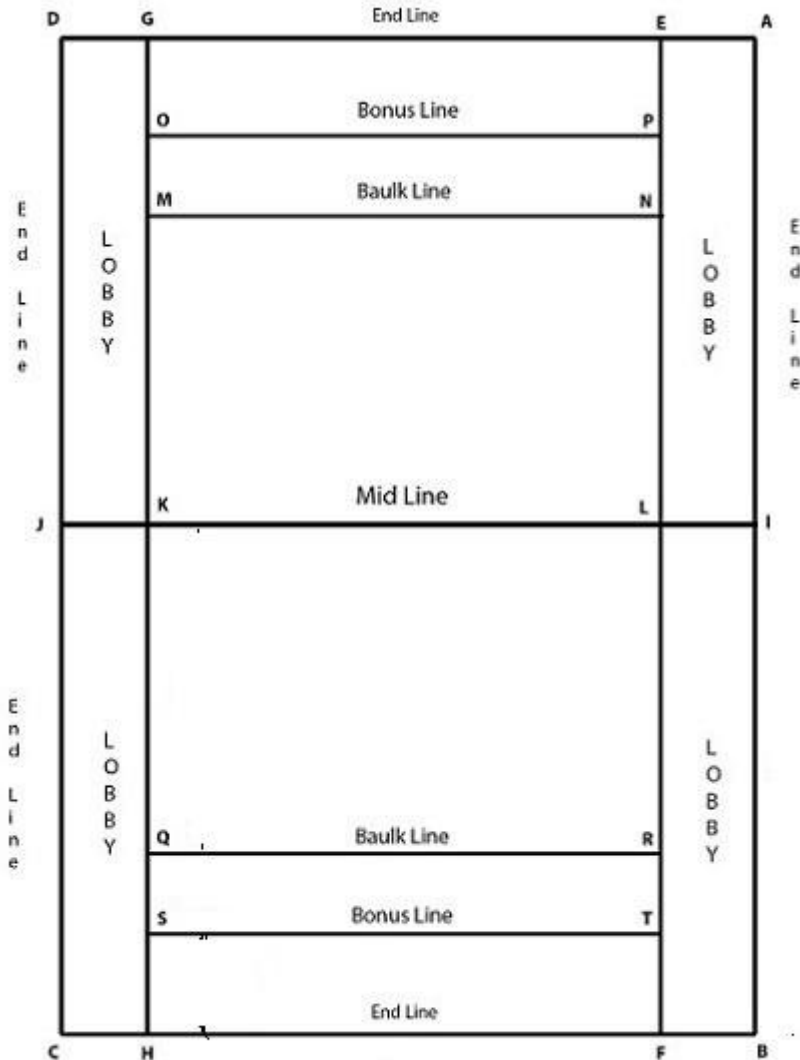
kabaddi was known by various names in various places. For example, CHEDUGUDU OR HU-TU-TU in Southern parts of India, HADUDU (Men), CHU KIT-KIT (Women) in Eastern India and KABADDI in Northern India

# About Game “ Kabaddi”



Kabaddi is a sport consisting of two teams. Each team has 7 members with high agility. Their main aim is to score as many points as possible before the time runs out. In order to win points the raider must go to the court of the opposition team and touch a player of the opposition team and come back successfully without being caught or obstructed by the members of the opposite team. As long as the raider stays in the court of the opponents team he/she must hold their breath and chant "Kabaddi" without any halt.

# Ground Measurement



## MEASUREMENTS CHART

### INTERNATIONAL KABADDI GROUND

FIELD MEASUREMENTS	MEN & JUNIOR BOYS	WOMEN & JUNIOR GIRLS	SUB-JUNIOR BOYS & GIRLS
SIDELINES	13	12	11
END LINE	10	8	8
LOBBY	1	1	1
BAULK LINE (FROM MID LINE)	3.75	3	3
BAULK LINE (WIDTH)	8	6	6
MID LINE	10	8	8
BONUS LINE FROM BAULK LINE	1	1	1
BONUS LINE (WIDTH)	8	6	6
SITTING BLOCK	8 X 1	8 X 1	8 X 1
COURT (INCL. LOBBIES)	6.5 X 10	6 X 8	5.5 X 8
SPACE SURROUNDING PLAY FIELD	4	4	4

# FIELD OF PLAY



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- The play ground of the Kabaddi shall be level and soft preferably made of earth, manure and sawdust. The ground shall be  $12\frac{1}{2}$  meters X 10 meters. For women and Juniors the measurement shall be 11metres X 8 meters. The mid line drawn divides the play ground into two courts. There shall be strip of one meter wide on each side of the playfield, which is called **Lobby**. In each half, at a distance of about 3 meters from the mid-line and parallel to it lines of the full width of ground shall be drawn. These are **Baulk lines**.
- The duration of each half of the game is about 20 min and a half time break of 5 min.

# Kabaddi Rules & Regulations



- Each team shall consist of no more than 12 players with only 7 taking to the field at any one time.
- Because of the physical nature of Kabaddi, matches are categorized in age and weight categories.
- There are six officials looking after each Kabaddi match. The officials comprise of a referee, a scorer, two assistant scorers and two umpires.

# Kabaddi Rules & Regulations



- The duration of the match is two halves of 20 minutes with a half time break of 5 minutes.
- At the start of a Kabaddi match, there is a coin toss with the winner having the choice as to whether to have the first raid or not. In the second half of the match, the team that did not raid first shall begin the second half with a raid.

# Kabaddi Rules & Regulations



To win a point when raiding, the raider must take a breath and run into the opposition's half and tag one or more members of the opposing team and then return to their own half of the pitch before inhaling again.

To prove that another breath hasn't been taken, the rider must continue to repeatedly yell the word 'Kabaddi'. Failure to do this, even for just a moment means that the rider must return to their own side of the court without points and the opposite team is awarded a point for a successful defense play.



# Kabaddi Rules & Regulations



- The team being raided is defending, and the players must prevent the raiders from tagging them and returning back over the halfway line. Whilst in defence, a team may score a point by successfully preventing the raider returning to their own half after tagging them. Raiders may only be grabbed by their limbs or torso, not by their hair, clothes or anywhere else, and defenders are not permitted to cross the centre line.
- Each team will take turns in raiding and defending. Following halftime, the two teams switch sides of the court and the team who defended first in the first half begin the second half by raiding.
- The game continues in this way until the time is up, the team with the most points at the end of the match is declared the winner.



**Kabaddi received its first international exposure during the 1936 Berlin Olympics, when India demonstrated the game to the world**

# Indian Women's Kabaddi Achievement

## World Cup

Year	India's position	Last match played by India	Winner	Runner-up
2012	Winner	 <p>India vs.  Iran (Final match) 25 – 19</p>	 India	 Iran
2013	Winner	 <p>India vs.  New Zealand (Final match) 49 – 21</p>	 India	 New Zealand
2014	Winner	 <p>India vs.  New Zealand (Final match) 36 – 27</p>	 India	 New Zealand <sup>[1]</sup>

## Asian Games

Year	Host	Final			Third place	
		Gold	Score	Silver	Bronze	Bronze
2010	Guangzhou	 India	28-14	 Thailand	 Iran	 Bangladesh
2014	Incheon	 India	30-21	 Iran	 Thailand	 Bangladesh

## South Asian Games

Year	Winner	Runner-up	3rd Place	
2010	 India	 Bangladesh By Prof. Vinod Chaudhari	 Nepal	 Sri Lanka

# Women's Asian Kabaddi Medal Tables

**Women** [ [edit](#) ]

Team	 2010	 2014	 2018	Years
 Bangladesh	3rd	3rd	X	3
 Chinese Taipei	5th	7th	X	3
 India	1st	1st	X	3
 Indonesia			X	1
 Iran	3rd	2nd	X	3
 Japan		5th	X	2
 Malaysia	7th			1
 Nepal	7th			1
 South Korea	5th	5th	X	3
 Sri Lanka			X	1
 Thailand	2nd	3rd	X	3
<b>Number of teams</b>	<b>8</b>	<b>7</b>	<b>9</b>	

# Kabaddi World-cup-2011



**INDIA WON MEN, WOMEN WORLD CUP KABADDI TITLES**

# World Cup Kabaddi-2011



By Prof. Vinod Chaudhari

# Indian women clinches 'Kabaddi World Cup 2013





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