



KABADDI

- The tournament will be conducted according to the International Kabaddi Federation Rules as adopted from time to time by the Indian Kabaddi Federation unless otherwise modified.
- Each team contains 7 players each with maximum 5 players in reserve.
- Note that a raider may not be grabbed or held by his clothes, hair, or any part of his body other than his limbs and torso.
- No player can leave the court in between the half time of the match.
- The two teams alternate between raiding and defending for two halves of twenty minutes each (20-5-20) for men and 15 minutes each (15-5-15) for women.
- In case of a draw, additional time of 5 minutes will be given. If draw persists each team will get a golden raid.
- A total of 2 timeouts will be available for each team in the entire match.
- Total of 5 substitutions are allowed in the whole match.
- After half time, the two teams switch sides of the court.
- The team with the most points at the end of the game wins.
- The weight of the player should be less than 80 kg in the boy category and less than 70 kg in the women category.