



AUSTRALIAN SIKH GAMES

KABADDI RULES

These rules are to be read in conjunction with the Australian Sikh Games (ASG) General Championship Rules, Terms & Conditions. All Team Managers and Captains should read, understand and become familiar with these Rules and the ASG General Rules. Ignorance of such shall not be deemed sufficient grounds for any appeal.

Please contact the Organising Committee for further information and/or clarification on these rules.

1. Game

- a. Kabaddi shall be played between two teams consisting of up to twelve (12) players (ten participating players and two extra or substitution players.) Substitution or replacement shall only be permitted out of the list provided and only after informing the referee.
- b. The outgoing player, which has been substituted, cannot take any further part in the same game.
- c. All clubs must provide the name of their players to the Organising Committee at the time of entries and their status of residency.
- d. Duration of match shall be 50 raids from each team (25 raids each half.) The organising committee reserves the right to adjust the duration of each game in the event of time constraints. Teams will be advised prior to match commencement.
- e. The captain of the team shall choose the playing courtside or raid if he wins the toss. He is responsible to maintain the discipline in the field and take full control of his team during the match.
- f. As soon as umpire/referee blows the whistle to start the second half of the match, no player/s shall be permitted to enter or replace spots on the field.

2. Grounds

- a. The playing field shall be drawn into a circle of a radius of seventy-five feet from inner edge of boundary line and will be divided into two equal halves. The boundary line and the mid line shall be distinctly marked.
- b. In centre of the mid line twenty feet from inside and at an equal distance from both ends of mid line, two round posts shall be placed at the end of the '*pala*'.
- c. Raiders must stand at the side corner at the end of their respective half near the centre line and opposite to their opponent team. Stoppers must stand on the top front of the field from the centre line.
- d. A clear space of twenty feet shall be provided all around the playing area and under no circumstances will anyone be allowed to enter during the match. No persons, other than players, 1 Manager and 1 Coach per team, will be allowed to enter the fenced area of the oval.



3. Dress

- a. It shall be compulsory for each player to wear reasonable length shorts of respective team colour with “*Langota*” or underwear underneath.
- b. Application of oil or any greasy or sticky substance to the body or limbs shall not be allowed. Infringements will amount to disqualification.
- c. No metal rings, bracelets etc, shall be worn. Nails must be closely cut. However knee caps and ankle guards are allowed.
- d. Umpires shall inspect both playing teams to enforce a close observation to implicate these rules.

4. Definitions

- a. **Raids time**: Raider shall be entitled to 30 seconds to touch a player of the opponent team or being touched from the time he cross the gate line and back to his court. If a raider touching any defender or having been touched by a defender touches the gate line with any part of his body or crosses it without infringement of this rule within 30 seconds, he shall be awarded one point. If defender holds the raider in his ‘*pala*’ during and up to those 30 seconds, a point shall be awarded to the stopper. The raider has option/ right to give up struggling within or the expiration of those 30 seconds.
- b. **Touch**: The touch means the contact by or with any part of the body of a raider or defender.
- c. **Raid**: When a raider goes from his court into the court of the opposite team, it is called a raid. No raider shall be allowed to go as a raider more than two consecutive times.
- d. **Struggle**: When a raider touches a defender or a defender touches a raider, it shall be called a struggle.
- e. **Misconduct**: The committing of a prohibition foul shall constitute misconduct. Abusing and shouting onto other teammates, opponents team mate, referee, any member of the organizing committee constitutes misconduct and there will be a disciplinary action taken against such player. Under no circumstances can a player be allowed to argue with umpires. At the official’s discretion, a team may be deducted points in the event of disciplinary action against one of their team members.
- f. **Warning**: Showing of card, with the following colours:
 - i. **Yellow Card**: Player liable for five minutes suspension.
 - ii. **Red Card**: Any player who repeats misconduct shall be liable for disqualification for the rest of the match/tournament at the discretion of the umpire and the federation.
- g. **Hold a Raider**: During the struggle between a raider and the stopper all other players of defendant team must stay at least ten feet away until point is decided. If a defender touches and keeps a raider in his court and doesn’t allow him to return to the raider court until the 30 seconds expires, it shall be or called a hold by the defender.
- h. **Successful Raid**: A success raid shall be one a raider, after touching any of the defender reaches his court or home safely within 30 seconds.



5. Conduct of Play:

- a. A *Kabaddi* match shall be decided on the basis of points of each team. The team scoring the highest points at the end of a game shall be decided on the basis of points on each team. The team scoring the highest points at the end of a game shall be declared winner.
- b. The team winning the toss shall have a choice either of the court (Home) side or the first raid. In the second half of the match, the team must change sides.
- c. Arrangements of water shall be made in the clear space on the off side beyond the playing ground on the mid line, but no player is permitted to cross the boundary line.
- d. A raider shall be allowed to touch any designated stopper of the opposing team. All participating teams must warn their players (raiders) standing in the field that if upon touching any player of the opponent team, raider returns to his court, the raid shall be considered successful raid and a point shall be awarded to the raider.
- e. If the opinion of the Umpire, a raider is caught by any of the defenders of the opposing team and is unable to get out of his grip and raider signals his inability to struggle further, the Umpire shall give the point to the defender's team.
- f. If during a raid or struggle, or if there is no contact, raider or any of the defenders goes out of the ground, the one who goes out first loses a point. If both of them go out simultaneously, no point shall be scored by any of the teams.
- g. During a raid, no raider shall be cautioned by any of his own team players, otherwise the Umpire shall award a point to the defenders team. No coaching from outside shall be allowed by coaches or outside players during a play.
- h. The officials of the Organising Committee, **one Coach and one Manager** of each participating team and medical team shall be allowed inside, **but** at a distance of 20 feet from the boundary of the ground during the course of the game.
- i. If a raider having been touched or held by any of the defenders fails to reach his court or fails to touch the mid line inside the "*pala*" within a struggle the defending team shall score a point.
- j. No team shall delay any raid. A team taking more than 5 seconds to send raider when asked to do so by the Umpire, shall be liable to concede one point to opposing team at the discretion of the Umpire.
- k. A raid having been commenced before the end of half time or the close of the play shall be completed even if the time runs out during the raid, if the match is playing with time.
- l. In case of struggle between a raider and any of the players of the opposing team, the remaining players shall be passive temporarily and keep themselves out of the raider's way until the point is decided. If any other player of the defending team causes any obstruction, the raider's team shall be awarded a point.
- m. No other member of the federation of both participating teams in the game shall be allowed to enter in the field during the play off until the match completed.



- n. First point shall be considered to be a One and a Half (1.5) point awarded to a successful raider or stopper to prevent for extra time to be given at the end of the match to decide a winner.
- o. Before the end of the entire match, the Umpires will announce two final raids from each club.
- p. All raiders from both teams must stand in the designated area for the raiders as described in the Sketch of Kabaddi Ground.
- q. A raider must only raid on the designated stoppers as designated in the Sketch of Kabaddi Ground.
- r. Any raider may also play as a stopper, as long as he joins the designated stoppers of his own team prior to the opponent raider reaches the area for designated stoppers.

6. **Fouls**

The followings shall be considered as fouls or illegal tacklers:

- 1. Twisting of the wrist, neck or ankle.
- 2. Strangling
- 3. Gagging/Throttling.
- 4. Striking with the head.
- 5. Kicking, biting. Scratching and tripping from behind.
- 6. Hitting with the fists.
- 7. Slapping with open palm or both hands.
- 8. Holding costume or hair.
- 9. Violent tacking leading to injury to the body.
- 10. Applying flying scissors without body to the hold.
- 11. Using abrasive language, indicating words, or insulting words, etc.
- 12. Striking players head to the ground.
- 13. No player allowed poking in the eyes.

Any players who commit these fouls shall be penalized by awarding one point to the opposite team, and also liable for further disciplinary action.

7. **Officials**

There shall be Two Umpires, Three scorers (One from organising committee and One from each participating club), One coach and one manager of each team permitted during a play in the field. All others shall be required to leave the ground immediately after the Umpire commences to begin the match. No supporters or any person other than the designated officials shall be permitted in the ground at half time break.

8. **Umpires**

- a. There shall be two Umpires in each game. Each Umpire shall take one side of the field for the entire match.
- b. The match shall start with a blow of the whistle by the Umpire. He will also blow the whistle for intervals, restart and for ending the match.
- c. If there is an objection about any point, the Umpires will discuss the objection among them and give the decision to the committee and that decision will be final. The team Coach or the team Manager can only make objections during the match.



9. Incomplete matches/Unforseen events

Any incomplete match, which cannot be completed on the same day due to bad weather, will be played and re scheduled if the match stopped less than seventy five percent of the total time of the match. Should circumstances arise which are not provided for in these Rules, they shall be dealt with by the Games Dispute Committee and his decision shall be binding on all the parties concerned.

10. Use of Intoxication Material

Players and the all officials (participating teams and the Organising Committee) and Umpires are strictly prohibited to use or consume any kind of alcohol, drugs, steroids, and toxic material during the tournament. Any player, official, Umpire or any person observed to be using alcohol, drugs are subject to suspension from the entire match. There will be special drug checks available.

11. Qualification for players

As indicated in the beginning, these Rules are to be read in conjunction with the ASG General Championship Rules, Terms & Conditions. Of particular note are Section 3 (Basic Participation Criteria), Section 4 (Age Groupings) and Annex A (Special Provisions regarding participation by Non-Sikhs and the Pool System). These are reproduced below:

3.0 **BASIC PARTICIPATION CRITERIA**

- 3.1 *Whilst there are no restrictions as to who can visit and enjoy the Games, the participation in the sporting events is restricted to Sikh individuals only. However from time to time ANSSACC may make special provisions, e.g. participation by non-Sikh players in certain events. Details of such provisions currently in place, if any, are detailed in **Annex A (Special Provisions)**.*
- 3.2 *For the purpose of the Games, a person is a Sikh, when he/she comes under one of the following categories:*
- 3.2.1 *A person who practices the religion of Sikhism, or*
 - 3.2.2 *A person by virtue of at least 1 parent practices the religion of Sikhism, or*
 - 3.2.3 *A person who is married to a person who practices the religion of Sikhism, or*
 - 3.2.4 *A person who by formal identification is registered in his/her Birth Cert., Identification Card, Passport as being Sikh.*
- 3.3 *The onus on proving the identity, in order to prove that he/she satisfies the above participation criteria, lies in the hands of the person involved. Affidavits are NOT acceptable as documents of proof.*
- 3.4 *In the case of local (Australian) teams, only Australian Citizens, Permanent Residents, Temporary Residents (2 years visa) and Student Visa Holders are allowed to participate. Holders of Visitor Visas do not qualify as such.*
- 3.5 *The participant must be able to demonstrate that he/she has been residing in the state/ territory/country, which he/she is representing at the Games CONTINUOUSLY for a minimum of THREE MONTHS before the games.*
- 3.6 *If a participant wishes to compete for a state/ territory/country OTHER THAN their usual place of residence, or a club/ team OTHER THAN their usual club/ team, the participant and the team manager must seek clearance from ANSSACC, through the Organising Committee, at least THREE MONTHS before the commencement of the Games.*



- 3.7 *If the Organising Committee has cause to suspect that a participant does not fulfil the above 'Basic Participation Criteria', they reserve the right to ask for the formal identification to be provided to prove that the participant meets the above criteria.*
- 3.8 *This right will be used whether a protest has been lodged or not. There will be random cases chosen throughout the tournament to ensure that this criterion is being adhered to.*
- 3.9 *In the circumstance that a person cannot provide a proof to satisfy the participation criteria, the entire team may be disqualified from the tournament. The Organising Committee, in consultation with ANSSACC, can exercise this right as soon as they find that the person does not meet the participation criteria.*
- 3.10 *The Organising Committee forewarns all prospective participants who fall into 'DOUBTFUL CIRCUMSTANCES' (of being able to meet the Basic Participation Criteria) to seek clearance from ANSSACC, through the Organising Committee, BEFORE the tournament and preferably before registration, to avoid any unpleasant embarrassment and disruption to the event (s).*
- 4. AGE GROUPINGS**
- 4.1 *Age groupings to be based on odd numbers (as per National Australian Rules)*
- 4.2 *The groupings will be:*
- 4.2.1 *Under-13, under-15 and under-17*
 - 4.2.2 *Under-19 (trial for 1 year – 2008)*
 - 4.2.3 *Veterans – 35 years and over*
 - 4.2.4 *Super Veterans – 45 years and over*
- 4.3 *Cut-off date for age: 01 January (of year Games are being held).*

ANNEX A SPECIAL PROVISIONS

The following special provisions are currently in place:

(1) Participation by Non-Sikhs

For Hockey, Kabaddi and Soccer (Women) events, there is provision for a maximum of 2 non-Sikh players to be included in a team, provided:

- i. Approval has been sought from ANSSACC, through the Organising Committee, at least 3 months prior to the Games; and*
- ii. The organization/club is fielding only one team for that event.*

(2) Pool System for Team Events

The pool system is designed to maximize participation from Sikhs in all Team Sports. It is acknowledged from the very start that this is not a perfect solution but it does partly solve the problems of Teams who are short of players for whatever reason.

Any Sikh participant who wishes to nominate himself or herself for a Team Sport will fill out a Pool Nomination Form and pay the appropriate fees to the Organising Committee. Their name will be put into Pool Box for the sport and will be drawn at the Manager's Meeting (Thursday before the Easter Long Weekend).

Once the Draw is made the Player will be restricted to play only for that particular Team and it will be the responsibility of the Team Manager who takes on the Pool Player for the duration of the Games.