

AUSTRALIAN SIKH GAMES - KABADDI RULES (Ver. 2025)

These rules are to be read in conjunction with the Australian Sikh Games General Championship Rules, Terms & Conditions. All Team Managers and Captains should read, understand and become familiar with these Rules and the Australian Sikh Games General Rules. Ignorance of such shall not be deemed sufficient grounds for any appeal. Please contact the ANSSACC for further information and/or clarification on these rules.

1 Game

- 1.1 Kabaddi shall be played between two teams consisting of up to fourteen (14) players (12 participating players and 2 substitution/emergency players.) Substitution or replacement shall only be permitted out of the list provided and only in the event of an injury after informing the referee.
- 1.2 The outgoing player which has been substituted cannot take any further part in the same game.
- 1.3 All clubs must provide the names of their players (on ANSSACC's team sheet template) to the Sports Coordinator no later than 30 days prior to the games start date – failure to provide team sheet by deadline will incur a penalty as per the ANSSACC disciplinary policy. The team sheets must be provided in the ANSSACC Kabaddi Team Sheet document template. The names of players on team sheet can only be changed if
 - 1.3.1 a valid reason is cited to remove the player's name, a valid reason is
 - a. Visa refusal
 - b. Injury to a player
 - c. any other reason deemed appropriate by ANSSACC
 - d. that player whose name is removed from club's team sheet will not be able to participate in that year.
- 1.4 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.
- 1.5 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.
- 1.6 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.

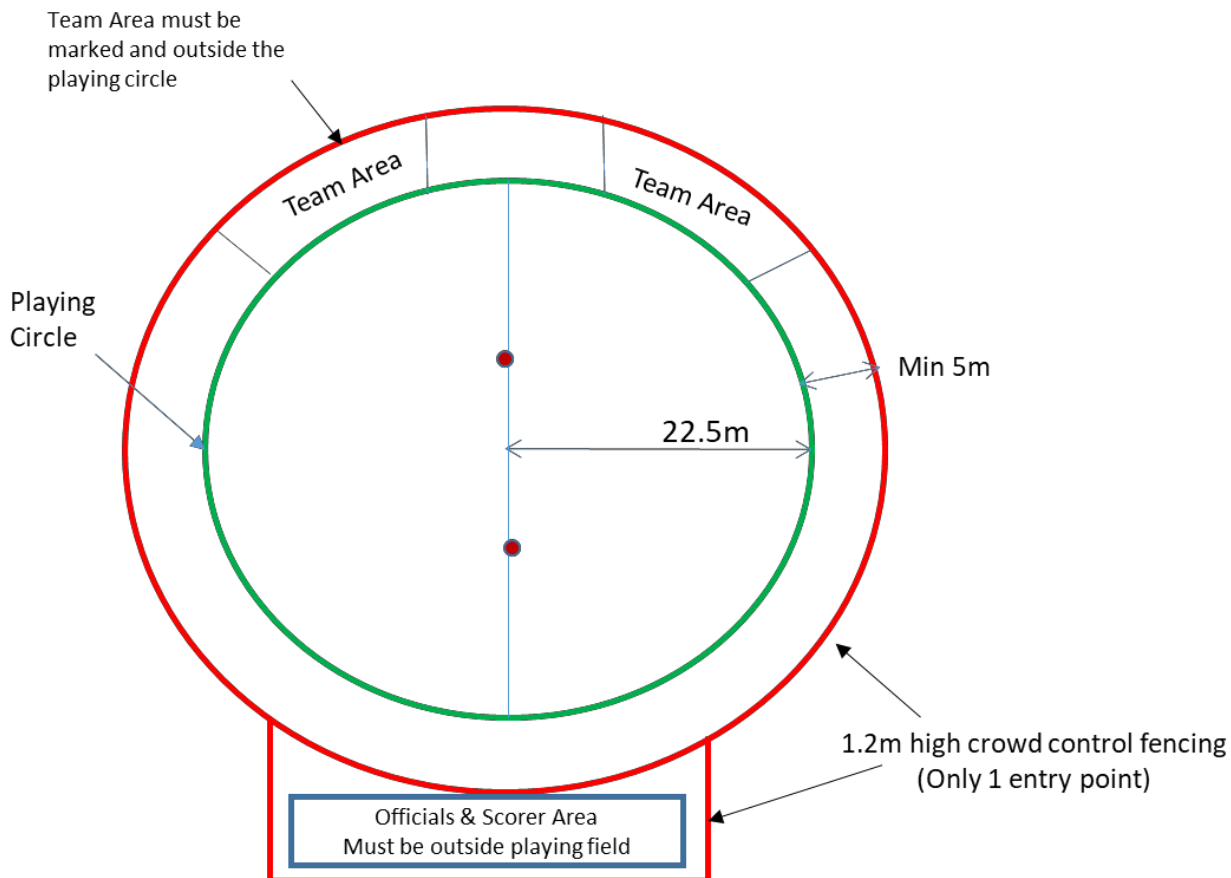
2. Dress

- 2.1 It shall be compulsory for each player to wear reasonable length shorts of respective team colour with "Langota" or underwear underneath.
 - 2.1.1 Each club must have their designated kit for each player participating at Sikh Games, the participating players must adhere to the same colour pattern of their kit which is chosen by the club represented by them.
- 2.2 Application of oil or any greasy or sticky substance to the body or limbs shall not be allowed. Infringements will be amounting to disqualification to that game being played.
- 2.3 No metal rings, bracelets etc, shall be worn which may cause self-harm or harm to opponent. Nails must be closely cut. However, knee caps, ankle protection, injury protection bandage and elbow protection are allowed.
- 2.4 Umpires shall inspect both playing teams to enforce a close observation to implicate these rules.

3. Grounds – Playing Field

3.1 The Kabaddi playing field must meet the Australian Sikh Games standard layout as detailed in the below diagram. Any deviation to this setup must be approved by the ANSSACC Executive Committee.

Sikh Games Kabaddi Layout Standard



- 3.2 The playing field shall be drawn into a circle of a radius of 22.5 metres 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.
- 3.3 In the 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'.
- 3.4 Raiders must stand at the side corner at the end of their respective half near the centre line and opposite to their opponent team – this area is to be clearly marked and outside the playing area as shown on the diagram. Stoppers must stand on the top front of the field from the centre line.
- 3.5 A 1.2-metre-high crowd control fence is required around the playing field. It must be a minimum of 5 metres from the kabaddi playing circle.
- 3.6 The officials and scorer area must to be outside the fence and must be fenced off separately as shown on the diagram.

3.7 Playing field entry restrictions – only the following will be allowed into the playing area:

- 12 players per team - 2 emergencies/substitutions must be outside playing area
- 1 Team Manager per team – must wear team manager vest
- 1 Team Trainer per team – must wear team trainer vest
- 1 Central Referee – must wear referee vest
- 2 Referees – must wear referee vest
- 2 Linemen – must wear lineman vest
- 2 Commentators – must wear commentator vest
- 2 Official Photographers – must wear photographer vest
- Minimum 2 security guard for group stage
- Minimum 4 security guards for Semi and Final
- Police presence for semi and final
- Timer Official must wear vest
- Official Scorer must wear vest

3.7.1 If any club has supporters or promoters or officials beyond the approved list above, they will be liable for disciplinary action by organising committee.

4. Game Definitions

- 4.1. Raids time** – Raider shall be entitled to 30 seconds to touch a player of the opponent team or being touched from the time he crosses 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.
- 4.2. Touch** – The touch means the contact by or with any part of the body of a raider or defender.
- 4.3. 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.
- 4.4. Struggle** – When a raider touches a defender or a defender touches a raider, it shall be called a struggle
- 4.5. Misconduct** – The committing of a prohibition foul shall constitute misconduct. Abusing and shouting onto other team mates, 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.
- 4.6. Warning** – Showing of card, with the following colours:
- Yellow Card- Player liable for five minutes suspension.
 - 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.

4.7. 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 called a hold by the defender.

4.8. 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

5.1. 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.

5.2. 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.

5.3. 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.

5.4. 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.

5.5. 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.

5.6. 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.

5.7. During a raid, no raider shall be cautioned by any of his own team players, otherwise the Umpire shall award a point to the defender's team. No coaching from outside shall be allowed by coaches or outside players during a play.

5.8. 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.

5.9. 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.

5.10. 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.

5.11. 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.

5.12. 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.

5.13. 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.

- 5.14. Before the end of the entire match, the Umpires will announce Two final raids from each club.
- 5.15. All raiders from both teams must stand in the designated area for the raiders as described in the Sketch of Kabaddi Ground.
- 5.16. A raider must only raid on the designated stoppers as designated in the Sketch of Kabaddi Ground.
- 5.17. 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 tacksers:

- 6.1 Twisting of the wrist, neck or ankle.
- 6.2 Strangling
- 6.3 Gagging/Throttling.
- 6.4 Striking with the head.
- 6.5 Kicking, biting. Scratching and tripping from behind.
- 6.6 Hitting with the fists.
- 6.7 Slapping with open palm or both hands.
- 6.8 Holding costume or hair.
- 6.9 Violent tacking leading to injury to the body.
- 6.10 Applying flying scissors without body to the hold.
- 6.11 Using abrasive language, indicating words, or insulting words, etc.
- 6.12 Striking players head to the ground.
- 6.13 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:

- Three scorers (One from organising committee and one from each participating club).
- 1 Central Referee
- 2 Referees
- 2 Linemen
- 1 Timer

8. Referees

- 8.1. There shall be two Referees and one central referee in each game. Each Referee shall take one side of the field for the entire match. Central referee will stay at the centre line.
- 8.2. The match shall start with a blow of the whistle by the Referee. He will also blow the whistle for intervals, restart and for ending the match.
- 8.3. If there is an objection about any point, the Referees 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. Tournament Director / Coordinator

- 9.1 External coordinator to be appointed to manage the kabaddi competition and enforce these rules.
- 9.2 External coordinator to be recommended by the Organising Committee and approved by the ANSSACC Executive Committee.
- 9.3 Strict enforcement of existing rules and deadlines (e.g. registration and team sheets).

10. Incomplete Matches/Unforeseen 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 decision shall be binding on all the parties concerned.

In the case of a walk over, all the remaining points will be awarded to the team that has not surrendered and no points will be awarded to the team who have surrendered for the balance of the duration of that game. The winner of the game will be the team who has not surrendered or provided the walk over.

11. Use of Intoxication Material

Players, officials and referees are strictly prohibited to use or consume any kind of alcohol, drugs, steroids, and toxic material to enhance their performance during the tournament as per ANSACC's drug policy.

12. Media Policy

One official live media stream will be permitted to cover kabaddi and subject to approval by ANSSACC.

13. Team Eligibility

Clubs must meeting the following requirements in order to participate t the Australian Sikh Games:

13.1 Two year eligibility period – two year period before eligible for Australian Sikh Games in third year.

13.1.1 New clubs/teams must apply for membership with ANSSACC and maintain membership for two years, and during this period, must be able to demonstrate a clean record with no disciplinary issues or bad behaviour in affiliated tournaments.

13.1.2 Once the two year period has been served with no incident, the club can then register its kabaddi team for the Australian Sikh Games in the third year.

13.1.3 This rule applies to existing member clubs that enter a kabaddi team for the first time.

13.1.4 This rule applies to senior kabaddi teams and not junior kabaddi teams.

13.2 Junior Team requirement – in order to promote junior kabaddi, clubs must enter a Junior kabaddi team at the Australian Sikh Games in order to enter a Senior kabaddi team at the same games.

14. Team Composition & Qualification for Players (Open Division)

The following rules apply in regard to the composition of a kabaddi team and qualification of players to participate at the Sikh Games:

- 14.1 These Rules are to be read in conjunction with the Australia Sikh Games General Championship Rules, Terms & Conditions. Of particular note is Section 3 (Basic Participation Criteria) - these are reproduced in this document in Appendix 1:

14.2 Team Composition

14.2.1 **State/Region Based** - The team must consist of at least 8 players from the region/state that the team represents.

14.2.1.1 **Residency Criteria** - These 8 players must meet the residency criteria as set out in Section 3 Basic Participation Criteria of the Australia Sikh Games General Championship Rules, Terms & Conditions

14.2.1.2 **Sikh Criteria** - These 8 players must meet the DEFINITION OF SIKH Criteria of the Australia Sikh Games General Championship Rules, Terms & Conditions

14.2.2 **Interstate** – teams in regional areas (Woolgoolga, Griffith, Perth and North Queensland only) will be allowed a maximum of two players (in total) who are residents in other cities or states, provided those players meet all other eligibility criteria in these Kabaddi Rules and the General Championship Rules.

14.2.3 **International players will not be permitted** after the 2025 Australian Sikh Games.

14.2.4 **No paid players** are permitted in kabaddi at the Australian Sikh Games.

15. Junior Competition

The following rules apply in regard to the junior kabaddi at the Australian Sikh Games.

15.1 Age Grouping will as per Section 4 – Age Grouping of the Australia Sikh Games General Championship Rules, Terms & Conditions.

- Under -13, under -15, under-17 and under 19's
- Cut-off date for age – 1 January (of year Games are being held).

15.2 Junior Kabaddi Commitment

In order to allow clubs to invest time and resources in junior kabaddi development the following rules will apply:

- A player will be required to play for 3 years with a junior club before they can be released to another club.
- Release from existing club will require ANSSACC Executive committee approval.

16. Team Registrations and Team Sheets

The following rules will apply in relation to registration to the Australian Sikh Games for Kabaddi for 2018 & 2019 – after this time the standard Australian Sikh Games registration deadlines will apply to Kabaddi as well

- Team registration forms must be sent 45 days prior to the start date of games
 - Entries can be received after the 45-day cut-off up until 30 days before the games however a \$500 penalty will be payable.
 - If a team pulls out within 14 days of start date of tournament, they will incur a \$500 fine and will result in disqualification for the next year.
 - All clubs must provide the name of their players to the Organising Committee no later than 14 days prior to the games start date – failure to provide team sheet by deadline will incur a penalty as per the ANSSACC disciplinary policy. The team sheets must be provided in the ANSSACC Kabaddi Team Sheet document template.
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17. Australian Division

From 2019 Sikh Games, ANSSACC is introducing another division in Kabaddi which is to encourage participation of local Australian Players. Following eligibility criteria will apply for a player to participate in Local competition:

17.1 Only Australian born players will be able to participate in local Australian Division.

17.2 If a player is participating in Open Division then he will not be able to participate in Australian Division.

17.3 If a player is participating in Australian Division then he will not be able to participate in Open Division.

17.4 Team Composition:

14.5.1 State/Territory Based - The team must consist of players from the region/territory that the team represents.

14.5.1.1 Residency Criteria – Player must be born Australian citizen. The player can demonstrate that he/she has been residing for three months (immediately before the start of games) in the state / territory, which he/she is representing before the games.

14.5.1.2 Sikh Criteria – All players must meet the DEFINITION OF SIKH Criteria of the Australia Sikh Games General Championship Rules, Terms & Conditions

APPENDIX 1

Please refer to the General Championship Rules published on the ANSSACC website for the latest version of the basic participation criteria. The version below is correct only as at the time of publishing these kabaddi rules.

3 Basic Participation Criteria

Whilst there are no restrictions as to who can visit and enjoy the Australian Sikh Games, the participation in sporting events is governed by three basic participation criteria, all criteria must be met:

- Participation is restricted to Sikh individuals – a participant must meet the Sikh Definition as set out in these rules 3.1
- Participation is restricted to individuals that can satisfy the residency requirement as set out in these rules 3.2
- Participation is restricted to ANSSACC members – a participant must be a registered ANSSACC member.

However, from time to time, the Committee may make special provisions for example, invitations to non-Member teams or participation by non-Sikh players in certain events. Details of such provisions currently in place, if any, are detailed in **Annex A (Special Provisions)**.

31 Sikh Requirement – Definition of Sikh

For the purpose of the Australian Sikh Games, a person is a “Sikh”, when he/she comes under one of the following categories:

- 3.1.1 A person who practices the religion of Sikhism, or
- 3.1.2 A person by virtue of at least 1 parent practices the religion of Sikhism, or
- 3.1.3 A person who is married to a person who practices the religion of Sikhism, or
- 3.1.4 A person who by formal identification is registered in his/her Birth Certificate, Identification Card, Passport as being Sikh.
- 3.1.5 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. **Bylaw – Sikh Definition Identification System**, sets out supporting documentation requirements.

32 Residency

For the purpose of the Australian Sikh Games, the following residency requirement must be met:

- 3.2.1 In the case of Australian teams;
 - A) Only Australian Citizens, Permanent Residents, Temporary Residents (holding visa with at least two years duration), genuine Student Visa Holders (of at least 2 years duration), and Employment Visa Holders (of at least 2-year visa duration) are allowed to participate, provided that Visa holders have resided in Australia for at least 12 months before the games on that eligible visa.

- 3.2.2 In the case of International teams;
- A) Only Citizens, Permanent Residents, Temporary Residents (holding visa with at least two years duration), genuine Student Visa Holders (of at least 2 years duration), and Employment Visa Holders (of at least 2-year visa duration) are allowed to participate, provided that Visa holders have resided in that country for at least 12 months before the games on that eligible visa.
- 3.2.3 A player's residence is determined by the following supporting documentation (only original accepted):
- A) For a "Country" – Passport and Valid Visa indicating requirement in 3.2.1 & 3.2.2 above.
 - B) For a "State" – Any 2 of the following documents Driver's License, School/University Enrollment, Utility Notice or Vehicle Registration with the player's name and address proving residency of a state in Australia. Player must have been living in the relevant state for more than 3 months to qualify for that state.
- 3.2.4 A player is eligible to play for a team if:
- A) The player can demonstrate that he/she has represented that team at the Australian Sikh Games in at least two prior years and had been **eligible** to play in those years and he/she is maintaining eligible residency status with eligible visa (as per section 3.2.1 & 3.2.2); OR
 - B) The player can demonstrate that he/she has been residing for three months in the state / territory / country, which he/she is representing (on eligible visa as per section 3.2.1) before the games. Any participant who arrives in Australia after 31st May of the previous year must produce a personal travel record and visa grant letter at or prior to the Manager's Meeting. Failure to do so will result in the individual being disallowed from participating in the Games.
 - C) Clause 3.2.4 (B) cannot be used by holders of Sports Visas or Visitor Visas or temporary activity short stay visas or temporary activity long stay visas.
- 3.2.5 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 at least TWO MONTHS before the commencement of the Sikh Games. A player may compete in another sport for a another club/team if their usual club/team does not have a team in their age division in that sport.
- 33 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.
- 34 This right will be used whether a protest has been lodged or not. There may be random cases chosen throughout the tournament to ensure that this criterion is being adhered to.
- 35 In the circumstance that a person cannot provide a proof to satisfy the participation criteria, the player or team will forfeit the games that were played with an ineligible player and the player and/or 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.

- 37 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, BEFORE the tournament and preferably before registration, to avoid any unpleasant embarrassment and disruption to the event(s).

4 Age Groupings

- 41 All players must meet any relevant specified Age criteria for the game. Age groupings to be based on odd numbers (as per National Australian Rules).
- 42 The groupings will be:
- 4.2.1. Under-9, Under-11, Under-13, under-15 and under-17
 - 4.2.2. Veterans – 40 years and over
 - 4.2.3. Masters – 50 years and over
- 43 Cut-off date for age – 1 January (of year Sikh Games are being held).
- 44 A player's age is determined by original or certified copy of: Birth Certificate OR Driver's License OR Passport.

APPENDIX 2

Please refer to the General Championship Rules published on the ANSSACC website for the latest version of the special provisions. The version below is correct only as at the time of publishing these kabaddi rules.

SPECIAL PROVISIONS

1. Pool System for Team Events

- 1.1 The pool system is designed to maximise participation from eligible athletes in all sports. It is acknowledged from the very start that this is not a perfect solution but it does partly solve the problems of athletes who do not have teams in their place of residence and teams that require additional players
- 1.2 Any player who meets the Basic Participation Criteria can nominate for a Team Sport by filling out the Pool Nomination Form, and paying the appropriate fees set by the Organising Committee, prior to the deadline for Team Sheet Submission.
- 1.3 Any team that has unfilled places in their squad can nominate to take one or more players from the Player Pool by advising the Executive Committee via the National Sports Coordinator.
- 1.4 Applicants in the Player Pool will be allocated by the Executive Committee to teams prior to the commencement of the tournament, using an allocation methodology that it deems to be appropriate.
- 1.5 Once the allocation of players to teams has been completed, the player will be restricted to play for the team they were allocated to for the duration of the tournament.
- 1.6 The Executive Committee reserve the right to refuse an applicant's request to nominate for the Player Pool or a team's request to be allocated a player from the Player Pool, where this is deemed to be a manipulation of the pool system. An example is where a team is continually using the pool to target a specific player from another region, rather than finding and developing its own players.

APPENDIX 3

2024 Kabaddi Subcommittee Review

Based on feedback at the 2024 Annual General Meeting held in Adelaide, ANSSACC members approved the formation of a subcommittee to review the kabaddi format and rules. Members agreed that the subcommittee should include representation from kabaddi clubs and the broader games and community. Members approved that the recommendations of the subcommittee would be binding. The following recommendations were made by the subcommittee and have been reflected in the kabaddi rules published on the ANSSACC website.

1. Two year period before eligible for Australian Sikh Games in third year - i.e. new clubs/teams must apply for membership with ANSSACC and maintain membership for two years, and during this period, must be able to demonstrate a clean record with no disciplinary issues or bad behaviour in affiliated tournaments. Once the two year period has been served with no incident, the club can then register its kabaddi team for the Australian Sikh Games in the third year. To clarify further, this also applies to existing member clubs that enter a kabaddi team for the first time. The rule applies to senior kabaddi teams and not junior kabaddi teams.
2. Clubs must enter a Junior kabaddi team at the Australian Sikh Games in order to enter a Senior kabaddi team;
3. International players to be phased out after the 2025 Australian Sikh Games (as approved by Special Resolution at the 2025 Annual General Meeting);
4. No paid players allowed;
5. External coordinator to be appointed to manage kabaddi;
6. Strict enforcement of existing rules and deadlines (e.g. registration and team sheets);
7. Late withdrawals will result in disqualification for the next year - this will apply to teams withdrawing in the final two weeks before the games; and
8. One live media stream permitted and subject to approval by ANSSACC.