



RULES & REGULATIONS

KABADDI

1. Teams consist of 12 players, with 7 on the field at once.
2. Matches are categorized by age and weight.
3. The officials oversee each match, including a referee and scorers.
4. Matches have two 20-minute halves with a 5-minute halftime.
5. A coin toss determines which team raids first.
6. To score a point, a raider must tag opponents and return to their half without taking a breath, shouting "Kabaddi."
7. Failure to continuously say "Kabaddi" results in no points for the raider.
8. Defending team stops raiders from crossing the halfway line and can score by preventing a raider from returning.
9. No grabbing of hair or clothes allowed, and defenders can't cross the center line.
10. Teams switch between raiding and defending, starting the second half with the opposite role.
11. The team with the most points at the end wins.
12. The National Sehat-e-Jismani Team reserves the right to amend any of the above rules and regulations as it deems fit.



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